

Weekly Podcast Pondoff's Anonymous Confronts Addiction, Identity, and Mental Health with Raw Honesty and Relatable Humor



St. Louis, Missouri May 9, 2025 ([IssueWire.com](https://www.issuewire.com)) - In a time when millions struggle silently with addiction, mental health, and shame, a podcast from the Midwest is becoming a powerful voice for healing, connection, and real change. *Pondoff's Anonymous*, recorded weekly at Illinois Recovery Center, blends raw storytelling, dark humor, and lived experience to offer something rare in the recovery space: truth without filters.

The show is hosted by:

- **Chris Pondoff**, a person in long-term recovery who created the show as a way to share his story
- **Jeff Allen**, a mental health advocate and media producer from Belleville, IL
- **Jakob Miller**, a clinician and Executive Director of the Illinois Recovery Center

Together, they explore addiction, trauma, emotional sobriety, identity, and purpose—without shame or sugarcoating.

“We’re not therapists. We’re not here to fix anybody,” said host Chris Pondoff. “But we are proof that talking about the hard stuff—honestly and without BS—can help save lives.”

The podcast recently featured **former NHL enforcer Cam Janssen** in Season 2, Episode 15, titled “*Painkillers, Playoffs & Garth Brooks*”. Janssen speaks candidly about his struggles with painkiller addiction during his NHL career, including overdosing in his driveway and hiding withdrawal symptoms in the locker room. The episode also includes lighter moments, such as a story about Garth Brooks accidentally walking onto the ice during a charity game.

“I know how hard it is to ask for help, especially in small towns or tight-knit communities,” said co-host Jeff Allen, who grew up in rural Illinois. “But we’re here to remind people that help exists. You’re not alone, and there’s always a path forward.”

Since relaunching in early 2025, *Pondoff’s Anonymous* has released over 50 episodes. The show has already inspired listeners to enter treatment, reconnect with loved ones, and confront their own mental health struggles. Highlight episodes include:

- **Cristina Preston (Season 2, Episode 5)** – A redemptive journey from addiction into purpose
- **Alex Kaiser (Season 2, Episode 11)** – A brutally honest look at sex addiction, emotional sobriety, and faith
- **Cam Janssen (Season 2, Episode 15)** – A professional athlete’s hidden struggle with painkillers and public identity

Episodes drop every Monday on Apple Podcasts, Spotify, YouTube, and at pondoffsanonymous.com. Media assets and press materials are available at pondoffsanonymous.com/media.



Pondoff's Anonymous

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