



*To the family member whose loved one who is struggling with a substance use disorder -*

*I am the mother of a child who has a decade long battle with substance use. During that time, I experienced isolation and stigma, in conjunction with being scared for my adult child's life. Recognizing his decisions were self-destructive and knowing there was nothing I could do to help him was painful. For a long time, I was not able to talk to anyone without feeling shame and I trusted few with our family secret. When I was able finally able to speak with someone who understood and did not judge me, it made the biggest difference and I felt, somewhat empowered.*

*My name is Amy Young and because of my personal experience supporting and loving someone with a substance use disorder, I am now a Family Peer Support Specialist with Maryland Coalition of Families. I can offer others the kind of help I received. As part of my lived experience, I have built quite the rolodex of resources. The resources I can provide are how families rebuild their lives. Helping to provide support is how I have begun rebuilding mine.*

*I'm sharing my story, so you know you are not alone. MCF has helped me and in turn, I'd like to help you, even if it is just to be an empathetic ear. Please know that everything we discuss will be confidential and my service is free to families.*

*Amy Young,  
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*Amy Young*