

Luiza Martin

District 21-02

Senate Bill NO. 2166

My name is Luiza Martin, and it is with great honor that I get to share with you all what Peer Support through 1915i has done for me.

I started attending Lighthouse Church in Fargo a little bit before Christmas of 2019. I used to live in West Fargo and attended church in West Fargo till then. When I moved out of the group home in West Fargo to an apartment in downtown Fargo, I was recommended to attend other churches in the recovery community. The churches I tried to attend didn't fit my needs and it was too large for my comfort so the search for a new church started.

Lighthouse Church was just what I needed. It was a church a little bit less full of people therefore unlike large churches, I felt immediately at home. I've been judged by most churches, but at the Lighthouse I was accepted and welcomed with open arms. I felt for the first time included in church. This church met my needs for love, acceptance and support as well as having a good understanding of recovery. For this reason, I have been attending Lighthouse ever since 2019.

I was approved for the 1915i program last year in March. At that time, I struggled to keep up with personal hygiene and maintain cleanliness of my home. I entered the program with a WHODAS score of 59.

Having Care Coordination along with Peer Support helped me tremendously. In the program we targeted the hygiene and the maintenance of my home as well as crisis intervention.

At the beginning of my involvement in 1915i, I was a frequent patient at psych hospitals and the number of times I was hospitalized decreased dramatically in the past few months.

From April 2022 to May 2022, I had 5 psychiatric hospital stays. I'm proud to say that I have been out of the hospital and successfully utilizing my personal as well as professional support and stayed out of the hospital and in the community for a few months. The length of time inpatient also decreased with each visit.

It was a long road of tough work. I worked hard to get to where I am today. Through the program of 1915i I have been able to successfully maintain the satisfactory cleanliness of my home as well as combat any emotional triggers around showering regularly.

Within the last month, I have been doing both without needing prompting. My goal for showering was 2 showers a week. I am proud to say I have accomplished this and exceeded it.

Another task I struggle with is consistently taking my meds. Prior to 1915i I have been sporadic with med compliance. I am also proud to say that I have been consistent for the past half month.

Through assistance from Peer Support, I am currently standing with a WHODAS score of 43.4. This is huge progress in just 10 months.

Lighthouse has helped me make memories that I would not be able to do successfully without their support. Within the last few months, I have been able to host Thanksgiving dinner for the very first time, something that would have not been able to be accomplished due to the stress and possible panic attacks that accompany stressful situations. I have been able to attend recovery meetings and bible studies almost on a daily basis. Doing so has helped me remain stable and sober. Due to my stability, I've been able to give back to my recovery community by volunteering to help in Sunday School at Lighthouse.

Peer Support and Peer Coordination is a vital part of client success with goals being accomplished.