

## Jane

*Baltimore City*



Jane has reason to celebrate. She's been sober for 13 months and is a new woman. Just ask her mother and children, who are all proud of her accomplishment and the restored relationship they share with her—especially since Jane admits, “I did send them through a little hell.” Jane's mother was so excited about her daughter's recovery that she celebrated Jane's one-year sobriety anniversary by sharing with Jane's support group.

Jane started using drugs 20 years ago at the age of 26 and she acknowledges that it's been a bumpy and miserable road ever since. Although her sobriety was initially motivated by an impending court date, the work she's done, and continues to do daily, is all her—with the support of a close network of friends and counselors.

When it was time to get clean, Jane started her rehabilitation at home, on her own. She'd taken this approach in the past, but this time, after she was clean for 30 days, she tried something new. Jane decided to seek outside help for structured support to build a foundation for her sobriety. The first step was a 38-day in-patient program in Owings Mills. When she graduated from that program, she spent the next six months in inpatient care at the Powell Recovery Center in Baltimore City. At first, she didn't think she'd fit in and wasn't open to the process, but now she says the program, “... got me to where I'm at today” and that it's “... keeping me where I'm at today.” Now, Jane, with the help of the Powell counselors, has her own place, a new job and continues outpatient treatment two times a week. Jane says that access to drug treatment is “the most beautiful thing that ever happened to me.” She went from not liking herself, to looking forward to the future and accomplishing her next goals: getting a nice home, seeing her grandchildren hanging out and relaxing in her backyard.

Jane's story has a happy ending due to the drug treatment benefit offered through the Primary Adult Care program (PAC). The benefit allows Jane to continue with treatment to ensure she kicks her habit once and for all. She tried doing it on her own before and failed, but now she has the tools for success. She received the structure she needed so if she has a problem she calls her sponsor or any number of people from her network of support. Now, Jane says, “I just love myself. Not because I'm getting all of the compliments that I'm getting, it's just that I'm really sitting back and achieving in a lot of things that I didn't imagine that I would be able to do.” Is it possible for someone to be too happy? Not Jane. Although she admits, “I'm just overwhelmed with happiness,” she wouldn't have it any other way.



Nina applied for and received health coverage from the Primary Adult Care (PAC) program for one reason: She was ready to start drug treatment and change her life. She heard about the Powell Recovery Center from a friend and enrolled in its substance abuse treatment program. She enjoys the program's structure that includes mandatory Narcotics Anonymous (NA) meetings. She's started her step work and has a sponsor. Nina's been clean for 79 days. She says, "This is one part of my life I'm not going to try to do on my own. I feel like I really need this help." She admits that for years she numbed the pain of multiple tragedies, including the death of a young child to SIDS (Sudden Infant Death Syndrome), but now she's on the road to recovery.

For many years, Nina was doing well. She graduated from high school with honors, always had good jobs that included good promotions and owned her own home. She slowly started experimenting with drugs; first was marijuana and it progressed from there. She says that she was a functioning addict. No matter what she did at night, she'd always go to work and do her job. In fact, Nina said that she did a great job and received multiple raises. So, the bills were paid and she thought, "I'm doing this thing." She seemed to have things under control until her company downsized and she was let go.

The next few years involved Nina staying with family or friends while she tended to an elderly couple who were close friends. Soon, the drugs caught up with Nina. She says, "I got sick and tired of being sick and tired." She was tired of her daily routine that included: Figuring out how to make money if she had none or how to locate drugs if she had cash. There were times when she'd go to bed at night without any drugs after her day-long search. And she was tired of the toll it was taking on her kids. Her children would want to play and she'd delay any activities until she found her fix.

Nina hasn't seen a primary care physician, gotten new glasses or been to a dentist in years, but she now will. She's had precancerous cervical cells and hasn't had a check-up in four years. Right now, though, she's focusing on her main goal of recovery, which is one day at a time. She loves that all of the Powell counselors are recovering addicts who can relate to her situation. They've been where she's been, gone through the process to get clean and have stayed clean. She knows one thing for sure, if the PAC program hadn't been there to help her with drug treatment, she doesn't think she'd be clean.