

Meet B Here Today's Recovery Carrier Cathy Taughinbaugh

Today's post is the third in a series of interviews with folks across the nation (and maybe the world!) who live and breathe a life of recovery. Please enjoy this chat with Recovery Coach Cathy Taughinbaugh.

William White defines [recovery carriers](http://www.williamwhitepapers.com) as “people, usually in recovery, who make recovery infectious to those around them by their openness about their recovery experiences, their quality of life and character, and the compassion they exhibit for those still suffering.” (www.williamwhitepapers.com, 2012)

When you hear the term “recovery carrier,” as it relates to addiction, what does that mean to you? Do you think you’re a recovery carrier?

For me the idea of being a recovery carrier means spreading the word about the benefits of recovery. I approach recovery as a family process and have experienced recovery from the standpoint of being a parent who has struggled with the substance use of my children. I see and hear about people everyday who are thriving and flourishing because they have made significant changes in their lives which affects everyone they love.

I carry the message of family recovery and my hope is that through my message and messages of others, more people can grow and thrive as they were meant to in a way that works for their particular situation.

How does being a recovery carrier affect your work as a coach for parents and vice versa?

My hope is to inspire the parents that I work with to find tools and strategies that will help them find recovery for themselves and in the process encourage their loved one who is struggling to find recovery as well. We all have our own path and while there are many solid strategies that family members can use, in the end we all make our own decisions about what path we chose to follow in life. The first step for many parents is to look at themselves and find ways that they can make their life better.

By being more at peace, parents are then more able to be of help to their children. Every parent I work with brings new ideas and energy to the conversation and that gives us both an opportunity to grow together.



From where you sit, what is the number one issue or challenge recovery carriers must address?

I talk to many parents who are overwhelmed with their child's life choices to use substances and they are constantly torn between not letting their child take responsibility for their lives (enabling), or making the attempt to let go of their child's situation. They hope that one of those two strategies will make a difference. There are many other things that parents can do, but many feel stuck in a situation that may have been going on for years.

Fear is underneath many of the family issues and is huge with parents. We all know that so many young men and women have paid the ultimate price for their drug or alcohol misuse. Parents live in constant fear that this could happen to their child.

Recovery carriers will want to send the message that there is hope and that recovery is possible for anyone. Parents are often looking for a balance that they can live with and



support to work through their fear. The challenge for most parents is to lessen the burden of their situation, so that they are in a better place to help themselves and their child.

Where do you see the addiction recovery field 10 years from now? How about the recovery advocacy movement?

I see addiction recovery being a more open topic in all of our communities, one that is talked about without the stigma and shame that we currently experience. Our health insurance system will hopefully be dealing with this issue in a much broader way.

This is beginning to happen now with the new health care programs which is a positive change. It needs to be addressed because it's a huge issue. We cannot afford to allow addiction to continue to be an illness where treatment is available for only those who can afford to pay. In this way recovery treatment will be an option that is truly available to anyone.

My hope is that prevention is funded and on a larger basis throughout our educational system, so that students clearly understand the dangers of substance use.

I see evidence based treatment strategies being more widely used and the medical community playing a larger role in all aspects of recovery care. More people who have been affected by addiction will feel comfortable speaking out about their experiences without the current shame and stigma.

There will be more information in the next 10 years that we don't have available today. It is exciting to think about the changes that lie ahead.

What kinds of things do you do to take care of yourself and enrich your life?

Addiction recovery is a serious topic and I think for anyone who works in this field, it is so important to take time away and enjoy your life. Taking care of yourself on a regular basis is critical.

I enjoy exercise such as running, yoga, tennis and walking the dog. I love reading, spending time with my children and husband as well as friends and getting outside in nature. I particularly like walking along the beach or hiking in the mountains. Being in nature is very healing and nourishes me. I also grew up sewing and now make quilts on occasion which helps to bring out my creative side. I love to see new things and travel has always been a fun part of my life.

Cathy Taughinbaugh is a Life Coach and the founder of CathyTaughinbaugh.com. She is a member of the National Parent Partners through The Partnership at Drugfree.org. You can follow Cathy on [Facebook](#) and [Twitter](#).