

**NOTE: For respect of our clients and protection of confidentiality
testimonial statements have been altered in name only, marked in square brackets.**

1-24-2014

Dear Sirs and Madams:

I have complete respect and regard for the Living Heart Ministries, Inc. I have an adult daughter who suffers from a traumatic brain injury reducing her ability to make adult decisions.

In November of 2012 my daughter was cited for taking pain pills from a neighbor's bathroom. They had been sharing pain medication back and forth for a long time. When the neighbor became upset about something one day she decided to call the police about the pain pills putting it all on [my daughter].

I had been trying for 3 years to get her the help she needed. Although I knew my daughter was taking pills, I was not able to do anything to stop her. I had made many calls but my words fell to the floor without legal proof and a direct admission from her. I confronted her about her pain pill abuse issue which made her so angry she cut me off. She did not even allow me to attend the birth of my twin grandbabies.

The police can only do something if charges are placed. Now there were charges and we were doing everything we could to help her. The first thing was to get her into the Bridgeway program. She stayed in house for a few days. Next we got her to her doctor and a new counselor. We had to deal with the Salem Housing Authority, but it seemed they were ready to make her family homeless because of the drug problem.

We went to the County Court, Drug Court and then the Mental Health Court. We went as a family to the Bridgeway classes. We drove her to the Counselors, Doctors, the Options program, parenting classes, family classes, any place or class to help her. The whole family wanted her safe and healthy. But something was still not right. She was not changing her attitude or her choice of "Friends."

[My daughter] was still "playing the game," inviting in people who were very messed up, causing problems at every turn. She was not being very honest with us. Then she got into trouble with the Mental Health Court. They had her start the whole program all over again. It was awful.

This went on until the end of May 2013. In May I reunited with El' Anya Nightingale Warren. She had been back east for years where she worked for a year with a Senator. She developed a program to help everyone which focused on teaching people how to move forward in their life and change direction to not repeat mistakes. It sounded simple. As an educated critical thinker I thought I would go in as a support for my friend. I had no expectations that anything significant would be actually take place except perhaps a warm fuzzy feeling on a day out with my adult daughters.

I could not have been more wrong.

The tools El'Anya taught to everyone in her class were simple and yet powerful. El'Anya taught [my daughter]:

- 1) to become aware of herself;
- 2) to know where her feet are right now;
- 3) to stop the spiral in her thought process which allowed the addiction behavior to continue with wrong choices seemingly justified;
- 4) to own the power to control herself and her emotional responses;
- 5) to not allow others to take her happiness or safety;
- 6) to speak up when she feels something is not right and to deal with it right then, not allowing it to continue;
- 7) to speak when she feels the pull of addiction at the first moment she feels it;
- 8) to speak out loud and ask for support from those around her to stop and resist the pull of addiction; plus
- 9) to hold herself accountable to herself first before anyone or anything else.

Attending the Spiritual Recovery class has changed everything for [my daughter] and our whole family.

We have learned many significant tools which have helped all of us interact with one another, and, how to communicate without controlling or condemning. We have no need to harshly judge one another. Instead, we hold our own actions to our own accountability. ***Knowing it is our own choices which decide the quality of the life which we have. This is powerful.***

After her class in May of 2013, her young family of seven (7) members was being forced to move by no wrongdoing of their part. They were being blamed for a multi-year infestation of bedbugs at an apartment complex they had recently moved into. It forced them to be homeless for five (5) weeks. It was a terrible test by fire.

Nearly every other addiction driven person would have caved. [My daughter] did not cave. She held fast to what she had learned. She also removed people from her life that could do harm or be a poor influence. She worked even harder to be a better mother. She has passed all of her urinalyses (UA) tests and made it to all of her appointments.

[My daughter's] Options counselor, Joy, told [my daughter] how proud she was of her. Instead of weekly visits, [my daughter] gets by with monthly visits – a testimony to improved stabilization.

[My daughter's] parole officer, Keith, respects her and the office staff enjoys her when she comes in. She is on time, doing everything as she should. They have even told her that they trust her.

Kenneth Vaughn, Jr., her counselor at Bridgeway, along with the counselors and other staff, tells her she is doing very well! The Bridgeway program thinks highly of her. Kenneth told her he respects her and is amazed at her turnaround. ***Her counselor even tells her how lucky she is and how her success is like nothing they have ever seen before.*** They let me know that I, as her mother, deserve a considerable share of credit for many aspects of her success and while it is true, I have done more than some other families do, if [my daughter] was not doing her part, my part would mean nothing.

Judge James from the Mental Health Court is always praising her for her growth and openness.

She has been in many programs since November 2012 and it was rough. ***She did not progress though until she learned how to use the tools of the Spiritual Recovery class.*** My daughter has finally woken up. She looks me in the eye and tells me the truth. I know she is doing her best. She is open with me. She will call me and tell me what is going on in her life. She will tell me if she is feeling stressed. ***Then, she will tell me what she is doing to make things better. On her own she is making healthy choices.*** She is teaching her sons how to be good boys and to use their words. She just needed these tools. ***Now she is in greater control of her life, her marriage, her children, her health, her choices and she is so happy! Everything was so hard, sad and angry. Now we as a family are happy and enjoying one another.***

Accepting personal responsibility and accountability for herself, her life and her choices has created such freedom and love it is hard to explain. We have been blessed by the Spiritual Recovery class. I can say without doubt my daughter will never again be involved with the wrong side of the law or the court system. I am thankful for all El'Anya Nightingale Warren has done for my daughter and our whole and now complete family. ***El'Anya's Spiritual Recovery class has changed everything for us all.***

The tools El'Anya teaches opens the doors which can never be shut. ***Not only do I support this program I am suggesting entire families take this course together because we all need these tools.*** Families with members who have addiction need these tools. These tools inspire and protect all family members in ways they never knew. They teach us how to speak with them, and, how not to allow them to speak inappropriately to us. Learning to hold yourself accountable to yourself for yourself is the best answer to stop repeat offenders. With these lessons we would be able to teach on a level that not only reduces crimes but stops and prevents them from the beginning, within the hearts and thoughts of people who want to go forward.

Thank you so much for taking the time and allowing me to share my family's story. I hope it helps.

Sincerely,

/s/

[BR]