

Shannon's Interview with Jack Kelly

October 4, 2018

Sobriety is a journey

SL: Please describe your childhood

JK: My childhood was great. I was lucky. I had two great parents and one brother. They provided me with emotional and economical support from day one. No complaints here.

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

JK: I had tried alcohol a few times at the age of 15. But my addiction took off at the age of 16 when, after a surgery because of a hockey injury, I got addicted to opiate pain meds. That led to a spiral into heroin addiction.

SL: How did your addiction progress from there:

JK: It then spiraled downhill from there. My whole life collapsed. I lost everything and became homeless. That is the cliff notes version. Really bad times.

SL: Can you describe your path towards recovery?

JK: My recovery began at the Boston Rescue Mission. BMC is a homeless shelter in downtown Boston. There, I learned how to love myself and witnessed life from a different perspective. It was the greatest turning point in my life.

SL: What has helped you maintain your Recovery?

JK: My sobriety is a journey. I have had some peaks and valleys. I suffered from severe depression and anxiety. Overall my recover is maintained by 12 step support groups, therapy and activities such as yoga, running and meditation.

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

JK: For anyone seeking recovery I would suggest finding help and not to worry about what people think. If you see a community member or a neighbor who turned their life around, seek them out. They would love to help you. Additionally, seek therapy and professional help if necessary. Do not apologize for trying to save your life.

