So, I’ve been at TROSA for 90 days. I can hardly believe it. I remember the day my family brought me here. I was scared but tried not to let it show. My kids were looking at me with big eyes, too young to completely comprehend what was going on; too old to ever forget what I had done. My youngest held my mother’s hand. Mom looked at me and said, “I’m so proud of you. You’re very brave.”

I didn’t feel brave. I felt shaky. Addiction had taken away the past 12 years. I knew I needed a change. I still feel unsteady now as I think about speaking with my family for the first time since they left. I tried so hard not to cry that day. I wanted them to see me standing proud as I accepted help.

I spent the first 30 days wiping walls, scrubbing toilets and beginning to open up to people. I was adjusting to my new sober life and learning to live in the now. I needed time to focus on me and not worry about my family. I composed a thousand letters in my head and wrote only one. Yet still, I couldn’t escape the feeling of failure and guilt.

Today I plan on calling my family for the first time. In my letters, I’m starting to be able to express remorse, regret...and hope. They surprised me with encouraging words back. But still, I’ve not had to listen to the sadness or yearning in their voices.

I sometimes tell strangers my story, but that is easy. They didn’t know me in my addiction. They haven’t experienced the long nights, the lies, the broken promises, the false hope. My family has. I’m determined to reach out and reconnect to them. I keep thinking “If the letters give me a day with each word, I hope this call will give me weeks.” I need all the help I can get. I have 15 minutes with them. I need to hear the sunshine in my daughter’s voice, and the laughter in my son’s. I need mom’s quiet support. I now realize how much I could have lost.

I nervously dial the number, feeling hopeful and ready. My mom answers the phone. And I begin.

To change your mailing preferences, please contact TROSA Development, at the address to the left.
To sign up for TROSA’s E-Newsletter, please visit our website.
When Steve Hill, a TROSA graduate, first joined TROSA Lawn Care it was a small service shop with 20 customers, all looking for help with odd jobs. Six years later, TROSA Lawn Care is a robust business with over 250 commercial and retail customers and a staff of 25. The key to this growth has been quality service at a fair price, and the opportunity for customers to support the TROSA community. TROSA Lawn Care customizes packages for each customer with strong attention to detail, and a work ethic that can’t be beat.

But TROSA Lawn Care is not just about mowing, trimming, seeding and planting it’s about the people. That’s why Steve looks forward to coming to work everyday. “Here I get to be a role model, counsel my crews, and most importantly be a living hope that people can change their lives.” At age 38, after 4 other recovery programs, Steve came to TROSA. It was the best decision he ever made.

If you would like to find out how TROSA Lawn Care can help you, please call (919) 680 8932 or visit www.trosainc.org for more information.

Over 100 individuals from TROSA marched from the North Street campus to the polls to vote early in the primaries, and another 100 members of the TROSA community are expected to vote in the coming weeks. The majority of TROSA residents were either voting for the first time or recently had their voting rights reinstated, making the event a powerful one.

Scott, a member of the TROSA community, said it best:

“If you want to make a difference you’ve got to make your voice heard, and the best way to make your voice heard is to vote.”

TROSA Rocks the Primaries

The TROSA Furniture & Frame Shop

Offering fine, gently used furniture & great prices on custom framing.

TROSA Frame Shop
313 Foster Street, Durham, NC 27701 (across from the Downtown YMCA)
919–682–1495

Business Spotlight

TROSA Lawn Care

Redecorating Houses; Rebuilding Lives.

Hours:
Monday CLOSED
Tues-Thurs 9am-6pm
Friday 9am-7pm
Saturday 8am-5pm
Sunday 11am-5pm
When Malika Lively caught a bus from her home, headed for Durham, NC, TROSA seemed a distant destination in more ways than one. “Somebody bought me the bus ticket,” the 36 year-old mother of two remembers. “They didn’t trust me with the money.”

Now a TROSA scholar, and soon to embark upon her studies in information technology at Durham Technical Community College, it would be an understatement to say Malika has come a long way. “I've committed crimes, slept in parks and under bridges, lost my children, and sold my body,” says Malika of the consequences of her crack cocaine addiction, which began at age 19. Such frank talk might startle some, but at TROSA, Malika has found a new kind of strength in accepting her own story. “I don’t have to keep beating myself up about it,” she says. “I did it. I have to accept it and live with it and move on.”

Instead of dwelling on the past, Malika says she focuses on the present: rebuilding a relationship with her young daughter and preparing for school. Her excitement about computers is infectious. Maybe because this education has been a long time coming. “I never thought I would go to college,” says Malika of her early days with TROSA. And yet, despite waves of homesickness and a strong temptation to return to her family, Malika quickly settled into the TROSA program, and turned her attention to that very goal.

“I had my plan [to go to school] at a year into the program,” says Malika, who credits her unwavering determination to the program. “I am grateful that TROSA has given me the opportunity to get a degree.” The TROSA community, she says, made sobriety – and the dream of school – a reality by allowing her to share her experiences in a non-judgmental and welcoming forum.

That kind of support has inspired Malika to set another goal for herself: returning to work on the TROSA staff, and perhaps one day even opening up her own women’s recovery center. Women, Malika notes, face unique problems in their struggle for sobriety, particularly because they come largely with experiences from prostitution and abuse. She credits TROSA’s deliberately rigid structure as being attuned to these issues. She also likes TROSA’s straight-shooting style. “They don’t sugar coat anything,” she says. And that’s fine with her. “I don’t need to be pampered,” she laughs. “Tell me what I need to hear so I can accept my life.”

It’s been almost two years since the bus trip to Durham, but it’s hard not to get the feeling that Malika’s ride is just beginning.
Celebrate with us!

TROSA sends its warmest gratitude to all those who gave to the Stewards Fund Matching Grant Challenge, to support the TROSA Women’s Residence Hall.

Now, please help make this a cozy, comfortable space where these courageous women can focus on recovery. You can help by:

- Decorating for a day
- Donating household items
- Sponsoring a room

For more information, give the Development Department a call at (919) 419 1059.

Clean out your driveway!

Have an old vehicle you’d like to get rid of? Ready to trade in the car you’re currently driving? Consider giving it to TROSA, so that our graduates can get to their jobs and medical appointments.

Your donation is tax deductible, and you’ll have the satisfaction of knowing you helped rebuild a life. To donate a car, please call the In-Kind Department at (919) 419 1059.

Redecorate!

It takes a village to house TROSA’s more than 300 clients every day. When you redecorate your home or office this Spring, consider giving those old tables, computers, or other gently used furniture items to us as tax-deductible donations! Or, band together with your community and hold a TROSA drive to collect furnishings for those in our program.

To make your spring cleaning our good fortune, call our In-Kind Donation Department at (919) 419 1059.

Adopt our cause!

Now through May 31, SunTrust will donate $100 to TROSA when you open a checking account and make any purchase with your new check card.

Just go to suntrust.com/mycause and be sure to choose TROSA as your charity of choice!

Please donate!

Your financial support helps our life-saving program continue.