

**ADDICTION**



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# *Recovery for Life: Sharing Your Stories*



# Anita Devlin

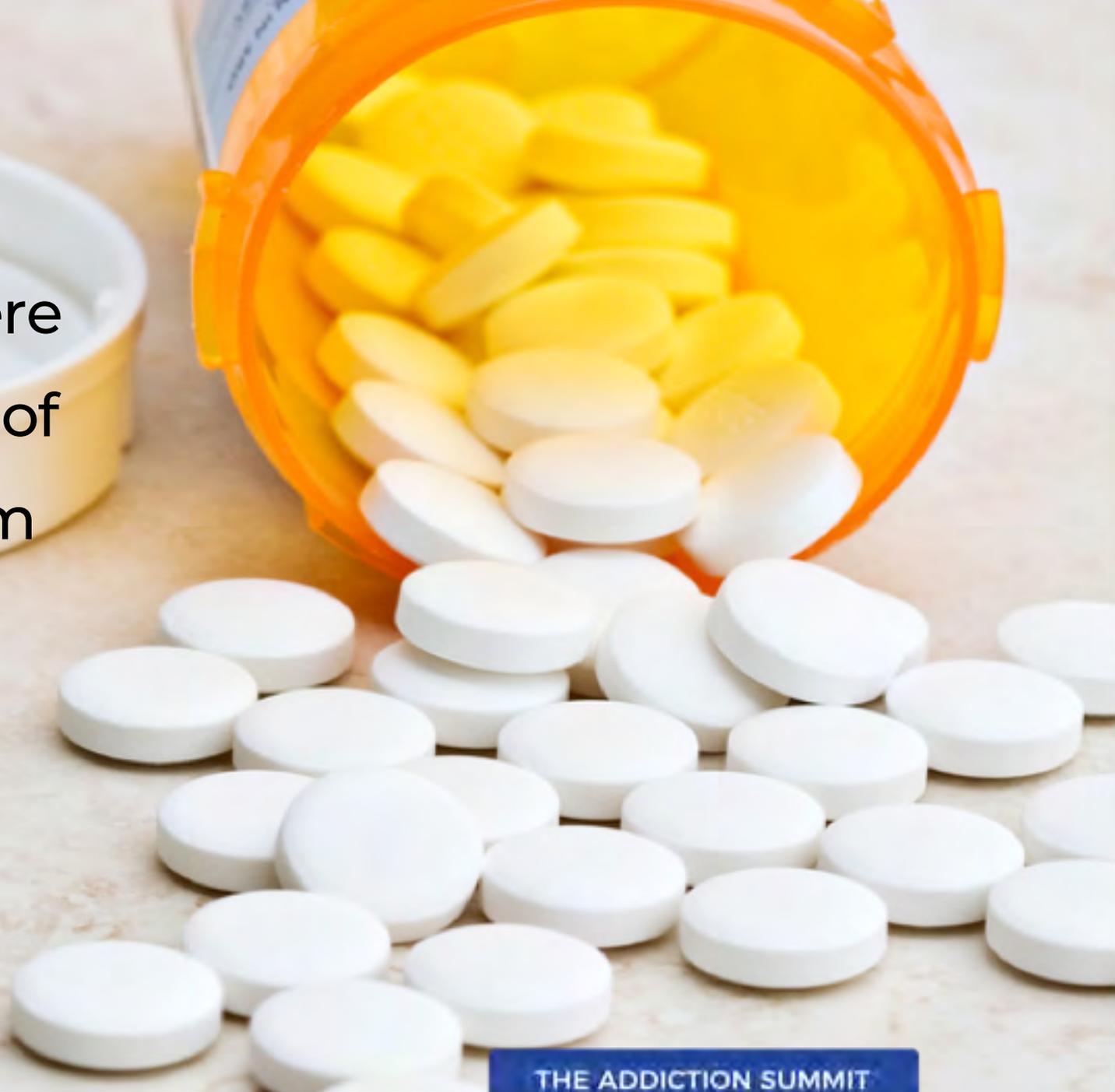


- Above the Noise Foundation
- Co-author, *Sober*
- SAMHSA, Recovery Planning Partner
- Advocate for mothers

“Where I come from is something that will always be a part of me. I will never forget the fear that I lived through. Besides the fear, the isolation that I felt.”



“Until very recently,  
prescription opioids were  
the number one cause of  
deaths in America from  
opioid overdose.”



“It was about the entire family, absolutely. His illness affected all of us.”



“He thought he could take care of it on his own, and he went back to college. And he couldn’t do it on his own. He didn’t have support.”



“I started focusing on  
my own self-care.”



“You need to just  
reinforce that you  
love him.”



“I said, ‘We love you. We’re here for you. Please reach out. We’re here for you.’”



“If you reach out for help,  
the help is everywhere.  
Support is everywhere,  
the compassion.”



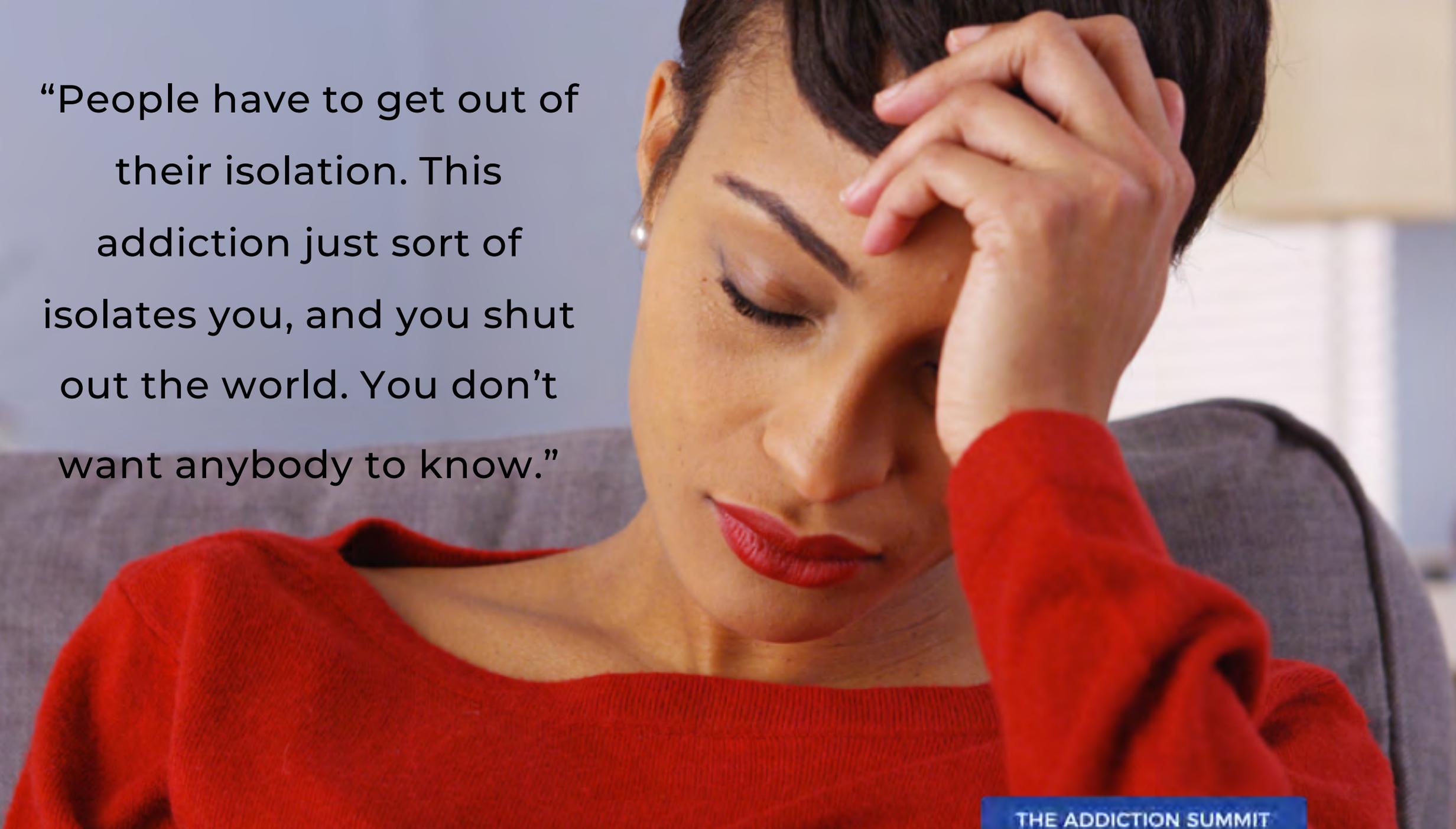
“Addiction is the  
absence of choice.”



“The only thing that’s  
important is the  
recovery.”



“People have to get out of their isolation. This addiction just sort of isolates you, and you shut out the world. You don’t want anybody to know.”



“This addiction hits everyone. It doesn’t matter if you're a doctor or you're a minimum wage worker or you’re homeless and unemployed. We are all affected by addiction. But we need to talk about it so we can get rid of the shame.”



“You have to let go of that  
fear and hold onto faith.”



“I don’t just speak about  
my son’s journey. I speak  
about my own.”



“It’s not so much about how to get them to church. It’s about, how do we follow them out to the streets and live simply like the stories of Jesus?”



“It’s compassion,  
not judgment.”



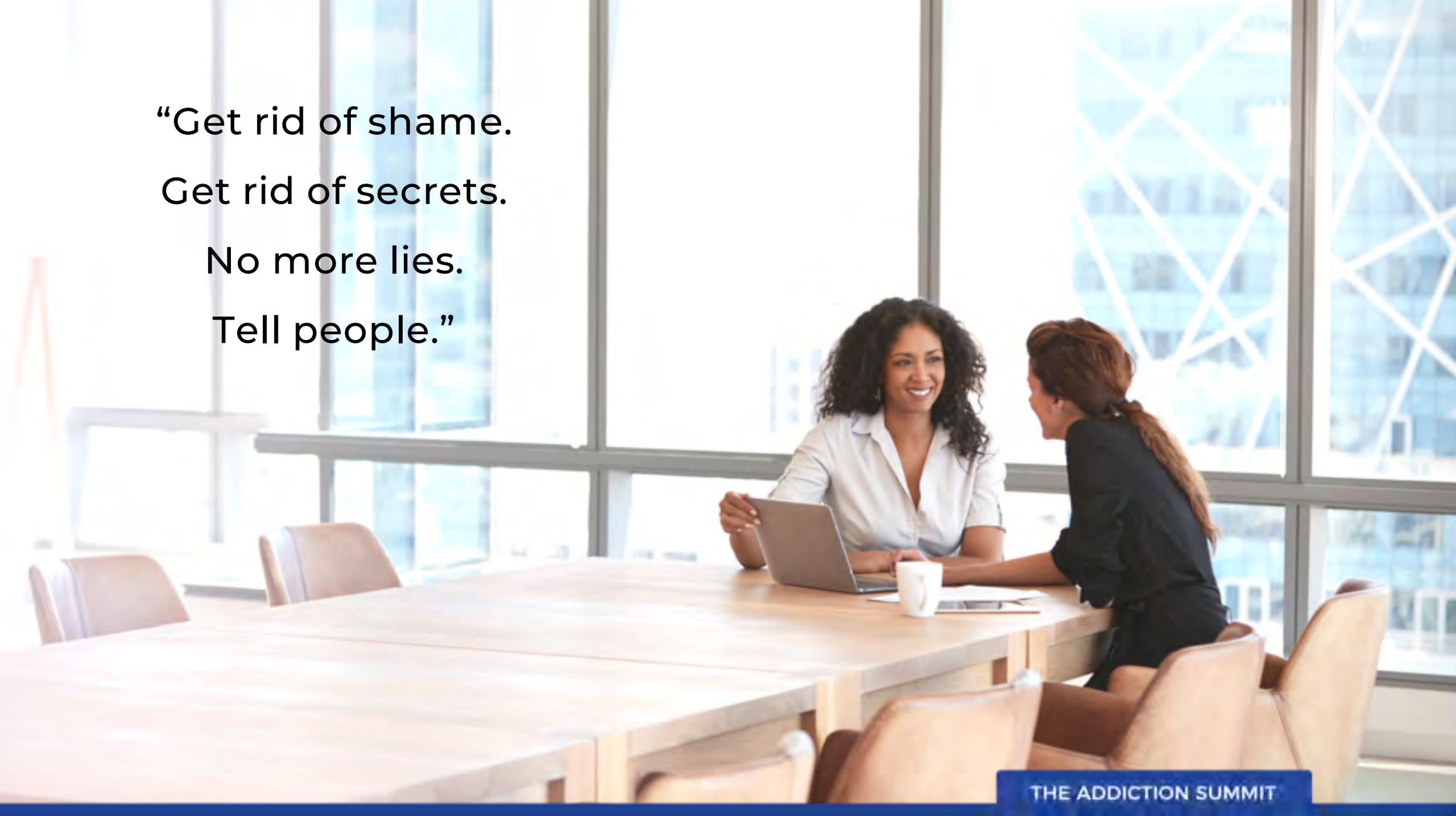
“Take your arms, close your eyes, and wrap your arms around yourselves. Close your eyes. Feel your heart. Feel the love. Love yourself. Squeeze yourself. Hold yourself as tight as you can.”



“While your child is going through this, take care of yourself.”



“Get rid of shame.  
Get rid of secrets.  
No more lies.  
Tell people.”



“You're a team. You all have to be on the same page. It's a family disease. The family has to recover together.”



“You can’t keep what you  
don’t give away.”



“When you go for any kind of therapy,  
bring in your other siblings.”



“If you don’t have anything nice to say, don’t say anything.”



“Say my son’s name. Tell me a story. Remember this. Talk to me about my daughter. Say her name.”



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