

Couleecap Helps Give People A SECOND CHANCE



"We learn the ropes
of life by untying
the knots."

-Tim

I have made many mistakes in my life, but I know that something good always comes out of the bad. You just must embrace it, remember it and learn from it.

I come from a blessed background. I am native to the area, growing up and graduating from Onalaska High School. I married, graduated from UW La Crosse, and started my own business. I was a very productive member of society. Life was good for 22 years.

I started having severe back pain. After consulting with my doctor, I needed neurosurgery for my neck. My condition also meant the genuine possibility of future paralysis. My wife and I had recently built our dream house. Our world just stopped. My diagnosis was disabling. I hired people to help run my business. My wife wanted a divorce. I was crushed, depressed, and in a lot of pain. I found myself losing pieces of my life little by little.

At this time, I ran into some old friends from high school who introduced me to a drug called meth. Meth took away the pain. It gave me energy. It made me feel like my old self. However, meth led me down a road into the criminal justice system.

Four years ago, I was blessed to be accepted into the Couleecap housing program. Couleecap's Housing program helped me turn my life around. I sought counseling for my Post-traumatic stress disorder (PTSD), and with the help of my doctor, I started on different pain medication and weaned myself off meth. I concentrated on my finances. I could not believe the remarkable changes that were happening to me. I did not feel deserving of them, but I was grateful for the extra help I received.

I have not been in trouble and have been off drugs since 2016. I can honestly say that I am content with my life for the first time. I know I deserve a happy, healthy life.

It took me many years of darkness to get to the light. A few months ago, with the help of my Case Manager Barb, I reached out to our local Aging & Disability Resource Center (ADRC) and was approved to receive life-skill assistance. I exited out of Couleecap programming, and now I am living on my own. I take pride in my life now.

Couleecap
your local community *action* program



A United Way member agency

A equal opportunity employer and service provider.
Auxiliary aids and services available upon request.

Our Mission

Couleecap fights poverty and promotes self-sufficiency, economic development, and social justice. We are **People Helping People**, and every day our actions make a difference in the lives of people and families throughout the Coulee Region.