

### **Section 1: General Information:**

Service Provider: CRAFT Project Staff

Date of Entry: 8/23/2018

Date of Discharge: 10/28/2019

CRAFT staff met with Kaitlyn on 8/23/2018 after Kaitlyn had been referred to the program. Kaitlyn's drug of choice is alcohol. She has experimented with other drugs, but always found that alcohol was her go to drug. Kaitlyn has two children, a daughter who is now 6 and a son who is 3. Kaitlyn was involved with child protection before she was involved with CRAFT, and her case closed successfully. Kaitlyn has been sober since 1/2/2017 and has not relapsed. She has stated that it has not been easy for her and there are times that she thinks about drinking but finds ways to overcome those thoughts. Kaitlyn has been to four treatment facilities and has completed two of them. She completed Wellcome Manor and Journey Home. The main reason Kaitlyn wanted to join the CRAFT program was to find other mom's who have gone through the same things she has and be able to relate to them without the fear of being judged by her past. While in the CRAFT program, Kaitlyn was on probation and had an HPSP worker (Health Professionals Services Program). She was taken off probation in November 2018. Kaitlyn had an HPSP worker because of her degree in social work. Tracy, her HPSP worker, successfully closed her case in July 2019. Kaitlyn remains on going to school full-time for her degree in elementary education and a minor in math. She also is addressing her mental health and sees her therapist weekly at EmPower CTC. Kaitlyn is raising her children by herself, continuing her education, and making strides to living her best and sober life.

CRAFT staff provided services and supports to Kaitlyn as she needed in her time with CRAFT. We developed an individualized care plan during individual visits and groups that Kaitlyn attended during her time with CRAFT.

### **Sobriety:**

-CRAFT was able to provide groups that focused on women's recovery, parenting, physical health, nutrition, mental health, and social outings to help develop new interest or rekindle an interest in a sober way.

-CRAFT staff met with Kaitlyn individually at least once a month to help her with personal goals that aided in her recovery.

- CRAFT was able to provide Kaitlyn new relationships that were positive and healthy to her sobriety.

-CRAFT was able to collect random UA's that helped close her case with probation and her HPSP worker.

-CRAFT case manager is available to Kaitlyn twenty-four hours, seven days a week to help support her with all of her needs and available for any crisis situation.

-CRAFT case manager help get Kaitlyn get other support services- mental health, to help her continue her sobriety.

### **Health:**

-CRAFT aided Kaitlyn in meeting her physical health and mental health needs. Making sure she was able to make her appointments with the doctor, dentist, and mental health professional.

-CRAFT was able to help Kaitlyn with her mental health issues. She continues to meet with her mental health worker every week to address her mental health.

### **Employment:**

-Kaitlyn is a full-time student at Winona State University. She is majoring in elementary education and minoring in math.

-Kaitlyn was working part-time at the Y in Winona when she first started the CRAFT program. However, she became very overwhelmed trying to manage school, work, and raising two kids on her own. With the help of CRAFT staff, she was able to decide that working was not the best fit for her family, and she needed to focus on school and graduating. She was able to go full-time at school and is projected to graduate next spring.

### **Finances:**

-CRAFT helped with working with her other workers, HPSP and probation, to eliminate the expense of UA tests. Kaitlyn was required to call in everyday for her HPSP worker and if she was told to go take a UA test, she would have to go in that day and provide a UA and pay for it. CRAFT was able to connect with her HPSP worker and after release of information was signed, we were able to send over Kaitlyn's UA results and she no longer had to call in everyday and pay for her own tests.

-CRAFT worked on budgeting with Kaitlyn to help her save money and pay off probationary fines.

-CRAFT was able to provide gas card and Walmart cards to assist with transportation and personal care products or food.

-CRAFT staff was able to help provide resources for her address college tuition expenses.

### **Parenting Support:**

-CRAFT provides an Early Childhood Educator in Rochester and Kaitlyn is able to contact her or have us contact her with parenting questions.

-CRAFT also asks that the Early Childhood Educator from Rochester comes and speaks at groups with various parenting topics.

-CRAFT programming was also able to help supply some diapers and wipes monthly for her children while in programming.

-CRAFT supported Kaitlyn and her daughter when Kaitlyn was having a hard time with her daughter and not sure what to do for her. They now go to counseling together at Hiawatha Valley and are able to address various concerns.

### **Program Impact:**

Kaitlyn was attending group regularly and would meet with CRAFT staff individually monthly and attend the social events put on by CRAFT staff. Kaitlyn is very dedicated to her sobriety and giving herself and her children the best life they can have. Kaitlyn was our first mom to graduate the CRAFT program in

Winona. She is now an alumna who the other mom's look up to. She is going to school full-time, still maintains her meetings for her and her kids, is a full-time single mom, and still remaining sober.

During Kaitlyn's time with CRAFT, Kaitlyn completed probation and HPSP. She paid off her probationary fines. She is on track to graduate from Winona State University in the Spring of 2021 with a degree in elementary education. Kaitlyn still attends group as often as she can and comes to social when her school schedule allows her too.

After graduating the CRAFT program, Kaitlyn set some goals for herself and is working on accomplishing each of them. She is looking to move out of housing and getting a place of her own with her two children. She is also working on herself and going to mental health appointments weekly. She knows that she needs to talk to someone and address things that have happened in her past and she doesn't always know where to start. She has said that talking about these issues with her mental health worker has been one of the best things she has ever done for herself.

#### Rochester Success Story:

A young 20 year old joined CRAFT prior to being accepted into an inpatient treatment center. She was married but having a child with another man who had been abusive to her. This young scared mom who had used so much trying to abort the baby by consuming drugs and alcohol because she was so scared; came to live with her mom in MN at 30 weeks pregnant. Her mom was also in recovery, but knew as a mother she couldn't be the person for her daughter to rely on due to needing to keep her recovery strong. This young lady came in and no person would have any idea that she was pregnant due to her heavy use with her boyfriend at the time. She entered the CRAFT Program and a week later she had baby, and a week after that she started inpatient treatment. At this time is was uncertain how long she would be in the area. She was still wanting to go back to her boyfriend in South Dakota who was waiting for her to come back after birth of their son. While in treatment a child protection case opened up due to the use and the domestic violence within the relationship. By the time she completed outpatient treatment programming she had decided that she would stay with her mother in Olmsted County. A new leaf on life and the desire to have nothing but a healthy mother for her family, and lead a sober life was not important to her. She had never attempted sobriety before and knew how difficult it is. This individual surrounded herself with healthy support systems while in the community, and started finding friends in the recovery community. As a mother she made the decision to go and visit family and invite the biological dad to come and meet his new son. However, this became an eye opening experience for Jessie as she learned that he was still strong in his addiction and came to visit under the influence and with paraphernalia in his back pack. This took a toll on our C.R.A.F.T client as she now realized that he is making the decision to not get help and to live in his addiction. She stayed strong and called her supports including her CRAFT case manager and child protection worker and his probation officer. This was pivotal moment for her as she made the decision that she didn't plan on moving back to South Dakota at all. The ball was now in his court. If he wanted to be a family, he needed to make the decision to seek help and commit to the family sober. She began to focus on herself and her family. She was attending treatment three times a week, CRAFT two times a week, and other support groups when she could. She was seeing a mental health therapist where she learned that she would block out chunks of time during dissociation. She worked with her therapist to understand these and to help reduce her dissociation before she had her children alone fulltime. She was working on her sobriety fulltime, and she was re-inventing her parenting. She stated how important it was for her to be a great mom as she had put her children through so much while she was using. She never let herself stay in shame and used that towards motivation to helping her kids in every way. She was asking people parenting advice, learning how to make her own baby food, being attentive to her daughter and doing therapy with her. By the end of summer she was doing so well she completed child protection requirements and had

over six months of sobriety. She even graduated treatment and was looking forward to college. This individual was now working towards goals she had and she was showing more of her personality. Her personality radiated to the other girls for people to enjoy her company, her journey, draws from her courage, and she became a leader to other in the group. This December she celebrated her year of sobriety, and awaits to start college, has her own place with her two children, and is thriving in her recovery. While she may have made it seem easy, this process was anything but. There were tears, fights, struggles, but she never let that defeat her. If you were to ask her how CRAFT has impacted her life she would tell you that she was scared to be sober, and scared to show her true self. She was used to being beat for showing her real personality. While she was drug into the CRAFT office to complete the intake; she stated it was the best thing that has ever happened to her. I was given the courage to show who I really was with others and be comfortable with it. I learned I wasn't alone so I didn't have to be embarrassed to talk about my issues, and I didn't have to be ashamed to talk about my drug use. I now have sober social supports that I feel comfortable going to and we help each other out. It also helped me become the mom I wanted to become for my children. With CRAFT's help I was able to get sober, and my first attempt at recovery from every day use I have been a year clean now. Its been nice to feel a new normal, and I am proud of everything I have accomplished. I couldn't have done that without CRAFT's support. She is set to graduate this month and we are excited to reflect upon her complete success story more.