

Smokey's Interview with Christopher Roche

November 30, 2021

"Difficult Roads Lead to Beautiful Destinations"



SC: Please describe your childhood?

CR: I grew up in a dysfunctional family with divorced parents, a single mother on welfare, and a father who was a severe alcoholic, drug addict and gambler.

SC: How and when did addiction/alcoholism begin manifesting, at what age?

CR: For me alcoholism manifested prior to drug or alcohol use in early childhood with feelings of fear, doubt, and insecurity.

SC: How did your addiction progress from there?

CR: My addiction rapidly progressed at age 12 or 13. I started with alcohol and marijuana, and by age 14 I was smoking crack cocaine and angel dust daily.

SC: Can you describe your path towards recovery?

CR: My path towards recovery began with Dr. Barbara Burke as a juvenile in Charlestown District Court and being committed to the Department of Youth Services at age 14.

SC: What has helped you maintain your recovery?

CR: The biggest help during my recovery was helping other alcoholics and addicts, attending AA regularly, and being active in neighborhood charitable organizations.

SC: What advice would you give to someone just beginning their steps towards recovery?

CR: The best advice I can give a newcomer is to immediately join a group, get a sponsor, get a job in the group, and be active. Focus on putting your recovery first.