

My name is Beth, and I am a woman enjoying long-term recovery. For me, this means that I have not used drugs or alcohol since 2010. I was diagnosed with depression and anxiety in 1996, after giving birth to my son. I began taking anti-depressants, and my symptoms improved greatly. After a while, my depression came back, and I started self medicating with drugs and alcohol. Due to my illness, I lost everything that was important to me: my car, job, and home. I isolated myself from my family and friends because of the shame and guilt I felt toward my addiction. I started my recovery in 2010, at a residential treatment program. Later, I entered transitional housing, where I began to rebuild my relationship with my children, family, and friends. I was introduced to Voices of Recovery, by my case manager, and became a volunteer. At Voices of Recovery, I completed a personal Wellness Recovery Action Plan, which gave me tools that helped me cope with stressful situations. Today, because of my recovery, I am a mother to my children, and I have a great job at Voices of Recovery helping others seeking long-term recovery. Because of my recovery, I am a productive member of society. I am responsible and pay my own bills. I love my life today, and it is all because of my recovery.

- Beth, San Bruno



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