



“The Opposite of Addiction
is not Sobriety.”

“It is Connection”

~ Johann Harri

Timeline ~ Lost, An 18 Year Journey

- 2003 First Arrest, Sacramento (*23 years old*)
- 2006 1st El Dorado County Arrest/Case
- 2010 Prison Sentence – El Dorado Case
- 2014-2017 Placer, Sacramento, & Amador Cases
- 2017 Final Case El Dorado County
- 2021 November Final Supervision Case Expires (*almost 41 years old*)

Self Image, Anger, Anxiety ~ Toxic Mindset



10.20.05

7.3.08



4.5.09

5.17.17



Void of True Connection

The Spiral – Best, Worst, and Unthinkable

- 1994 Raped (*14 years old*)
- 2000 1st Son Born
- 2002 Baby Adopted
- 2003 First Arrest (Sacramento)
- 2004 2nd Son Born
- 2005 First El Dorado Co Arrest
- 2006 Twin Brothers Born
- 2010 3 Boys Adopted into Family with Oldest
- 2010 Prison
- 2014 Hit by a Drunk Driver, Opiates & More Spiraling
- 2017 Grandma Died While in Jail
- 2017 Last Arrest (*37 years old*), *County Prison*



I Lost My True Connection

21-0575 E 4 of 11

Mindset – I AM WORTH IT

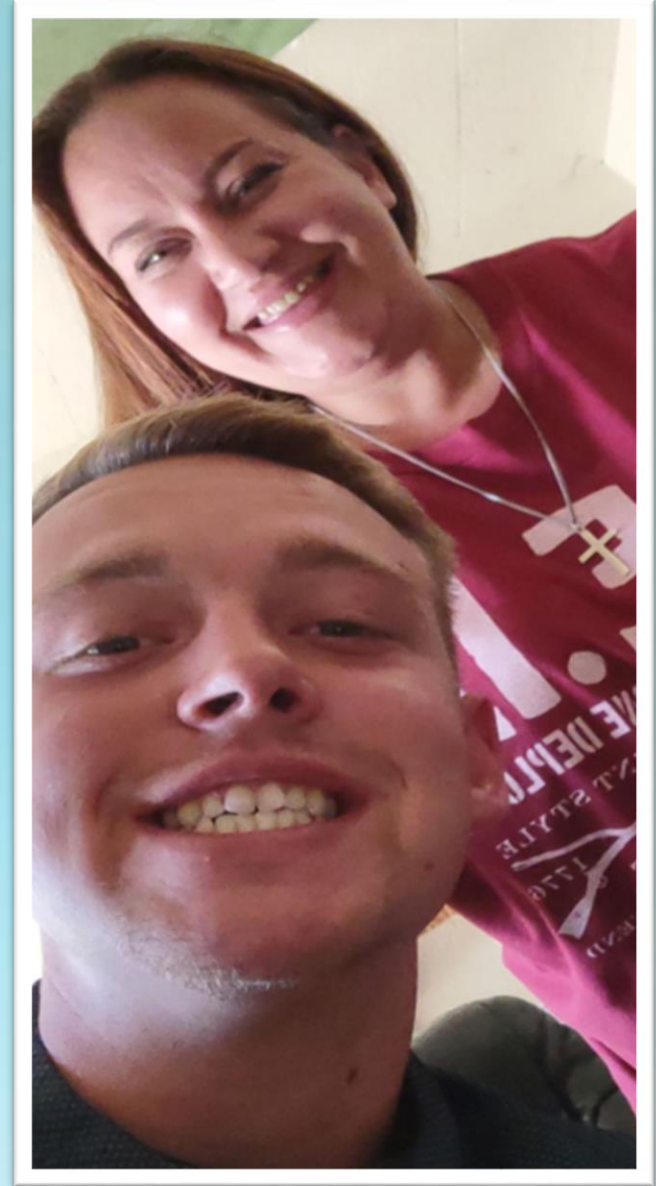
- ✓ 7/25/2017 Sobriety Date
- ✓ 11/21/2018 Last day in Jail (553 days)
- ✓ Ready and willing to be DIFFERENT
- ✓ Green Valley Church
- ✓ AA/NA Sponsors & Meetings
- ✓ Jail Staff
- ✓ **Dennis – HHSA**
- ✓ **Camille – Probation**
- ✓ **Mom, Grandpa, and My Kids**



New Beginning

- ❖ Released from Jail, November 21, 2018
- ❖ Surrender, Learning to Love Me
- ❖ Belief beyond ME
- ❖ Completed MRT in Jail
- ❖ Completed MRT Facilitation Training
- ❖ AA/NA ~ Both for Me
- ❖ Job with a Focus on Giving Back
- ❖ My Own Apartment
- ❖ College – Completed AA, Massage Therapist
- ❖ College – Completing Drug/Alcohol Counselor Certification
- ❖ Interviewed by Washington Post (2020)

and
so the
adventure
begins



Deeper Connections

Working the Twelve Steps Together



joyful sobriety

- ✓ Restoring Our Community One Sponsee at a Time
- ✓ Chairing Meetings
- ✓ Sponsor Connection
- ✓ Support in my Walk
- ✓ Almost 4 years sober July 2017



Keeping the Connection

Giving Back with a VISION

My Community ~ Rebuilding through Connections and Learning

- Progress House – Volunteer Transportation (2019)
- College, Higher Education
 - State Certification Drug Alcohol Counselor (Target 2021 Completion)
 - Psychology Degree, Minor Drug Alcohol Addiction Specialist (Future)
- Job – Focus on Walking With Others Like Me Within HER Community
 - Gave up full time job that was outside her community to serve locally.
 - EDCA Life Skills (Current)
 - Breining Institute, Orangevale, Saturday DUI Classes (Current)
 - Licensed MFT (Future)



"I NEVER lose, I either win or learn! ~ Nelson Mandela

Growing the Connection

21-0575 E 8 of 11

My Mom & Grandpa, My Anchors!



The Forever Connection

My Loves

Once in a while, right in the middle of a not so ordinary life, love still grows.

~Unknown~



Thank you for believing in me too!!!



*alive
blessed
grateful*



Sara's Connection