

# AETNA

## FACES OF RECOVERY

TAPE: FACES OF RECOVERY\_08

Male Voiceover:	[00:00:05]	Substance use disorder doesn't discriminate and can affect anyone, kids, adults, and the elderly. According to results from the National Survey on Drug Use and Health 2018, 20.3 million people ages 12 and up, have substance use disorders in the U.S. And many are productive members of our communities. Substance use disorders can start when a person experiences trauma or other life challenges. But there is no reason to feel guilt or shame. Substance use disorder is a medical condition just like diabetes or asthma. You are more than your diagnosis, and with the right support, care, and treatment, recovery is possible.
Charles Deloatch:	[00:00:52]	I started drinking when I was like nine years old. My first drink, I was nine years old.
Amanda Carpenter:	[00:00:57]	And there was a lot of car accidents in my life, I got prescribed opioids and opiates pain medication.
Matt Markowicz:	[00:01:06]	I started sneaking alcohol from my friends' parents' cabinets and stuff like that.
Emily McGinley:	[00:01:12]	When I was diagnosed with bipolar disorder and I had such extreme mood issues, I really didn't know how to cope with them, so I started drinking and doing a lot of drugs to try to self-medicate and deal with those symptoms.
Charles Deloatch:	[00:01:26]	Everything increased but I still never felt like I had a problem.
Amanda Carpenter:	[00:01:31]	My addiction took me to heroin from opioids.
Matt Markowicz:	[00:01:35]	I was really just seeking escape.
Emily McGinley:	[00:01:37]	I never really realized how my drug use was affecting my bipolar disorder, and I became very addicted to opioids.

Charles Deloatch: [00:01:44] You know, because after a while, smoking a joint wasn't enough or drinking a drink wasn't enough. So, then, you know, I graduated and once I got to crack cocaine, that was it.

Amanda Carpenter: [00:01:55] My drugs went to the top of the list of my survival mechanisms. That's what I did. I sold drugs to supply my need.

Mark Markowicz: [00:02:03] The stuff I wanted so badly, I could not commit to. I made the base team when I was in the Air Force and I got drunk the night before our first game and they kicked me off the team.

Emily McGinley: [00:02:11] I was so desperate to get off the opioids that I started taking Kratom. I tried for four months to detox on my own.

Charles Deloatch: [00:02:18] I have resorted to stealing stuff out of the house, stuff that me or my wife had bought but I was taking it and I was selling it for drugs. My life had completely spiraled out of control. Because drug addiction makes you feel like you're the worst thing in the world.

Amanda Carpenter: [00:02:33] The judge sentenced me to 50 years in the state penitentiary, suspended all but two and a half. I served 25 months.

Emily McGinley: [00:02:42] If I wasn't able to tolerate the withdrawal symptoms because of my bipolar symptoms that really the only other option was Suboxone.

Charles Deloatch: [00:02:50] I could not do it by myself. So, I got help from recovering alcoholics. I got help from other recovering addicts.

Mark Markowicz: [00:02:58] Substance use and these behaviors are signs of hurting and not knowing how to talk about it.

Amanda Carpenter: [00:03:05] I worked on me for two years and I went from all this sadness to being able to say that I love myself. I made a plan and I knew I needed to get into school. So, the moment I got out, it was August 29<sup>th</sup>, 2011, I was in school three days later. I went to George Mason University, received a certificate in advanced biomedical sciences, and transferred to Georgetown University where I received my Master's in physiology.

Emily McGinley: [00:03:44] A lot of people think that Suboxone is just trading one drug for another or that you get high and that's just not true. And when it came down to it, if, if I wanted to get clean, that was my only option and I decided that I wanted to get clean, so –

Charles Deloatch: [00:03:59] If you had asked me where I was going to be in 28 years, I would

not have said clean. I probably said the cemetery because that's where I was heading or jail.

- Amanda Carpenter: [00:04:10] I went from being an addict, losing everything in my life, and because somebody believed in me, I have been accepted to St. George's University, School of Medicine, in Grenada.
- Emily McGinley: [00:04:29] I finally was able to love myself and feel good about myself.
- Mark Markowicz: [00:04:33] Once I had my mind made up and was seeking a different way of living, I was going to find it. And so, once someone else kind of wakes up and decides that they're going to find it too, I believe, you know. You can't push anyone too hard.
- Charles Deloatch: [00:04:49] But I got another opportunity for my own self to, you know, to just to prove to myself that, you know, I'm not a bad human being. When you clean your body and mind and spirit up from drugs and alcohol, you start feeling and doing and seeing things a whole lot different. And my gratitude level is like, it's on like one zillion. I'm so grateful.
- Dr. Harry Keener: [00:05:10] Aetna Better Health of Virginia welcomes all people. We believe that everyone, regardless of their past history and diagnosis, deserves to be treated with the same level of dignity and respect. We connect our members with programs, tools, and continued supports in the community to help those in need achieve recovery from addiction. Recovery is possible and we are here to help.
- [Music playing]: [00:05:38]
- [00:05:48] [End of tape]