

# NAKED TRUTH

## Three Decades of Sobriety

**H**ow do you stay sober for ...the rest of your life? Do you have to be a special person? Do you have to have some kind of superpower of discipline? If you can't string together more than a few days of sobriety or maybe you (also) have issues around food, sex, love, or something else, it can be really hard to imagine, for yourself, long-term sobriety.



**With 32 years sobriety,** (basically a lifetime), our friend, actress, model, author, coach, philanthropist and ... former Recovery Today Magazine Cover, Dona Speir, is constantly messaged, virtually any question imaginable. After 3 decades of sobriety, you pick up a couple things. Some of these questions, may be your questions, so we thought we'd share them here, (anonymously of course).



## NAKED TRUTH - BOOTS ON THE GROUND

“You will only be doing as well as your worst child.” I was told that about the time my son became a teenager. I didn’t understand it until my son got older and started making decisions for himself. I would worry endlessly about things over which I had no control... his driving, his grades, his friends, etc., or if he would be an alcoholic, having been predisposed to it by both his parents.

As a parent, there are things that are guaranteed to happen. Our children will

get their feelings hurt; they will get in some scrapes and get physically injured; they will move out and away and grow their own wings, with or without our permission.

Your child will eventually see you get old and pass away. That’s the way it’s written, that’s how we see it in movies. That’s the way we envision it. But, what if it isn’t that way? What if it all spirals out of control? What if we never really had control? What if there was another plan?

Sadly, Heather Foley Cooper knows all about that. Two years ago, she lost her 25-year-old daughter Sabrina to the opioid and fentanyl crisis. After four years of a healthy, productive sober life, Sabrina picked it up again. In just a few short months, the insidious drugs took over. She died alone of an overdose.

But she did not die in vain. After Sabrina passed away, something miraculous happened. Many young women contacted Heather to



## EXCLUSIVE INTERVIEW WITH **HEATHER COOPER**

Interview by Dona Speir

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tell them the positive impact her daughter had made on their lives; how her sobriety and zest for life had changed them in a positive way. Heather knew her daughter's work may be done on earth, but she was left here to continue that legacy.

Two months after Sabrina's short life ended in February of 2020, Heather knew her journey had just begun. She Started RISE AGAIN-THE SABRINA BEST FOUNDTION. By May 2020 she had received her nonprofit status, and not a moment too late. She began raising money and holding events to provide scholarships for young women in long term treatment facilities.

One thing about Heather is that she knows about the disease of drug addiction and alcoholism and how to care for addicted women. She insists on long term treatment because she is aware that 30-day treatment is inadequate for long term sobriety. Her Board of Directors vet every

young lady who applies for a scholarship to see if she really wants sobriety or simply just needs it.

Along with her scholarship programs, Rise Again is aware of the needs of woman coming into sober housing for the first time. She and her team make up "Fresh Start Baskets."

I had the honor of going out and delivering two of these baskets to woman's recovery homes and I must admit, she did things that never would have occurred to me.

Her theory is that "These women come with nothing. Some come from jail, some from the streets. They need to have a fresh start and know that these items belong to them. That is why there are no sample size products. Everything is full size and brand new. We don't take donations unless they are all brand new and on our Amazon list. The women need to know they are valuable and loved."

