

## Jennifer Swokowski

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**From:** Kristi Havel <kristi.havel@lighthousecc.org>  
**Sent:** Monday, November 20, 2023 10:06 AM  
**To:** Jennifer Swokowski  
**Subject:** External: Lotus Recovery Homes

Hi, My name is Kristi Havel, and I would like to briefly tell you what my experience with Lotus is. My recovery date is 06/20/2020. I entered treatment for the first time in 2019, after treatment I was at sober living, but I still struggled to stay completely sober. Luckily, I had a safe place, and I had the staff and my house mates to hold me accountable for my actions, and I went back into treatment in 2020. Both times staying in sober living was not just helpful but life saving for me. Even though I didn't stay sober the first time, I had people that loved and cared about me enough to stop me from continually using and to go back to treatment. After going back to treatment I stayed at Lotus, I was able to stay sober after that with the help from lotus. If I wouldn't of had a safe, healthy place to stay after treatment I wouldn't of been able to stay sober. Now today, with 3 years of recovery, I have my own apartment, I have my kids back full time, I have a relationship with my family, I work as the lighthouse coordinator for the Lighthouse Recovery Community Center helping other woman seeking recovery, and I really love my job. I don't lie any more, I don't steal any more, I don't break laws like I did before. I have become a part of my community, I feel hopeful for the future now, I only want to help make Manitowoc a better place. Sober livings are the solution to the drug problem, not the cause of it. Myself and so many others are proof of that. These places are truly life saving for so many in our community, and there is never enough beds.

Thank you for your time and consideration in this matter.

*Kristi Havel*

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