

Interlink Self-Help Center
Member Success Story
February 2019

Feeling directionless, Lance South first came in and became a member of Interlink Self-Help Center in 1998. Struggling with substance use and mental health issues, compounded by being intermittently homeless, Lance found Interlink to be a grounding facility, a safe place to have some stability, direction, and a place to stay out of the rain. Lance shares that initially he was not very motivated and had a lot of entitlement issues, saying “I felt like everyone owed me due to my life circumstances.” Not being as self-sufficient as he felt he should be, Lance saw possibilities for self-improvement and began accessing support at the Center, learning to ask for and accept help which at times was a bit of an ordeal. Legal and health problems led Lance to be forced into rehabilitation. After successfully completing court mandated rehabilitation he continued and continues to use the Center and other community supports. “Once I started taking responsibility for my life, minimizing blame, etc. I stopped using my past struggles as reasons to not move forward in my life. I have done a lot of hard work and ingrained new habits. I get up in the morning and share gratitude, and do affirmations. Three key themes of everyday are to be honest with myself, focus on my goals and plans, and increase my wisdom to be able to maintain balance in my life. “

Lance has been clean and sober, gainfully employed, housed and well connected in the community for quite a few years now. He is a great role model, inspiration and friend. Lance’s presence at the Center and in our community continues to warm our hearts and inspire hope.