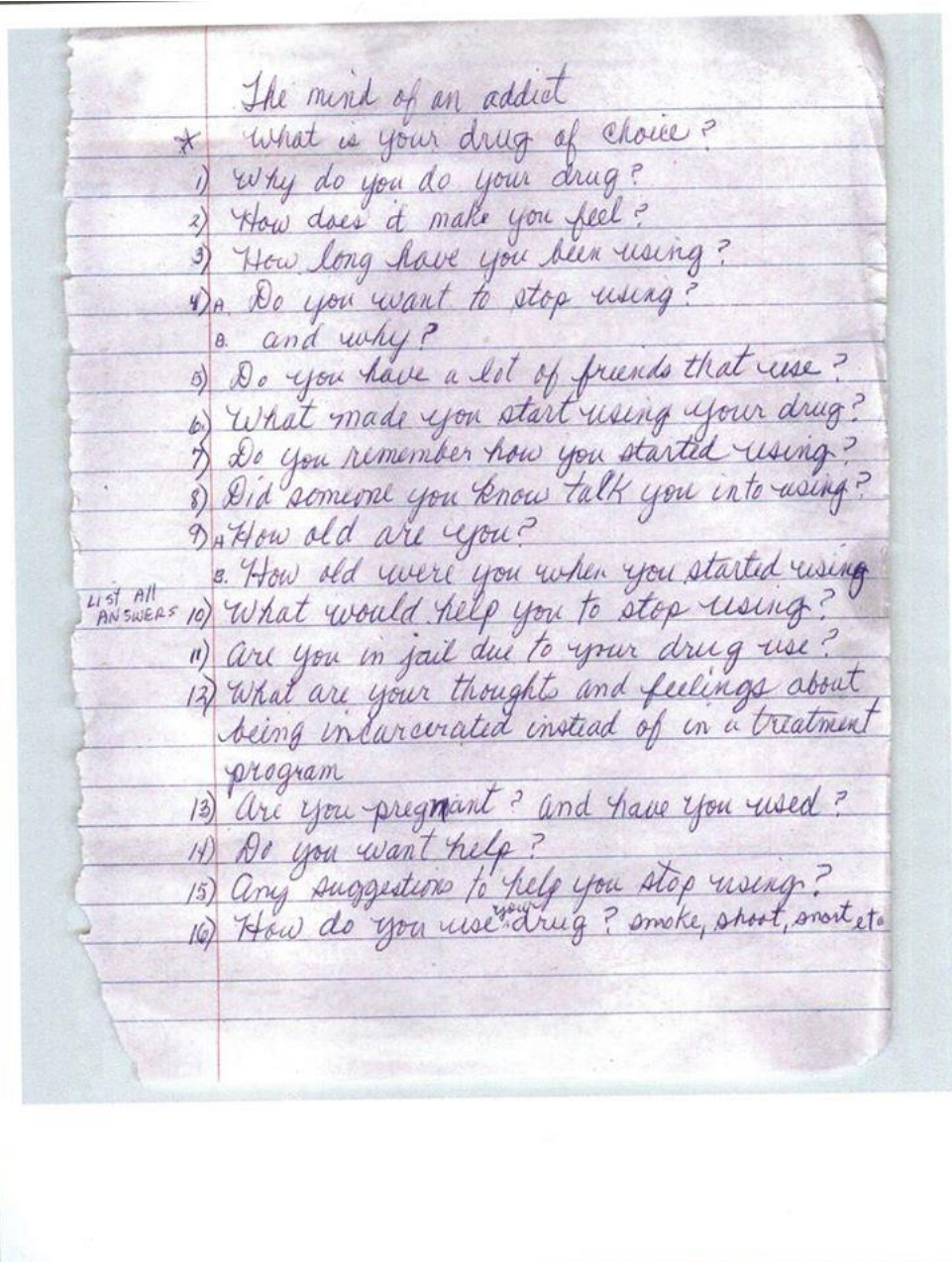


The following letter was written by an inmate who overdosed and passed away four days after being released from the jail. This inmate had a college degree and was considered an all American young lady prior to her drug usage. It is a sad account of the destructive nature of this addiction. Her letter is answering questions typically asked in treatment programs.



\* DCC: Heroin

- 1) It gives me a sense of peace, it's something to look forward to, the feeling of ecstasy is like nothing else I've ever experienced.
- 2) Peaceful, like I have no worries or problems, it's like being cradled on the inside - HAAA
- 3) I have been using some sort of drug since I was 19. - 16 years
- 4) Yes, I want to stop using; it starts out innocently but ultimately destroys your life and I have huge consequences from my drug addiction now and have lost everything I had twice.
- 5) I would say the majority of my "friends" use drugs.
- 6) I started using out of curiosity and because I got involved in a bad crowd with bad friends.
- 7) I started using Cocaine and Klonopin (a benzo) because it was freely given to me and I was curious - I started by snorting them (?)
- 8) ~~No~~ No, I kind of brought up my curiosity about Cocaine to a friend who got it for me - she did not pressure me to use.



- 9) I am 25; I started using when I was 19.
- 10) The only thing that can help me stop using is my Higher Power (God) and myself, honestly. If I want to keep using, nothing will help me but if I want to stay clean only God and I can keep me clean. But being held accountable through an IOP or something that will regularly drug test me will help and having a good support group through AA or any "sober group" really helps for you are who your friends are.
- 11) I am in jail because of possession of heroin and theft charges.
- 12) I think being in jail temporarily really helps you get clean and makes you think and suffer for a little bit but treatment would help keep you sober once you get out because it targets the root of the problem and helps you mentally work through the problem of addiction. It also is very beneficial for transitional living (helps you find housing, a job, etc.)
- 13) I am not pregnant & never have been.
- 14) Yes, I want help but more for accountability. I've been to rehab & did AA for a while so I

already know what I have to do + how to stay sober, it's just putting it into practice that I need help with.

15) suggestions: stay away from people, places + things! Near, good, sober friends are a must! I am easily swayed into making bad or good decisions so what my friends do, I most likely will do so I have to stay with positive people! And prayer - ~~it~~ truly works + helps you with temptation. I've seen God do amazing things through me praying + asking!

16) I was an IV user (I shot up heroin).