

## Jennifer Swokowski

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**From:** Kayla Qualman <kqualman@lotusrecoveryhomesinc.com>  
**Sent:** Sunday, November 19, 2023 10:13 PM  
**To:** Jennifer Swokowski  
**Subject:** External: My experience at Sober Living

Hi my name is Kayla Qualman. I am currently staff at Lotus Recovery Homes. I just wanted to share my story to show the importance of sober living. I was a heroin addict for 7 years. I had been to treatments, meetings, and jail but sober living did not exist yet. Everytime I left these places I was still put back into the same situation where I could manipulate, be enabled, or kept the same friends and lived with them when I couldn't live at home. It always led back to using. When I finally got the chance to be a candidate for Drug Court, I was put in sober living after treatment at what was then called Tee Box, but is now known as the women's Lotus. Our residence has been a recovery home for at least 6 years, just under different management. Without sober living and a place that allowed me to become independent and grow while allowing me to complete 9+ months of treatment I would not be sober today. I am almost 5 years clean, I have 3 beautiful daughters, own a home, work for both Lotus and Horizons, and am in my senior year of the Social Work program at UWGB. My children go to a private school and I am providing the best life for my children and myself that I can at this moment, but 5 years ago, I was homeless, addicted to shooting heroin and meth, and on my way to prison. Everyone is worth saving and without recovery homes we don't have safe places for people to recover from addiction and have a chance at life. Yes there are mishaps but there are way more success stories, and so many people still using that will need our services when they are ready. Thank you for taking the time out of your day to read my story and consider it. It is greatly appreciated.

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