

Tiffany: Charting a Sober, New Course

Tiffany always thought drug use would be a part of her life. Growing up, her parents used drugs, but they held down jobs and tried to provide a good life for their kids. In high school, Tiffany started drinking and using drugs, too. By the age of 18, she was married, and when she was 21 she was arrested for possession.

"I thought I was born to be an addict," Tiffany said. Her substance use deepened amid an abusive marriage. Eventually her husband, the father of her two girls, left. After she was arrested for a DUI, she lost custody of her children to Child Protective Services and was court-ordered to enter the Rising Strong program.

Healing through Counseling and Family

For Tiffany, "This place has been such a blessing." To heal the trauma her kids have gone through, her family was referred for counseling. Rising Strong helped her establish regular bedtimes and family meal times. Her daughters responded with resilience.

"My kids are amazing," she said. "They make me so proud." Counseling has also helped Tiffany heal her childhood trauma and her guilt over her past relationships. It has taught her to manage her emotions through mindfulness. "Coping skills come naturally now," Tiffany said.

Finding Support in Community

Because of the services at Rising Strong, Tiffany has discovered "There's so much more to life when you're sober." She celebrated Mother's Day with her daughters by having an outdoor movie with popcorn and root beer floats. She's taught her daughters how to bake cookies, and she is filled with joy when they play soccer with their friends.

Tiffany looks forward to graduating in April. She dreams of opening a recovery bakery where she can share the lessons Rising Strong has taught her.