“My recovery is always in jeopardy and it is a constant job to maintain my recovery – but the payoff is amazing.”

Nathalie
Patient, US
Nathalie realized that in order to truly embrace her patient journey to recovery, she would need to make drastic changes. She tried various treatment options and participated in a drug court program which, in her opinion, helped prepare her for the structure and discipline needed to be successful in her current treatment program. Sober since December 2016, we first shared Nathalie’s story in our 2018 Annual Report.

Now, a year later, Nathalie shares her perspectives on long-term recovery and the progress she continues to make, including rebuilding her relationships with loved ones and working to create a life that brings her meaning and joy.

What aspects of your recovery are you most proud of?

It is a misconception that you only need to work on recovery for a certain amount of time and then you are better. Even after all this time, I still have to work at it.

I feel fortunate that I have been able to regain the trust and acceptance of my three kids while being a part of their lives again. It has been nice to help them deal with their struggles and help them avoid making the same mistakes that I have.

I feel that it is important that, as part of my long-term recovery, I give back to the community that I only used to take from. I am proud to provide peer support at the jail where I was an inmate. My past can be an asset now in inspiring hope for recovery amongst the very population I once was a part of.

How would you describe yourself from a year ago?

I am always growing and evolving. A year ago, I thought I was strong and stable. Now I know that I am even stronger.

* Nathalie received compensation from Indivior for sharing her story
Ashlynn, 25 years old

Transforming lives

“I am proud of my recovery journey. My past has helped make me who I am today.”

Ashlynn
Patient, US
Ashlynn’s recovery journey began with small steps supported by various treatment regimens. These included counseling programs to help maintain her treatment protocol and manage her depression and anxiety. Ashlynn struggled but stuck with the process. Each day was a small victory. In September 2019, she celebrated being sober for two years and first shared her story in our 2018 Annual Report.

Now, a year later, Ashlynn talks about the role of kindness and acceptance in her journey to recovery as she continues to focus on her family and advancing her career.

**What would you like others to know about people on the journey to recovery?**

I hope people will learn that we are not just a number. We can be working next to you. We can be anyone in your life. You never know what people have going on in their life. I believe that treating everyone with kindness and acceptance can help break down stigma which often prevents people from getting help and staying alive.

**What aspects of your recovery are you most proud of?**

I am most proud of being a good Mom. My daughter is my world. I am advancing my career in the human resources field and my relationship with my family is better than ever. My self-confidence is coming back.

**How would you describe yourself from a year ago?**

I absolutely love who I am today. I know with all my heart that I am a worthy and good person.

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Ashlynn received compensation from Indivior for sharing her story.