

FROM ROCKY BEGINNINGS TO FINDING SOLID GROUND

A JOURNEY OF HEALING THROUGH RESILIENCE AND HOPE



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I was born into chaos, with the stress and mental health challenges of my parents shaping my earliest experiences.

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Due to the chaos in my home, I tried to run away at the age of eight, to the safety of my grandparents - but instead was tricked into consuming substances.

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At ten, I was put into the care system, moving through foster homes and group homes. In hopes of finding the stability I couldn't find at home.

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In my anger and resentment, I built walls not just to keep others out, but to strike first. My verbal and physical aggression was my shield against hurt, eventually leading me into conflict with the law.

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My grandparents were my sanctuary, offering love and stability when I needed it most.

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The turning point came when I hallucinated my grandparents crying over my grave, a stark vision that jolted me towards sobriety.

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I embarked on a dual path of wellness, addressing both my substance use and the mental health challenge that fueled it.

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Transforming my pain into purpose, I became a peer support worker, dedicated to helping others navigate their own challenges.

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Through my Grammie's wisdom, I learned how to take responsibility for my actions, while understanding I am not to blame for my circumstances.

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In therapy, I uncovered deep-seated trauma and received diagnoses that explained so much of my pain and behavior.

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Though she's gone, I still turn to my Grammie for guidance, speaking to her photo when I need strength.

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Reflecting on my journey, I am filled with gratitude for the hardships, triumphs and people that have shaped who I am today.

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As an advocate, I strive to educate and support others, breaking down the stigma surrounding mental health challenges and substance use.