

Hello!

The second week of Saskatchewan Addiction Awareness Month we are focusing on Celebrities and Recovery! But first, a big CONGRATULATIONS to our winner from last weeks question ____
Jessy-Lee won a \$50 gift card to Born Resilient Clothing! Born Resilient™ is based out of Saskatoon, Saskatchewan. "Our mission is to empower people to persevere through their challenges and find their inner strength. We are passionate about mental health and promoting wellness. It is our hope that individuals who wear the Born Resilient™ brand will find inspiration within the messaging to be reminded of their own resiliency." Check out <https://bornresilient.ca/> for more information.

We often talk about the importance of entering into the recovery journey for no one and nothing else but ourselves. However, imagine the pressure and expectation of always being in the public eye and how that could impact ones experience. This week we will share stories of celebrity struggles with substance use, addiction and recovery maintenance while in the spotlight.

1. Jamie Lee Curtis Opens Up About Being 20 Years Sober, Going Public With Her Addiction on recovery: https://variety.com/2019/biz/features/jamie-lee-curtis-sober-recovery-addiction-1203392102/?fbclid=IwAR0V7OZZBPiulU_WiDq_AgA-uHT_atPgsUPxJQIKjPhCcXZv3PuITDCzKF0
2. Demi Lovato-Dancing with the Devil: "I've had a lot of lives – like my cat, I'm on my ninth life." Demi Lovato's explosive documentary series comes to a close with revelations about their broken engagement, their return to the studio, and exploration of moderation sobriety as they attempt to let go of their past and moves ahead living their truth.
Episode 1- <https://www.youtube.com/watch?v=uZmXF50Yx7I&list=PLy4Kg0J0TkearxiMrCsHih5xJzttUe8JC&index=2>
Episode 2- <https://www.youtube.com/watch?v=SRz-ePm4te8&list=PLy4Kg0J0TkearxiMrCsHih5xJzttUe8JC&index=3>
Episode 3- <https://www.youtube.com/watch?v=6FW-glAaTKU&list=PLy4Kg0J0TkearxiMrCsHih5xJzttUe8JC&index=4>
Episode 4- <https://www.youtube.com/watch?v=LvxtPm4OGJ4&list=PLy4Kg0J0TkearxiMrCsHih5xJzttUe8JC&index=5>
3. Red Table Talk Podcast (on Facebook and Apple Podcast): Join Jada Pinkett-Smith, her daughter Willow Smith and mother Adrienne Banfield-Norris as they open their home for a series of groundbreaking and healing conversations. Red Table Talk, a Facebook Watch Original, brings together three generations of women to tackle the most provocative topics of today, from race and sexuality to infidelity and addiction. No topic is off limits. Take a seat at the table by listening to the Red Table Talk podcast. A production of Facebook Watch and Westbrook Audio Listen on Apple Podcasts: <https://podcasts.apple.com/ca/podcast/red-table-talk/id1518710069>

Episodes on Addiction and Recovery:

Surviving Addiction: A Path to Healing

Jada and Gammy are joined by comedian and family friend TOMMY DAVIDSON to discuss his experiences around racism, abuse, and addiction. From being abandoned as an infant, to learning how to overcome the pain of his past, Tommy comes to the Table to share his story.

Listen on Apple Podcasts: <https://podcasts.apple.com/ca/podcast/red-table-talk/id1518710069?i=1000500495249>

Coping with Addiction During Coronavirus

For millions of Americans struggling with addiction, the Coronavirus presents new challenges. Gammy shares her own battles, and the family welcomes specialist Dr. Mike Dow to help answer your addiction questions.

Listen on Apple Podcasts: <https://podcasts.apple.com/ca/podcast/red-table-talk/id1518710069?i=1000481765038>

Are You Drinking Too Much? A Wake Up Call for Women

For the first time in history, women are now drinking as much as men, and the results are life-threatening. In this eye-opening RTT, Jada reveals her own personal struggles with alcohol and a renowned liver specialist shares alarming information you need to know. Plus, harrowing stories of hitting rock bottom and binge drinking from successful, high-powered women: the teacher of the year, a NYC Attorney, and a global vice president.

Listen on Apple Podcasts: <https://podcasts.apple.com/ca/podcast/red-table-talk/id1518710069?i=1000528959806>

Kelly Osbourne Comes Clean

Kelly Osbourne, daughter of rock legend Ozzy Osbourne, recently relapsed after four years of sobriety. Kelly comes to the Table to reveal how one drink turned into multiple bottles, the moment she realized she was in trouble, and the high price of her addiction.

Listen on Apple Podcasts: <https://podcasts.apple.com/ca/podcast/red-table-talk/id1518710069?i=1000524957480>

4. Dax Shepard Podcast "The Armchair Expert" (Explicit language warning):
Dax Shepard shares the truth about his recovery and talks about his recent relapse: "Day 7" https://open.spotify.com/episode/1SGO25Ikj9GkWKyxhN7WUw?si=6uGctsL4Sq6Jpv49Q_ifow

Once again, we will be drawing for a \$50 gift card to a local organization on Friday, November 12, 2021! Please follow the link below and answer this weeks question in order for a chance to win!

<https://www.surveymonkey.com/r/66S5XQY>

Once again thanks for sharing and supporting addiction awareness!

Sincerely,

The Saskatchewan Addiction Awareness Month Committee, MHAS, SHA Saskatoon area
