

RRP 117 — Skyler Ray / Skyler Ray's High-Energy Road to Recovery — Revisited (Summer Bash 2026 Special Edition)

Presenters: Julie P. Lewis and Peter B. Dowell **Episode Length:** 1 hour 50 minutes **Release Date:** June 5, 2026

In this Summer Bash 2026 Special Edition, Julie and Peter revisit one of the Real Recovery Podcast's most beloved episodes — Skyler Ray's original conversation from Episode 22, recorded nearly two years ago. Since that first interview, Skyler has grown to over 250,000 social media followers, released music consistently with his partner Kala Mulcahy, and built the Road to Recovery Tour into a national operation now in its third year. Julie and Peter open with an update on why now: Skyler is performing at 4D's new Vancouver location on June 13th as part of the Summer Bash 2026 event (7201 NE 18th Street, Vancouver WA, 2–5 PM, free), and early bird tickets are available for 4D's Gratitude Night.

Then the original interview takes over — and it remains as powerful as the first time. Skyler Ray is a national touring artist in long-term recovery. His story begins at age nine, when his mother left him and his brother at a Portland shelter and never came back. Police arrived, split the brothers into separate cars, and placed them in different foster homes the same week. Skyler masked the loss with humor and energy for years, never knowing the abandonment was running beneath everything — the fights, the expulsions, the meth use that started at ten, the selling, the cycling in and out of Portland's Justice Center. He rose to sales manager at a company whose office looked directly down on the street corners where his addiction had played out, then lost it all again. Sentenced to 24 months, he had the conversation that changed everything alone in a prison bunk. Clean date: December 6, 2018. Today he and Kala tour the country performing in treatment centers, jails, and prisons — giving away free tour bags to every person in the room.

Key Points:

- **[0:00]** Julie and Peter introduce the Summer Bash 2026 Special Edition re-release; Skyler has grown to 250,000+ followers and is now married to Kala Mulcahy
- **[3:30]** 4D Summer Bash performance June 13th at the new Vancouver location (7201 NE 18th Street, 2–5 PM, free); Gratitude Night early bird tickets available; upcoming True Colors roundtable covering peer services across the community
- **[9:30]** Skyler Ray introduces himself: "I'm a national touring artist in long term recovery"
- **[16:00]** Age 9: Skyler's mother leaves him and his brother at a Portland shelter; police separate them into different foster homes the same week
- **[19:00]** The mask: class clown behavior, fights when the laughter stopped, expelled from six or seven schools; drug use starts at 10 with his older brother
- **[24:00]** Age 18, homeless in Portland; meth use and street life take hold around Paranoia Park (O'Brien Square), within blocks of the Justice Center
- **[28:00]** Starts selling meth — abandonment issues feed the addiction to power, acceptance, and the chaos of street life as much as the drug itself
- **[37:00]** First rehab at NARA Residential — graduates the three-month program in one month, the fastest at that time
- **[38:00]** Lands a sales job, rises to manager of a 100-person office in the Union Bank Tower — with a private office window looking directly down on Paranoia Park

- **[44:00]** Relapse: alcohol, then cocaine, then IV meth at the office; VP Adam Ward personally offers to fund rehab; Skyler declines, saying he was "just starting to have fun"
- **[51:00]** Fired; sentenced to 24 months; the nightly walk across the prison floor becomes a countdown
- **[57:00]** The conversation: alone on his bunk, he asks himself honestly what he wants — music, for the first time sober. "I owe it to my nine-year-old boy."
- **[1:00:00]** Clean date: December 6, 2018 — one drink the evening before showed him exactly the road he was done with
- **[1:04:00]** Released to Central City Concern; covers every wall of his room with vision boards — dream goals, long-term goals, short-term goals, and a door-board listing everything he would lose if he went back
- **[1:06:00]** Meets Kala Mulcahy — opera-trained, classically trained in Italy — through a music connection on a city bus; their first meeting is a notebook-and-dreams dinner between strangers
- **[1:11:00]** Everything on that notebook list has come true: national tours, 250K+ followers, tens of millions of plays, opening for Kevin Gates at Spokane Arena
- **[1:14:00]** "My significant other has never seen me under the influence" — the milestone that means more than any award or number
- **[1:24:00]** Road to Recovery Tour: third year, 70+ events nationally, performing in rehabs, jails, and prisons; every attendee receives a free tour bag with signed album, poster, wristband, and sticker
- **[1:27:00]** Upcoming local shows: Gresham Smith Center June 28th (free, all ages, free food); 4D Hillsboro August 10th; Recovery Out Loud September 6th; Clackamas 4D September 27th

Websites Discussed:

- OfficialSkylerRay.com — Skyler Ray's official site: music, tour dates, and We Do Recover merch
- 4D Recovery — Tony V's recovery community organization; Vancouver and Portland area locations
- 4D Summer Bash 2026 Event Details — June 13th, 2–5 PM, 7201 NE 18th Street, Vancouver WA 98661
- 4D Gratitude Night — Early Bird Tickets
- RRP Episode 22 — Original Skyler Ray Interview (Blog)
- RRP Episode 22 — Listen on Spotify
- All City Print — Vancouver, WA (print and embroidery sponsor for the Road to Recovery Tour)
- Real Recovery Podcast

Listen: <https://mdcr1.com/117> **Blog:** <https://mdcr1.com/117b>

"Recovery has provided me everything I have ever wanted, right? There's still levels to it, but it's still provided me everything I have ever wanted." — Skyler Ray

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