

Jennifer Swokowski

From: Alexandra Krizizke <alexkrizizke@gmail.com>
Sent: Sunday, November 19, 2023 2:37 PM
To: Jennifer Swokowski
Subject: External: Counsel meeting Lotus sober living

My name is Alexandra Krizizke I am a 31 year old female who has struggled with substance use since the age of 15. I have been clean of any mind altering substances since October 24th 2021. When I came home from prison I went right into sober living the same day. I needed the accountability that sober living offered. I needed the help from people around me to help build healthy relationships. Being released from prison without any help or guidance because our re-entry program is practically non-existent and going to sober living helped pave the way I'm living now. I obtained a recovery coach and a sponsor plus I meet weekly with staff to check on my progress and help me with my challenges I faced. I completed all of my out patient treatment and went on to maintaining a job and saving money to renting a place of my own. Sober living gives many people the chance to regain their lives, get their children back, get their loved ones back into their lives, to become an active member in society. Sober living helps build a foundation in recovery with the tools that they offer. It really helps save lives. I know I wouldn't be here today if it wasn't for the sober living that our county has to offer, my family wouldn't have their daughter back nor would I be expecting my first child in March. Recovery is a way of life and lotus has helped me become the woman I knew I could be! I have my life back and I have tools to help myself and others now.

Thank you for your time
Alexandra Krizizke

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