



## MEET ABBY – A SUCCESS STORY THANKS TO YOU

United Way of Siouxland works to better the lives of people in the community. We fund 30 programs that work to advance the education, income and health of Siouxland. The services provided allow for success stories like Abby's.

"Oh boy! Where do I start?" Abby replied when asked about Pathway of Hope. Pathway of Hope is a United Way of Siouxland funded program that provides services to families who want to break the cycle of poverty and create better living conditions for themselves and their children.

When Abby was eight years old, she was left alone during the day with a man named Bill. Abby refers to Bill as her mother's paramour. When she would ask for lunch money, Bill would demand sexual favors. Abby was often hungry at school. Fast forward one year and Bill was convicted of child molestation and rape.

It wasn't until Abby became a young adult that her life began to spiral out of control. She began to use methamphetamine, drink alcohol and take opiates. Abby says if there was alcohol in the house she couldn't keep her hands off of it.

Abby now says this was her way of running from her problems. It was during what she calls a lengthy inebriation when South Dakota's Department of Social Services took Abby's second child from her. Her parental rights were terminated and she says this was a very low point in her life.

In 2011 Abby was ready to turn her life around. For the next two years she was on a quest for sobriety. She began in recovery centers and half-way houses and during that time she was diagnosed with co-occurring posttraumatic stress disorder and bipolar disorder.

While at Sioux City's Sanctuary House she met then Pathway of Hope Program Director Rob Ouellette. Abby agreed to participate in Salvation Army's Vision to Empowerment, which is part of the Pathway of Hope program. This provided structured group and individual counseling; along with case management. Rob recently said, "Abby's the kind of person that if she says she is going to do something, she'll do it. She showed up all the time for counseling sessions."

Abby says were it not for Pathway of Hope and The Salvation Army she would not have learned her strengths.

"I have more strengths than I give myself credit for-I'm a good mom, have an awesome work ethic, and I love my job," said Abby.

Abby is just one of the many people helped by your donation to United Way of Siouxland.