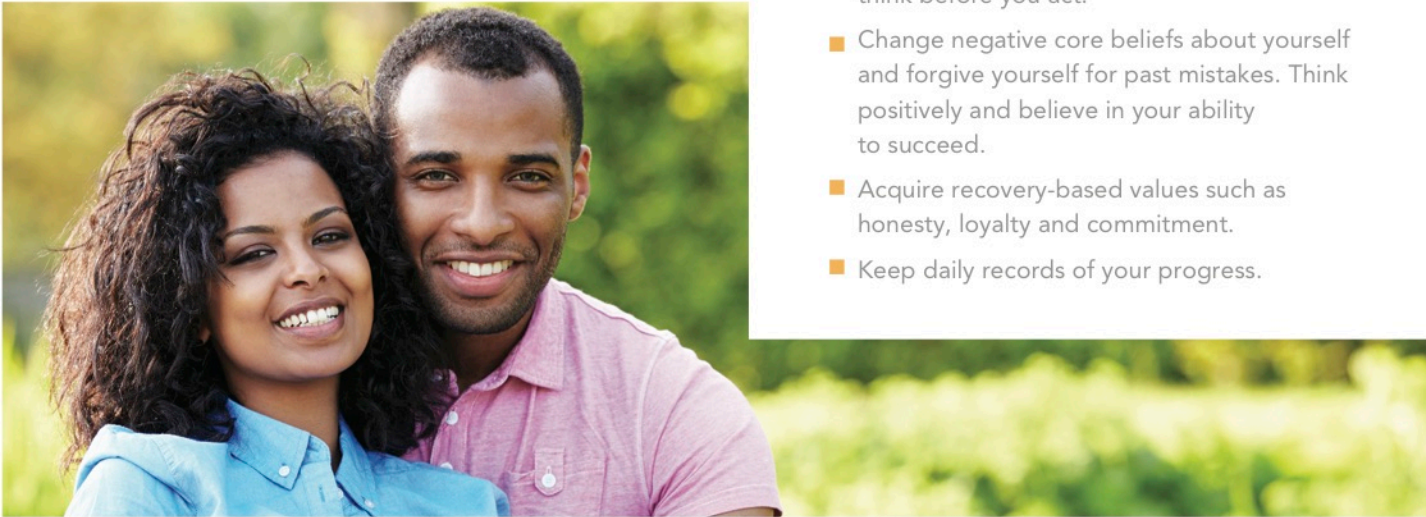


SUCCESS STORY

Today, my life is a success by my standards, and coincidentally by society's standards.

I have been out of prison for more than 4 years and I'm living a life that I never imagined possible. I was actively addicted to crack cocaine for over 15 years. I lost everything, most of all my ability to see any self worth. I spent my time incarcerated as productively as possible -- not talking about the "old life" but preparing for my new life, the one I have today.



I'm an alcohol and drug counselor in the same prison system I was incarcerated in. I create programming to assist men and women who are also "in the struggle". My past is my greatest asset because I believe in people, I understand the difficulties, and I was able to turn my anger and frustration into positive action for myself and others. The key is not focusing on what you don't have but what you do have and what you do with it!

- Tamra / Sober Alumni

HOW TO STAY CLEAN

- Develop coping skills to manage stressful situations. Be aware of your emotions in the moment, especially feelings of anger, frustration, guilt, or fear. Practice relaxation techniques to help you stay calm.
- Learn to make decisions carefully. Getting into high risk situations are a result of decisions you have made, so it's important to think before you act.
- Change negative core beliefs about yourself and forgive yourself for past mistakes. Think positively and believe in your ability to succeed.
- Acquire recovery-based values such as honesty, loyalty and commitment.
- Keep daily records of your progress.



MY HOME INC.
Helping Our Communities

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RECOVERY



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RELAPSE PREVENTION

Chemical dependency can lead a person to commit crimes related to their use of alcohol or drugs. Drunk driving, assault, prostitution, drug possession, and burglary are just a few examples of crimes associated with substance abuse. Because the risk of relapse is highest during the first 30 days following your release from prison, it is important to develop a detailed plan for activities during this period.



LONG TERM RECOVERY

Although you are not to blame for having the disease of addiction, you are responsible for managing your disease. Total abstinence (not using alcohol or drugs) along with lifestyle changes are necessary for long-term recovery.

STAYING CLEAN

Make a list of things to do during the first few weeks following your release. Prepare yourself for "down time" when you are most likely to feel bored or restless. Plan ahead for exercise and healthy social activities to fill this time.

Identify and list your own high risk situations that may lead you back to alcohol or other drugs. Let go of old "friends" who sell or use drugs and avoid sexual encounters with people who lead unhealthy lifestyles.

Contact family members, loved ones, sponsors, and friends who will support you in your recovery and challenge you if you become over-confident or arrogant. Plan to spend time with them as often as possible.

Join 12-Step programs or aftercare groups for former prisoners to connect with others in the community who share common experiences.