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TIM'S TRIUMPH OVER ADDICTION

Tim Fletcher's story of personal triumph over addiction, achieving sobriety after 20 years of active use and addiction, serves as inspiration for those who are experiencing harmful substance use.

Tim Fletcher, a local Shepparton resident, is celebrating a significant personal milestone - eight months of being completely free from substance use after over two decades of addiction. Tim attributes his remarkable journey to a transformative change in mindset, bolstered by the unwavering support of Primary Care Connects Alcohol and Other Drugs (AOD) program and the fellowship of Narcotics Anonymous (NA).

Reflecting on his past, Tim shared, "I picked up ice for the first time at 17 or 18, but I had been smoking marijuana and drinking alcohol a couple of years before that." Despite maintaining employment throughout his addiction, Tim acknowledges, with a wry laugh, that his life was far from functional. "Yeah they used to tell me I was a functional addict, that's what they call it, but I'm here to say there is nothing functional about addiction and that lifestyle."

Tim said on the first day of quitting, an overwhelming sense of peace and calm came over him, but soon after reality hit. "When I first quit, I was probably even more dysfunctional than I had been on drugs. It was such a massive change and I wasn't used to all of the feelings and emotions that came back to me. But that doesn't last, and I want people looking to quit to know that those initial difficult feelings won't last forever. And it is so worth pushing through that."



Pictured is Tim Fletcher, 39 from Shepparton. Tim' has gone from being in active addiction for over 20 years to finding sobriety with the help of Primary Care Connect and Narcotics Anonymous.

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Tim credits his AOD Counsellor at Primary Care Connect, Sharna Calder, for her crucial role in his recovery. "Sharna helped with guidance, support, advice, and holding me accountable to my own expectations," he explained. "I'd reached rock bottom and knew it was time for a change. We set a date for me to stop using, but I quit even before that because I was so done with the lifestyle."

Now, Tim is thriving, hosting up to three NA meetings weekly and working two jobs. He has also reconnected with his oldest son, a relationship he thought might be lost forever. Tim is filled with gratitude for the life he now leads and is eager to share his story to inspire others. "As an addict, you don't see many people who have successfully turned their lives around. I know it would have helped me if I saw stories like mine."

Sharna Calder, Tim's clinician with Primary Care Connect couldn't be more proud of her client. "Tim has taken control of his life and started his recovery journey by taking the brave step in reaching out for help, which can be one of the toughest steps to take. Tim's story is a powerful testament to anyone who might be facing similar challenges with alcohol and/or other drug use. Help is out there, it's here," Sharna said.

Tim's journey serves as a beacon of hope for those battling addiction, demonstrating that recovery is possible with the right mindset and support. He is committed to supporting others through his work with Narcotics Anonymous, fostering a community of love, compassion, and energy.

Sharna continues, "Tim is the driver of his bus and Primary Care Connect is the passenger, here to support, guide and educate but never to judge. And that's the most critical thing for people to know. We are here to help but we will never judge your journey and the challenges you need to overcome."

To learn more about the support services available at Primary Care Connect, please don't hesitate to contact the Alcohol and Other Drugs (AOD) team on 5823 3200, or head to [Service Main Page](#).