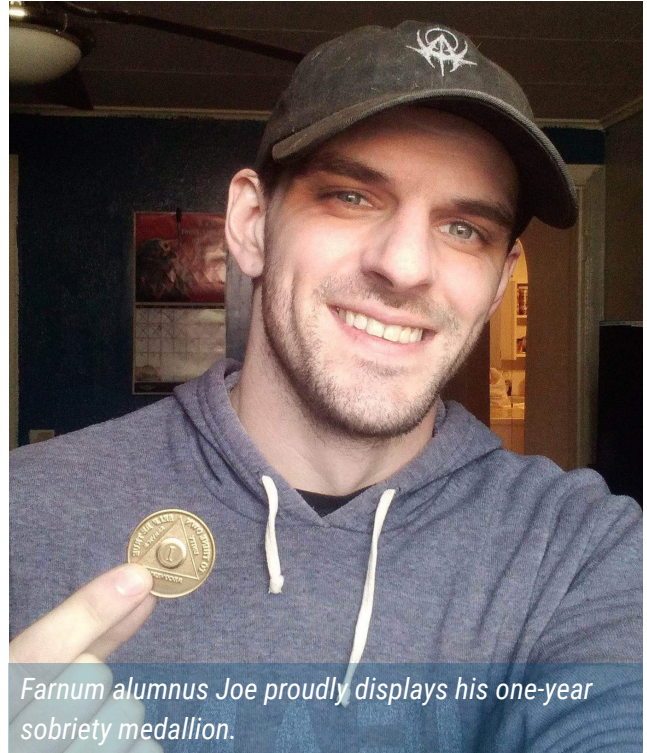


# Joe Stays True to His Vision



Farnum alumnus Joe proudly displays his one-year sobriety medallion.

Last year Joe was homeless, living out of his car in a parking lot across from a liquor store. He fixated on one thing and one thing only – drinking. “Alcohol was before everything, for years,” Joe says. He would spend his days calling and texting people to scrape together enough money to buy alcohol.

Joe’s mother, Nancy, and one of his friends realized Joe needed help, but he was beyond asking for it on his own. Nancy knew from conversations with Joe’s friends that he was feeling hopeless. He was close to hitting rock bottom. Nancy had been there herself decades ago and has been in a 12-step recovery program since.

After researching Joe’s treatment options, Nancy decided Farnum was the best fit, not just because it was where her first sponsor

had worked, but because of its family-centered approach. “That makes a huge difference, because when someone is at their bottom, they need their family to help them make the right decisions.” Another factor was Farnum’s simple intake process. It meant faster access to treatment for Joe.

Convincing Joe to seek treatment took forethought because he was in denial about

his drinking. One morning, his friend approached and asked him to ride to a bar with her. It did not seem strange to him that it was only 10 am. But instead of the bar, Joe was taken to his mom’s house for what he called a “mini-intervention.”

“I was not looking for help at all,” Joe says. “I was angry and confused. I didn’t know if I wanted to do this.”

He initially agreed to enter treatment not for himself but

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*“I’ve reconnected with family and friends who said they’d never talk to me again. Everything’s different from the way it was.”*

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for his mother and his friend. “I had two people reaching out. I didn’t want to upset them,” Joe says. “I thought I would go, that maybe it would be a 28-day thing, and that’s it.” But what happened at Farnum turned Joe’s life around.

Joe changed his outlook on recovery when he shared his story for the first time with a group at Farnum. “Seeing other people talk let me know it was okay to tell my story. From that point on, I knew recovery was something I wanted to work for. It’s been my priority ever since.”

Alyse, Joe’s one-to-one independent clinician during his stay in Farnum’s residential program, admired Joe’s commitment to recovery. “I’m so proud of Joe. He was very level-headed, very focused on recovery. He didn’t let any judgements cloud his vision for achieving the life he wanted.” She cites music therapy as something else that changed how Joe looked at recovery. “Music opened a new door for discussion,” she says.

In February, Joe received his one-year sobriety medallion. Still sober today, he works in a small town in Colorado, spending time with supportive friends who share his lifestyle. He attends Farnum meetings online every week and occasionally calls the program when he needs support.

What stood out the most for Joe about his experience at Farnum was the staff. “What they did for me was phenomenal,” Joe says. “I still use what my counselor, Alyse, taught me. She paved the way for where I am now.”

Joe has nothing but gratitude for the help of his mom and friend. He also has no regrets about attending the Farnum program. “I’ve reconnected with family and friends who said they’d never talk to me again. Everything’s different from the way it was.”