



### **LYNDSEY'S SUCCESS STORY**

Lyndsey developed a drug addiction to methamphetamines as a young woman and ended up in multiple violent and abusive relationships with men in order to sustain her access to drugs and avoid being alone. She had a son who was mainly being cared for by her mother when she became pregnant again with a daughter. Her daughter was born addicted to meth and Child Welfare Services were notified. This was the turning point for Lyndsey. While she received support from her mother in caring for her two children, she sought substance abuse treatment at Hilltop Recovery Services and made it her goal to not just comply with the requirements of Child Welfare Services but to exceed their expectations. Because of Lyndsey's determination and hard work, she was told that hers was the second fastest closing case in recent history in Lake County. When her case was closed by CWS, they connected her to the Family PRO program at Lake Family Resource Center for additional support in building a healthy life for her family. She attended weekly Nurturing Families parenting classes and learned how to provide her children with positive feedback and give them a mom they could look up to. She also enrolled her daughter in their Early Head Start program and has been pleased to watch her meet every developmental milestone in her first year. Upon completion of her treatment at Hilltop Recovery Services, she was offered a job and is now an intern and support person there and is training to become a drug and substance abuse counselor.

#### **In Lyndsey's Own Words:**

**What would you tell other people in Lake County about what is most important to your success?**

**How would you encourage them?** I would tell them that a strong support system is the most important key to success. If you walk away from an addiction and continue to surround yourself with people who are not committed to positive change, you will be dragged back down. Surround yourself with good people. If you don't have a strong family to depend on, don't stop until you find the right people who will lift you up and encourage you along the way.

**What kept you from giving up when things were hard?** My children were my motivation and my support system helped sustain me and give me peace. When I looked at how far I'd come and how hard I had worked to get to this healthier place, I didn't want to waste that effort by going backward. I wanted to have something to show for my all the ways I went above and beyond and gave it my all.

**What are you most looking forward to now that your life is on a different path and what makes you feel most equipped to keep moving in a positive direction?** I can't believe I have the life I have now. I never thought it was possible. I have learned to set small achievable goals and to work toward them, accomplish them and then set new goals. More than anything, I want to help others who were in the same situation I was in to find the same peace and strength that I have found.