

RRP 118 — Cassandra P. / Love Wasn't Enough, Part 1: Growing Up Inside Recovery — Then Having to Find It Herself

Presenter: Peter B. and Julie L. **Episode Length:** 1:37:00 **Release Date:** June 12, 2026

Cassandra P. grew up in the best possible version of a recovery household. Her mom, co-host Julie, got sober cold turkey while pregnant and never looked back. Cassandra attended AA meetings from age five. She knew Julie's sponsors by name, went to Portland Trail Blazers games on sponsee tickets, and never once saw either of her parents high. She was the sports girl — basketball, softball, water polo, Girl Scouts for ten years straight. And at 32, she still ended up in addiction. In Part 1 of this mother-daughter conversation, Cassandra and Julie trace the arc from a genuinely blessed childhood through the slow drift that loving structure couldn't prevent forever.

Key Points

- **[00:05:00]** Julie shares how Cassandra came into the world — Michael in prison, a doctor's ultimatum, and quitting drugs cold turkey with no recovery plan and no support network
- **[00:12:00]** Julie pays two months' rent with the abortion money her mother gave her, stays clean throughout her pregnancy, and graduates college — Cassandra in tow
- **[00:16:00]** Cassandra describes growing up as "blessed" — AA was the norm, she never saw either parent using, and she had a front-row seat to what recovery actually looks like from the inside
- **[00:27:00]** The Portland Trail Blazers, Girl Scout cookies, and Scottie Pippen — Julie and Cassandra on the community that surrounded their unusual but deeply loving family
- **[00:35:00]** Michael's last basketball game: Cassandra hits three three-pointers, he's screaming from the stands — and it's the last time they see him before his death from a drug overdose
- **[00:48:00]** Community college, a lost identity, and the first time Cassandra ever smoked weed — watching *Friday* on a Friday with her friend Travis
- **[00:57:00]** The party years: multiple close calls with police while drunk, passing a field sobriety test she had no business passing
- **[01:08:00]** From Sprint supervisor to a cable company's executive escalation team — the job that broke her, the three-month break that removed every guardrail, and a boyfriend whose money came easy
- **[01:28:00]** Why Cassandra avoided Julie during her active addiction — and what it cost both of them
- **[01:32:00]** Six months behind on the mortgage, cocaine and alcohol to cope, and the moment she told Julie she'd signed up for Another Chance treatment — May 2024

"I've never seen either of my parents high or caught in addiction. That's another blessing I have in my life." — Cassandra P.

Websites Discussed

- Another Chance — Portland, OR treatment center
- Real Recovery Podcast

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