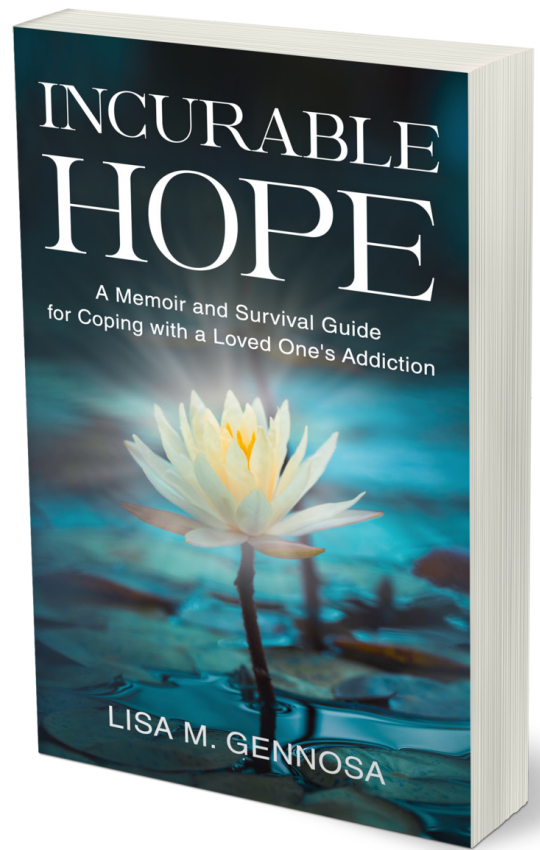


# INCURABLE HOPE

## A MEMOIR AND SURVIVAL GUIDE FOR COPING WITH A LOVED ONE'S ADDICTION

WRITTEN BY ROSE CUSHING



Lisa Gennosa is a Physician Assistant, wife, and mother. She works with her husband Dr. Thomas Gennosa in Tarboro, North Carolina and is a pillar in the community.

Lisa also grew up as the child of a liquor and narcotics agent. These combined experiences provided her with a foundation for parenting an addict.

She has completed her book *Incurable Hope, A Memoir and Survival Guide for Coping with a Loved One's Addiction*, which is scheduled for release in April 2023. Her book candidly discusses how substance use disorder, mental health and trauma can collide with the legal and medical systems, but more importantly, her book provides a treasure trove of information and resources when struggling with a loved one's addiction.

While today her son is doing well, he will always have the incurable disease of substance use disorder. In 2017, he had a near fatal interaction with law enforcement. This was when the family was thrown into a world of addiction. "It was at that time I let all my feelings out on paper," Lisa said.

"Years later we learned that he had been assaulted by a coach, and this trauma added to his addiction and mental health issues." She felt that it was really important to share the lessons learned for people to know about the issues with law enforcement, the medical community, and family and how we can all work together to better understand the incurable disease of addiction.

"For a long time, we looked at it with a blindfold on, we were out of our league, we made so many mistakes," Lisa said. Writing about these experiences she hopes will help other people not make similar mistakes. She hopes this will help others to better understand how to cope with these issues. Her son began drinking around the age of 13 with his father from a former relationship. When he came home they thought he was experiencing normal mood changes and just being young. They felt like it was teenage experimentation with alcohol and marijuana. However, they began

to notice mood swings, sleep difficulties, and nightmares. Signs and symptoms can be elusive and hard to pin down.

There were legal consequences with a DUI for their son which further opened their eyes to the problem. Rehab, hospitalizations, and legal issues force you to no longer ignore what is happening. Eventually, he realized that he would have to change to survive. "My son went through rehab nine times," said Lisa.

"It took me more than ten years, swimming in guilt, to get to a point where I could truly help," Lisa said. That is the primary reason for this book--to allow family members the ability to forgive and enable them to be strong--to be able to give and get help.

At that point, Lisa decided to take it upon herself to start teaching crisis intervention training for health care and law enforcement professionals with Trillium Health Resources. "When my son was sober I worked with these programs to help turn the tides and share other solutions that can be used during a crisis," Lisa said. In addition, she continues to work with SHARP- The Sheriff's Heroin Addiction Recovery Program in Greenville, NC in the Pitt County correctional facility. This is an incredible program that encourages recovery for inmates working towards a different path.

Lisa continues to work on the things that we least like to talk about but need to the most. "I have done countless speaking engagements for police, parole and correctional officers, paramedics, nurses, and other hospital staff to create positive change in the face of surging levels of mental health and substance use disorders." She uses the analogy that when one person is addicted it is like a bowling ball, the pins at the end of the alley are the family, friends, employers, and everyone associated with the disease affecting their loved one. This book is for the bowling pins.

For more information about *Incurable Hope* or Lisa Gennosa go to [www.LisaGennosa.com](http://www.LisaGennosa.com)