



# PRELUDE

BEHAVIORAL SERVICES

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Someone

**Tyron Collier**  
Father / Chef / Trauma Survivor

**“I thought I could do it my way. It doesn’t work like that. At Prelude I started to see the effect I can have positively on people; I could see what I’m capable of doing.”**

Tyron Collier was a chef who led some of Des Moines’ most prestigious restaurants. At 21 he was already a success story: He’d transcended an abusive childhood, gang life and juvenile lockup; now he had a house, a wife and kids, and a thriving career. But internally, he struggled.

“I had bouts of depression – I thought it was just who I was.”

Now 39, Tyron looks like a recent college grad. He’s handsome, confident, and direct: Clean 115 days. Alcohol and cocaine were his drugs of choice. He’d still be a chef if he could.

“Toward the end of my [restaurant] career I missed work a lot. But nobody says you should get help. They don’t want to judge you.”

By his early 30s, Tyron was on his second wife and third OWI.

“If I hurt [people] I tried to rectify it. It was, go to some more recovery meetings, go talk to a pastor... but it just didn’t register.”

In February 2017 his wife filed for divorce; a week later he lost his job. He rented an apartment near a string of bars just outside downtown Des Moines, and for the first time in his life he was alone. He spiraled.

“Everyone I knew sold cocaine. I ended up hanging myself, then another time downing sleeping pills and vodka. I still didn’t realize that anxiety and depression were a part of my life.”

***According to The Journal of the American Medical Association, 37 percent of alcohol abusers and 53 percent of drug abusers also have at least one serious mental illness. That’s why Prelude offers comprehensive mental health services in conjunction with addiction treatment.***

When Tyron arrived at Prelude he was homeless and suicidal.

“I thought I could do it my way. It doesn’t work like that. At Prelude I started to see the effect I can have positively on people; I could see what I’m capable of doing.”

His personal mantra: Stay in the now. Don’t overwhelm yourself. To others suffering from addiction: “If you don’t give up, you still have another chance.”

That’s what Prelude Behavioral Services is: another chance.

***Help us end the stigma of substance use and mental health disorders by sharing your own story at:***

**preludeiowa.org**

Prelude Behavioral Services, formerly MECCA, celebrating 48 years of prevention and treatment services for substance use and mental health disorder in central and eastern Iowa.

*Johna Gottula*

Mother / Equestrian / PTSD Survivor

**“I might have one more relapse in me, but I’m not sure I have one more recovery.”**

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“I might have one more relapse in me, but I’m not sure I have one more recovery.” Johna Gottula’s pale blue eyes fill up, and she looks away. She lost two of her six children – one in childbirth, one to SIDS – then her mother, and last year her sister died from complications of addiction. Her youngest son is autistic.

“I used to be real mad at God about that, but he’s a blessing.”

Untreated PTSD led to almost 20 years of meth addiction, which landed her in prison and ravaged her family. She’s been clean two years and two months.

Raised in affluent Ankeny, Iowa, Johna defies the meth addict stereotype. Her father owned a successful grocery store chain. She attended business school, married at 21 and settled into a good life. A self-described “people pleaser,” her addictive behaviors began in her teens.

“I always did things to extremes.”

Her last arrest left her with two options: back to prison or drug court. “I got caught all the time.” As she laughs, her lower lip trembles. “But it saved my life.” Drug court led her to Prelude Behavioral Services.

Prelude’s promises: Safety. Healing. Dignity. Solutions. They’ve been treating addiction since 1969, and offer inpatient and outpatient treatment facilities, halfway residences, and outreach in multiple Iowa locations.

At Prelude, Johna learned to focus, and set the boundaries she needed to put recovery first. Asked what Prelude did differently, she says simply, “I felt safe.”

Her advice: “Take your time at Prelude. Focus on yourself – that’s where you’re gonna get your leg up.”

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