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TREATMENT & RECOVERY
INSPIRING HOPE SINCE 1962

CONVERSATIONS ON RESILIENCE

– Collin

National Capital Treatment & Recovery's Director of Outpatient Services recently sat down with Collin D., one of our former patients, on his 699th day sober. This is the second of our Conversations on Resilience.



1. Sometimes people with substance use disorders attempt treatment more than once. What was the turning point in your most recent treatment? *I went through three programs; two at Phoenix and one at ARC (Arlington Recovery Center). The third time, my counselor challenged me and held me accountable. She instilled faith and trust in me, and I did not want to let her down. Leaving residential knowing they cared about me helped me to care about myself.*

2. People do not recover in isolation. How has this been true for you? *The problem with isolation is: it's just you and your messed up brain. You cannot trust your brain for at least six months! But also, for me, I have a sponsor now. I look up to him a lot, and I don't want to let him down. And I found a good home group and developed a network.*

3. What does resilience look like in your life? *Look, being tough has nothing to do with this. I am a tough dude and was weakened by this disease. Resilience is about realizing you have to change everything in your life. Today, I have a small business and it's how I am replacing my dopamine.*

Doing step work has helped me too, especially now that I am off Suboxone. You have to find motivation internally, whether it's a higher power or something else.

It's ok to not trust yourself! Sometimes it's ok to let someone else drive for six months or a year. Before, it was always about getting the drug that day, but now, there is a future. Also, medication is here to help you. I would not be here without Suboxone. You can get off Fentanyl for two weeks, then go back out there and find the good stuff...and you overdose. It's like a dog that has known you, then you go away and when you come back, that dog... he will bite you! Learning that the hard way could cost you your life.

“Find a sponsor. Find a network. Be honest.”

