

Success Stories



For a long time there has been a stigma that came with the words mental illness and addiction. Individuals with a mental illness or an addiction were considered hopeless. I am an addict and I am bipolar. For years I used drugs and alcohol to cope with life. With help and a lot of support my life has completely changed.

I have been clean and sober for seven years, and I now take medication. Knowledge is power, and I would like to bring back the knowledge of what the certified peer support specialists are doing and implement it in my own workplace. A peer support specialist is going to play an important role in recovery. Individuals who have had similar experiences help each other to identify and find solutions to their problems.

I am so excited about this program. It has been needed for a long time. I'm ready and want to do the best job I can.

~Lisa Reck

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.