

Stories of Hope

The disease of alcoholism can take a person to the lowest depths.

For K.C., a former client of MCCA, alcoholism took the one thing that mattered most to her – the love and respect of her only daughter.

A petite woman with long blonde hair and glowing blue eyes, K.C. bubbles over with enthusiasm as she begins to tell her story of recovery. Sharing her story is her gift and her gratitude is evident from the start.

Hailing from a large Irish Catholic family with a history of alcoholism, the odds were not in K.C.'s favor when it came to this disease. The writing was on the wall early on in life for K.C., however, it would take many years and extreme loss before she could admit she was an alcoholic. Recalling her pre-recovery life, K.C. said, "When I woke up I drank, didn't matter if the sun was out or not. I drank because I liked it, I liked the feeling it gave me." She added, "But the alcohol took over me, physically and mentally the alcohol had me."

A "Wanderer" – K.C. would wander into AA meetings but never really believed she was an alcoholic until she hit bottom in 2009. After many years of hard drinking, K.C.'s turning point came in early 2010. Her drinking had accelerated following the death of her father. After losing her job, K.C. was evicted from her apartment on New Year's Day. She spent a cold night in her car with just the clothes on her back and her cat. Waking up the next morning to a dead car, K.C. was alone, having alienated nearly everyone in her life.

There was one person who was still willing to try and help – her sister-in-law Peggy. She would turn out to be a huge part of K.C.'s sobriety.



"Peggy took me to her house, I was crying, I was homeless, jobless. I had nothing."



K.C. said, "Peggy said, 'K.C. what do you want to do?' – I said, 'I need help.' – That was the first time I had ever asked anybody for help, the first time."

Shortly after, K.C. entered the 28-day program at McDonough House. Determined not to drink, she was diligent about working the program. However anxiety set in while K.C. was at McDonough House. Knowing she was homeless, she began to worry about where she would go after completing the program. Upon learning about Sunrise Terrace, MCCA's affordable townhouse units for people in recovery, K.C. felt hopeful that this could be her next step.



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The Sobering Center would provide K.C. with a bridge while she waited for a unit at Sunrise Terrace to open up. “I was just so grateful I had a bed to sleep in, instead of my car. I went to IOP and AA meetings while I was at the Sobering Center, and it helped me to stay focused on my recovery,” K.C. said

During her time at the Sobering Center, K.C. wrote her first letter to her estranged daughter, Morgan. Four years earlier, K.C.’s drinking had pushed Morgan away and now she desperately wanted to rekindle that relationship. It would take several attempts, but slowly she started to regain her daughter’s trust. During her time at the Sobering Center and Sunrise Terrace, K.C. committed to rebuilding this broken relationship. Four years later, K.C. proudly attended Morgan’s high school graduation.

Today K.C. is an independent woman with enormous faith and gratitude with five years of sobriety under her belt. She and her daughter share a single family home in western Connecticut. Gratitude has played a big part in K.C.’s sobriety and she is grateful for everything in her life today, including the services and support that MCCA gave her at a critical time in her recovery.

It is evident that K.C. actively works the program and lives by the words her sponsor shared with her at the beginning of her journey – **A grateful heart will never drink.**