



Upward News *Upward Transitions prevents generational poverty in our community!*

February 2023

Sharing the Love with your Community!
Keeping families & seniors housed



Express Employment International provides a Gift Match of \$5,000!

Sharing the Love demonstrates compassion & support for those who are homeless or at risk of becoming homeless.

Upward Transitions is grateful to Express Employment International for their continued support of this matching grant to turn \$5,000 into a \$10,000 contribution to prevent & reduce homelessness in our community!

[CLICK HERE TO MAKE YOUR DONATION TODAY!](#)



HOPE WINS! A Client Story

Rachel had been experiencing homelessness for 10 years and had struggled with substance abuse since she was 12 years old. Her struggles with addiction as an adult caused her to lose custody of her children. Legal troubles mounted and her desire to be sober led her to seek help.

“I was first trying to get myself sober and stable, mentally and emotionally,” Rachel shared. “Upward Transitions was huge because it helped me get identification to even proceed with services anywhere else.” She continued, “You need identification to do anything, and so I was able to come and [Upward Transitions] gave me a voucher to get an ID so that I could function outside of my transitional home.”

Rachel was enrolled in the Jesus House program when they referred her to Upward Transitions. Once Rachel obtained her ID; Upward Transitions referred her to Northcare for access to services to begin her journey of sobriety and gain emotional stability. With sobriety

as her priority, she completed the Jesus House program and soon enrolled at Oklahoma State University-Oklahoma City to begin her education to obtain a drug and alcohol addiction counselor's license.

As Rachel became more stable, she was able to pay off all her fines and resolve her outstanding warrants to become free from the legal system and free from substance abuse and homelessness, and the ultimate reward – she was able to get her children back!

When asked what she is most proud of, she responded, "My sobriety and this new life that I have been able to build."

Through the programs and services of Upward Transitions and the collaboration of community partners such as the Jesus House, Northcare, and others, Rachel now has four years of sobriety, is recently married, is working as a cosmetologist, is attending college, has paid off her legal fines, and has custody of her children.

Together, the non-profit community created a safety net to help a woman affected by addiction since childhood who became chronically homeless, transform into a self-sustainable and productive citizen. Her desire to give back and help others who share her struggles completes that circle of hope and compassion we invested in as a community.

"My life is so different now," Rachel shared with pride.

American Tourist

**Cinco
de
Mayo
2023**

**Presented by
Upward
Transitions**



MARK YOUR CALENDARS!

Mark your calendars for Upward Transitions

**American Tourist - "Cinco de Mayo"
Friday, May 5, 2023
OKC'S Farmers Public Market**

American Tourist is Upward Transitions' annual fundraising event that supports our Community Outreach program to serve Central Oklahoma. Each year, over 300 guests head to a new "destination". The evening includes silent and live auctions; wine and jewelry pulls; raffles; music and dancing; delicious food and refreshing beverages.

Sponsorship opportunities are available!

[Click here to learn about American Tourist!](#)

Join us on Tuesdays @ 10:30 am for "A Moment of Hope with Upward Transitions" on Facebook and YouTube!

For more information, please email Karla Stinnett at kstinnett@upwardtransitions.org, visit our website at upwardtransitions.org, or call our office at 405-232-5507.



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