

Good Morning, I am a new resident at Jennas Promise and my sobriety date is December 22,2025.

Standing here today is something I honestly never imagined for myself, not long ago I was overwhelmed, broken and I was unsure I would ever find my way back to myself. Today I am here to tell you that recovery is possible- and that places like Jenna's Promise are the reason why.

I want to be very clear about something from the start, Jenna's Promise is NOT JUST A BED. It is a program, it is a community and for people like me it is the difference between surviving and actually rebuilding a life.

I came to Jenna's Promise January 6 after first going to serenity house. Since being here, I've participated in IOP, Health and Wellness programming and workforce development- all through Jenna's promise. For the first time in a long time, I'm not just sober, I am learning who I am as a person, how to live with structure, accountability and how to stand on my own two feet again.

I have had clean time in the past. I know what recovery can look like, but life can change in an instant.

On September 20,2024 my son was shot in Rutland.

I was living in NC at the time and I drove back immediately and went straight to the hospital, but I was not allowed in when I arrived. I was scared, exhausted, and overwhelmed- and I reached out to the wrong people

That night- I relapsed

I spent 9hrs waiting before I was allowed in, my son was alive but in a coma in the ICU I stayed by his bedside until he was released just before Christmas, I then stayed with him as he was sent home with a feeding tube and several drains and still pretty sick. Finally on March 26 his last tube was removed. I did the best I could to be strong for him, but I was unraveling inside. Anyone who has been through trauma like that knows how quickly old habits can come back when you're drowning in fear and grief.

That relapse doesn't define me but it does remind me how fragile recovery can be without the right supports

On November 19,2025 I was arrested and as strange as it may sound, that moment became a turning point. My lawyer and the judge did not want to send me back out with just two weeks of treatment, they wanted something more, something that would actually help me change my life.

That's how I found Jenna's promise. What I have found here is community, people who don't give up on you when things get hard. A program that treats recovery as more than abstinence- it

treats it as learning how to live again. Jenna's promise is giving me tools, structure, accountability, staff who care, and something I had lost along the way, HOPE.

Recovery housing programs like Jenna's promise are not optional extras, they are essential. They reduce relapse, They reduce incarceration. They help people return to the workforce and become productive members of the community, they keep families together and most importantly they give people a real chance to heal.

I stand here today sober, grateful, present and rebuilding my life- not because I have a bed, but because I have a program and a community that believes I am worth investing in.

Please support the recovery residences. Please support Jenna's promise. And please continue to invest in recovery, not just for people like me, but for families, communities, and the future of VT.

Thank you for listening and thank you for giving me the chance to share my story.