

Nutley Family Service Bureau provides a plan for a successful road to recovery

Marie is a 28-year-old, Caucasian woman who sought treatment at Nutley Family Service Bureau after she was released from the county jail. She was incarcerated for 8 months after being charged with possession of a controlled dangerous substance. Marie had a long history of substance use disorders and her drugs of choice were heroin, and crack cocaine. During her addiction she lost custody of 4-year-old daughter. Marie was ready to make changes in her life especially after spending months in jail. She knew that maintaining her sobriety and learning how to better cope with her anxiety were areas in which she needed support and counseling. She decided to enter treatment at Nutley Family Service Bureau.



Marie received individualized counseling from a licensed Clinician that specialized in substance use disorders. Through the support of her clinician, Marie attended weekly therapy sessions in addition to AA meetings. She was able to identify her relapse triggers and was able to build a support network that strengthened her desire to stay clean and sober. Marie was open to the therapeutic process and her alliance with her clinician helped her to remain accountable. She learned coping skills to help her remain patient and less reactive to situations beyond her control. These changes in her interactions with herself and others helped her to regain credibility with family and soon they became part of her support system. She had many challenges and at one point she wanted to give up, but Maire persevered, and her story is one of success!

After two years of consistent weekly therapy appointments, attendance at AA meetings, and numerous court hearings Marie is finally reunited with her daughter and has satisfied all legal obligations. Her road to recovery doesn't end here as she continues to face challenges as a single mother in recovery.

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