

To whom it may concern,

I am writing you today on behalf of Ms. *****. This correspondence is to confirm that ***** has been attending a peer level support group and to document some of her progress since she first connected with us back in late September of last year.

My organization is a volunteer-run, federally recognized non-profit. Our staff have lived experience with mental health or addiction challenges and have taken various training to become certified as peer support specialists. We launched our Zoom-based late-night peer support group in response to the pandemic as an effort to connect people who were struggling during that time.

Even though our attendees were all local to Connecticut, word soon spread, and people have reached out from around the country. ***** first contacted me on September 23, 2021, via email, looking for resources that could help her get back on her feet. She was going through a challenging time and knew she needed help. For confidentiality reasons, I can not go into specifics but I can say this: it takes a tremendous amount of courage to ask for help and find the strength to work on oneself.

This is especially true while a person is still living through a highly stressful situation. Since her introduction to our peer support group 27 weeks ago, ***** has logged approximately 160 hours via Zoom and interacted with us through an open peer forum based on Facebook. The platform connects group members throughout the day and offers support as it is needed. Many people recover from stressful or traumatic events, and ***** has come a very long way in a short time.

What is most remarkable about her progress is that she is still living through the stressful event which led her to connect with us. She overcame homelessness, found employment, and has begun studying web-based coding to increase her options in pursuing future career paths. She has become a valuable member of our group, has shown great empathy, and has successfully supported others over the last several months.

Recovery is not something a person can achieve unless they are ready and willing to do the work. My experience with ***** makes me believe that she will not only recover and survive but continue to grow and thrive.

Sincerely,



Jeffrey Santo, RSS
Executive Director
Recovery Innovations for Pursuing
Peer Leadership and Empowerment, Inc (RIPPLE)