

Ask the Addict's Mom: Why did you start The Addict's Mom?

Question posed to Barbara Theodosiou, founder of The Addict's Mom.



When I discovered my two sons were using drugs, my life fell apart. For months I felt this isolation, this desperation and unbearable heartache. I couldn't function, I couldn't sleep, I couldn't work; all I did was focus on my two sons.

My family suffered, my friendships suffered, I even walked away from a very successful business I had started. Nothing was as important as being with my sons, but I was so confused and full of pain myself, it took me some time to put my thoughts and life back together again.

As I lay in my bed of heartache and solitude, I kept thinking, why doesn't anyone care? Why doesn't anyone understand? Yet, deep inside I knew I couldn't be the only mom suffering. Deep inside I knew there had to be others going through the same emotional pain that I was.

I questioned, how were other addicts' moms dealing with pain of having a child suffering from addiction? I wanted to create a place for all addicts' moms to gather. A safe place where they would have the freedom to share their anguish without the burden of shame and guilt that comes with having an addicted child.

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Holyoke Enterprise December 5, 2013