



MEET ROXI SOTO

Growing up in Oceanside, Roxi Soto remembers taking her first drink around the age of 12, continuing to drink throughout high school, with drugs later added to the mix. Her dependence on alcohol became progressively worse as time went on, particularly after she stopped using drugs.

Yet Roxi was a functional alcoholic for many years. She married, welcomed a son and daughter, and worked in finance and medical billing. Unfortunately, her addiction eventually caught up with her in 2015, when everything spiraled completely out of control. As a result, she and her husband separated and eventually divorced, and she lost custody of her children.

Roxi tried detox several times during these years, and went through a treatment program from July to December, 2019, only to relapse the day after she finished the program. In April, 2020, she met and became friends with her current husband, Herman, whom she met through Orange County's recovery community. She continued to struggle and burn bridges, however. "My alcoholism literally kicked me out of the country," says Roxi, who went to live with her parents in Rosarito Beach, Mexico.

After relapsing again in Mexico, Roxi reached out to Herman in January, 2021. He invited her to come back to California and pursue recovery. She recommitted to sobriety on February 1, 2021, and hasn't looked back since.

Back in California, Roxi recommitted to AA and secured a sponsor. "I met so many wonderful women in recovery during this time," she notes. She also started volunteering at Recovery Road, which helped her understand the importance of service in the recovery process.

In December, 2021, with nearly a year of sobriety behind her, Roxi started working for Woodglen Recovery Junction. She was also able to reconnect with her children (now in their teens), whom she hadn't seen for two and a half years. "The last time I saw them, they were in the car with me, I'd been drinking, and I drove the wrong way on a one-way road. They swore they wouldn't have anything to do with me after that incident," she explains. While she's not regained custodial rights, she does see her children on a regular basis, talks to them nearly every day, and has been participating in family therapy with them. "They see that I'm serious about recovery now," she says. Roxi and Herman married in 2022, after their friendship turned into a romance in 2021. "Herman loves being a stepdad to my kids," notes Roxi.

During her recovery process, Roxi has also become acquainted with Action Alliance Foundation's founder, George Folk. When George recently asked her to become an AAF board member, she readily accepted – "what an honor!" she notes. She continues to work at Woodglen in her current capacity of Quality Assurance Manager, and is being promoted to Program Administrator this August. In her new role, she will be overseeing the financial and business side of Woodglen's operations.

AA has also been key for Roxi – she continues to work the 12 steps and is serving as sponsor to a total of five women! Some of her sponsees even have their own sponsees. "I want to be an example to other women in recovery in particular," she explains. "This life IS possible!"

"At the beginning of my recovery process, I was told that I would be surrounded by successful people," concludes Roxi. "The people I've met through AA, AAF and Woodglen definitely define success for me."