

Taking Recovery Day by Day: Mickayla's Story

What does it take to achieve lasting recovery from substance use? For Mickayla, it took Farnum. The young mom completed Easterseals New Hampshire's inpatient substance use treatment program several months ago. Now, she's taking her hard-won sobriety day by day.

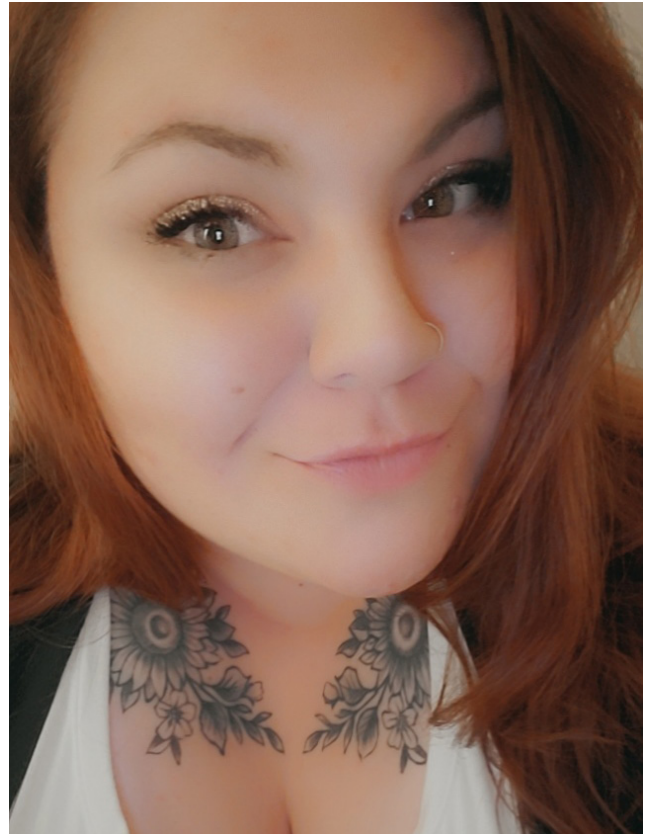
"I have done multiple different programs. This is my tenth program inpatient," Mickayla says. She has been sober for four months, the longest stretch she's attained outside formal treatment.

The last time Mickayla relapsed, she had been clean on her own for two months. She had spent the previous nine months in prison. About to get her 11-month chip, family tragedy upended her progress. Her father passed away, her mother overdosed, and she lost her stepfather.

More determined than ever to succeed, Mickayla tried Farnum. Something clicked. She connected with staff members and made progress that she hadn't made before. "We had conversations on what I need to do for myself. They really listened to me, and that made all the difference," Mickayla says.

Farnum has supported Mickayla since treatment by helping her get into sober living, intensive outpatient treatment, and counseling. She works full time, attends daily meetings, and talks to her sponsor every day. She's looking forward to enjoying one of the best rewards of recovery – spending more time with her four-year-old twin sons, who she's only seen in person three times in the last two years.

"Farnum opened my eyes to a new way of life. I don't have to live the way I lived before," Mickayla says.



Farnum alum, Mickayla.

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