

My name is Brittany Tschida and I work as a Care Coordinator and as a Peer Support Specialist, in North Dakota. I work with people who are battling mental health disorders and/or substance use disorders. We work in the core areas of stable employment, safe and stable housing, reducing substance use and reducing recidivism. We also work in innumerable other areas, including parenting skills, reducing abuse cycles and self-harm reduction. The success rates for people who have a support system are wildly high, but often, bridges have been burnt and people in those circumstances don't have that support, for all kinds of reasons. Community Connect and Free Through Recovery have been proven programs in reducing community costs, even though there is an upfront cost. By the time active participants are discharged, they are most often gainfully employed, emotionally regulated, sober, and connected to the community in healthy and productive ways.