



# Ruth is on the right path to success

For more than a year, Ruth\* was homeless, struggling to maintain her mental health, and using drugs and alcohol to cope with past traumas.

Ruth\* entered Bridges West Transitional Housing Program at Center For Siouxland.

With help from case managers, she was able to establish goals that not only helped manage and maintain her physical and mental health, but her addictions as well.

While working with Ruth\*, staff at Center For Siouxland discovered along with her health issues, she had barriers associated with transportation, budgeting and meeting day-to-day expectations.

When she left Bridges West after 22 months, she left debt-free with her own apartment and a new job that gave back to the community.

*\*The photo and name of the client has been changed to protect the person's identity.*



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