I am writing to tell you how much The Connection has helped me. Without these programs my life wouldn't be what it is today.

I first entered into the Hallie House scared, lost and confused. I had just came from the hospital with my newborn baby girl. In the hospital I had popped positive for cocaine. Luckily, the Hallie House had a bed for us. It's a 6-9 month program. I never thought I could do it. I mean the longest I was clean for was a couple days. 6-9 months flew by. I believe to truly get clean you need a long-term facility to go into. Everyone there was really nice and we did groups daily. We also went to outside groups, like N.A. too. The program helped me learn a lot about myself and why I was using. Nine months later I graduated and I was clean for the first time in a long time.

Then I went to the Connection outpatient center. There I worked on staying clean and my mental health issues. A lot of

people that abuse drugs are in need of mental health care. I would go there a couple times a week and still do outside groups.

Now, Im in the Supportive Housing for Families program. This program helped me out a lot. This program helps you with Substance abuse, keeping your child and housing. I had lost my apartment a long the way, so I was in definite need of housing. My old place definitely wasn't a place to bring up my child. The program helped me look for a place and helped me get into a nice apartment. They also help me with my finances. I was behind and owed money out to my bills. But, not any more. They meet with you weekly and check up on your appointments to make sure my child and I are doing well. This program has helped me in many ways.

If I didn't have these programs I would probably either be in jail or be dead, I was on a destructive path. I have came a long way and I have The Connection programs to thank for it.