

# MEET ALEX



“Three days after being released from prison, I was introduced to Integrity’s STAR program. **I was homeless, broke, and alone.** Although I was six months sober, I was unaware how to keep that sobriety and reintegrate into society. Integrity staff quickly showed me how I can live a productive life without the use of drugs and alcohol. For starters, the peer support workers all had past experience with addiction. They were in recovery and living a sober life. They were able to identify with all the fears I was overwhelmed with and help me get through them. They also helped me with rides. At the time, I had a suspended license, no car, and no money to afford the \$2 bus fare. STAR staff would pick me up and help guide me through the day. Whether it was to a 12-step meeting, food pantry, or social services, the support was there for me by simply asking.

The STAR program has helped me get a stable living situation. I spent over four months homeless living in a hotel through social services. The [STAR] program assisted me in getting funding for housing. I have a nice 1-bedroom apartment, and I’m no longer without a home. I was faced with the reality of going back to jail or prison from pending charges over a year old. [STAR Program Administrator] Gary and peer support counselor Christian came to superior court with me and spoke to the judge, vouching for my character and all I have overcome. **Showing that not only can addicts recover, but there was a way – the STAR program and all of the support they are willing to give.**

Although I have had setbacks in both my life and recovery, the STAR program has become an integral tool for me and my life. Whether it is having someone to send a text to at 2 am or a place to go and vent or relax, the entire team has given me a new life and freedom. I can honestly say that I would not have been able to come as far as I have in life without the love and support that was so freely given to me. **In short, life continues to happen and STAR continues to help me get through it.** One day and problem at a time!”