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Turning Pain into Purpose

An emotionally naked story of depression, addiction, loss, and hope

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Trigger Warning:
Emotional content

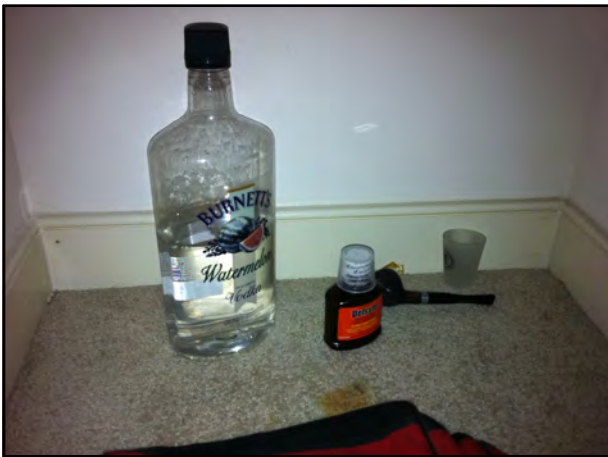
Suicide Hotline 1-800-273-8255
Crisis Text Line 741-741

Poll- Which statement best describes why you are here today:

- I suspect my child is misusing substances
- I know my child is misusing substances
- My child is a "troubled teen"
- I just want to be educated & learn more







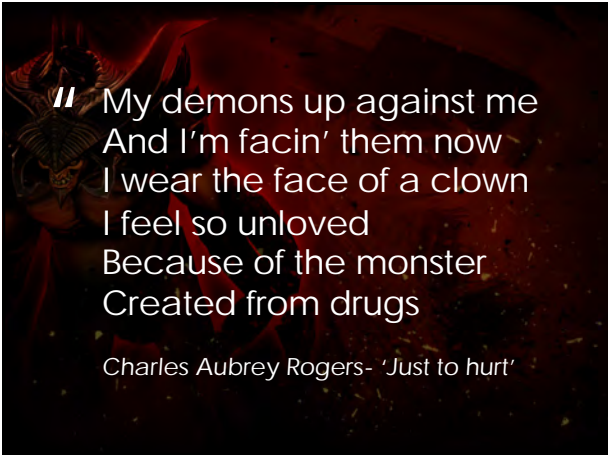


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Charles Rogers im always anxious n sad n shit and i
just feel really low lately. been plagued with some dark thoughts and idk wtf is wrong w
me
so ive been drinking.








OBITUARIES & IN MEMORIAM
ROGERS, CHARLES Guest Book
posted 16 months ago June 10th, 2015. Updated 3 months ago

Print Font Size



ROGERS, CHARLES

ROGERS, Charles Aubrey, 20, died Friday, June 5, 2015 and is survived by his parents, Randy and Anne Moss Rogers of Midlothian, Va.; brother, Richard Rogers, 22, of Winston-Salem, N.C.; grandparents, Richard and Myra Rogers of Pine Mountain, Ga. and Robert and Anne Nimocks of Fayetteville, N.C.; and his beloved dog, Andy. He graduated high school in 2014 from Wasatch Academy in Utah. A deep, soulful, passionate and sensitive young man, Charles loved and treasured family. He was a true artist, an off-the-cuff comedian who loved to rap, entertain and act. He loved dogs, funky socks, drama, theatre, writing and making people laugh. But most of all, he loved people. As many artists do, Charles lived life on his own terms and ultimately chose how he wanted to end it. He lit up every room he ever walked into. But he also struggled and is now at peace. He was one of a kind, a true non-conformist. Charles Rogers was Peter Pan. He was just never meant to grow up. In lieu of flowers, please send donations to BeaconTree.org.



In My Shoes: Honoring son who died by suicide is not the end of my story

Story Comments Image (2) Print Font Size

Recommended 22K Tweet G+1 5 Share 307

Posted: Friday, February 5, 2016 10:45 am
BY ANNI MOSS ROBERTS
Special correspondent

Never in my wildest dreams did I think I would be the mother of a child who died by suicide. My 20-year-old son, Charles, suffered from depression, anxiety and ultimately a heroin addiction. He took his own life June 5, 2015.

I can't suffer his suicide in silence. Many who have lost a child, spouse, sibling or parent to suicide speak about it in hushed tones, as if it's a dirty word. I



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Talk

- Ending their lives
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Source: American Foundation of Suicide Prevention

The dark tweets



June 1



June 1





Poll- What percentage of people actually let their intentions to suicide be known prior to attempting?

- 25%
- 55%
- 85%

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85% of people who die by suicide indicate their intentions prior to their death

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The final 48 hours



Anna Maza Rogers

May 16, 2016

Chief, Suicide

How a mom feels when she finds out her child is dead, the final days before my son's suicide, what happened before my son's suicide

Eds

f 4k | w 3k | in 11 | c- 1 | < 4k

Charles, who suffered from anxiety and depression and ultimately addiction had been from detox to rehab to a sober house. After rehab he looked great. I call this "Saturday Charles." He then went to the sober house but relapsed the next morning by walking downtown and buying heroin. We can only imagine he got money from his room on the way to the sober house. The policy at the sober house was that if you went to detox for three days, you could then come back. But once Charles checked in at detox, he saw a friend and left. For two weeks we didn't know where he was. Communication was spotty during that time.





TH - DIVISION OF

VIRGINIA - CERTIFICATE OF DEATH
DIVISION OF VITAL RECORDS - RICHMOND

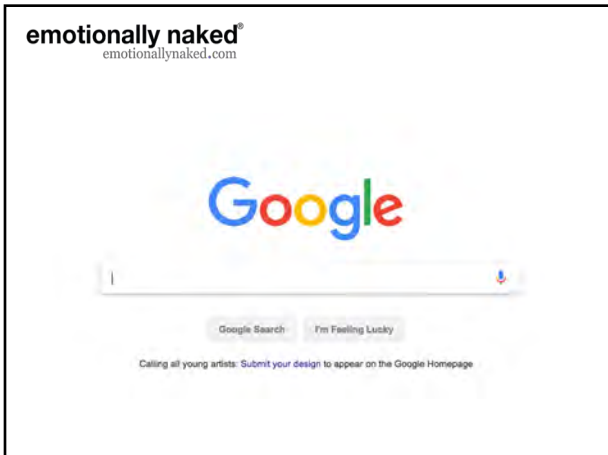
MEDICAL EXAMINER'S
CERTIFICATE

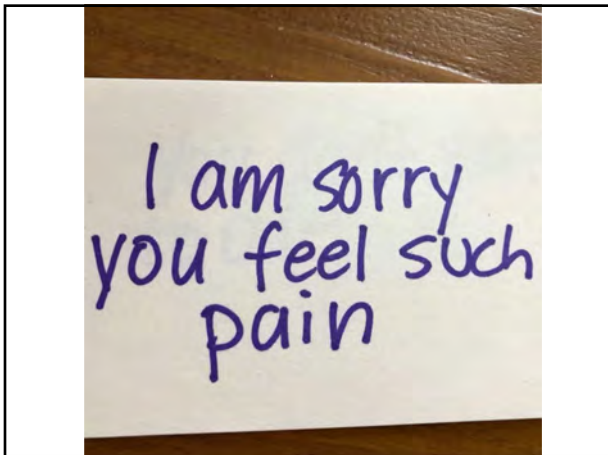
6 (middle) ROGERS (last)

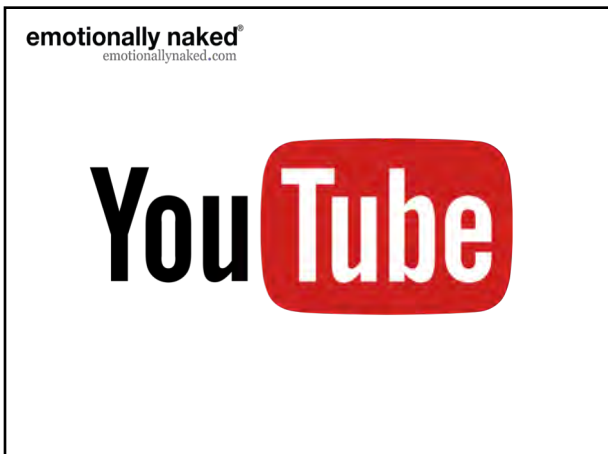
UBREY

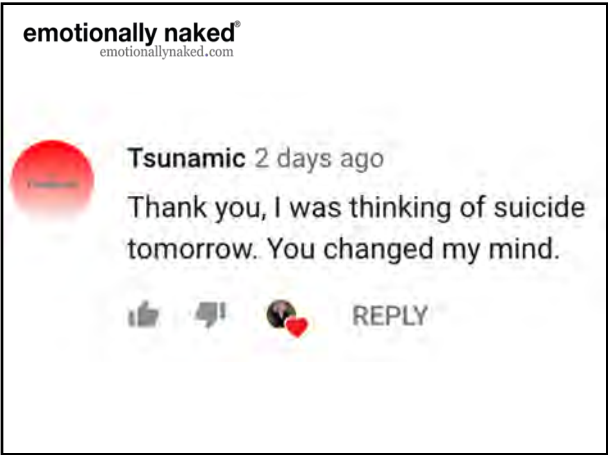
4 DATE OF BIRTH	5 AGE	IF UNDER 1 YEAR
01-26-1995	20	Years Months

PRESUMED

















Average Teen Behavior
or Warning Sign?

Average Teen
Withdrawing from family to spend
more time with friends

Warning Sign
Withdrawing from friends, family
and social activity

Average Teen Behavior or Warning Sign?

Average Teen

Wanting more privacy

Warning Sign

Becoming Secretive. Seems to be
hiding something

Average Teen Behavior or Warning Sign?

Average Teen

Moving from childhood likes to
teen pursuits

Warning Sign

Losing interest in favorite activities and
not replacing it w/ other pursuits

Average Teen Behavior or Warning Sign?

Average Teen

Not home as much

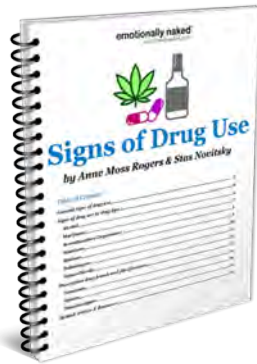
Warning Sign

Leaving your home for five minutes
then returning

Signs of Marijuana Use

- Missing socket wrench pieces
- Water bottles that look funky and smoky or smell funny
- Weight gain or weight loss
- Glassy red eyes
- Overly upbeat followed by overly anxious

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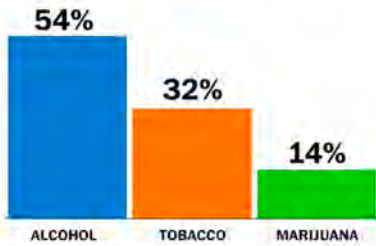
TRUST
YOUR
GUT

Poll- What is the true gateway drug?

- Marijuana
- Cigarettes/Vaping
- Alcohol

Alcohol: the true gateway drug

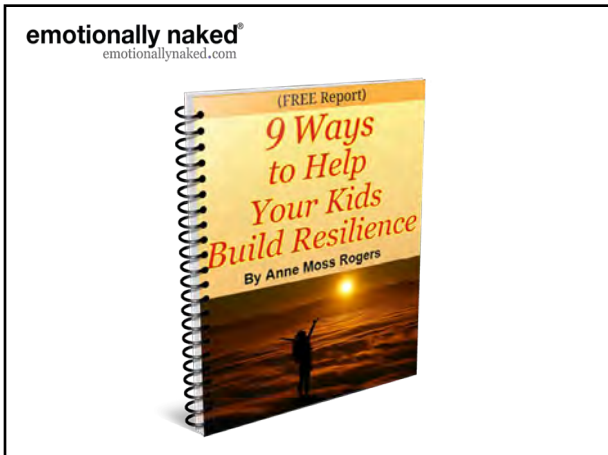
First drug of use among 12th graders who had ever used alcohol, tobacco or marijuana:



Source: <https://pubmed.ncbi.nlm.nih.gov/26645418/>

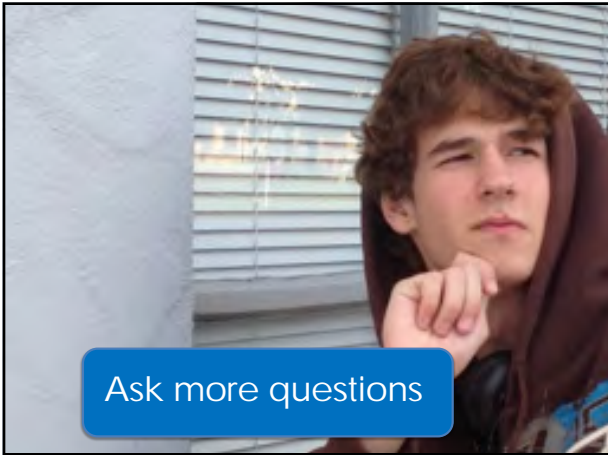


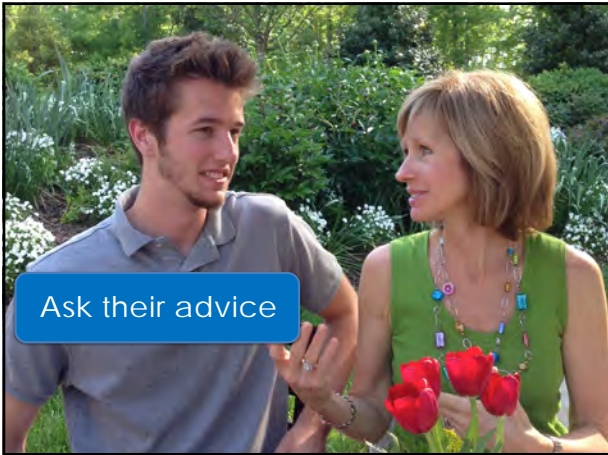
Family Relationships





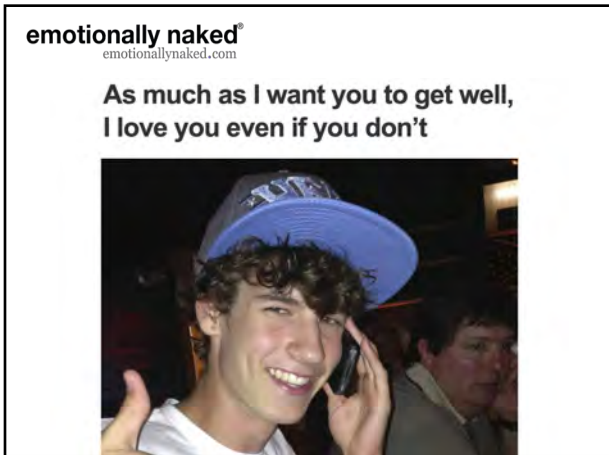


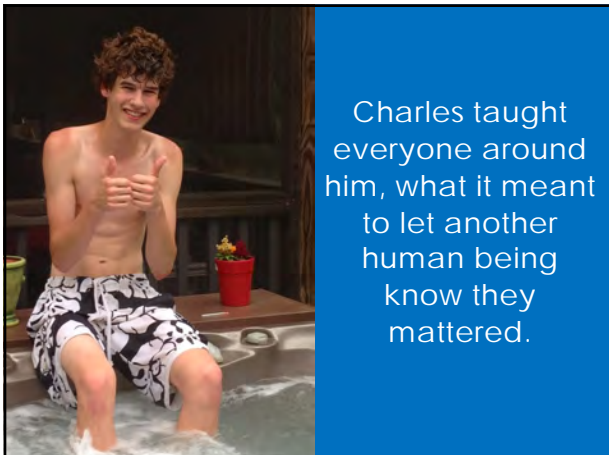


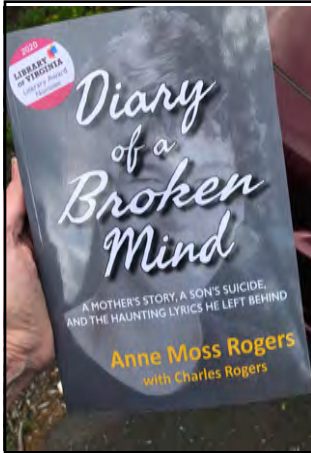












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