

# CHERYL'S STORY



Cheryl, age 52 from Franklin County, North Carolina, had been abusing substances for over 35 years before coming to TROSA.

**Cheryl describes Franklin County as a small county, with not much to do, where “you had to make your own fun.”**

Throughout her adult life, Cheryl went through periods of incarceration. While serving her sentences, she heard about TROSA, a two-year residential recovery program located in Durham, North Carolina, which is less than an hour from Franklin County.

**TROSA accepts individuals who have been incarcerated, and about 40% of TROSA residents are on probation.**

Cheryl applied to the two-year program and entered in November 2018. TROSA empowers men and women to transform their lives by providing no-cost housing, meals, clothing, healthcare, counseling, education, and more. By keeping services free, TROSA’s residents can focus on their recovery and learning the life skills and behaviors that will help them realize their true potential.



## ADMINISTRATIVE OFFICES

*“Whenever the day I decide to leave TROSA, I want to have so many things in my basket that I don’t just have to depend on one.”*

Every TROSA resident is placed in community assignments to gain vocational training while performing tasks that help the entire campus. At the beginning of her recovery at TROSA, Cheryl's community assignment had been at TROSA Thrift Store. At TROSA Thrift Store, Cheryl vocationally trained as a donation coordinator, **where she had the opportunity to gain experiential hands-on training and "soft skills" such as communication, problem solving, and patience.**

Today, she vocationally trains in TROSA's Transportation Department. Cheryl assists TROSA's busy Transportation Department, which is responsible for helping residents get to outside health appointments, community assignments, and classes. TROSA Transportation also drives graduates who are employed in the Triangle to and from their jobs.

Cheryl has also taken advantage of all that TROSA has to offer. She took a welding class offered through a partnership with Durham Technical Community College and has had medical and dental work done at TROSA, all at no charge. Cheryl also plans on getting back her Driver's License and eventually earning a Commercial Driver's License, with TROSA's help. Cheryl values the opportunities that TROSA has provided her.

**"Whenever the day I decide to leave TROSA, I want to have so many things in my basket that I don't just have to depend on one," she says.**

Cheryl is already planning for the future. After graduation, Cheryl hopes to stay at TROSA as a "senior resident," which is someone who applies to stay on after graduating to serve as a role model and mentor in TROSA's community while continuing to receive comprehensive treatment at no charge. She hopes to eventually earn her North Carolina Peer Support Specialist Certification so she can mentor other women who come into the program.

**"My heart beats with gladness and joy. I want to give back to people what was so freely given to me," she shares.**

Today, Cheryl has been in recovery at TROSA for about 19 months. While Cheryl has experienced a major transformation at TROSA, there are many others in Franklin County that still need help.

**"Franklin County does not have any kind of sobriety or recovery whatsoever," Cheryl states. "People are addicted to substances of all kinds, but there is no help there."**

But there is still hope. Cheryl serves as an inspiration to many, especially those in Franklin County where she is from. Cheryl shows that when given a chance to succeed, anyone can achieve sobriety and change their lives.



*"My heart beats with gladness and joy. I want to give back to people what was so freely given to me."*