

# The Roadmap to Recovery

*Darryl Rodgers*

*Speaker, Author, Family Recovery Coach*

Darryl Rodgers is a speaker, author, and family recovery coach living in Cary, North Carolina. He coaches parents who have a son or daughter battling drug addiction.

At the age of 19, Darryl began a career as a corporate pilot. He served as a medic in the Army National Guard and became a copilot on the AH-64 Apache helicopter. Darryl wrote *A Life Half Lived: A True Story of Love, Addiction, Tragedy, and Hope*, after his son Chase died in a crash caused by a marijuana impaired driver. He has advocated for strong drug policies not only in his own state, but nationally as well.

Darryl and his wife, Kim have been married for thirty-three years. They are the proud parents of two boys, Justin, and Chase.

May 29th, 2014, I was standing on my front lawn when a police cruiser pulled up to the curb. The officer got out of his car and began walking up my driveway. He told me that my 20-year-old son, Chase, had died in a wreck. He then accompanied me inside where I broke the news to my wife, Kim, and our youngest son, Justin.

Chase had struggled with addiction for a year and a half prior to his death. His addiction began with alcohol and cigarettes and quickly moved to marijuana. Chase experimented with other drugs, but marijuana remained his drug of choice. Chase went to treatment and then to a halfway house but returned home before later relapsing. He told me he needed to get away from a rough crowd he was hanging out with, so he took a job transfer back to Florida, where he had gone for treatment.

I had no experience or knowledge of addiction. I began grieving prior to Chase's death. I felt as though I had already lost the Chase I raised. Who was this person that inhabited Chase's body most of the time? I was gripped with fear and chronic worry. I had butterflies in the pit of my stomach that never went away. When the phone rang at night, the first thought that popped into my head was, "Is that the police calling? I wonder what they want?" At times, I spied on Chase. I enabled him and rescued him. My wife developed involuntary leg jerks that we later discovered were a result of the stress.

Through this awful experience, I learned some valuable lessons that I felt I should pass on to other parents. Many parents become so consumed with the issues surrounding their child's battle with addiction that they lose the vision for their own future. Their other family relationships suffer. Their physical and mental health suffer. Sometimes they get stuck on making important decisions about their child with the drug problem.

In 2018, I began facilitating a peer support group for parents on a volunteer basis. I was learning a lot from the parents and saw the benefits of the group, but I also realized some parents needed more support and more accountability than our weekly 90-minute sessions could provide.

In response, I developed an online group coaching program for parents with a son or daughter battling addiction. I call it the *Ignite the Hope* program. The aim of this model of family recovery is to help parents find joy and fulfillment in life again, regardless of the choices of their son or daughter battling addiction. They will continue to put their son or daughter in the best position to recover.



*Ignite the Hope* is a program set up in five stages to move individuals and families from a place of confusion and chaos to one of confidence and hope:

- Stage One: Help parents identify their future life vision and the quickest path to get there.
- Stage Two: Help parents make and implement important decisions about their son or daughter battling addiction.
- Stage Three: Help families create and implement a plan for establishing new healthy habits.
- Stage Four: Help individuals establish written healthy boundaries for all your relationships, with special attention on your relationship with their son or daughter battling addiction.
- Stage Five: Help individuals let go of any unhealthy emotions and thoughts that may be holding them back from living the life of their dreams.

I know what it's like to struggle with all the emotions and decisions that come up when your child is battling drug addiction. God taught me how to lean into the pain and use it as a catalyst for growth. I'm still a work in progress, but I'm much more resilient than I've ever been. I want you to experience that same transformation and in so doing, put your child battling addiction in the best position to recover.

**For more information about Ignite the Hope, contact Darryl Rodgers at [drodgers61@hotmail.com](mailto:drodgers61@hotmail.com) or schedule a Zoom Call using the link below.**

**<https://calendly.com/darrylrodgers/> interview**