

# Patient Stories: Katie's Addiction

I first started using prescription painkillers probably when I was a senior in high school. So 17-18 years old.

My boyfriend at the time he had a surgery and he was prescribed Percocet. So that's basically where it started. We started using that.

I was using oxycodone for about three and a half years before I switched to doing heroin.

I was in complete denial of everything around me and the high was my biggest drive.

Dealing with sketchy people and bringing them into my parents home while they were on vacation. And they ended up stealing from my parents without me knowing and going out and buying things with their money.

I technically got booked. I got fingerprinted, a mugshot and everything because the they said that the state could still press charges or my parents could press charges so I could potentially go to jail. So they called my parents.

Rehab was rough the first couple of days mostly because I was angry at myself. I was angry because I had lied so badly to my parents and I saw the devastation that I put on them.

I can't even remember the first week out but I know that that's what I was doing every day was just going to support groups. And I did a women's therapy once a week which really helped. And individual therapy which really helped. So that was twice a week and then in meetings every day. So I was definitely trying to keep the support going that I had in the inpatient.

If somebody's struggling to get clean and they don't know where to go I would definitely say talk to somebody you're close to and say hey I need help. I need somebody to help me get through it.

You can even go to a hospital. They can help you find the place that needs to help you. Go into an AA meeting or an NA meeting. Somebody there has enough sobriety to help you get to where you need to go.