

**Recovery Spotlight:
Jaimie D'Alessandro's**

“My days are now comprised of helping people, in both, of my positions, mentoring many men, a strict gym regimen and spending time with my family. Without a lot of hard work, dedication, White Mountain Recovery Homes, North Country Serenity Center, a 12-step fellowship and the FIRRM program, I wouldn't be where I am today.” -Jaimie D'Alessandro

This statement proves that recovery is hard work, and that hard work pays off!

Born in West Palm Beach, he moved to Rumney, NH as a child, and has remained in NH ever since. Like many, he has become rooted here. He experienced an idyllic childhood; his parents had a lasting marriage and created a happy home for Jaimie and his younger brother. Growing up, he was active in sports and he experienced a lot of success and joy during this time in his life. In his teen years, he began experimenting with mind altering substances, not unlike many teens, he began drinking alcohol and smoking marijuana on the weekends with his friends. It was also during this time, that he tried and enjoyed ecstasy. This was his time of first exposure to the effects of substance use.

At 20 years old, he moved to Berlin and was involved in a car accident, breaking his back in three places. To treat the pain from the injuries, he was prescribed a high dose of narcotic pain killers and quickly became both physically and mentally dependent on his medications, making his physician, unknowingly, his dealer for four years. After the four years, his prescriptions ended abruptly, and he turned to the streets for narcotics to stop the painful symptoms of withdrawal. His next year was spent illegally chasing opiates, until he discovered suboxone. He no longer had a need to chase substances. Just like with his first experience with prescription narcotics, his prescription ended abruptly for a missed appointment. This time, the withdrawal was worse, and he was introduced to heroin and methamphetamine in short succession and realized that he could support his growing habit easier, if he were also selling the substances. That became his new life, use, sell, and use some more.

This pattern continued from 2013 to August 2017. During this time, he attended a 28-day program at Phoenix House, did a year in the county jail, then did another 28-day program at the Friendship House, through it all, his substance use remained. On August 3, 2017, everything changed, while riding with associates on his way home from a run, they were pulled over. As a result, he was arrested, and his picture and name were plastered all over the news. Jaimie states that “I had finally found that gift of desperation, that I had been waiting for. I had reached rock bottom. For the second time I was in county jail, but this time in Grafton County.”

This is where he started his journey to a whole new life. He worked his way through the classes offered in the jail and earned his way into the FIRRM program. Less than a year into his sentence, he was released on an ankle monitor and moved to the first house owned and operated by White Mountain Recovery Homes. Moving into the home, developing a relationship with Keith and Tara Anderson, and being introduced to a 12-step fellowship,

changed his life. Following the structured rules set by both the recovery home and the FIRRM program, allowed him to humble himself, let go of his ego and take suggestions. he was transforming from a dealer and user, who had his face plastered all over the news, to an acceptable, responsible, and productive member of society.

Early in his recovery, he volunteered at North Country Serenity Center (NCSC) which turned into employment. NCSC is where he learned that helping others strengthens his recovery. While working at the center, he has pursued this purpose, completing the training to become a Recovery coach and CRSW and is now certified to teach many of these same trainings. He has the privilege of working with parents who are striving to improve their own recovery and balance parenthood, this part of his position is an honor and brings him joy.

He is now engaged and living beyond the walls of WMRH, together, they have worked to develop a healthy and stable relationship, for themselves and their 18-month-old daughter, Ayla. Through this process, Jaimie has mended his relationship with his 16-year-old daughter, Alyza.

“White Mountain Recovery Homes helped teach me to be the man and father that I wanted to be, for this reason I wasn’t ready to part ways with them even though I was no longer in the houses.” Jaimie is now the Regional Manager, for all 7, of the recovery homes and can watch other men and women transform their lives in the same way he did.

Today, Jaimie D’Alessandro is the Family Support Coordinator for the North Country Serenity Center and the Regional Manager of White Mountain Recovery Homes.

“Though nobody can go back and make a new beginning, anyone can start over and make a new ending.” ~Chico Xavier