

Impact thank you!

Thank YOU for Supporting The Providence Center

Together with Alanna, you're helping to fight stigma and empower change!

Growing up, Alanna was always an athlete. There wasn't a season she wasn't playing a sport. She idolized her older brother, a standout ice hockey goalie.

Putting on her first pair of skates at age three, she soon made hockey an enormous part of her life. It didn't matter that it was a completely male-dominated sport in her hometown of Chicago. Alanna just loved the game.

"I was the only girl playing hockey in my middle school and high school. Nobody understood it."

People also didn't understand Alanna's ongoing struggles.

"As a teen, I had a lot of sad bouts and I didn't know why. I noticed it most when I was in high school. I would get really anxious before games and often throw up," said Alanna.

Upon graduation, Alanna chose to attend a local community college and that's when things really changed.

"As a teen, I had a lot of sad bouts and I didn't know why..."



Alanna Serviss, goalie for the Providence College Women's Division I Hockey Team

"I started to feel worthless...like a failure for not going away to college like everyone else. I didn't want to do anything. I would go to class and couldn't focus. I just didn't want to be there."

Alanna's parents could see her struggling and pushed for her to get help. She was finally diagnosed with ADHD, depression and anxiety. Through medication and therapy with a sports psychologist, she got her life back on track.

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Alanna age 8 in goal.

I was terrified. I thought I was going to die. Not having anyone around me that knew how to handle it was equally as terrifying," she said.

Soon, it all clicked.

"I remember being on the ice, and getting really anxious. I was holding it all in. I couldn't breathe. I couldn't talk to anyone. I was terrified. I thought I was going to die."

"Anxiety is such a big issue for college students – especially athletes trying to juggle the demands of their academics and practice schedules. Being able to admit you need help takes a lot of guts and doesn't make you weaker – it actually makes you stronger."

Empowered by her journey, Alanna decided to speak out in an effort to help reduce stigma and support others who struggle with mental illness. With support from staff at Providence College, Alanna helped to coordinate the team's January 21 game dedicated to raising awareness for mental health issues with proceeds benefitting The Providence Center. She raised the majority of the \$1,000 with help from family and friends online, and donations were also contributed at the game.

"I wanted to do something to support a local organization that is really making a difference like The Providence Center, and I hope to be able to partner with their team again in the future. They have offered their clinical expertise to help create a workshop for coaches and student-athletes identifying warning signs and potential triggers of mental illness," said Alanna. "Together, we all can make a difference and help spread awareness."

She applied and was accepted at Providence College to play on the women's Division I hockey team.

When looking back throughout her years on the ice, Alanna admits she was groomed to be mentally tough. "Hockey is such a tough sport. I couldn't show any weakness or emotion. I was always told that when you get to the rink, you need to leave everything in your life at the door. But that's not reality!"

It wasn't until her sophomore year at Providence College, when Alanna had a panic attack on the ice that she understood first-hand just how much stigma is still associated with mental illness for student-athletes.

"I remember being on the ice, and getting really anxious. I was holding it all in. I couldn't breathe. I couldn't talk to anyone."

Your gifts matter to young men like Jonathan

Thank YOU for helping to fight the addiction epidemic and fund innovative care

Jonathan was introduced to marijuana when he was seven. When he took his first hit of acid at the age of twelve, he knew his life would never be the same.

Soon the crippling grips of addiction took hold of his life. He became completely fixated on getting “the next high.”

Addiction was also a family affair.

His dad left when Jonathan was only two years old. His father was in and out of jail for most of his childhood. When he was finally released, he tried to be a good father, but feeding his own addiction quickly became the priority.

Longing for his father’s love, Jonathan bonded with his dad the only way he had the opportunity to – through using drugs. He thought everything would be alright. But it wasn’t.

When Jonathan was 17, he lost his dad to a heroin overdose and just 5 years later, he lost his brother from a heroin overdose as well. These deaths did little to deter his unstoppable drug habit.

“If it wasn’t for the use of Narcan, and for the dedicated staff at The Providence Center... I wouldn’t be alive.”

Jonathan dropped out of school, and ended up homeless on the streets of Providence for years.

Finally, after a high-speed car chase with the police, Jonathan was arrested again. This time he was oddly relieved he didn’t kill anyone, and relieved that he was alive. Relieved that in jail he might finally get clean.

“We go out into the streets, into hospital emergency rooms, bus terminals and homeless shelters – wherever people in crisis may need us...”



Jonathan Goyer

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(left to right) Jonathan’s mother Maureen Goyer along with Lisa Desbiens, Chief Development Officer at The Providence Center, and Jonathan Goyer

Upon release, Jonathan successfully completed rehab and went to live in a sober house, but that’s when the real struggle began.

Now sober, he was overwhelmed. He was trying to deal with the wreckage of everything he had done. The people he had hurt, the lies he had told, the relationships he had ruined. The barriers to finding employment were very discouraging. He felt hopeless and decided to numb the pain the only way he knew how.

He bought heroin, shot up and within seconds passed out.

Jonathan’s housemates just happened to come home and found him on his knees, face on the floor, skin turning blue, with a syringe at his side. They called 911 and administered Narcan. EMT’s arrived and administered more Narcan and brought him back to life.

While in the hospital, his close friends reached out to The Providence Center for help. He was transferred to The Providence Center’s Crisis Stabilization Unit. That’s where, thanks to donors like you, Jonathan received the critical individual and group therapy he needed to get his future back on track. Staff pushed him to be a better person. They gave him hope and helped him to finally feel safe. Slowly his hope turned into faith that he could get his life back, and he has been thriving ever since.

“Your gifts to The Providence Center are critically important. Together, we can continue to change lives, even save thousands of lives.”

“If it wasn’t for the use of Narcan, and for the dedicated staff at The Providence Center giving me the right supports at the right time, in the right way, I wouldn’t be alive,” said Jonathan.

Jonathan is thankful for his new lease on life and is dedicated to paying it forward. Paying it forward to his mom for standing by him time and time again throughout his journey towards recovery, and to all those who haven’t found recovery yet.

With two and half years clean and sober, The Providence Center asked Jonathan to lead Anchor MORE, a new street outreach program staffed by peer recovery coaches – people who are in long-term recovery themselves and have received specialized training. “We go out into the streets, into hospital emergency rooms, soup kitchens, bus terminals, and homeless shelters – wherever people in crisis may need us, to offer hope and support, and to engage them in treatment and recovery.”

Using real-time data, Jonathan’s team immediately dispatches to areas in the state that are experiencing opioid overdoses preventing as many additional deaths as possible.

When looking back, Jonathan is incredibly grateful. “Innovative recovery supports like Anchor MORE weren’t available for my father. They weren’t available for my brother, but thanks to the generosity of people like you, they are available now. Your gifts to The Providence Center are critically important. Together, we can continue to change lives, even save thousands of lives.”

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