

# Shannon's Interview with Alejandro Ortiz

October 31, 2019

*"One day at a time."*

**SL: Please describe your childhood?**

AO: I come from the South End and grew up in a very loving, caring, safe home with my 3 siblings – 2 brothers, 1 sister and a single mother.

**SL: How and when did addiction begin manifesting, at what age?**

AO: I had my first drink at the age of 15 and quickly progressed to smoking weed, then started sniffing cocaine at the age of 17. It was not long after that I started popping pills and by 19 years old I was addicted to heroin.

**SL: How did your addiction progress from there?**

AO: I ended up in jail, many detoxes, and homeless on the streets as my addiction progressed. I also overdosed more than 9 times. I'm lucky to be alive.

**SL: Can you describe your path towards recovery?**

AO: My path towards recovery was a long dark road while I was living life in active addiction, but I made the decision to enter into drug court and in inpatient treatment to get my life back on track. I'm learning about my disease while in remission, not cured – it will be a lifelong process. One day at a time.

**SL: What has helped you maintain your sobriety?**

AO: I have a strong will to continue bettering my life and not looking back on my past. With the

support of my wife and family, I am looking forward to a brighter future starting now.

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

AO: Make sure you set up the tools and supports you need to keep yourself clean and sober. For me, I know I needed residential treatment, meetings every day, a sponsor and a home group. I have to be involved in my recovery.

