



MARCH PEER PERSPECTIVE 2023

Hello, my name is Val Young, and I'm a Certified Peer Support Specialist. I'm excited to see true signs from mother nature that Spring is right around the corner!

I've just celebrated my one-year anniversary at CMMHC. It's been an honor to have the ability to share my life experience and serve our community.

I have been consistently clean and sober for over 39 months. A part of my story that I often share is that from June 2018-December 2019, I relapsed several times and was in treatment and aftercare most of that time. I tell myself there are several reasons I drank after 3 or 6 months of sobriety, and it was clear that people, places, and things needed to change. But the main reason is that I have a Chronic Brain Disease. After substance abuse treatment, 40-60% relapse in the 1st month. 85% the first year. From Hazelden Betty Ford Foundation, here are just a few signs to be aware of:

- Change in priorities, recovery becomes unimportant.
- Compulsive behavior.
- Isolation.
- Destabilized emotions.
- Withdrawal from a support system.
- General discontent.

I have accepted that recovery is a lifelong process of physical, psychological, and emotional healing from addiction. My life is full of all things possible now.

Thank you for allowing me to share my story.

Val Young, Certified Peer Support Specialist II