



Recovery Month Stories

September, 2020

Char Hope Alumni, Lisa H.

“I was a broken person. I had lost my job in a profession that was very important and rewarding to me, I lost custody of my children, and most importantly, I lost the belief in myself. Because of my alcoholism, I ended up in many rehabs, as well as in jail. I went to recovery meetings, but didn’t really fully immerse myself into it. I didn’t have the support within a program that I fully needed in order to put recovery and myself first. I had a very hard time accepting the situation as it was, and decided to take a new path and try Char Hope, a relatively new recovery program. Through my time and experiences at the house, I began to love myself again, believe in myself, and truly believe that I am worth it. During difficult situations, I began to advocate for myself and my needs, whereas, I had tricked myself into believing that my voice didn’t matter, and that I wasn’t worth it. After having the strength and confidence to believe that I was worth it, I was able to gain more time with my children, things within my life started to slowly come back, and most importantly, got my self-worth back. I graduated from Char Hope in March 2018, after spending 11 months in the house, and I am still active in the recovery program. My sobriety date is September 15, 2015, and I am amazed how far that I have come. Today, I believe in myself, love myself, and things keep getting better in all aspects of my life. Things are not always perfect, but I certainly accept them better than I did before.”



RECOVERY WORKS!