

Jennifer Swokowski

From: Christma Rusch <christma.rusch@lighthousecc.org>
Sent: Monday, November 20, 2023 10:58 AM
To: Jennifer Swokowski
Subject: External: Recovery Housing Input

In case I do not get the time to share, I would like this to be included in the records.

My name is Christma Rusch. I am the founder of LRCC and someone in long term recovery since 10/05.

I was lucky enough to have safe and stable housing when I started my recovery journey. Had I not, I know I would not be where I am today. I have done some pretty amazing work in this community, but I did not do it myself. My staff that is working in the trenches to save lives were all saved by the recovery housing in this community.

Our mission is to empower those seeking recovery. One way we do that is through providing education. Tonight, we are here to empower all of you in attendance or listening.

There are five pillars to sustaining long term recovery. This has been established by our state coalition in 2014. These pillars include: community support, treatment, group therapy, peer support, and safe and stable housing.

This kind of wrap around care is what is needed for the disease we are stigmatized for and fight every day.

Those who still struggle with the understanding that we have a disease that affects us on a biopsychosocial disorder. What constitutes a disease is damage to an organ. For example, if someone smokes over a period of time, the smoke damages the lung, and they can develop lung disease. What makes this disease so complex and difficult for loved ones is that the damaged organ is our brain. It damages the chemistry and connectivity of the brain. So, while the first time or two may have been a choice, this development leads to dependency and a grave amount of mental and emotional pain. The spiritual part of our disease happens through disconnection. A disconnect with a community and ourselves.

This is why recovery housing is so important. There are so many people in this room who have found hope and healing through the connections they regain with others and themselves. It is such a beautiful process to see these individuals rise from the ashes. Redeemed from spiritual death addiction causes. If everyone had a chance to speak this room would be filled with hope and inspiration. I don't know many people who don't comment on the amazing things I have done for his community. But you see, with the resources and support this community has built, we now have an army of people who have the heart and minds to do the same thing. We love on, mentor, guide, and sometimes carry each other through dark times and the joyous ones. The recovery housing here in Manitowoc has only strengthened the recovery community into the strong and resilient family they are today.

I would like to ask all those of you who have been helped by the lifesaving efforts of recovery housing to please stand. What an amazing testimony to the power of lived experience and wrap around support.

Just a side note....we have quite a few community members who are not in attendance because they are working.

Josh Brey, Kristi Havel, Krista Kelly, Chris Deloney, just to mention a few. I want you to know you have so many people who love and support you. We are proud of the hard work it has taken to get you where you are today. The gift is our story will continue to thrive despite any adversity we may face.

Be Alert !

This is External or System generated Email. Please verify before opening any links or attachments.