

YOUR UNITED WAY GIFT CREATES ANOTHER...

# STORY OF SUCCESS



## Recovery from Addiction



Janie was once a woman struggling to overcome the powers of addiction on her own. It was overwhelming and many times she failed, repeating the cycle that had grasped her life. But a counselor reached out to Janie and referred her to the *Family in Crisis* program at Amarillo Council on Alcoholism and Drug Abuse (ACADA). Like many who are referred to the program, Janie didn't feel she needed what it offered. But she changed her mind by the end of the first session. She did indeed need help. And the support she received from others who were also battling addiction encouraged her to come back.

Finally achieving success, Janie no longer faces her problems alone. She even conducts a "Girl's Night" support group that meets once a week to discuss troubling situations that arise and how to best handle them. The "girls" also exchange phone numbers in order to have someone to talk to if they begin to feel stressed out and need help.

Armed with so many new friends who accept her, and a better understanding of addiction, Janie has moved her life forward. She enthusiastically recommends ACADA to anyone dealing with addiction, believing that her time spent in the program was an experience that not only changed her life, but may have even saved it.

*People in crisis in Amarillo and Canyon are able to make positive changes in their lives as a result of your contributions to United Way.*

*Thank You!*

REACH OUT A HAND TO ONE AND  
**INFLUENCE**  
THE CONDITION OF ALL.  
GIVE. ADVOCATE. VOLUNTEER.

**LIVE UNITED™**