

FROM “MANENCE” TO “MENTOR” Jeffrey Todd (312 days sober)

ROC: Thank you for taking time to speak with us today. So tell us Jeffrey, how much clean time are you celebrating and are readers want to know, how did you get started using drugs and why?

Jeffrey: Today I am thankful to be celebrating 312 days as of May 9, 2023. I got started using drugs my Junior year of high school in 2007. This was the same year I got expelled from high school and just began hanging out with the wrong crowd, however, at that time I didn't know it. I originally began using “coke” but that was to expensive, however a friend of mind was able to locate some what I thought was “coke” pretty cheap. So, after doing a few lines my head felt like it was son fire so I asked him what did he give me, he replied, “it's meth,” from that day I was hooked.



ROC: What was it like for you in the world of addiction behavior?

Jeffrey: I would say that the life of an addict is prison or death, and I have experienced both. In 2017 I was sentenced to prison and I pledged to myself that I would never return again. When I got out I was able to stay clean and sober for over a year, but like many in addiction, again made some wrong choices and fell back and began using again in 2020. My death experience occurred on June 27, 2022, when I accidentally did the wrong shot of a small amount of fentanyl and overdosed. As I laid there I was administered Narcan and eventually came out of it. That overdose experienced scared the “hell” out of me. I certainly wasn't ready to die nor did I want to go back to prison. So, I called the one person in my life that has always been there for me no matter what, I called my Mom.

ROC: What made you seek out a recovery program?

Jeffrey: It was July 1, 2022 when I got on a plane to Nebraska to start my recovery program as I needed to be away from Oregon. It was then that two things occurred; 1) I began attending church and fell in love with the Lord and gave my life to Christ. 2) I was able to stay clean and sober and after 9 months of sobriety, I made the decision to move back to Oregon. It was during those 9 months when the Lord was truly working on my life and my heart. I knew I wanted to work with others in recovery and felt a calling so to speak. When I called home to Oregon my stepdad to me about a place here in Southern Oregon that was a Christ-Centered Addiction Recovery Organization. I knew that I still needed to work on myself but I kept hearing from others in the program that said; “in order to keep you must be willing to give it away.” So, I moved home and made the call to Doug and the staff at the ROC, I am so glad I did.

ROC: We are glad you made the call also Jeffrey. So, what have you learned about being in recovery and what advice would you give to others thinking about starting a recovery program?

Jeffrey: I learned a lot about recovery but it doesn't start by someone telling you need to get clean, it starts when you decide to surrender. Everyone is different and we all have our own paths to recovery. For me, my recovery begins and grows with my relationship with the Lord and keeping Christ close to my heart. I truly believe that for me and I know for many others ROC Recovery Center is the best I have been to. At the ROC they understand the “menace” that addiction lifestyle can bring and yet, never once did I ever felt shame but rather my self worth grew. I was truly treated like family instead of just another client.

ROC: One last question, what has changed for you today?

Jeffrey: Everything! The Lord has blessed me with new endeavors in my life that I thought I would never see again due to my drug use. I now know what I want to do with my life and what direction I want to take. It was Doug who encouraged my to become a state certified Peer Support Specialist which I completed in March. I have not only been blessed with a 2nd chance at life, but a second chance at a relationship with a beautiful women that I have loved for 9 years now. Since being in recovery I am truly living again. It is now easy, but I encourage others to take that first step, reach out and ask for help, put your faith and trust in the Lord, for truly HE will never leave you nor forsake you. On June 1, 2023 it will be 1 year clean for me, how about you? “Worry about nothing, Pray about everything.”