

RRP 106 — Megan C.

Six Years Clean: Megan C.'s Journey from Homelessness and Heroin to Leading Others Home

Presenters: Peter and Julie | Release Date: March 20, 2026 | Episode: 106

Episode Summary

In this episode, Peter and Julie welcome Megan C., a peer recovery mentor and program manager whose road to recovery wound through opiates, heroin, homelessness, domestic violence, and two near-death hospitalizations — including a nine-week ICU stay and coma after a bacterial lung infection ate a hole through her lung the size of a baseball. Megan also opens up about her experience with sex work, a subject she has rarely spoken about publicly, and the parallel she and Julie share as women whose addiction and trauma intersected with that world. Now with six years clean, Megan manages a full recovery program overseeing nurses, caseworkers, and peer recovery mentors. She talks about the transformative power of [Oxford House](#) and clean and sober housing, the importance of medication-assisted treatment done right, breaking the cycle of trauma for her daughters, and why giving back has always been the thing that keeps her sober.

Key Points

- [00:03:10] Episode records on the two-year anniversary of the Real Recovery Podcast — 104 episodes without missing a single Friday.
- [00:07:08] Julie and Megan discuss the philosophy that recovery is a journey that never ends — and that thinking you're "recovered" is itself a warning sign.
- [00:10:46] Megan is introduced as a friend Julie met through the [Lunch Bunch AA meeting](#), connected through their mutual friend Darrell (Episode 53).
- [00:18:08] Megan's story begins: always feeling different, big emotions, and a first encounter with Adderall in middle school that made her feel "normal" for the first time.
- [00:18:45] Cocaine in her early twenties was the first time Megan realized something could grab hold of her — and the first time she did "shady shit" for drugs.
- [00:19:42] Addiction escalated when a boyfriend introduced her to hydrocodone (Vicodin) and fentanyl patches. She had no idea opiates would hook her the way they did.
- [00:20:44] After going through a sick woman's entire stockpile of 14 bottles of 480 oxycodone, Megan experienced severe opiate withdrawal for the first time.
- [00:25:11] Megan transitions to methadone — which she describes as one of the biggest mistakes of her life. She was on it for approximately six years, during which time she was raising a young daughter.
- [00:26:37] Domestic violence: a man she met in a homeless shelter broke her jaw and eye, coerced her, and moved all her furniture. He went to prison for seven years.
- [00:27:25] Despite vowing never to touch heroin, Megan moved a heroin addict into her home. Within days she was a full-blown heroin addict.
- [00:28:00] Megan was kicked off methadone after heroin showed in her system — which she later recognized may have saved her life given the overdose risk of combining both.

- [00:31:15] After her boyfriend went to jail, Megan was left homeless on the streets of Portland's 82nd Avenue area in winter with no money and no connections. She kicked heroin over 10 days on a stranger's floor.
- [00:33:30] Julie and Megan share candid parallel experiences in sex work — a subject Megan has rarely discussed publicly. Both reflect on trauma, fast money, and the loneliness underneath.
- [00:45:10] Near-death hospitalization: Megan choked on a piece of meat; bacteria entered her airway and ate a hole through her lung the size of a baseball. She was in quarantine ICU for nine weeks and went into a coma.
- [00:47:00] Waking from the coma on methadone, Megan switched to Suboxone — but was given it too soon, triggering precipitated withdrawals. She also went septic in a separate hospital stay.
- [00:48:20] Megan went to inpatient treatment, then [Oxford House](#) — which she credits as a cornerstone of her recovery. She advocates strongly for clean and sober housing in early recovery.
- [00:52:28] Clean date: Megan checked into detox on her daughter's birthday — a decision she made for her daughter. Six years clean as of last month.
- [00:53:00] [Oxford House](#) led directly to Megan's career: her best friend from treatment called her about a job opening at [Our House](#), and she got it.
- [01:08:45] Promoted to program manager last August — now oversees nurses, caseworkers, and peer recovery mentors. Sees her clients as her service work.
- [01:13:33] Megan's younger daughter is now three. She asked her youngest daughter's father to leave so her daughter would never witness what her older daughter saw.
- [01:14:07] Her older daughter, now 18, is rebuilding their relationship and talking about moving in with Megan.
- [01:21:07] Closing reflection: at 40, Megan is entering the first chapter of her life where she gets to choose — career, relationships, and what she models for her daughters.

Guest Quote

“Anything is possible. Recovery — people are scared it's going to be boring, or they don't know what it's going to be like. My whole life has changed. I have six years as of last month, and everything has changed for me. You get to a point where you could never even see going back. And anything is possible.”

— Megan C.

Websites Discussed

- Oxford House: <https://www.oxfordhouse.org>
- Our House (Portland recovery housing): <https://www.ourhouseofportland.org/>
- Lunch Bunch / Extended Family AA Online: <https://sites.google.com/view/lbefaa>
- Real Recovery Podcast: <https://www.realrecoverypodcast.com>

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