

**Recovery Spotlight:  
Erika Sturgeon**

**“It was through willingness, effective resources, and the compassion of the helpful people working in the field that I have been able to find success in recovery.” -Erika Sturgeon**

As a mother of two boys, 14 and 23, and a woman in long term recovery, Erika Sturgeon is moving forward with dignity, love, and compassion for herself and those that cross her path. Erika was born in Portland, Maine and raised in Laconia, NH, only making the move to the North Country as part of her recovery process. She came to Littleton, NH in 2020 after successfully completing a residential treatment program at Farnum Center. After years of struggling with Substance Use Disorder (SUD) and involvement with the Division of Children, Youth and Families (DCYF), Erika sought inpatient treatment and created an aftercare plan that involved sober living, this is what brought her to White Mountain Recovery Homes (WMRH) and the North Country.

Erika describes how relocating to the North Country gave her opportunities to focus on her recovery process. It was in Littleton that she was connected to Genfoot America LLC for employment. Genfoot is a Recovery Friendly Workplace (RFW) and this helped Erika to make recovery and reunification with her youngest child her primary focus. Erika states that having sustainable recovery-friendly employment made a significant difference in her recovery program and allowed her to attend virtual meetings and seek recovery support while at work with reasonable accommodations. Her continued dedication to the job resulted in her recognition and reward, she had become a line lead in injection and received employee of the month, but it did not stop there. Genfoot offered Erika additional opportunities to reach her personal goals. As a reliable employee at Genfoot she was given the chance to acquire additional training as a recovery coach. Genfoot and the RFW had created opportunities for her to take these trainings at no-cost to her. Erika enrolled in the Certified Recovery Support Worker (CRSW) Bootcamp Series through the North Country Health Consortium (NCHC) and had completed all four core trainings in four months. This was a major goal that Erika had set and completed.

During this time, Erika began to work with the Family Resource Center (FRC) as part of her reunification process and she connected to recovery support services through The Shed at Serenity Center. This is where Erika completed Parenting Journey in Recovery (PJR) and Parenting Journey 2 (PJ2). Erika credits her recovery coach with helping her to identify which goals were most important to her and establish the steps that she could take to accomplish them.

Erika successfully completed her program with FRC and her son came home to her in December of 2021! She had done it, initiated and maintained recovery and achieved custodial rights to her child, but she still would not and could not stop there. Erika had more goals to accomplish. This past spring, she made a major change in her employment status, Erika began working as a recovery coach at The Shed at Serenity Center. She is now actively coaching others using her lived experience and training. She is pursuing her high school diploma so that she can apply to become a CRSW with the state of NH. She has accomplished many of her goals, and with some still in progress, she will continue to move forward.

**“I am extremely grateful for the life I live today and the opportunities I have to be able to help others.” -Erika Sturgeon**