

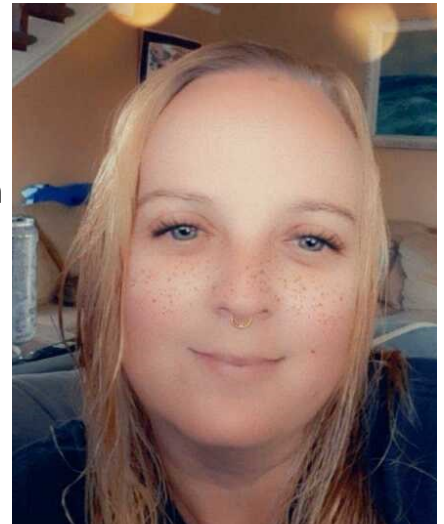


Recovery Month Stories

September, 2020

Char Hope Alumni, Shannon L.

"I am a mother, wife, sister, daughter, aunt, friend & an addict in long term recovery. Today I can say that I truly am all of those people. During my addiction I did not have an active role in my life. I had used drugs and alcohol from my late teens until I was in my late 30's. I have been to two inpatient rehabilitation centers, a few IOP programs & one day while I was in a program, I was sat down by four amazing woman and told about a long term program that was on a farm. I can't say I was initially interested or willing. I slept on the idea and woke up the next morning with the willingness to give it a try. It was Char Hope. I spent 11 months on the farm. It was the hardest most fulfilling thing I have done for myself and my recovery. I learned how to love myself, how to take care of animals, how to be a productive member of society, how to manage my time, how to be a mother, wife, daughter and how to be a friend. I have women in my life now who I call sisters. These women are there for me to offer a shoulder to cry on, a hug if needed, an ear to just listen or to help. My time at Char Hope allowed me to focus on myself. I would go to the barn and talk to the horses or my cow who I got to show at the Maryland State Fair. There is just something about brushing an animal & letting out every worry or issue. It helped me open myself up. I am the woman I am today because of the lessons I learned on that farm. My husband got his wife back and my 3 children got their mom back. Char Hope is a part of my family now."



RECOVERY WORKS!