



The Backstory & Turning Point

What did life look like when you were struggling, and what was the defining moment when you realized you needed to seek help for your recovery?

I had thought that life was perfectly fine, and that I was a normal person just in a bit of a hard time. In reality, I was honestly drinking to live and living to drink. The point didn't come to me when one would expect with several hospital trips. Not even getting kicked out of sober living twice. It was during PHP rehab when I told my mother that I couldn't go home, fighting against my own mind.

What were the biggest financial or personal hurdles standing in your way before you received the grant?

When I first started my journey in 2023, I had the money. When that ran low, I gained some desire, but for the wrong reason. I knew I had to have a mental change to survive. My challenge was being financially stable and being able to look myself in the eyes without falling apart.

The Grant Impact

In what specific ways did receiving the foundation grant ease your burden or open doors that felt closed before?

It allowed me to take a pause from stressing constantly on immediate money or loans and to actually try to plant myself somewhere better long term for me than a 'no money, no problem' sober living. Stepping Stones is better, the people are cool, and I enjoy being here. All I needed was rent money, and the rest was history.

How did knowing a community of people believed in your recovery change your mind set during those crucial early days?

I'd had people who believed in me for a long time, but after a month at Stepping Stones, it started to sink in as I grew to know the people around me better.

Sobriety & Growth Today

What is a milestone or daily moment in your sobriety that you are most proud of reaching?

I have my 2 years coming up very shortly (September 16), and I honestly hadn't expected to make a year or even 6 months. It feels unreal, but I still know I could lose it all in moments. My growth and my family trusting me again are all due to the help I received.

How has your outlook on the future shifted since embarking on this journey?

I can't say the future outlook has changed too drastically with me simply living for today, but I can rest easier knowing that I have a much greater chance of success living this way.

Reflection & Looking Forward

What would you say to someone who is currently in the shoes you were in before receiving support?

I'm sure everyone hears this so often, but just keep trying. Every decision might not be the right one, but an educated attempt is far better than putting off.

If you could describe the impact of the foundation on your life in just a few words, what would you say?

I can grow because of their help.