

FACES OF SAP

EXPRESSIONS OF RECOVERY

CREATIVE CONTEST 2021

RECOVERY IS BEAUTIFUL



— — — — —
KY DEPARTMENT OF CORRECTIONS
DIVISION OF ADDICTION SERVICES
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A MESSAGE FROM THE DIRECTOR

The Division of Addiction Services is proud to release the 3rd Annual, Faces of SAP - Expressions of Recovery creative contest booklet. This year was unlike any other year in that it provided an opportunity for our clients to highlight their talents, and to also express their recovery in creative ways. It was different, however, in it's theme, **this year's theme was - Recovery Is Beautiful.**

Although it was not required to submit themed creative work, it was evident just how many of our clients see their recovery as a beautiful journey. Throughout the state, we asked our residential substance abuse treatment programs to submit their written and visual artwork that represents their vision of hope and recovery and if they chose, the beauty within their recovery.

As always, we wanted this project to help reduce the stigma that clients face with both substance use disorder and being involved with the criminal justice system. Faces of SAP is only a small representation of the many recovery journeys that begin their first chapters within the Kentucky Department of Corrections and continue well beyond the walls of incarceration and treatment. Faces of SAP is dedicated to every parent, child, grandparent, support person, or family member that has never lost hope.



DIRECTOR, DIVISION OF ADDICTION SERVICES
DEPARTMENT OF CORRECTIONS

A handwritten signature in blue ink that reads "Sarah Johnson".

FACES OF SAP - EXPRESSIONS OF RECOVERY CREATIVE CONTEST

Recovery is happening inside rooms, reentry service centers, jails and prisons throughout the Department of Corrections. Each year, thousands of people take a different path, follow a new direction, and enter treatment with the hope of change and starting a new life. Many have lost friends, family, and their freedom but are finding hope for a new life and a chance to build those relationships back stronger than before and more BEAUTIFUL than ever.

Our esteemed judges invite you to view and hear these stories and to see the beauty within recovery. Many of us will realize that we have much more in common than we previously thought. We all are struggling to be the best parent, brother, sister, aunt, uncle, grandparent, child and friend that we can possibly be. Judges this year include: Deputy Commissioner of Community Services and Local Facilities - Lisa Lamb, Director of Probation and Parole- Erica Hargis, Director of Reentry Services- Kristin Porter Director of Local Facilities- Kirstie Willard, Director of Addiction Services- Sarah Johnson, Assistant Director of Addiction Services- Jeannie Waldrige and Executive Advisor of Addiction Services- Ashley Short



SPONSORED BY THE DIVISION OF ADDICTION SERVICES

2021 FACES OF SAP WINNER!



CREATOR: AMY E

FACILITY: HOPE CENTER RECOVERY PROGRAM FOR WOMEN

"MY RECOVERY IS BEAUTIFUL TO ME BECAUSE I SPENT SO MANY YEARS OF MY LIFE LOCKED AWAY IN JAILS, PRISONS AND INSTITUTIONS. NOW IN RECOVERY- I AM ABLE TO ENJOY GOD'S HANDIWORK. I LOVE TO FEEL THE SUNLIGHT, ENJOY THE FRESH AIR AND ESPECIALLY ENJOY THE FLOWERS! RECOVERY HAS GIVEN ME MY LIFE BACK AND I AM TRULY GRATEFUL."



CREATOR: JESUS D

FACILITY: ROEDERER CORRECTIONAL COMPLEX

REACHING FOR RECOVERY

**AS I RECOVER, I CONTINUE TO GROW AND REACH FOR
NEW HEIGHTS LIKE MY LION CUB. ALSO I HOPE TO
CONTINUE TO REACH AND INSPIRE NEW PEOPLE TO WANT
TO CHANGE AND BECOME SOBER. THAT'S WHY RECOVERY
IS BEAUTIFUL TO ME.**



CREATOR: RICHARD W

FACILITY: ROEDERER CORRECTIONAL COMPLEX

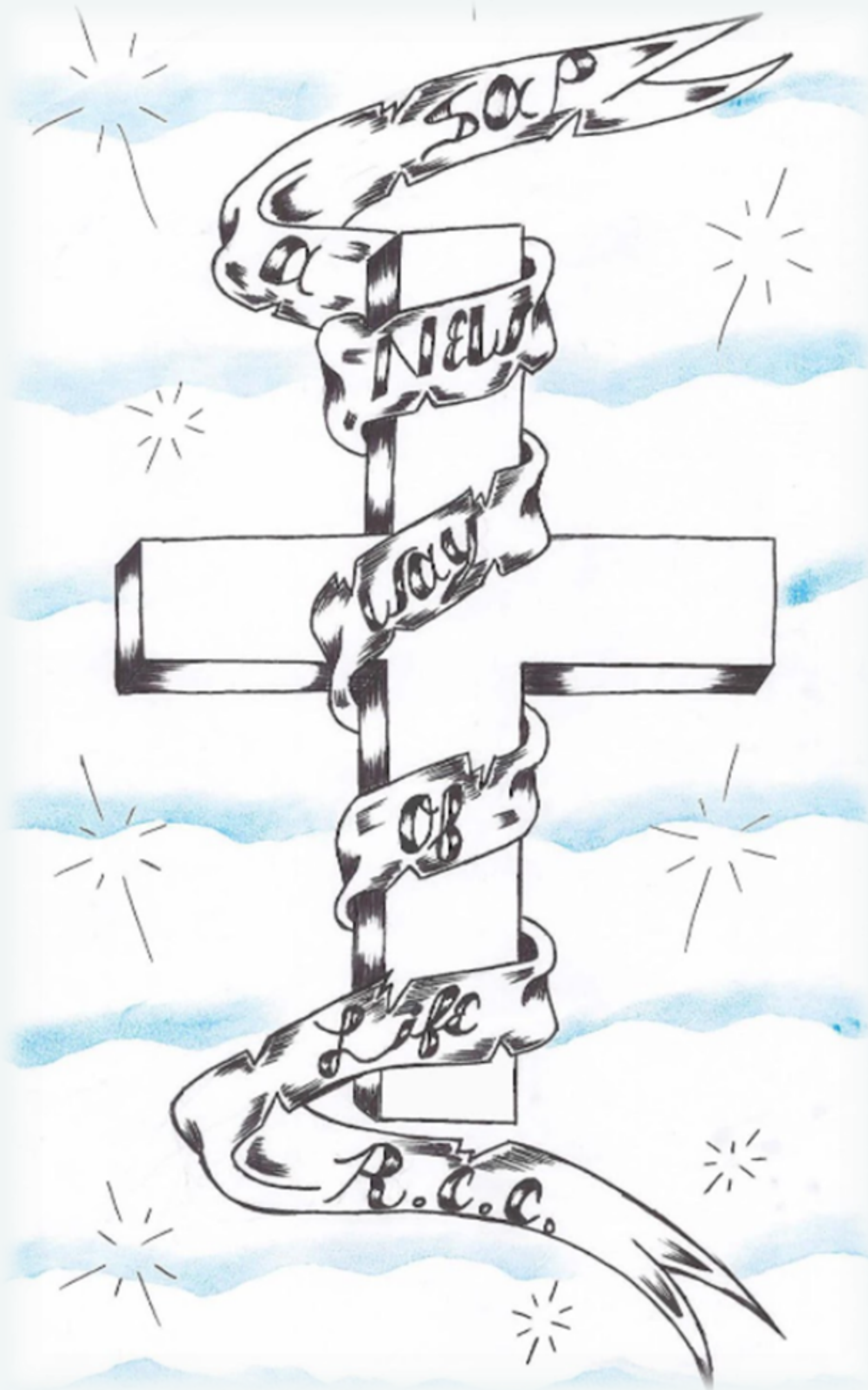
RECOVERY IS BEAUTIFUL TO ME BECAUSE AFTER A LIFETIME OF SEEING UPS AND DOWNS, AND THE INS AND OUTS OF LIFE WITHOUT NOTHING BUT CRIMINAL AND ADDICTIVE THINKING, THE WAYS I HAVE TRIED, IT IS A WONDER I'M NOT DEAD OR WITH LIFE WITHOUT PAROLE. I'VE SEEN LIFE THROUGH THE EYES OF A MAN THAT SAW LIFE THROUGH OUTLAWS EYES AND EYES THAT WERE CRIMINALLY DISTORTED. I GREW UP FEELING LIKE PRISON MADE ME TOUGH BUT AFTER HAVING A FAMILY AND REALIZING THAT THE TOUGH GUY AFTER ALL WAS AT HOME TUCKING HIS CHILDREN INTO BED AND BEING A MAN TO HIS FAMILY, THAT IS WHY RECOVERY IS A BEAUTIFUL THING. CAUSE IT MEANS LIFE OR DEATH TO ME.



**CREATOR: JAMES A
FACILITY: GREEN RIVER CORRECTIONAL
COMPLEX**

PRAY FOR DIRECTION

**DONE WITH INTENT OF PROVIDING A
CONSTANT REMINDER TO FOLLOW THE
"SIMPLE INSTRUCTIONS" ON PAGE 87 OF THE
AA BIG BOOK AND DO WHAT IS NEATLY
PRINTED IN RED LETTERS OF THE BOTTOM OF
THE PIECE "PRAY FOR DIRECTION."**



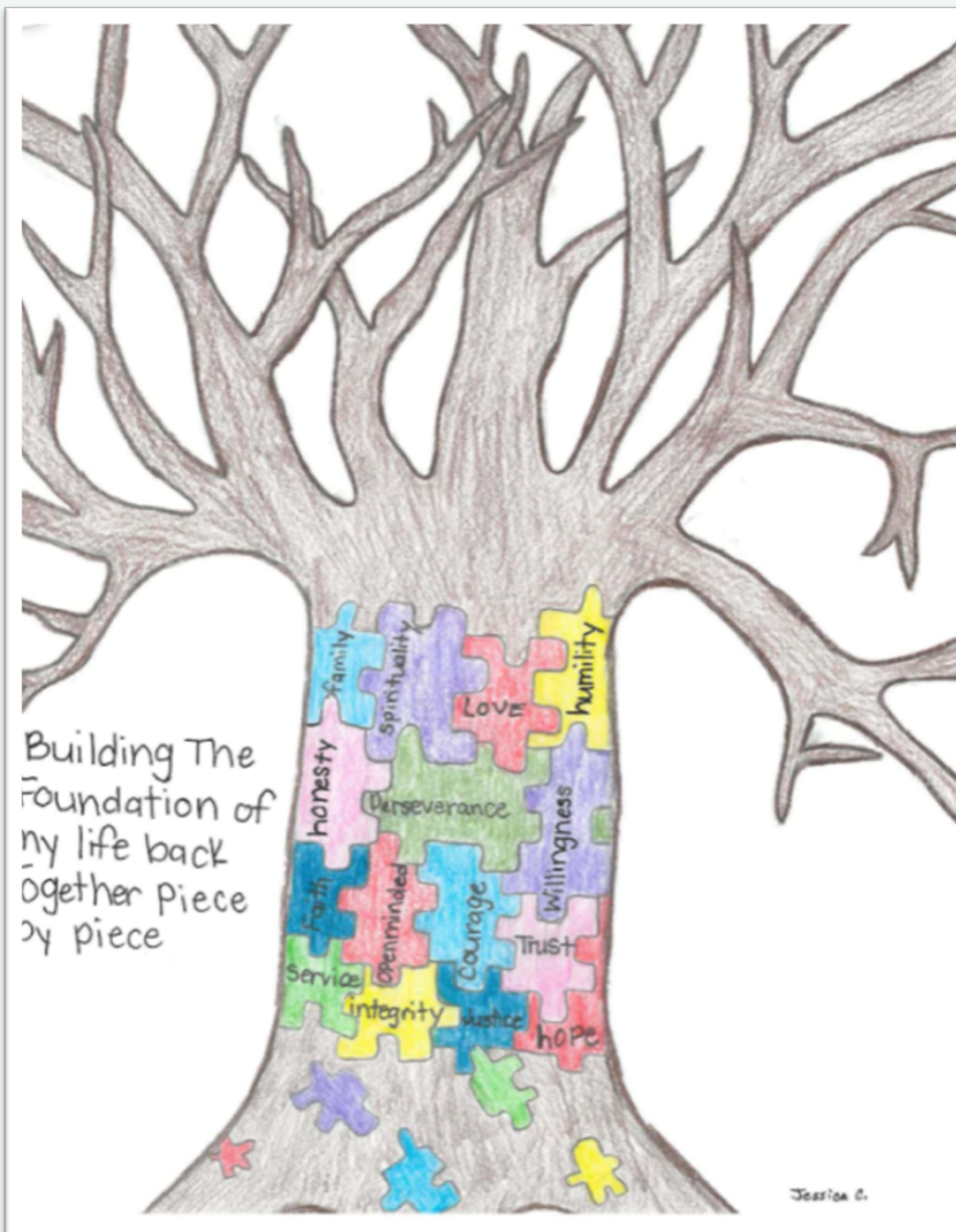
CREATOR: DONALD H
FACILITY: ROEDERER CORRECTIONAL COMPLEX

**I DREW THIS PICTURE TO SYMBOLIZE MY NEW
FOUND WAY OF LIFE. I DREW A CROSS TO
SHOW THE SIGN OF THE REBIRTH OF CHRIST. I
FEEL THAT MY RECOVERY IS MY REBIRTH A
SECOND CHANCE AT LIFE TO BE BETTER
FATHER, HUSBAND, SON AND PERSON
ALTOGETHER. I BELIEVE RECOVERY IS
BEAUTIFUL BECAUSE IT IS A SECOND CHANCE
AT LIFE.**

Stuck inside these walls drowning in this pain/ Searching for a friend I cant tell you a name// feeling so alone it weighs me down no lie/ knee's about to buckle from all this hurt inside// mentally and emotionally im messed around it's sad/ constantly wishing to myself a chance at life I aint had// everyday im face to face with demons inside of my head/ I cant escape em Ive tried im just better off dead// I have these dreams every night and they feel so real/ get released cop a g, bang it, od that's foreal// people say it'll get better but you see im 29/ been dealing with this for years im sick of doing time// not just inside these walls but in my head as well/ they say keep holding on but to deep I fell// This addiction that we face yo it aint no joke/ no matter what I do it gets worse and I lose all hope// If your feeling this way sit on your hands just wait/ what they said is true there are better days// went from od'n 14 times, incarcerated all my life. now im strung out on Recovery/ keep my God close strong faith and no matter if it's raining and thundering// my days stay bright and I promise yours will too/ change everything in life and you'll feel so new// im just like you & im here to tell you we're worth it/ shut the door on our past stop existing and live humble cuz we deserve it//

CREATOR: BRANDON M
FACILITY: BRECKINRIDGE SAP

RECOVERY IS BEAUTIFUL TO ME BECAUSE EVEN THOUGH I'VE COME BACK, IT HAS GIVEN ME A WHOLE NEW OUTLOOK ON LIFE. TH RECOVERY PROCESS HAS SHOWN ME THAT I HAVE A PURPOSE IN LIFE AND THAT IS TO HELP OTHERS WHO ARE JUST LIKE ME. RECOVERY IS THE BEST THING TO HAPPEN TO ME WITHOUT IT, I WOULDN'T BE ALIVE. THAT IS WHY RECOVERY IS BEAUTIFUL TO ME. I AM FOREVER GRATEFUL FOR RECOVERY.



CREATOR: JESSICA C
FACILITY: DISMAS CHARITIES (OWENSBORO)

SOBRIETY ISN'T ABOUT HAVING A PERIOD OF CLEAN TIME. IT'S ABOUT CHANGING THE WAY YOU THINK AND ACT, ALWAYS TRYING TO BE BETTER THAN THE DAY BEFORE. IN MY PICTURE IS THE TREE OF LIFE WITH PUZZLE PIECES EACH WITH THE 12 SPIRITUAL PRINCIPLES IN EACH ONE GOING UP THE TRUNK OF THE TREE REPRESENTING A STRONG FOUNDATION BY WHICH I BASE MY RECOVERY OFF OF USING THE SPIRITUAL PRINCIPLES SUCH AS SPIRITUALITY, INTEGRITY, SERVICE, HONEST EACH DAY IN MY JOURNEY TO RECOVERY IS GOING TO KEEP ME SOBER. WITH 9 MONTHS CLEAN I LOOK FORWARD TO CONTINUING PUTTING THE PIECES TOGETHER TO BUILD A HAPPIER LIFE FOR MYSELF.



Every moment in life that God blesses me with is never guaranteed. I have learned to live in this moment where my past doesn't define me and I choose my future. Through trials and tribulations and immense pain God grants me the wisdom to see the big picture. With the tools I acquired from SAP I'm now able to apply them in my life and be free from prison but most importantly the prison I built inside myself.



CREATOR: GARY P

FACILITY: ROEDERER CORRECTIONAL COMPLEX

EVERY MOMENT IN LIFE THAT GOD BLESSES ME WITH IS NEVER GUARANTEED. I HAVE LEARNED TO LIVE IN THIS MOMENT WHERE MY PAST DOESN'T DEFINE ME AND I CHOOSE MY FUTURE. THROUGH TRIALS AND TRIBULATIONS AND IMMENSE PAIN GOD GRANTS ME THE WISDOM TO SEE THE BIG PICTURE WITH THE TOOLS I ACQUIRED FROM SAP I'M NOW ABLE TO APPLY THEM IN MY LIFE AND BE FREE FROM PRISON BUT MOST IMPORTANTLY THE PRISON I BUILT INSIDE MYSELF.



CREATOR: NATHANIEL M

FACILITY: VOLUNTEERS OF AMERICA (MID STATE)

CHAOS IS THE COMMON CAUSE OF ADDICTION. ORDER, BEING WHAT IS STEMMED FROM ALIGNING CHAOS INTO COGNITIVE PATTERNS IS A WAY TO CORRELATE RECOVERY.

CHAOS CAN COME IN MANY FORMS, METHODS AND MEDIUMS, AND NO MATTER HOW DIFFERENT THE CHAOS THAT CONCERNS ADDICTION IS CREATED, RECOVERY CAN ASSIMILATE FROM ANY SORT OF CHAOS, LIKE THE WHITE REPRESENTS THAT BEING THE CONNECTION OF ONE'S COLORFUL PAST INTO A CONSTRUCT OF THEIR SOBRIETY AND RECOVERY.



CREATOR: JASON A
FACILITY: CTS RUSSELL

WATCHING A FLOWER GROW, THE SUN CREST THE HORIZON OR A BIRD TAKING FLIGHT FOR THE FIRST TIME SYMBOLIZE THE MAJESTY THAT IS RECOVERY TO ME. THE PIECE I SUBMITTED REPRESENTS ONES LIFE IT REPRESENTS THE PAIN AND SUFFERING CONNECTED TO ACTIVE ADDICTION AND INCARCERATION. SO AS THE BIRD FLIES, RECOVERY IS THE LIGHT. THE TOOLS I USE TO RISE FROM THE ASHES MAKE OUR LIVES WHOLE AND BECOME BEAUTIFUL



CREATOR: JOSHUA B

FACILITY: BLACKBURN CORRECTIONAL COMPLEX

**RECOVERY TO ME IS BEAUTIFUL BECAUSE
ONCE WE LET GO OF ALL THE PAIN AND
RESENTMENTS IN OUR LIFE WE CAN START TO
GAIN CONTROL OF OUR ADDICTIONS, AND
LEARN TO LIVE OUR LIFE ON LIFE'S TERMS.**

**IN DOING SO WE ARE LIKE A FLOWER, WE
START TO GROW AND BLOOM INTO SOMETHING
BEAUTIFUL.**

Goodbye Addiction and Hello New life

I walk down a bad path, that took away my life. It's called the disease of addiction. It's powerful and dangerous. It will kill you if you let it.

once it's got you, it's got you and won't let go til you are in jail, prison or to death if you don't stop. so what path do you want to choose, the life of addiction or the path of life. so if I don't change this addiction that's destroyed me and my family. I'll never live the life I've always wanted.

This is where we start to rebuild our life and live in recovery rather than addiction. We can change Good or Bad but it's up to you what path you take when your back's up against that wall in a Jail cell because our addiction has put us there.

It's a life changing event for you when your locked up. It helps you to open your eyes to a new plan of living and a new path to walk.

This is where you say goodbye addiction and hello to recovery and to a new life. I walk in a new life today and can enjoy it with a higher power that has gave me faith, hope, and the courage to change myself.

There's more to life then living in a Jail cell. There will be more time to spend with your family.

God has guided me to see what I can have and who I really am. I don't have to live that life of addiction anymore.

I see truth and faith and peace in my life today. Thanks to my higher power and to recovery for giving me a second change.

So today I choose the path to recovery and one day I will be free and happy with my family again with out my addiction.

This is were I say Goodbye to my addiction and Hello New life.

Michael A

**CREATOR: MICHAEL A
FACILITY: BRECKINRIDGE SAP**

I ONCE WAS AN ADDICT AND STRUGGLED WITH ADDICTION AND TODAY RECOVERY HAS OPENED MY EYES TO LET ME SEE THE LIFE THAT I CAN HAVE. I NEVER KNOW WHAT LIFE WAS TIL I FOUND RECOVERY AND IT HAS SENT ME HOME TO BE A BETTER PERSON AND BETTER FATHER TO MY BEAUTIFUL KIDS AFTER I GET OUT. I WALK ALONG A BEAUTIFUL ROAD TO RECOVERY AND ENJOY IT WITHOUT USING DRUGS.

RECOVERY IS BEAUTIFUL

BEAUTIFUL: A quality that pleases the senses or mind.

RECOVERY: Regain position, pose or health.

HEAL: MAKE or become sound or whole.

SENSE: Sound mental capacity.

HOPE: Desire with expectation of fulfillment.

GROWTH: Process of growing.

CHANCE: Opportunity

LIFE: Vitality, vigor, or energy.

Recovery is beautiful to me because it gives us a chance to heal, a sense of hope: and tools to use in growth, with another chance at life.

CREATOR: B RILEY

FACILITY: BLACKBURN CORRECTIONAL COMPLEX

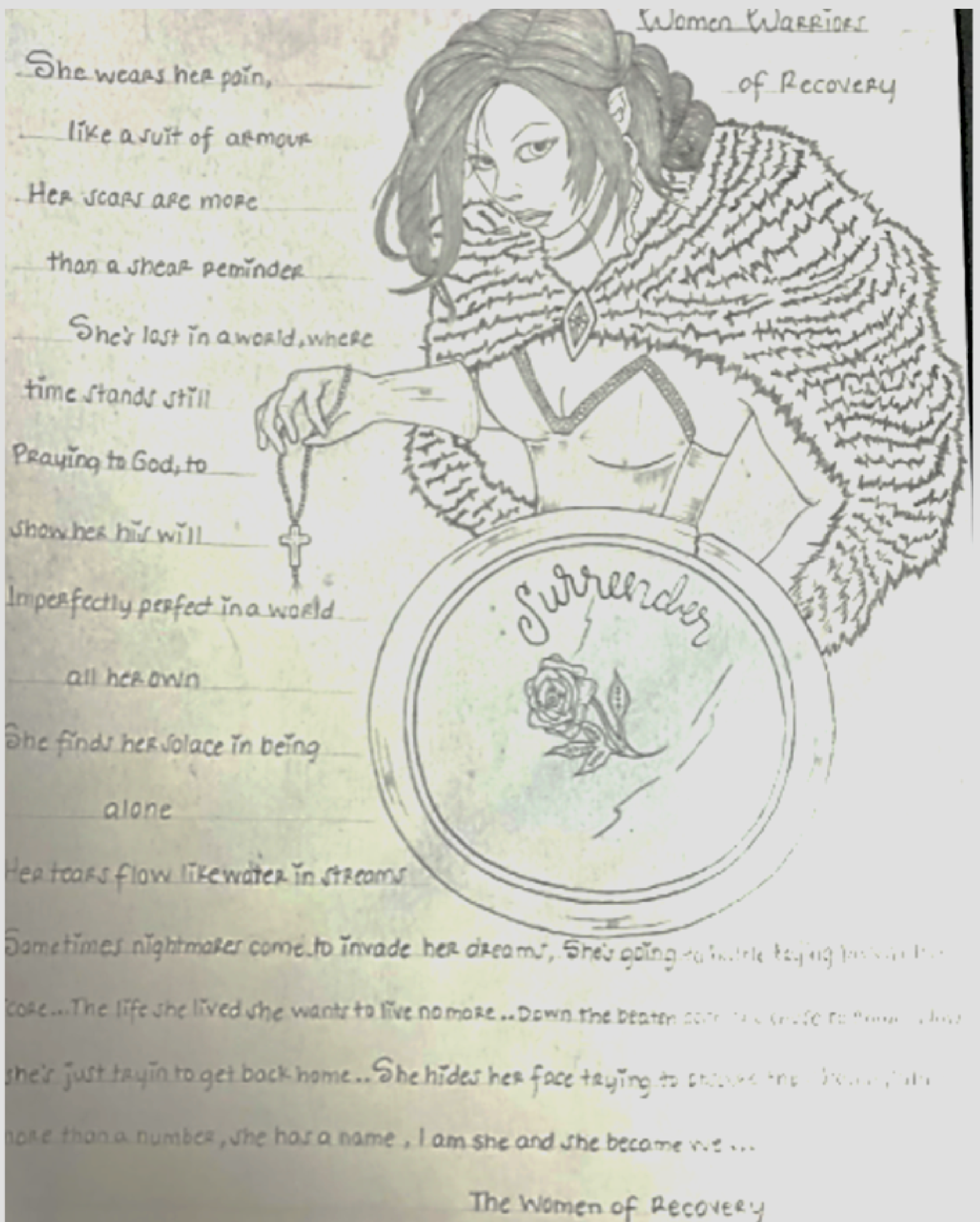
**RECOVERY IS BEAUTIFUL TO ME BECAUSE IT
GIVES US A CHANCE TO HEAL, A SENSE OF
HOPE AND TOOLS TO USE IN GROWTH, WITH
ANOTHER CHANCE AT LIFE.**



CREATOR: ISAAC W
FACILITY: GRANT COUNTY SAP

MAN OF A MILLION EMOTIONS

**RECOVERY IS BEAUTIFUL TO
ME BECAUSE IT HAS OPENED
MY MIND TO NEW THINGS I
DIDN'T KNOW I COULD DO.**



CREATOR: MARY W
FACILITY: GRANT COUNTY SAP

WOMEN WARRIORS OF RECOVERY

MY PIECE TO ME REPRESENTS THE WARRIORS THAT WE HAVE HAD TO BECOME THROUGH OUR ADDICTIONS! IT SHOWS FAITH IN A HIGHER POWER, WILLINGNESS, SURRENDER, ACCEPTANCE AND STRENGTH TO CONTINUE NO MATTER WHAT COMES OUR WAY. RECOVERY IS BEAUTIFUL TO ME BECAUSE IT SHOWS WILLINGNESS TO CHANGE, HOPE FOR THE FUTURE, UNITY AS A GROUP AND THAT YOU'RE NOT ALONE. IT GIVES YOU THE ABILITY TO CHANGE OUR SCARS INTO OUR STRENGTHS! WE LEARN TO GROW, WHAT BEING RESPONSIBLE MEANS, AND WE HAVE THE CHANGE TO SHOW OTHERS THERE'S A BETTER WAY OF LIFE. NEVER GIVE UP!

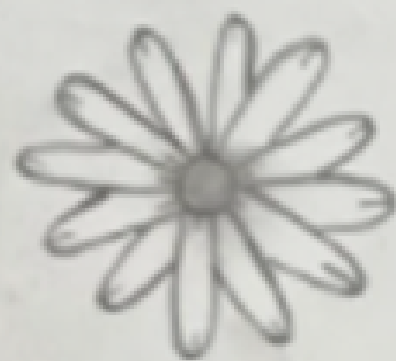


CREATOR: CALEB H
FACILITY: MARION COUNTY SAP

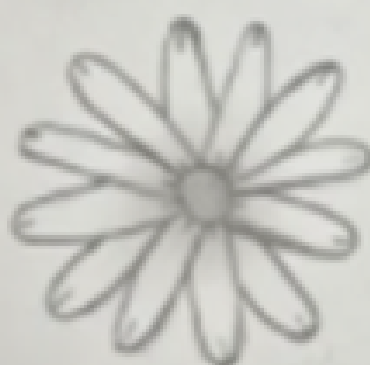
**RECOVERY IS BEAUTIFUL TO ME
BECAUSE I CAN BE HOME WITH MY
FAMILY. I DON'T HAVE TO WORRY
ABOUT GETTING HIGH AND
STRUGGLING.**



Dear Self...



If you should find yourself lost and in despair
Then the life you are living is in need of repair
When you think that you can't, know I think you can
Just hold out your arm, and I will take your hand
When the tears are flowing and you can't see clearly



Remember me and that I love you dearly
If you get confused about making a choice
Just talk to me and I'll be your voice
Always try to love as hard as you live
Have faith in me and learn to forgive
When you don't think you're beautiful because of your scars
I will help you remember exactly who you are
If you should go astray or start to roam
I will always help you find your way back home
When the world has caused you to feel rejected
Remember that you are a perfect imperfection
I will always be with you to see this journey through
Because I am me and we are you...



CREATOR: SHAWNA M
FACILITY: GRANT COUNTY SAP

RECOVERY IS BEAUTIFUL TO ME BECAUSE I BELIEVE WITH EVERY BREATH THERE IS ALWAYS A SECOND CHANCE, AND WITH A CHANCE COMES CHANGE. WE ARE LIKE PUZZLES THAT ONCE PIECED BACK TOGETHER, FORM A BEAUTIFUL PICTURE INSIDE AND OUT. IT'S THE BEAUTY OF WATCHING PEOPLE GROW, AND BECOME COMFORTABLE WITH WHO THEY ARE AND IN THEIR OWN SKIN. WATCHING MYSELF AND OTHERS FIND THEMSELVES AND AN INDEPENDENCE IN THEIR SOBRIETY. MY PIECE CONSISTS OF A POEM AS A STATEMENT TO MYSELF AND OTHERS ABOUT OUR GROWTH AND HOW SOMETHING GREATER THAN OURSELVES LIVES INSIDE AND WALKS EVERY STEP OF OUR JOURNEY WITH US. THE FLOWERS REPRESENT THAT RECOVERY IS LIKE A PLANTED SEED, IF PROPERLY NOURISHED IT WILL GROW AND BLOSSOM INTO A BEAUTIFUL FLOWER, A RECOVERY FLOWER.

Recovery



is

Beautiful 

CREATOR: AMBER D

FACILITY: LIBERTY PLACE RECOVERY CENTER FOR WOMEN

RECOVERY IS BEAUTIFUL! I WAS BROKEN AND ASHAMED AND IT REMINDS ME OF THE TRANSFORMATION FROM A CATERPILLAR TO A BEAUTIFUL BUTTERFLY. IT HAPPENS JUST LIKE THAT! AN UGLY BUG TO A UNIQUE AND BRIGHTLY COLORED BUTTERFLY WITH THE ABILITY TO RISE ABOVE. THAT IS EXACTLY THE WAY I SEE MY TRANSFORMATION.

Little girl lost, always feeling alone.
All I wanted was steady love & some hugs at home.
I spent most of my days feeling bad,
Just wanting what all the others had.
Inside, I felt so empty; but outside, I had a smile.
I felt used up & thrown away,
Had no one to listen or hear what I would say.
I looked for love in all the dark places,
Sought out acceptance in all the wrong faces.
I looked in the mirror & a stranger's all I saw,
Now a shallow shell of myself, no longer the girl in the mall.
I had no concern for my health or for my safety,
Telling all around me "I am what you made me."
I did all the things I never thought I'd do,
And when the police came knocking, they said "We're looking for you."
But I kept on fighting & got the judge real mad.
I looked down at the cuffs & shackles –
These weren't the plans I had.
I thought I was right & just couldn't see
That over the years I'd unleashed the monster in me.
The judge told me I had a choice to make:
I could go back to the cell, drowning in concrete.
Or there was help for me, if I'd agree to take.
So I pulled up to the house that said Liberty Place.
All these strangers said "Glad you made it, unpack your things, 'cause now you're safe."
I sat in the little smoke shack,
And heard all the promises of getting my life back.
It all felt too impossible, too hard for me to do.
But I signed the papers & shrugged my shoulders,
'Cause what else did I have to lose?
I woke up every morning full of fear & doubt.
Then I learned there is a solution, that there is a way out.
I read a book that's all about me,
And each day, I got a little more free.
I thought the work would make me madder,
But then I learned these Twelve Steps could finally be my ladder.
From the darkness, I saw a light.
I'd been living wrong, but I could make it right.
My old life now was over & I could begin another.
I made beauty from my ashes,
Reborn a daughter, sister, & mother.

CREATOR: ERIN H

FACILITY: LIBERTY PLACE RECOVERY CENTER FOR WOMEN

BEAUTY FROM MONSTER

**WHEN YOU FEEL LIKE THERE'S NO HOPE & NO LIGHT AT THE
END OF THE TUNNEL, YOU REALIZE RECOVERY CAN BE
YOUR BRIDGE TO A NEW LIFE. THERE'S NOTHING MORE
BEAUTIFUL THAN SEEING SOMEONE WHO'S LOST & BROKEN
DOWN FIND THEIR WAY & BECOME WHO THEY ARE MEANT
TO BE.**



CREATOR: STEVEN H
FACILITY: NTC

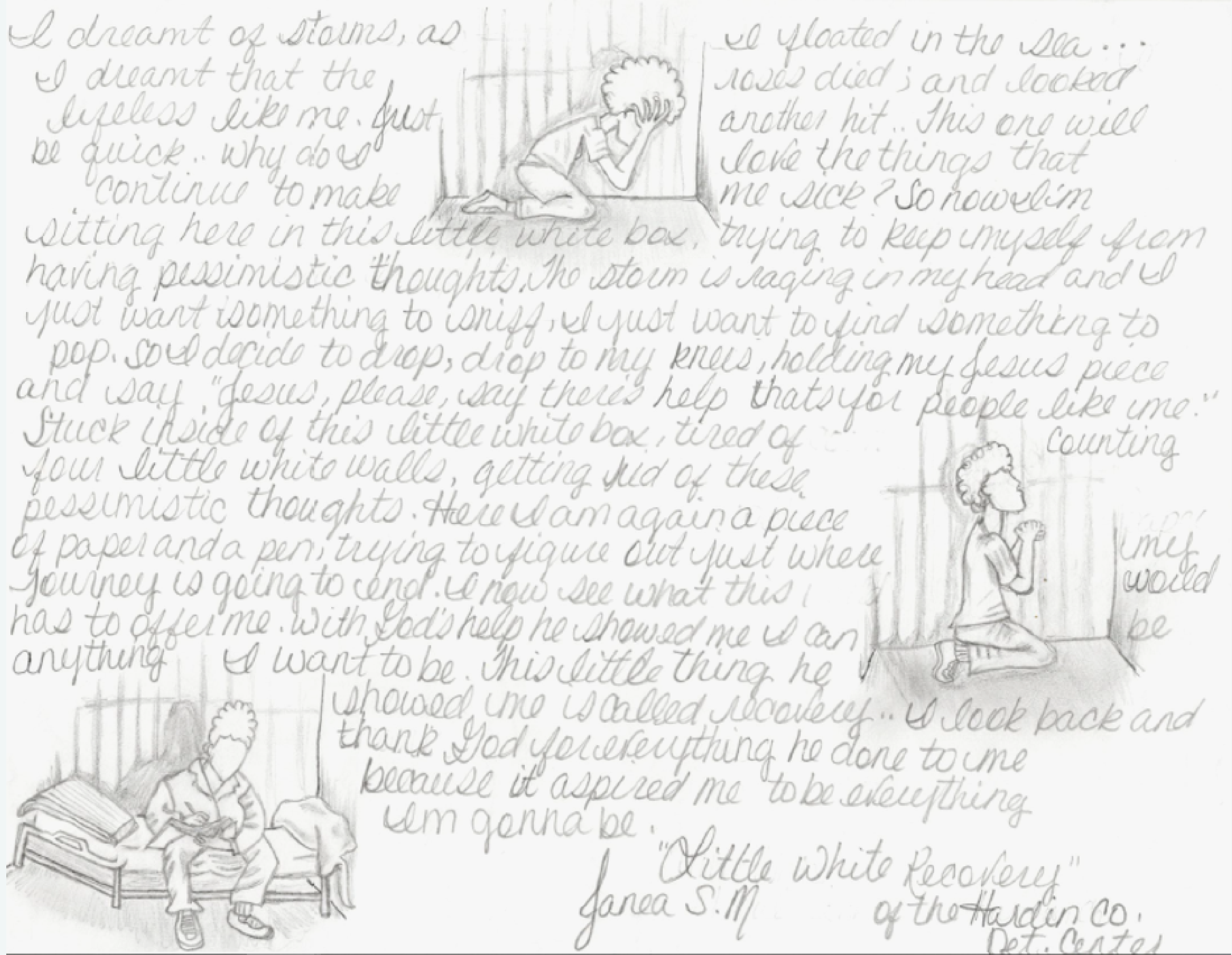
"JECKYL AND HYDE "

– EFFECT OF ADDICTION



CREATOR: STEVEN H
FACILITY: POWELL COUNTY SAP

ON THE LEFT SIDE OF THE ROPE PORTRAYS AN IMAGE OF MY ACTIVE ADDICTION AND THE INEVITABLE DEATH THAT I WOULD FACE. IN THE CENTER THE ROPE AND THE HANDS PORTRAY AN IMAGE OF MY HAND WHEN I BECAME WILLING TO GRAB A HOLD OF A HELPING HAND WILLING TO PULL ME FROM THE DEPTHS OF MY DISEASE. THE RIGHT SIDE PORTRAYS AN IMAGE OF MY LIFE IN RECOVERY. THE FREEDOM THAT I HAVE NOW THAT EVERY WAKING THOUGHT DOES NOT REVOLVE AROUND GETTING THE NEXT HIGH. IT REPRESENTS THE BEAUTY IN LIFE I CAN SEE NOW. THE PEACE, JOY AND HAPPINESS THAT I FEEL AT TIMES NOW. MY HOPES ARE THAT I NEVER HAVE TO RETURN TO THAT LONELY, DARK PLACE I DWELLED IN FOR SO LONG.



CREATOR: JANE A M
FACILITY: HARDIN COUNTY SAP

**MY PIECE EXPLAINS WHY JAIL HAS/CAN
IMPACT A RECOVERY. RECOVERY IS LIKE
PICKING UP A TON OF CEMENT BLOCKS, HARD
AT FIRST BUT IT IS NOT IMPOSSIBLE. WHEN
ACHIEVED ONE BECOMES A BIRD; FREE IN
EVERYTHING THAT THEY DO**



"Eyes Wide Open"

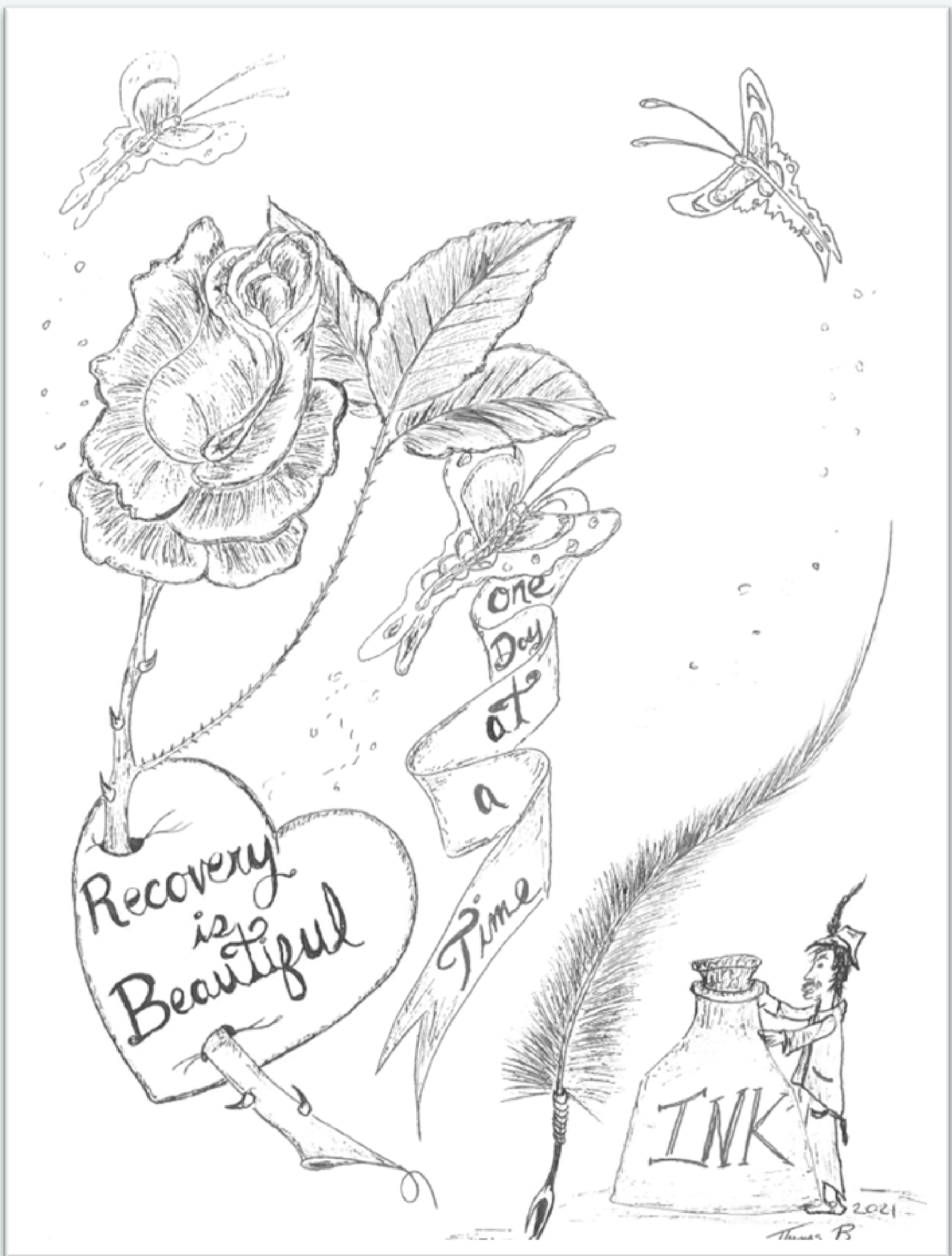
EYES WIDE OPEN TO FINALLY SEE WITH
DEATH'S POISON GONE, I'M FINALLY FREE.

EYES WIDE OPEN AFTER SO LONG
THE PAINS OF SUFFERING WITH ADDICTION
ARE GONE. I SEE BEAUTY IN THE SMALLEST
FLAME, I HEAR JOY IN THE VOICE OF
FAMILY AND FRIEND. EYES WIDE OPEN
NEVER TO CLOSE AGAIN!

~ Jason C

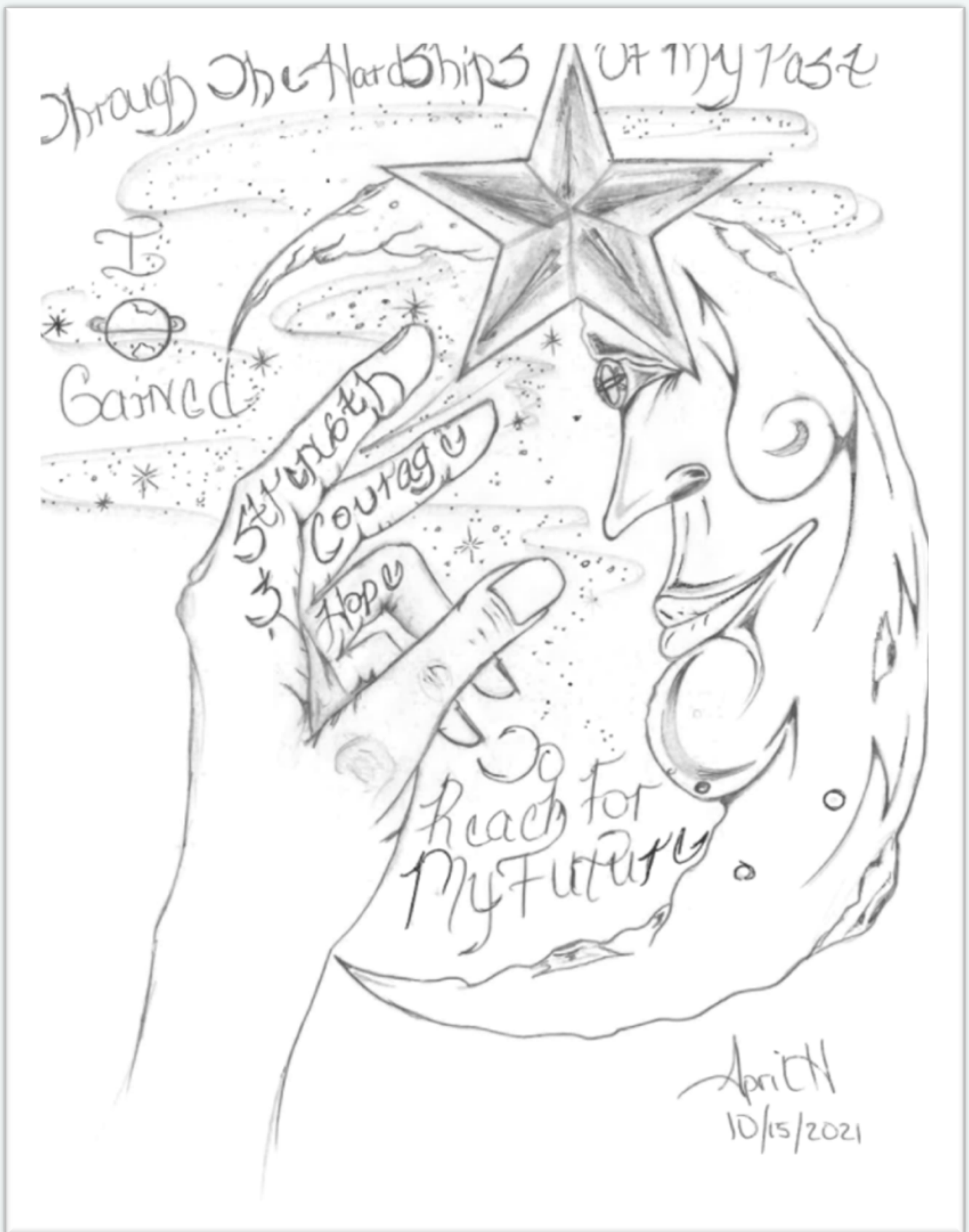
CREATOR: JASON C
FACILITY: LSCC

**RECOVERY IS BEAUTIFUL BECAUSE IT'S
LIKE TRANSITIONING A LIFE OF
NOTHINGNESS OF EMPTY THOUGHTS AND
DREADS INTO A WORLD WHERE OUR
ACTIONS AND WORDS MATTER. A WORLD
WHERE WE CAN HAVE SELF-ESTEEM AND
SELF-RESPECT.**



CREATOR: THOMAS B
FACILITY: ROEDERER CORRECTIONAL COMPLEX

RECOVERY TO ME IS LIKE A NEW CHANCE AT LIFE. IT'S BEING ABLE TO HANDLE LIFE ON LIFE'S TERMS. IT'S ABOUT BEING HONEST WITH MYSELF AND WORKING TOWARDS BEING SOMEONE THAT MY FAMILY CAN DEPEND ON AND ALWAYS BEING THERE. RECOVERY TO ME IS LIKE THE SUN AFTER THE RAIN, IT'S ABOUT LETTING GO AND LETTING GOD TAKE CONTROL. RECOVERY TO ME IS BEING THE PERSON GOD INTENDED ME TO BE.



CREATOR: APRIL H

FACILITY: DISMAS CHARITIES (OWENSBORO)

I WAS A PRISONER OF MY MIND FOR SO LONG, HELD THERE THROUGH FEAR, WORRY, HURT AND HAUNTED BY MY PAST ADDICTION. THEN ALONE CAME SOBRIETY AND I WAS ABLE TO SET MY SELF FREE, NOW LOOKING BACK I REALIZE ALL THE HARDSHIPS AND THE STRUGGLES OF MY PAST WERE THERE TO MOLD AND SCULPT ME INTO THE MIGHTIEST TREE. I'LL STAND TALL, REACH FOR THE STARS AND BE THE BEST I CAN BE THANKS TO RECOVERY I'M THE MOST BEAUTIFUL ME.



IS POSSIBLE, IF YOU
ASK
FOR HELP !



**DIVISION OF
ADDICTION SERVICES**

