

A SURVIVOR SPEAKS OUT

SHARING THE REALITY AND CONSEQUENCES OF DRUG ABUSE

LYNN MARIE SMITH



At the age of 19, I moved from small-town Pennsylvania to New York City to pursue a career in acting. I was exposed to new people, new challenges and a completely new way of life; a way of life that included drugs. I tried pot, acid, cocaine, and ecstasy.

Drugs made me willing to forget my dream. I started using more and more. Within five months, my life completely changed. I worked only to support my habit. My weekends were spent popping pills and dancing at clubs. I rarely ate or slept, and when I did sleep, I had nightmares and panic attacks. I ignored my deteriorating condition, until one night I began to hallucinate uncontrollably.

I spent the next 14 days in a psychiatric ward receiving treatment. While in the hospital, my doctor performed a neuro-spec scan of my brain. The scan showed the damage that I had inflicted upon myself through repeated drug abuse; the image of my brain was compared to that of a 70-year old woman who had suffered multiple strokes.

I was then told I must swallow more pills in order to get better. I was placed on anti-psychotics, antidepressants, sleeping medications, and mood stabilizers; basically trading one set of drugs for another.

I never wanted to become an addict, but it happened anyway. When I was offered drugs in a posh New York

City apartment, it didn't seem like a dangerous choice to make. Once I'd experienced the "high" of drugs, it was easy to go back to them; to ease my nerves, to get over a bad day, for an extra burst of energy. The outcome was frightening and life-altering. I was lucky enough to survive and, through determination, recover.

Today, I dedicate myself to educating others about the perils of substance abuse because I've been there and know. I went public with my story in hopes of preventing others from making the same mistakes. I have been given a second chance, and that is not something everyone gets.



MY BRAIN



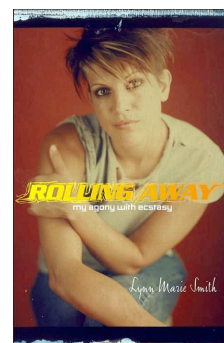
NORMAL BRAIN

"LYNN HAS BECOME A VALUABLE SPOKESPERSON FOR THE PARTNERSHIP AND THE ANTI-DRUG CAUSE. HER VOICE IS POWERFUL AND LYNN'S COMMITMENT TO USING HER EXPERIENCE TO HELP OTHERS IS CONSIDERABLE."

-STEPHEN J PASIERB
PRESIDENT
PARTNERSHIP FOR A DRUG FREE AMERICA

"THIS VERY PERSONAL ACCOUNT OF ONE YOUNG WOMAN'S JOURNEY IS GRIPPING AND IN-YOUR-FACE."

- NANCY
CARTWRIGHT
VOICE OF BART SIMPSON ON *The Simpsons*



"I WISH THAT ALL ASPIRING PARTY GIRLS WOULD READ *Rolling Away*, LYNN MARIE SMITH'S CAUTIONARY TALE, TO UNDERSTAND HOW DAMAGING AND EMPTY DRUG ABUSE REALLY IS."

-LIZZIE SIMON
AUTHOR OF *DETOUR*

I have appeared on *The Oprah Winfrey Show*, *MTV's True Life* and others. I am an Advisory Board member of the Partnership for a Drug Free America and have testified before Congress for reforms in Drug Policy and Drug Education. My book *Rolling Away* is published by Simon & Schuster.

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