



Families Can and Do Recover

CIC March Newsletter



We hear that substance use disorder (SUD) is a family disease. Families can take on many different shapes and sizes. SUD affects the family and our community at large. I am a widow with no children, and my father lived with alcoholism. When I think of recovery I think of how it affects anyone who touches my life and how it can affect relationships energetically.

What I have learned about myself is that my long-term recovery radiates into my community, which is my family. It affects my job, my teammates, and the clients I serve. When we recover, we break a cycle in our families, even if that is just energetically.

-Chetana Mastroberardino



My mother, Cathy, and sister, Jacqueline, have been through the depths of addiction along with me. Although our lives were impacted by addiction, today we live out our recovery together. Combined, we celebrate 13 years of continuous recovery! Showing up for each other has replaced isolation and rebuilt trust. We talk about our feelings when we go through tough times together. The best part of recovering with my family is creating new and healthy pathways for our children and grandchildren. The ripple effect sets in motion a loving and forgiving attitude towards the world and shows our future generations how to handle life without numbing through substances.

-Catherine Tootle

Share your family photos and tell us how recovery has impacted your family.

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