



## Action Alliance Foundation

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### Safe Recovery Residences

# Meet Heather

During her teens, Heather went through a major identity crisis, brought on by unexpected family drama. That crisis led her to not only using, but also selling dope. She served a three year juvenile detention sentence, but continued to “rant and rave, rip and run” as both a dealer and user.

By the age of 19, Heather was married with two kids, but it was a bad marriage and she eventually got a divorce. She lost her kids, started drinking, and her girls were adopted out. She achieved an eight year period of sobriety and had four more children, but then started selling and using dope again while working a traditional job. “I considered myself a functioning addict,” she states.

During the last seven years, Heather has been in and out of jail, and came to Action Alliance six months ago as a condition of her probation. “Initially, I just came to get off probation,” Heather explains. “I had no interest in developing relationships with anyone.” But just a day after moving in to her residence on July 3, she decided to put together a 4th of July BBQ for the entire house! She has discovered that she truly does care about people, and has even become an assistant at the Action Alliance home where she resides.

Initially working in telemarketing after coming to Action Alliance, Heather now works in retail and recently completed her California Consortium of Addiction Programs and Professionals (CCAPP) certification. She is interested in working with juveniles in recovery in the near future.

Heather's youngest child, a 20 year old daughter, is back in her life, and she also looks forward to becoming better acquainted with her 9 year old granddaughter. Her own mother will also be traveling to California from Oregon for a visit over Thanksgiving. "I'm very appreciative now," says Heather. "I've learned about love and tolerance, and I make a gratitude list every day."

Heather will complete her probation on January 2, 2024, and plans to remain at her Action Alliance residence. "I'm not going anywhere!" she states. "I finally belong somewhere!"