

JAM ALKER

jamalker.com

BIOGRAPHY

Soon after he found heroin, Jam Alker put down his guitar and did not pick it up again for ten-plus years. What followed would be what he calls “the worst toxic relationship I’ve ever been in”—a decade of extreme highs and lows that brought him, literally, to his knees. “What I found out was that drugs were not my problem, drugs were my solution to my problem.”

For Jam, this problem manifested itself, not just in addiction, but egotism, materialism, and compulsiveness. “I had a ton of struggles, but then also a ton of victories as a result of reaching a point in my life where the pain was so great, something had to change.”

In recovery, he began playing his guitar again, spinning his experiences into stories told through music. In these stories, he explores life’s dark, gritty underbelly and the despair that can compel bad decisions, without judgment or condemnation, but often with hope.

Today, he uses music to forge connections to others struggling with addiction, speaking and performing at schools, treatment centers, and events, and leading music-based therapy groups. He’s also found his message of redemption hits home for so many others, not just addicts and their families. “My story is not unique,” Jam often says. “Everyone has unhealthy behaviors they go to in times of desperation.”

Music helped him change his life—and music continues to keep him on his path. “Music is my therapy. Putting my experiences, both deadly and life saving, into song have helped me to heal. I owe a great deal of my new life to my music,” he says.

He chronicles this story of addiction and recovery with his first full-length solo album, *Sophrosyne*.