

Faythe Kadona  
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Career: Marriage & Family Therapy

Seven years ago I stepped out of the world of addiction and onto a path of healing and restoration. My story started thirty years ago when I first started struggling with alcohol and drugs. My adopted parents were going through a divorce, and I had been exposed to drugs and alcohol by them and my biological parents. At the age of five, I was dumping cocaine down the sink in an attempt to save my parents along with me and my sister. While I would like to say that is when they stopped, it wasn't. I grew up learning that you can solve your problems by getting high and drinking them away.

By the time I was 11 years old, I was sneaking alcohol from the wine box in the fridge and smoking pot by the time I was 13 years old. My family was a "do as I say not as I do" family. So I hid what I was doing for many years. By the time I left home at 17 years old, I was already into hardcore drugs while continuing to smoke pot and get drunk. I had filled my parents' vodka bottles with water which they didn't discover until I was 25. I spent the good part of my life trying to fight the demon of addiction and losing each time I tried. I would get married to my boyfriend whom I moved out of home to live with, who was also an addict at 18. Water and oil don't mix, but we tried. We tried for twenty years, three children later, and now divorced.

It was a fight some days to keep my head above water. After our separation and the loss of our children, I spiraled so far down the rabbit hole that I never thought I would find my way out. Addiction was my lifestyle. It stayed that way until I was arrested while being trafficked in 2016. My rock bottom came and so did my rescue. I fought hard since that day to never go back to the person I was before. To work the 12 steps and regain a relationship with my children. To find who I was meant to be and not what I was doing. I had to go through the process with God leading charge, because of all the shame, guilt, and condemnation I carried for things that were my fault and things that weren't.

I went through recovery and worked with women who were also fighting to stay clean and sober and find another day with breath in their lungs. It was hard but rewarding. Many times I would see women leave the program and quite a few over the years I have lost to addiction. I know part of what has kept me sober is watching people die from staying high. Watching those I love and those I have mentored think they can go back to the way it was for them before and it cost them everything. It has also been the relationship with God that has kept me going. Including how He is restoring other relationships in my life that I never thought possible. You see when we spend our lives in addiction, we have to fight to stay sober. Just like it costs money to get high, there is a cost to staying clean.

I am happy to say now that I am in school for Marriage and Family Therapy, working on a master's degree so I can eventually get licensed. My heart is to work with youth and women who have been trafficked, suffered from addiction, and need help regaining their lives. It starts in the family unit. While I work with survivors now and mentor a few as well, part of my goal is to help the family work together and for victims to heal. I will admit, the addiction and trafficking almost took me out. So I know how hard it is for others to recover. The added benefit of my lived experience makes a difference for some people. They know they can relate to me and I them.

This scholarship would help me achieve those goals and continue to use my experience to help others. We grow by not keeping things to ourselves, but reaching out to help another person. Our

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stories tell of our beautiful scars and are instruction manuals. I want mine to keep growing and help more people.

Kadona

Faythe Nicole

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Sep 24 2023

COURSE	Course Title	CRD	GRD	GRDPT	COURSE	Course Title	CRD	GRD	GRDPT
FALL ONLINE TERM A 2022 (08/23/2022 to 10/10/2022)					SUMMER ONLINE TERM F 2024 (06/25/2024 to 08/12/2024)				
MAFT511	INTRODUCTION TO FAMILY STUDIES	3.00	A	12.00	MAFS566	FAMILY LIFE EDUCATION CAPSTONE			CIP . . . .
	Term GPA 4.000	Credit 3.00				Term GPA 0.000	Credit 0.00		
	Cum GPA 4.000	Credit 3.00				Cum GPA 4.000	Credit 15.00		
FALL ONLINE TERM B 2022 (10/18/2022 to 12/05/2022)					End of official record.				
MAFS561	FAMILY LIFE EDUC METHODOLOGY	3.00	A	12.00					
MAFT523	HUMAN GROWTH & DEVELOPMENT	3.00	A	12.00					
	Term GPA 4.000	Credit 6.00							
	Cum GPA 4.000	Credit 9.00							
SPRING ONLINE TERM C 2023 (01/10/2023 to 02/27/2023)									
MAFT531	SYSTEMS THEORY	3.00	A	12.00					
	Term GPA 4.000	Credit 3.00							
	Cum GPA 4.000	Credit 12.00							
SUMMER ONLINE TERM F 2023 (06/27/2023 to 08/14/2023)									
MAFT555	RESEARCH METHODS-RELAT.SCIENCE	3.00	A	12.00					
	Term GPA 4.000	Credit 3.00							
	Cum GPA 4.000	Credit 15.00							
FALL ONLINE TERM A 2023 (08/22/2023 to 10/09/2023)									
MAFS565	INTIMATE RELATIONSHIPS			CIP . . . .					
MAFT537	PARENTING			CIP . . . .					
	Term GPA 0.000	Credit 0.00							
	Cum GPA 4.000	Credit 15.00							
SPRING ONLINE TERM C 2024 (01/09/2024 to 02/26/2024)									
MAFS563	FAMILY RESOURCE MANAGEMENT			CIP . . . .					
	Term GPA 0.000	Credit 0.00							
	Cum GPA 4.000	Credit 15.00							
SPRING ONLINE TERM D 2024 (03/05/2024 to 04/29/2024)									
COUN558	CULTUR.CONTEXTS HELPING PROF.			CIP . . . .					
MAFT533	HUMAN SEXUALITY			CIP . . . .					
	Term GPA 0.000	Credit 0.00							
	Cum GPA 4.000	Credit 15.00							
SUMMER ONLINE TERM E 2024 (05/07/2024 to 06/24/2024)									
MAFS564	ETHICS, FAM LAW, PUBLIC POLICY			CIP . . . .					
MAFT541	FAMILY STRESS & RESILIENCE			CIP . . . .					
	Term GPA 0.000	Credit 0.00							
	Cum GPA 4.000	Credit 15.00							

Continued on next Column/Page

Dr. David A. Thompson  
2023  
1141 Boones Creek Road  
Jonesborough, Tennessee 37659

September 12,

Find Rehab Centers  
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Dear Scholarship Staff,

I am writing today to recommend Faythe Kadona for your scholarship. I have had the pleasure of being an instructor for Faythe in two graduate courses (Human Growth and Development, Intimate Relationships) in the Lee University Division of Adult Learning Program (2022-2023). Faythe consistently delivers high quality work throughout the class and demonstrates both interpersonal and professional maturity.

These courses require frequent online contact with her peers and the professor through weekly posts and comprehensive writing assignments. Her input into the discussions is always thorough, relevant, focused, honest, and respectful. Faythe consistently provides quality, insightful posts that demonstrate her knowledge of the subject and course material. She also exhibits the ability to analyze and synthesize information from those texts and journal articles within the parameters of the assignment while including wisdom gleaned from her work and personal experiences.

I am impressed with Faythe's attention to detail in following the requirements of the assignments and her ability to demonstrate an understanding and skillful integration of the information while avoiding unnecessary or excess content in her posts and papers. Her application of theoretical concepts and methods into the papers and assignments is impressive. Her writing is polished and professional and aptly communicates her ability to apply what she has learned within the specific guidelines laid out in those assignments.

Through the coursework and emails I have had the opportunity to get to know Faythe, her history, and her current life circumstances. Not only do I find her to be bright, serious-minded, and mature, but also resilient, strong, and resourceful in handling the multiple stressors of school, family, work, and life in general.

I have no reservations in making this recommendation. I could see quickly that Faythe possesses the aptitude and potential to be successful as a professional counselor or in whatever professional role she decides to fill. I would be happy to provide any additional information or that might be required.

Respectfully,

David A. Thompson, Ph.D.