

My name is Stephanie Riggins, and I am a Certified Addiction Peer Recovery Coach (CAPRC 1). I have been certified for one year and have worked with clients through Community Corrections. I have chaired my own Narcotics Anonymous meeting here in town and have co-chaired a meeting at the jail quite a few times. I am currently in school full time online working towards a degree in Human Services with a focus in Addictions. My dream is to work in an addiction facility as a case manager. The case manager is the first person the addict speaks with, and I want to be that person.

I am a person in long term recovery and have been clean for almost 7 years now. I was born and raised in Daviess County, and this is where my addiction/recovery story begins. I have been addicted to many things over the course of my life. I would say I lived in addiction off and on for 15-20 years. I have had to bury many friends who lost their lives due to drug overdoses. The main drug I was addicted to was methamphetamine. I lost so much weight and just looked like a shell of a person. I was not the person that God intended me to be. Meth ruins your life and the lives of the people around you who love and care about you. I was once told that addiction is not a one-person sport and that eventually the whole family plays the game. My addiction affected my children, my mother, and anyone around me. I was stealing anything I could get my hands on and did not care about anything. I was arrested on February 25, 2015, and that is where my recovery story begins.

I went to prison in June 2015 and was placed in the drug program there called CLIFF. When I got to this program, I still was not sure whether I wanted to stop using. Using drugs numbed my pain and I wasn't sure if I could let that go. After a few weeks there, I convinced myself to listen to what I was being taught and to try and make this work. Nothing else I had tried had worked so why not? Surrendering my will was the best decision I have ever made. Before I knew it, I had become a mentor, was teaching classes, and even helping others. I learned so many coping skills that I still use today to help me stay clean. This program taught me to change my thinking, which has helped me the most in my recovery. Another thing I focused on was the underlying issues I needed to deal with. These issues were causing me to use in the first place. After dealing with these problems, I was able to focus on myself and getting better. I graduated this program in May 2015 and stayed on the dorm for three months as a graduate to teach classes to the new people coming in. My court date for modification finally arrived and I was headed back to Daviess County.

I went to my hearing and pled my case on why I should be modified and went back to holding to await a decision. The judge ordered me to Community Corrections, and I was moved there immediately. I found a job and stayed with that job for five years. While in work release, I told my case worker I wanted to take every class, etc. they had to offer. I wanted so bad to stay clean and learn everything I could to do that. I took IOP, drug classes, parenting classes, anger management, MRT. I went to meetings as often as I was allowed. I started my own Narcotics Anonymous meeting while in there. Eventually I was released to home detention. And after about nine months of that I went to probation only for the remainder of my sentence. I had gotten my children back and earned their trust. My mom was so proud of me, and we had gotten our relationship back. God has blessed me in so many ways and I am so grateful.

Going to prison was the best thing that could have happened to me. This was my rock-bottom and it saved my life. I have forever been changed by what I learned there, and I continue to use those skills I learned in that program. I had so many people in the recovery community help me and support me and I want to give some of that back. Giving back what you have been given is part of recovery and helps to keep us sober. I want to affect change in others and help them find their path to recovery.