

I am originally from Detroit, MI. I moved to Bloomington, Indiana for college where I received my Bachelor's in Psychology. After college I moved to Crested Butte, CO and fell in love with the mountains. I spent 6 years in the mountains, snowboarding and teaching preschool. I moved to Denver and finished my teaching license in early childhood education.

Life happened and I began struggling with substance use disorder and I ended up back in Detroit, Michigan in 2017 where I found recovery. I began working as a Peer Recovery Coach and program coordinator for Families Against Narcotics. I worked closely in Harm Reduction and prevention. I believe all people deserve to be safe, healthy, relatively comfortable, and most importantly, alive. I also worked with our Comeback Quick Response Team. This program offers services within a day of a person experiencing a non-fatal drug overdose, a Quick Response Team, comprised of a police officer, a peer recovery coach and family recovery coach will perform a post-overdose wellness check to offer the individual the help and resources they deserve. I believe recovery is possible and I enjoy sharing my experience, strength and hope with others so they can find recovery too.



My true love is my 9-year-old daughter, Olivia. We enjoy traveling, spending time outdoors, cooking and listening to music.