



Action Alliance Foundation

Safe Recovery Residences

Meet Lisa

When it comes to drinking, Lisa was a “late bloomer.”

She started drinking heavily at the age of 28, while going through a difficult divorce. “I also worked at a comedy club at the time, and we were always out partying after work,” says Lisa. “That definitely planted the seed of my addiction.”

For Lisa, the disease was definitely progressive in nature – within about eight years, she was completely dependent. While Lisa has always been able to work, she was eventually approached by a supervisor about her drinking, with a friend also saying something around the same time.

Although she was starting to realize her drinking was a problem, Lisa continued to struggle. She had a DUI (“thankfully, it was my only DUI and it was a solo accident,” she notes), and started a court-ordered AA program. She went to several rehab programs. She married again, but still struggled with her sobriety, leading to the end of the marriage.

A short time later, Lisa became involved in an abusive relationship with a drug addict who also drained her savings. After a serious fight and black out, she called her best friend, who got Lisa’s dad involved. They helped her move to a sober living home and she also received treatment for previously undiagnosed mental health issues – yet there still were some relapses over the next several years.

Finally, in 2017, Lisa was introduced to Action Alliance – and she now has a sobriety date that has “stuck.”

“Action Alliance was different from the other programs I’d participated in right from the start,” explains Lisa. “From the beginning, I was treated as a person, not as a patient. My house manager was warm and welcoming.”

Through Action Alliance, Lisa also made a concerted effort to truly work AA’s 12-step program, which has been instrumental in her continued sobriety. She now attends four AA meetings each week, and has also been a sponsor. Within three months of moving to Action Alliance, Lisa became an assistant house manager, and became house manager of an Action Alliance house in 2021. She also works full-time as a technical services coordinator for a division of Johnson & Johnson.

With her continued sobriety, Lisa is also pursuing her original career goal of acting, including voice over work. “Action Alliance has given me so many opportunities,” notes Lisa. “I’m useful again, and I’m trusted to make decisions again. I also get to be a ‘living example’ of sobriety to the other women living in the house I manage. What I’m doing here is a gift to my own recovery.”