

## HONORING, UNITING, AND CELEBRATING FAMILIES

### FROM TRAUMA TO TRIUMPH: BECOMING THE MOM MY KIDS NEED

#### A Mother's Story

Abuse and neglect have been a part of my life since I was very young. I have experienced a lot of trauma, and I developed a lot of problems. Drugs were my solution. I used methamphetamines and many others drugs for 15 years. I used drugs throughout all of my pregnancies. I have five children and three child protective services cases. My family and I spent almost 6 years involved in the child welfare dependency court system. At the worst time in my active addiction, I had four children under the age of 5 years old. My children needed things from me that I was unable to give, and though I loved them with all my heart, I was sick. I didn't know how to accept healthy assistance. I asked all the wrong people for all the wrong help. I was skeptical of the system. I was taught that if they knew what was going on in my home, they would take away my family, and we would never see each other again. The shame and fear were too great, and I did not get the help I needed in time. The last time my children were removed from my care, I didn't think I would ever see them again. I had exhausted all my resources and burned too many bridges. The drugs were making me so miserable; I finally managed to escape their grasp. It was too late, the professionals in the system said that I had gone too far, for too long, way too many times; that I would never get my kids back. I was living my worst nightmare, scared that the pain of everything I had done would be too great and I wouldn't be able to live with myself. I had no idea who I was, especially if I wasn't a mom. I resolved to keep moving forward because it wasn't *IF* my kids would come back, but *WHEN* and *HOW* I wanted them to come back.



Learn more about the [Spokane County Parents for Parents Program](#).



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Children's Bureau

