

join the voices for recovery... now!



**DELAWARE HEALTH
AND SOCIAL SERVICES**

DIVISION OF
SUBSTANCE ABUSE & MENTAL HEALTH



Dear Friends,

This booklet is about a special group of Delawareans who have come a long way in their efforts to shake the chains of substance abuse. The stories included are not fiction, and they are not composites. Rather, they are true passages from the lives of real people in recovery.

The Division of Substance Abuse and Mental Health is proud to be playing a role in the recovery paths of each of these individuals. This booklet was created as part of the Recovery Month celebration in September 2004. But the stories within will remain as meaningful examples of the fact that "Treatment Works!" for years to come.

These are the voices of recovery. Thank you for hearing them.

Sincerely,

Renata J. Henry
Director, DSAMH

Danny

Connections CSP, Cornerstone
Residential Program, Delaware City

“I came into treatment at Cornerstone Residential pretty much disappointed with myself and with life in general. I had tried treatment before, but after I got back into the community... somehow I always ended up in the wrong place or hanging out with the wrong people or just making a really bad choice,” Danny said.

“For some reason, this time turned out to be different and I’ve been out of treatment and in the community for about two years and have been able to stay clean. It seemed like suddenly I understood what they were saying. I started believing I could recover. I started to believe in Danny. Maybe that was the most important thing.”



Anthony

Connections CSP AOD Program,
Dover

“I grew up in South Central Los Angeles, the only child of a single mother who was a drug addict and an alcoholic. At 9 years old, drugs started being my coping mechanism. At 15, school became unimportant. At 23, the street was my home. Finally, at 35, I lost my wife, children and house,” Anthony said.

“During the twenty-six years of drug use, I attempted to quit several times. There were programs inside and outside that I

attended, but none of them worked. Finally, I surrendered my life to God, and, through His power, I was delivered and set free.”

“The first step God led me to take in the recovery process was the program of Narcotics Anonymous. God also led me to the Connections program in Dover. I still go back as a symbol of hope for addicts just beginning the process of recovery. Today I am drug free, one day at a time.”

Kenneth

Gateway Foundation,
Delaware City

Kenneth had numerous family and legal issues when he entered treatment at Gateway Foundation. Even before he

successfully completed the treatment program, Kenneth had landed a job and a safe place to live. He continues to make good progress on the road to recovery.



Glenn

Connections CSP Day Treatment Program, Dover

Glenn's probation required him to go into treatment for his substance abuse problems. He was unemployed, he had problems in his relationships, and he needed help.

Glenn said he had never completed anything – even high school – until he completed the Dover Day Treatment

Program. He participated, helped the counselors figure out what would work for him, and followed their instructions.

“He is determined to stay clean,” said Glenn's clinician. “Who knows? If he stays clean, maybe I'll get a graduation invitation in the mail someday. With or without that invite, Glenn is a miracle in my book.”

Luke

Connections CSP AOD,
Newark

Luke was addicted to cocaine and marijuana. He first went to the Newark AOD program in August of 2003, but he was discharged in November because he didn't participate. He started again in December, but it was four more months before clinicians noticed him starting to get a handle on how substance abuse had affected his life.

He went on to finish the program and had this to say: "I have learned that I can't control what I do once I put any mind-altering chemical in my body. I have also learned that I have to admit to myself and to others that I do have a drug problem. I have learned that no matter what I have done in the past, it is not too late to change and prove to myself and others that I can do this."



Marie

Brandywine Counseling, Inc.,
Wilmington

After three months of treatment, Marie moved into Brandywine Counseling's Transition House in September 2003 with the desire to start her life over again. Now

sober for almost a full year, Marie has a full-time job at Wawa, is active in her church, and is in the market to buy her first home.

Pam

SODAT-Delaware, Inc.,
Wilmington

Pam was a frequent user of cocaine for more than 18 years. She had tried several residential treatment programs previously, before she successfully completed SODAT's program. Pam is continuing to

work hard to stay sober. She is proud of her work to build a substance-free life, and she is particularly proud to be enrolled in a paralegal program at the University of Delaware.

Charles

Delmarva Rural Ministries Bridge
Intervention Services, Dover

Charles had problems with alcohol and marijuana, and he was referred to treatment by the Welfare-to-Work program. Just eight months after successfully completing the program at Bridge Intervention Services, Charles became the owner and operator of a thrift store in downtown Seaford. He immediately called the case manager who led him through treatment and offered to help others in treatment with free professional clothes for job interviews or other emergency assistance.

Charles is a compassionate member of the community. In addition to his efforts to help people in treatment, Charles also has reached out to a homeless man who was living in the woods of Seaford. Charles invited the man to sleep in his garage and is working to get the man into treatment for his alcoholism and mental health issues. He does this, said his case worker from BIS, “all without public recognition or accolades, but rather simply because he cares.”



Alex

House of Pride Inc.,
Dover

Alex recently began his third tenure as a client in the long-term recovery program at the House of Pride, and he is steadily working along the path out of substance abuse.

“Coming from a period of incarceration, to being homeless, to finally committing

himself to change, Alex has shed the chains of addiction and committed himself to the life-long process of recovery,” Executive Director Marian Harris said. “I am most inspired and impressed by the commitment that this young man has made to changing his life.”



Michele

Brandywine Counseling, Inc.,
Wilmington

Michele entered treatment because she was pregnant, although doctors had told her she would never be able to have children. Michele had tried before to stop using drugs and alcohol, but she was so grateful to be pregnant that she decided to try again.

In treatment, Michele addressed a number of difficult issues. She was abused and abandoned by her biological father. She was estranged from her husband. And she felt great shame over her addictive behaviors, which she believed dishonored her late grandfather and continued to cause pain to her grandmother. In working through these issues, Michele began to develop a life that she and her loved ones would be proud of, and that would honor the memory of her grandfather.

During this period of growth, Michele suffered a miscarriage of her much-desired pregnancy, but she endured this loss without using any mood-altering substances. Since entering treatment, Michele has invested herself in a culinary arts program, gone back to work part-time as a certified nursing assistant, and nurses her Alzheimers-afflicted grandmother daily. She has re-established close and loving relationships with her mother and husband, and has become an active member of her church.

Michele and her husband are now working toward organizing their lives so they may serve as foster parents to older children who are not as “adoptable” as babies. Most importantly, Michele is content with herself and believes that she is truly honoring the spirit of her beloved grandfather.

Edward

**Kent/Sussex County Counseling
Methadone Maintenance Program, Dover**

Edward, 63, began using marijuana at age 14 and progressed to intravenous opiates at age 15. He was incarcerated at 16 and sent to a federal facility in Lexington, Kentucky, for his first drug treatment experience. He continued to use opiates and eventually sought treatment at

Kent/Sussex County Counseling in May of 1998.

He remains stable on methadone maintenance to this day. He is actively involved with support groups, and he spends his leisure time fishing and traveling with his girlfriend.

Sam

**Fellowship Health Resources AOD Day
Treatment Program, Georgetown**

Sam began the Fellowship Health program in May 2003. He is focused on his treatment, and he serves as a role model for others on their journey.

“It was evident from the first day that he was a man on a mission to change his life,”

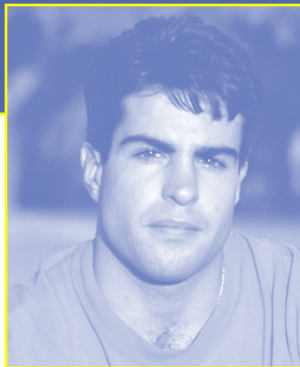
clinician Norma Knowles said. “He has stated that it is his goal to carry recovery into his neighborhood when he feels stronger. He carries a message of hope and strength for others to see that treatment works.”

Bennie

Connections CSP, Enterprise House,
Wilmington

“My alcohol and crack cocaine addiction led me to a life of petty crime to support my addictions and eventually led me to joblessness, hopelessness and homelessness. In the cold of winter, there I was living in an abandoned van and still refusing to admit to my disease of addiction,” said Bennie, who continues to receive support in his recovery process. “I’ve had my ups and downs, but ... my life is no longer centered upon alcohol and drug addiction.”

“As of today, I am a board member on the Delaware HIV Consortium. I am a volunteer outreach assistant at the Beautiful Gate Outreach Center. I am soon to be a staff member for the Americorp Corporation. ... I am planning to continue my education at Delaware Technical & Community College. ... I gratefully take life one day at a time.”



Marge

Brandywine Counseling Inc. Project Renewal
and Tau House, Georgetown

Marge had 14 years of recovery behind her, but one recent relapse had her in places she had never dreamed of. She was addicted to alcohol and drugs, homeless, had just been released from jail, and was spending nights in her car. She called Project Renewal, a

homelessness program, for help and entered treatment in September 2003. After detoxification, Project Renewal helped Marge get into TAU House, where she received further treatment for her addictions and psychiatric needs. She has now moved on to permanent housing and found a job.



Anna

Brandywine Counseling Inc. Project Renewal,
Georgetown and Recovery Center of
Delaware, Delaware City

Anna was homeless and addicted to drugs and alcohol. She had recovered once in the past, but returned to substance abuse after the death of her husband. After detoxification, Anna spent three months at

the Recovery Center of Delaware. She graduated and is now employed. She continues to receive aftercare counseling, and she serves as an example to new clients that treatment works!

More than 7,300 people received substance abuse treatment in Delaware in 2003.

67% of the Delawareans who entered substance abuse treatment in 2003, had either been incarcerated, were on probation, or had criminal charges pending.

Alcohol is the #1 problem for Delawareans in substance abuse treatment programs. Heroin is #2.

Almost 76% of Delawareans in substance abuse treatment programs are male.

The average age of Delawareans in treatment is 33 for women, 31 for men.

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