

Do I even remember when or why my addiction began? I guess it doesn't really matter; living through it seems to be the miracle. I could go on about how my life was before Lund but I'd like to focus on how Lund's CIS family support services have saved and changed my life instead.

I spent 14 months at Lund's residential program working on becoming a completely different person. I first started my work with CIS family support there. Putting the work in was hard, and much harder than I anticipated. They never gave up on me. I got chance after chance to help myself turn things around. All the providers I've worked with helped me every step in my journey, and for that I thrived. I became a great mother who was standing out in the crowd. To be a leader to see my self-worth and what I had to offer myself, the world, and my child.

The role of CIS family support at Lund has been the most essential for me and my son. The work that I want to focus on most in my life is the work I do for myself and my son's relationship.

Without the support of my CIS providers I would struggle to navigate systems and advocate for myself and my son.

I have been able to hold myself accountable. I have been challenged in situations that before I would have made bad choices, but always having a healthy person there when I need them has been a blessing for me. I'm a first time mom doing it alone, and it would be a nightmare for me not having the support from staff here at Lund.

For the first time in my life I've felt like a person, a mother, a sister, a friend, a powerful woman. And I thank the staff at Lund for making that change in my life. Without their guidance and support I don't think my future would be as bright. Please remember this program helps those who've been completely hopeless. I hope this program can survive to help shape other mothers and their children's futures as it did for me and my son.

Thank you,

Clara A Tatro