



DEBBIE STRAND, CRRA, NCRC, CRSS, CEI

Debbie Strand began her sobriety journey in 2004 recovering from alcohol and variety of other substances. Trauma bred the insecurities that were the driving force behind her addiction. She felt at home as soon as she was sharing her story and beginning to help others in 12-step recovery.

In 2007 Debbie became a co-host on the national show "Recovery Radio Live" and simultaneously became the show's executive producer, scheduler and business manager. Not long thereafter Debbie launched her own weekly show "Sober In The City" which is currently ranking in the Self-Help podcast category.

Debbie acquired a vast amount of experience, working with others, facilitating group meetings, speaking at treatment centers, managed a sober living home and ran a 501c3 non-profit organization for many years.

In 2019 Debbie opened Choices Sober Houses, a new business model and standards-based sober living community. Choices currently manages seven sober living houses with 65 clients on a rotating basis.

Throughout her career, Debbie has become a Certified Recovery Support Specialist, a Certified Interventionist, Recovery Coach, Certified Recovery Resident Administrator and Public Speaker, and she continues her education constantly seeking the best methods and means to help people with the same affliction that haunted her for many years.

Debbie has become a powerful voice for others, who could not find their own. The lessons that she has learned have helped them maintain their sobriety, deal with their past and find their future.

"My proudest moment and grandest accomplishment was rescuing my father from a hospital during Covid and help him gently pass surrounded by family at home at the age of 96. All made possible by my sobriety." – Debbie Strand

Today you can find Debbie hosting Sober In The City, traveling with friends, spending time in the skybox cheering on her beloved Florida Gators, on the Palm Beach County shoreline, but mostly attached to her phone always ready to answer someone's call for help.

Debbie Speaks!

Invite Debbie Strand - Certified Recovery Support Specialist, Certified Interventionist, Recovery Coach, Certified Resident Recovery Administrator and Public Speaker to present at your next event!

Debbie Strand: Transforming Lives Through Recovery

About Debbie:

Debbie Strand's story is one of triumph over adversity. Her sobriety journey, which began in 2004, is a powerful testament to her resilience and determination. Overcoming addiction to alcohol and various substances, Debbie faced the demons of her past trauma head-on, transforming her insecurities into strengths that now empower others.

Her natural affinity for sharing her experiences and helping others navigate the 12-step recovery process quickly became evident. Debbie's ability to connect with those struggling with addiction made her a beloved figure in the recovery community. Her warmth and genuine care for others shine through as she shares her story, offering hope and practical guidance.

In 2007, Debbie's voice reached a national audience when she became the co-host and driving force behind "Recovery Radio Live." Her talents extended beyond the microphone as she adeptly managed the show's production, scheduling, and business operations. Her drive didn't stop there; she launched her own weekly show, "Sober In The City," which has garnered acclaim in the Self-Help podcast category.

Debbie's hands-on experience is extensive. She has facilitated group meetings, spoken at treatment centers, managed sober living homes, and led a non-profit organization. Her commitment to the cause is unwavering, as evidenced by her founding of Choices Sober Houses in 2019. This innovative sober living community set new standards in the industry, managing seven houses and supporting 65 clients in their recovery journey.

Her credentials are as impressive as her impact. Debbie is a Certified Recovery Support Specialist, a Certified Interventionist, a Recovery Coach, a Resident Recovery Administrator, and a Public Speaker. She is a lifelong learner, constantly seeking new methods and knowledge to assist those battling the same afflictions that once haunted her.

Debbie's voice has become a beacon for many who felt lost, her lessons a roadmap to maintaining sobriety, confronting the past, and discovering a future filled with possibilities. Her proudest moment—helping her father pass away peacefully at home at the age of 96—was a poignant reminder of the precious gift of sobriety.

Today, Debbie is a dynamic force, whether hosting her podcast, cheering on the Florida Gators, enjoying the Palm Beach County shoreline, or answering a call for help. Her dedication to recovery and helping others is unwavering, making her an inspiring figure and a powerful voice

Continued...

Debbie Speaks!

In the Spotlight:

Debbie's voice resonates beyond personal interactions, as proven on "Recovery Radio Live" and the acclaimed "Sober In The City" podcast. Her expertise and compassion make her a sought-after figure in the realm of self-help and recovery. Her forthcoming book "Becoming a Normie" is highly anticipated and dives deep into the topics of addiction and recovery.

Expertise and Impact:

Debbie's credentials are as diverse as they are impressive. A Certified Recovery Support Specialist, Interventionist, Recovery Coach, Certified Recovery Residence Administrator and Public Speaker, she founded Choices Sober Houses, revolutionizing sober living standards and touching the lives of hundreds of clients.

Engaging Topics:

Message for Everyone: Life's journey is complex and unpredictable. For those raised in the human experience, challenges can seem insurmountable. Without a perfect guide or manual for life, emotions can run high and obstacles can appear daunting. Debbie's message is a universal call to resilience, providing support and wisdom for navigating life's turbulent waters. Her insights resonate with people from all backgrounds, offering a beacon of hope and guidance.

Expertise in Recovery: In a world where over 100,000 lives are lost to drug overdoses each year, the urgency for effective recovery methods is paramount. The 12-step program is a lifeline for many, yet its full potential remains untapped. Debbie delves into the depths of the program, revealing the hidden strengths that lie between the lines. Her expertise shines a light on the path to accelerated healing, easing the pain that often accompanies the early stages of recovery.

Simplifying Recovery: Debbie Strand simplifies the recovery journey, sharing strategies to alleviate the pain and difficulty associated with addiction. She provides a fresh perspective on the 12-step program, offering hope and actionable solutions.

Redefining Sober Living: With her groundbreaking approach, Debbie transforms sober living environments. Her methods streamline operations, improve outcomes, and foster financial growth, setting a new standard in the field.

Inspiring Leadership and Productivity: Debbie's leadership acumen is invaluable. She empowers individuals and teams to embrace a mindset of positivity and achievement, driving productivity and fostering a culture of success.

What People Are Saying:

Debbie's guidance is transformative, as one testimonial reveals: "Thank you! Your presentation provided new insights, prompting me to rethink my perspectives from start to finish."

Bringing Debbie to Your Stage:

Imagine the impact Debbie Strand could have at your next event. Whether it's a corporate conference, a podcast episode, or a gathering at a recovery center, Debbie's presence promises to enlighten, inspire, and motivate. Her stories are not just tales of survival but lessons in thriving. Let's discuss how Debbie can contribute to your platform's success and leave your audience with a lasting impression.

Connect with Debbie:

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