

Katherine Gerren: Finding Purpose in the Pain

My name is Katherine Gerren, and I am a Licensed Social Worker (LSW), Certified Addiction Peer Recovery Coach (CAPRC II), and Certified Supervisor of Peer Recovery – Clinical (CSPR-CL). I serve as the Program Manager for Peer Recovery Services at Daviness Community Hospital and also work in Behavioral Health, providing trauma-informed therapy for children and adolescents.

But before I was a provider, a therapist, or a leader, I was someone fighting to survive.



A Season of Darkness

About ten years ago, I hit what many would call rock bottom. It was a time in my life marked by pain, isolation, and hopelessness. I didn't know how to keep going—or if I even wanted to. I felt invisible, broken, and emotionally exhausted.

But in the middle of that dark season, something unexpected happened: people I didn't even know showed up for me. They listened. They cared. They loved me in a way I had never experienced. And through their compassion, something began to shift inside me.

In that moment—when I thought my story was over—God stepped in. He placed people in my life who loved me back to life. Their presence helped me find hope in a hopeless place. They reminded me that healing is possible, and that I still had a purpose—even if I couldn't see it yet.

A Calling to Help Others Heal

That experience didn't just change me—it called me into the work I do today. My “why” for working in behavioral health and recovery isn't theoretical—it's deeply personal.

I know what it feels like to sit in silence, to carry invisible wounds, and to believe the lie that your story is too messy to matter. But I also know what it feels like to be met with unconditional support, to be seen, heard, and reminded that you are not alone.

Every day I walk into Daviness Community Hospital, I carry that experience with me. I serve others with the same compassion and grace that was extended to me in my darkest moment. Whether I'm helping a child process trauma in therapy or supporting someone through the first steps of recovery, I do it with a deep awareness of what's at stake—and what's possible.

Pouring Out What Was Poured Into Me

People you know. Healthcare you trust.



I consider it one of the greatest honors of my life to walk alongside others as they fight to find their light again. At DCH Peer Recovery Services, our team is made up of people with lived experience, expert training, and open hearts. We meet individuals where they are—with no judgment, no pressure, and no timeline—just the commitment to walk with them for as long as it takes.

Being able to witness people experience freedom, healing, and restoration is why I do this work. And I don't take a single moment of it for granted.

My story didn't end in despair—and yours doesn't have to either.

If You're Struggling, You Are Not Alone

Whether you're battling substance use, navigating trauma, or watching a loved one suffer, I want you to know this: you are not too far gone. You are not broken beyond repair. There is a future for you that's brighter than you can imagine.

If I found hope, you can too.

Let us walk with you.

Let us remind you that your story still matters.

And let us help you discover that even in the hardest moments, you are never alone.

Call us today: (812) 254-2760, ext. 4178

Visit us: 3rd Floor, Daviness Community Hospital, 1314 East Walnut, Washington, IN

Fill out a request form: dchosp.org/peerrecovery

People you know. Healthcare you trust.

1314 East Walnut, Washington, IN 47501 • (812) 254-2760 • dchosp.org/peerrecovery