

Success Stories



Think Recovery is a collaboration effort between the Mississippi Peer Support Specialist Network and the Mississippi Department of Mental Health.

Starting at an early age I suffered many hardships. As a child I was a victim of physical, verbal, and mental abuse and, because of things outside of my control, my mother and I went through a period of homelessness. Over the years I became very angry at everyone around me because I blamed them for all the bad in my life. I felt alone.

As I got older I struggled constantly with anger, depression and drug use. I felt unloved and unappreciated by everyone, so I sought out relationships as a way to find the feeling of love that I desperately wanted. Soon I found myself dependent on these relationships, though all of them quickly self-destructed. Failed relationships made me more depressed, and I started struggling with self-idolatry, self-worth, and a weakness to peer pressure. I was ultimately spiraling down a road to hopelessness. I found myself around the wrong group of people, and as a result I got into some trouble and was convicted of five felonies. I was sentenced to six months in the Walnut Grove Youth Correctional Facility.

I was at the lowest point, with no place to turn, and I began to realize that if I wanted things to change, then I needed to take a stand and make a change myself. I made a to-do list while in jail and was determined to make things right with a new start.

I was released on December 16, 2011, after 7 1/2 months in jail. Two weeks after release I started looking for a way to use my story. I got in contact with an old therapist who knew of my past, and she recommended me to a program called NFusion. Of course I still have my run-ins with depression, anger, and more, but everyone struggles with something.

My struggles are learning experiences that allow me to face my challenges and make a change. Today I am a certified peer to peer specialist for NFusion. This is a huge step for me toward my overall life goal! I'm learning how to be a positive role model for my community. Although I have had a lot go wrong in my life, I see now that I can make some good come from it all. I have a saying that I often use for motivation - "Be the change you wish to see in the world."

Every day is a step toward that.

~Stephen Youngblood

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.