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SICK OF BEING SICK, THREE SISTERS FIGHT FOR SURVIVAL

“Good Girls” Made Bad Choices and Hit Rock Bottom Together

(LAKE WORTH, FLORIDA, 2008) How can someone who has barely lived her twenties hit rock bottom? Moreover, how can three sisters hit bottom together? Following a fatal car accident leaving their brother in a coma and his passenger dead, these sisters, ages 21, 23 and 25 were faced with the harsh reality of mortality. On the outside beautiful, blond, young, seemingly stripped from teen magazines; on the inside living a haunting secret double life. Together, as they dealt with a brother on life support, a mother working three jobs to pay medical bills and a buried past of sexual abuse, they slipped into comas of their own, trapped by the very dark and paralyzing hold of drugs. What makes these girls different is how they abused drugs together, fought back together and how they've made a sisterly pact to live.

With classmates, the sisters dabbled in marijuana, alcohol and cocaine independently, but it wasn't until they were introduced to prescription painkillers that they began to share their addiction and their demons. Becoming addicted over time they recount how they initially warned each other not to get mixed up in their destructive lifestyles, though it became obvious that the drugs had eventually taken hold of all of them. They went from forbidding each other to use, to buying and using together. In a world inundated with messages to stay away from peer pressure and experimentation, the girls remind us that parents have no idea how readily available drugs have become, how easy it is to buy them and shockingly *who* is selling them to your children. They are candid about growing up in a “good” home with hard-working parents and a strong sisterly bond. Despite suburban comforts and good intentions, they began to keep the wrong company. They fell into the common misconception that “prescription” medication abuse isn't as bad as abusing street drugs. They didn't realize they were wrong and killing themselves until it was too late.

Dependent on Roxys, or Hydrocodone 10, Xanax, Soma, oxycontin, also called synthetic heroin, the girls were taking fifteen to twenty pills a day each, at about twenty dollars a pill. They were working multiple jobs to pay for their habit and with their money so went their ambitions, passion for life. Their cover-girl looks were masked under clothes they never changed, hair they never washed and sunken eyes of hidden pain.

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They were quick-tempered and began to lie to their mother. They often said they were sick with the flu when they were unable to score a fix and shivering in bed with body aches so bad they were vomiting and immobile. Ira Levy of Sunrise Detox has said in his twenty years treating dependency he has never seen a case like this. Three young sisters vowing to get sober at any cost, vowing to get well so that they can support their brother's care and be there for their mother. The girls tried to get clean alone, weaning themselves to three pills a day, but in the end, the physical control the dependency had over them was crippling. They needed an intervention and needed to be supervised by professionals who understood their symptoms and debilitating urges. "The hold the pills have is so powerful; it takes control of your whole body. You can't move, you are so, so sick and want to die. It is a vicious cycle. You wean yourself off to get better but you have to have the pills to not want to die," they told Sunrise Detox professionals. After months of research the girls decided that it was Sunrise's no-methadone treatments that made most sense to them. As drug addicts, the last thing they wanted was to become dependent on methadone as a result of treatment. The center was so moved by their story they offered to treat the girls for free.

The sisters' willingness to talk and share their story is priceless for the parents and kids who think that this lifestyle is only lived by a certain sector of society. The girls will shock you and tell you that it is more common than we know.

About Sunrise Detox:

Detoxification from drugs or alcohol can be a very scary and painful experience. We don't see detox as a punishment for using drugs, rather, as a place to begin recovery. Our clients are closely monitored by our staff for discomfort, anxiety and any other withdrawal symptoms. We offer a safe and comfortable medical detoxification facility dedicated to helping people who struggle with addiction. Our goal is to bring our clients through the detoxification process in the easiest way possible. For more information on our facility or our services contact Ira Levy or www.sunrisedetox.com

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