

# Telling the Truth:

## Using my story to combat shame, stigma, and alter perceptions



Adrienne T. Voltaire, M.S. Ed.

**“But I suppose the most revolutionary act one  
can engage in is... to tell the truth.”**

**-Howard Zinn**

**50%**

**Mother**

Politician

**Professional**

**Educator**

*Artist*

Activist

Friend

**WRITER**

*Daughter*

# COUNCILWOMAN ARRESTED

2013



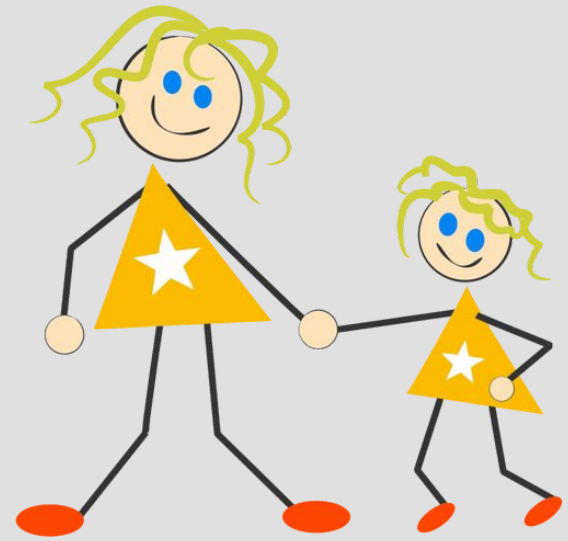
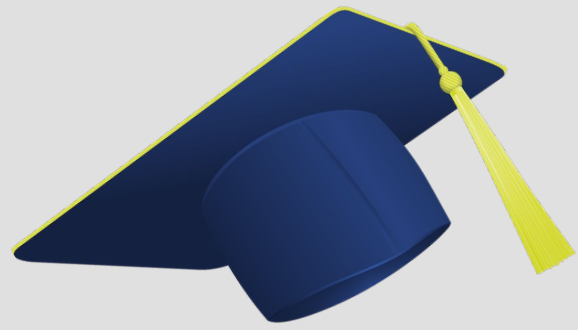
2017



JUNKIE



Non-quantifiables:  
(strengths)



# What it took...

(this time)

- Ambulatory detox (x2)
  - In-patient detox (x4)
  - 28-day in-patient rehab (x2)
  - 6-week IOP
  - 6-month out-patient (x2)
  - Medically-assisted treatment
    - Suboxone (x3)
    - Vivitrol (1 year)
  - 12-step meetings (thousands)
  - Arrests (x3)
  - Drug Treatment Court (23 mos.)
  - 1 weekend in jail
  - 1 public scandal
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“All that I am, or  
hope to be, I owe to  
my \*daughter.”

-Abe Lincoln & Me

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