

The TRUSTCard™ & Heroin Addiction

Calming Influence

The TRUSTCard™

My name is Eric and I am an Architect and I live and work in California. I am married and have three children. This is a story about one of them, my daughter Tara.

The story starts at a point where Tara was acting oddly but, as my wife and I reflected a very long time later, thinking back to this particular point in our story ... we thought then, What 20-year old girl doesn't act odd at times? At first we noticed that she'd lost interest in many things that had always, prior to this time been very important to her. In the past, before she left the house for any activity from going to school to going to her part-time job she would typically spend three hours putting on makeup and dressing up to get just the right look. But that all changed.



We did not know at the time that this gradual, small change was an early indicator of a looming, desperate struggle for Tara's life. This is our story of a terrible time in the lives of Tara and my family and the way we fought with every tool we had, including professional help, social support and our day-to-day, minute-to-minute "friend" that helped all of us: Tara, her Mom and me as well through those private

debilitating moments That friend was **The TRUSTCard™**.

Tara is now a recovering heroin addict.

Tara went from being a caring, wonderful young woman to a lying, deceitful junkie.

She fooled us for the longest time. Believe it or not, it wasn't until her Mom noticed that she had withdrawals on her ATM card that she could not remember, that it finally convinced us that Tara was stealing money from her own family to support her habit. We looked back and realized that the ten dollars missing from her Mom's purse



here, a missing laptop computer from down in the basement and many other items were missing.

I was ashamed that she was my daughter.

Once we started looking closer, we noticed she would just fall asleep in the middle of texting her friends, her pupils were either too constricted or too dilated at times and she always looked "dirty"- her clothes, her neck, - she was just dirty . As time went on, we noticed that she had terrible body odor. That's the one thing that has really stuck in my memory of these events – The Smell.



As I recovered emotionally from the trauma I often used **The TRUSTCard™** to deal with my negative emotions all triggered by body odors!

We confronted Tara, and, of course, she denied it all. In fact, she tried to turn the tables on her Mom. She started telling family members and her Mom's friends that her Mom was a drunk, her Mom was hitting her and abusing her, her Mom was a monster!

Her Mom was obviously distraught and so was I. During those emotional dark days her Mom used **The TRUSTCard™** to keep her overwhelmingly negative anxious and depressed mood under control.

Her Mom and I both swear that, in addition to our own love and support for each other, **The TRUSTCard™** was an essential part of our ability to weather the mental storm on a moment to moment basis we felt every day.

The evidence that Tara was abusing drugs grew greater every day. TV sets, I-Pads, jewelry and any other item that we owned – many with emotional significance- were gone.

And then quite in addition to everything else we were going through, one day Tara was nowhere to be found. We were distraught. No one, including the Police, could find her for days on end.

Again, our support for each other with the assistance of **The TRUSTCard™** pulled us through every time that our bodies shook and we felt like throwing up, with the thoughts of Tara being raped or killed or overdosing.

Mercifully, the police found her. She had been arrested. We finally knew our little girl, now 21 years old was a heroin addict. Just imagine how we felt, especially her Mom. Guilt, shame, fear, worry – all the negative emotions- all overwhelmed us, like a tsunami.

Jail-time, rehabilitation and daily “meetings” followed.

Of course, Tara promised she would fight her addiction. Tara became the center point of every thought, every action, everything we did. This took its toll on her siblings to say the least.

We researched the ways we could help her overcome her heroin addiction. We went to meetings, we read books, and we talked to probation officers, rehab personnel, Physicians, Psychologists and on and on. We checked up on Tara in every conceivable way – checking her cell phone, following her, having her account for every single minute, taking her car away and limiting her to the house unless one of us was with her. The stress was almost unbearable at times but we knew what we had to do. We could not have done it without the professional help we received, the support of family and friends and for those day to day, moment to moment times, **The TRUSTCard™**.

We did everything we possibly could to help Tara. I could go on and on, this is just the beginning of the story! So let me cut to the chase. Tara was found by her brother in the basement one day – her skin was blue and she was frothing at the mouth - she was literally within seconds of death but that day we all lucked out – her brother, in heroic fashion, saved her life keeping her alive until the paramedics could arrive!

Another round of rehab followed, followed by another and followed by yet another. Police, Jail, fighting, pleading, begging, courts, judges, worry, anxiety, shame, guilt, fear, enormous financial cost, arrests, overdoses and on and on became our life. Again, professional help, family and social support helped us through it. And, for those horrific moments when all seemed lost for her Mom and me, **The TRUSTCard™** gave us the emotional control to live yet another day.

Tears are in my eyes as I write this second to last paragraph and it’s not for the reasons you would think taking into account what I have written so far. After one year of her being “clean” I looked over at Tara as she prepared for her big day, she was



holding **The TRUSTCard™** and using it before she was to go in front of the judge. "I am so nervous", she said, "and this helps". Later that morning, after a full year of doing EVERYTHING that was asked of her, the judge ruled that Tara was now free of any legal responsibilities and her record would be cleared, expunged. The judge, the prosecutor and her own attorney applauded her telling Tara that her success is rare and she now has another chance at life. From everything we could tell that was not an outcome, especially considering who these particular three "cheerleaders" were, normally observed in that courtroom and other courtrooms like it in California.



Although Tara's legal slate has been wiped clean, she, her Mom and I along with the rest of the family are well aware that the emotional memories are still there. As a result, Tara continues to go to meetings and Tara, her Mom and I still use **The TRUSTCard™** for a day to day, moment to moment assist.

E.W.,
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