



# Action Alliance Foundation

## Safe Recovery Residences

# Meet Catherine

After struggling with substance abuse for more than 40 years, Catherine is now celebrating her sobriety, achieved on January 2, 2023. “While I was ‘dry’ two other times, I now know that true sobriety isn’t achieved until working a program like AA,” she explains. “AA saved my life!”

Catherine acknowledges that she has a history of issues with addiction, whether it’s been with substance abuse, eating disorders, sun exposure, romantic relationships and more. Thankfully, through her recovery journey, those issues are becoming a thing of the past.

It all began in her teens, when Catherine started doing a variety of drugs. By her mid 20s, she was able to get off hard drugs, but continued to drink and smoke pot. Sexually molested by her father in her youth and sexually assaulted at age 16 by a male acquaintance who slipped her a mickey, Catherine has also had a series of challenging romantic relationships, including with men who also struggled with addiction. After leaving a very toxic relationship in 1990, she ended up moving 10 times between 1990 and 1998.

Catherine did marry, but that relationship eventually ended. She left her most recent relationship earlier this year. She was able to stay sober throughout the breakup, and looked for an affordable but supportive place to live. That place was Action Alliance, where she’s lived since June, 2024.

“My ex – who regularly uses meth – took my car completely apart, promising to put it back together,” explains Catherine. “The promises continued for months, with no end in sight. We’d been having trouble for a while, but that situation made me realize it was time to leave.”

A massage therapist for nearly 30 years, Catherine works consistently and has a car, providing transportation for her housemates when needed. She meshes well with the others in her home, including her roommate, and enjoys engaging in the community her house offers.

“This is the first time I’ve lived in a recovery residence,” notes Catherine. “Action Alliance has been extremely supportive, and has helped me further engage in the recovery community.”

Catherine also relies on her Christian faith and her church community for strength. Her pastor is also in recovery, and she finds his advice, counsel and perspective to be particularly helpful.

“The biggest key to achieving and maintaining my sobriety has been to be honest with myself,” explains Catherine. “I have found out so much about myself during the recovery process, and am working on developing a ‘warrior spirit.’ My long-term goal is to lead a tribe of women into sobriety!”