

# PUT YOURSELF IN

*my shoes*

## Ryan's Story

Lakeshore Employer Resource Network of Mason County had an employee that desperately needed help, but didn't even know where to start.

## Meet Ryan.

"I talked to Kristi, the Lakeshore Employer Resource Network Resource Coach during the day when she was at the company that I worked at. I told her about my alcohol addiction and how I was drinking myself to inebriation every single night. I was at work each day, but my health was failing and I knew that everything was spiraling out of my control. I had just gotten divorced and I was having some significant financial troubles. I reached out to Kristi because I was at my wit's end. She went with me to Community Mental Health for an assessment. I requested a residential treatment facility and CMH helped to find me a spot. Kristi stayed by my side for the entire process - she helped me with paperwork as well as making plans to tie up loose ends so that I could go into treatment. When I was released, Kristi continued to meet with me, helping me to access outpatient mental health resources and work towards financial stability."

Today, we are happy to report that Ryan is succeeding at work, remains alcohol free, is remarried and says that he is happy for the first time in many years.

