



My name is Tee-Tee, and I am a recovering addict. I was raised in a good family -- middle class.



In 1990, I started using drugs. I tried some marijuana and used crack. By the time 1991 came around, I was shooting dope. I had lost my daughter in a divorce, I had lost my self esteem -- of being a woman and being a mother. I was in my mid-20s, and my mother dumped me. It was just me, so I did just what I wanted to do because it was nobody but me.

I went to this little town looking for dope, stayed overnight, and then I ran out of money. I found a dope man and hooked up with him. That was it; I was his. I was stuck there for three and a half years, through physical abuse and mental abuse. I spent many nights crying and wanting to get away from him and that type of lifestyle, but I always ended up back with him.

That's when I believe I was infected. I was using other people's rigs and not knowing it was a danger out there. I never knew anything like that.

I started getting sick, so I went to the doctor. I was pregnant. My son was born a healthy baby boy, and he was not infected, but that still didn't stop me from doing dope.

In 2003 I was incarcerated for possession.

Because of court, I went through their extensive treatment program -- not really wanting to -- but it was good to have their foot on my neck. I had to take a drug test at the drop of a hat. That's what I needed because I was still in denial. I always thought life was just doing drugs, and that was it.



But now, today, I am going on four years clean. It has not been easy. I have to deal with the HIV, plus I have Hepatitis C. A lot of action had to be taken for me to get this far, and to get even farther, I still have work to do.

My plan is to help somebody else that is having a hard time with drugs as I did. I want to share my experience, strength, and hope with others who may be still suffering and give back that which was freely given to me. It don't matter who you are, what color you are, or where you are. It can be done.

I made a change in my life, and I have people that support me. What matters is that I care, and others care.

Do you want to
give back to the
community?

Do you think
you could be a
role model?



Educate others
about risk
reduction.

Call 713.529.0037
Ext. 314 or Ext. 336

Volunteer as a
community peer
advocate.

MONTROSE COUNSELING CENTER



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PLAY SAFELY

WHAT ISN'T SAFE?

Unprotected oral, anal or vaginal sex.
That's sex without a condom!

IF YOU'RE GOING TO HAVE SEX USE A CONDOM!

The only SAFE method to avoid
sexually transmitted infection
or pregnancy is abstinence.

DISCUSSING CONDOM USE

If your partner doesn't want to use a condom,
tell your partner you don't want to have sex!

Talk about it BEFORE you get naked!

HOW TO USE A CONDOM

- Squeeze tip of condom to keep out air, and leave room for semen.
- Place condom on tip of erect penis, and roll down to base of penis.
- Use WATER-BASED lube!
- Check expiration date.

NO OILS!
OIL BREAKS CONDOMS!

