

*"When everything seems to be going against you, remember that the airplane takes off against the wind not with it"- Henry Ford*

My name is Maureen and I've been clean and sober for 20 years. My life before recovery was just like Henry Ford's quote, except I was always going against the wind, never being able to achieve a successful take off.

Growing up in a large Catholic family, I needed a way to stand out and be noticed. I was the first girl of 5 boys, so I learned how to drink like a man, drinking most men under the table.

I had a magnitude of reasons and excuses, why I drank and drugged the way I did. My life was overwhelming, I could not find myself, so I turned to something that made me feel valued! In school I drank, so that I could be liked and fit in. School was extremely difficult, barely graduating. I never remembered my actions or how much I drank!

My life was a constant roller coaster, I ran from place to place, never looking back.

I left home in New Jersey, relocated to California, married the first person I met who kept me fully supplied with alcohol and drugs.

This disastrous pattern continued for 7 years. A day came when I knew I needed to change my ways. I knew I was worth more!

*"The truth will set you free, but first it will tick you off."—Joe Klaas*

I am an alcoholic addict, well skilled in the art of manipulation. I blamed everything and everyone for my drinking!

My husband was finished with my lies, black outs and actions. He gave me a choice, get sober, or leave home and my family behind! That was on February 2,1998. I got sober and have never been more grateful to God for helping me making that decision. I can't reverse time, but I can make a better future. My husband and I are blessed with 3 beautiful daughters. I would like to say our life is perfect, but that is not reality.

Today, I am a FADAP peer mentor at SkyWest. I'm able give back was I was given, support my fellow Flight Attendants as well provide resources to a healthier life.

This program works, we are just a group of Flight Attendants in recovery trying to help other Flight Attendants. If you need help, please reach out. FADAP peers are available to listen and understand.