

Jamie Shultz Biography

Jamie Schultz is currently a Certified Peer Recovery Specialist and Supervisor at Dri-Dock Recovery and Wellness Center for Dorchester County Behavioral Health Services. Jamie is in long term recovery with 10 years clean from drugs and alcohol.

From Talbot County Maryland, Jamie excelled in Woodworking and Art and graduated with Art Honors in 2008. Shortly, after graduation Jamie had broken her wrist and slowly fell into the grips of opioid addiction. Jamie had a lot of misinformation on how to deal with childhood trauma such as the passing of her father in 2006 and opioid addiction made matters even worse. Not understating what grief, anxiety and depression was, it would take Jamie until 2011 to finally seek any help. July of 2011 Jamie finally sought out treatment for her opioid addiction through MAT, but again with misinformed information Jamie was not successful on MAT and turned back to opioids. April 25, 2012 was the day Jamie finally called it quits and hasn't looked back since. Jamie found a reprieve for her addiction through 12- Step Fellowship. Finally, having a new outlook on life without the use of drugs and alcohol there was something still holding Jamie back- grief, depression, and anxiety. Even though she worked on helping herself though the grief of losing her father it wasn't until 2022 Jamie finally made the decision to seek out mental health treatment. Jamie sees herself as a working masterpiece in progress and forever changing. She for sure has a life she never would have imagined for herself. Her family is proud of her, and she knows her father would be proud of her too. The journey has not always been graceful but, it's her journey that she can call her own.