

Insights from parents in Vermont with Lived Experience. We acknowledge their courage and thank them for sharing their stories.



Lived Experience Journey Map

WORKING TOGETHER ON THE WINDING ROAD TO RECOVERY

"I had gone to rehab all those times for my son and the guilt I felt, but now I did this for me."

opportunity for change

My family started to know I was using and there was a LOT of encouragement to get help.

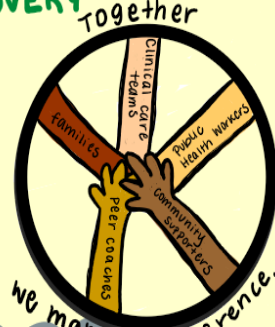


The opposite of Addiction is Connection

I am having the life I never thought I could have.



"I want my kid to be more mentally healthy than I was. I want her to know that she can have a different life and I am making that happen by learning how to change generational patterns and living that way."



Healing

"I thought, if I can get through this, I can make it through anything."



"My parents, my brother and my sister have reconciled with me."

"I was SCARED pretty much all of the time."



"As you start to walk on the way..."

Recovery is a Journey

I relapsed 8 times through 10 years of use.

"I would go back to rehab for a few months and then as soon as I got out, I would relapse again within a month."



"I didn't know how to be an adult."

"I was HARD and very lonely but I MADE IT THROUGH."

I called my clinician at LHD that day and said "I can't do this myself, I have to move in."

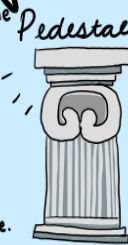
"I remember thinking 'on he's young he's not going to remember any of this.'"



Unique Challenges

"I signed the paper because I knew I could not take care of him."

"I finally left the sober house and"



for mothers is too high.

but soon after I started asking my parents to babysit so I could go out and party.

I managed to stay sober through pregnancy and three months while breastfeeding

Fear & Shame

"I'm not strong enough to do it alone and I have to depend on this medication. I'm a loser."

"I hid it from all of my doctors, my family, my sister."

"There was a lot of SHAME with MAT."

FEAR!

Legal repercussions

Shame + stigma

Loss of custody

"My parents told me that if I did not give them a grandson - ship, they would involve DCF."

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