



Brighter, Behavior, Choices Inc., NFP

Success Story

Hello, my name is Ladonna Vernon. Brighter Behavior Choice INC, NFP has been an AMAZING experience for me. Honestly, I did not want to come here, to any recovery home for that matter. That was not my plan. However, The Heavenly Father had other plans for me. I am so grateful for the experience, the life lessons, and personal lessons I have learned about me and my addiction.

I am so thankful and grateful for every single lady that I have encountered through this whole journey. I have learned a multitude of things that I can carry with me for the rest of my life. I realized from Gilda that I need to just be silent and listen more. That everything does not need a rebuttal. You learn more by keeping your mouth shut and your ears open to others. Take what is for you and apply it to your life and let the rest go. I learned from Amiko that humility is one of the best gifts you can have and through humility your character, your faith, your joy, and happiness will be strengthened. I learned from Sue that it is ok to say no; to stop renting mansions in my head, heart, and soul to people who can't afford it. My rent is too high. I learned from Linda that; it is ok to need help and SAY you need help. It's ok to allow others to love on you and to help you through those times when you might feel less than your best. She showed me just how much BBC is not only there for you while you are under its care, but even after you are gone... you can always rely on Mrs. LaShawn to have your back. I learned from Mrs. LaShawn that I do not always know everything. I do not always have the answers. That I can be my best self if I just stay focused on my goals and do not allow foolishness to enter my life. Self-care is the best care. If it does not apply, let it fly. If you do not love you no one else will. That YOU are the most important person and it's not to be prideful, boastful, or self-centered, but that it is ME who matters. You can outgrow people and that is ok. Your journey is not for everyone. Everyone doesn't need to know your business. I learned to set boundaries that will allow me to grow and not be hindered by temptations that are sure to come.

I am grateful for the pull ups... I am grateful for the times she did not allow me to have my way. I am grateful for the tough love when I needed it and being compassionate in those times, I needed it. She nurtured the woman in me. She allowed me to be me and cared and I honestly believe she loves me and wants the best for me. She allowed me to feel normal and comfortable in an uncomfortable situation. My goal is to get a job, finish school, work on my "Hey Beautiful" journal line, and become the best mother I can be.

LaDonna Vernon



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Success Story

Hello, my name is Patricia J. I was introduced to drugs by a man I was involved with. I was an alcoholic more so than a drug user; it was alcohol that led to drug use. My lowest point was when I got evicted in 2017, I couldn't go to my family, so I went to a shelter that winter. I stayed during holiday season; Thanksgiving, Christmas, and New Year's and I was still drinking. One day I was sitting on a bus stop and decided to go to treatment where I spent 28 days; my counselor asked me if I wanted to go to a recovery home and I said okay because 28 days was nothing. I came to BBC (Brighter Behavior Choices) which felt like home, I stayed 14 months.

My higher power did more for me than I thought possible; I thought I would die in these streets being homeless in my addiction, sleeping from pillar to post. I went to IOP meetings, and engaged in social activities; things I didn't think a person could do sober. I asked for permission to get a job early on so I could keep my storage unit because my dad's ashes were stored there and I didn't want to lose them. I'm grateful that I didn't end up with any felonies and a criminal record.

Today I think clearer and I choose my words better. I have been rescued, restored, and am on a healthy journey of recovery. I have a different set of people around me now. I realize that I was my worst enemy and I am actually loved by others. This includes my children who are slowly coming back into my life, my son who is still distant invited me to his wedding. I desire to remain sober, employed, get married, and see my grandkids grow up; I want to be closer to my family and as an alumni I want to give back and volunteer at the Recovery Café Chicago.

Patricia J.