

## Jennifer Swokowski

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**From:** Lydia Gauthier <lydia.gauthier@lighthousecc.org>  
**Sent:** Monday, November 20, 2023 7:11 AM  
**To:** Jennifer Swokowski  
**Subject:** External: My Recovery Story

Hello,

My name is Lydia Gauthier, and I am a proud recovering addict with almost 3 years of continued sobriety. One thing I want to make clear is, nobody wakes up and decides to be a drug addict and completely throw their life away. Drugs weren't my problem. Drugs were my solution. My solution to avoiding and covering up years of pain. Years of emotional and mental trauma that I didn't have the first clue on how to fix until I was shown drugs. They became my way of escaping. I didn't have to hurt anymore and for awhile the voice inside my head telling me to just end my life was quiet, at least for awhile. In 2019, during the start of the pandemic I had just finally had enough. I was tired of hurting and I was tired of hurting others. I went Marco Treatment and started going to meetings. That lasted a few months until I decided I could do it on my own. After another relapse I came to Horizons sober living in Aug. 2021 along with Jon Neeb and Brianne Neeb. We worked hard on our recovery and better ourselves. I then transitioned to Lotus, along with Brianne and I continued to grow and work hard on myself and recovery. There was never any drug dealing going on or reckless behavior. Lotus was a safe place for us broken women to turn our lives around and that's what we did. I am now the Administrative Assistant for the Lighthouse Recovery Center, 2 1/2 years sober, off probation and have a wonderful relationship with my family and I am a leader in this community and helping others. Lotus helped mold the woman I am today and they continue to help many many many people who are trying to change their lives around.

Thank you,  
Lydia Gauthier

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