

Success Stories



I was the first born to my parents, the first grandchild in the family, and the one everyone centered their attention around. For me, that turned into a sense of entitlement. I was first arrested at age 14. It scared me to death on the inside but gave me the edge I needed to be looked up to among my peers. My younger brother went to live with my father to keep me from corrupting him. I began using drugs and alcohol to cover how those things made me feel. I failed my senior year because I was getting high. No one could tell by my outward appearance the turmoil going on inside of me.

When I was 19, I married a girl I met only a year earlier. We had two children and stayed married 12 years, but it was a marriage on paper only. I wasn't a husband or a father, and I wasn't around enough to be one if I had wanted to. By this time my drug use had progressed to crystal meth and I began manufacturing to support my habit. I used to live and lived to use. Drugs cured the thoughts on the inside, or so I thought. The thoughts and feelings didn't exist while in addiction, and when they returned, so did the drugs. I tried to show up in my family life and attend a few school events and games. While attending one of my son's games, I was arrested. It was probably the most humiliating, eye-opening experience I ever had. I was pleading with the cops not to handcuff me in front of my son and his team. I realized for the first time that my wants weren't what mattered, and I wasn't in control and needed help.

At age 36, I entered a chemical dependency center and decided to stay for long-term treatment. I had to change the way I felt, the way I thought, and learn how to live life for the first time. I thought it would be impossible but I have found a new way to live. I obtained my GED while in treatment and enrolled in college. I began attending 12-step meetings, obtained a sponsor and got involved with my recovery. I realized there is so much more to recovery than just not using drugs or alcohol. I was able to work on myself, work on the fears I had, and learn to experience feelings and emotions rather than cover them.

I am now working with a mental health facility and am able to share my recovery story with others. I work with youth who are headed down the same road I was so many years ago. I have been able to build a relationship with my children and be the father I always wanted to be and, most importantly, the father they need. Life is good now and I couldn't have written a better script for it. I have regrets, but I do not regret the things I went through to make me who I am today.

~Jonathan Tittle

RECOVERY: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.