

The logo for LISC Twin Cities, featuring the letters "LISC" in a large, white, serif font with a decorative flourish underneath. To the right of "LISC" is the text "Twin Cities" in a smaller, white, serif font.

Twin Cities  
*Helping people  
and places prosper*

## REAL STORIES 2011



### Tracy's journey A better childhood for her son

**T**racy and her infant son came to the **Model Cities** Sankofa Program in January 2009, after living in a battered women's shelter for several months. Sankofa provides permanent supportive housing to unaccompanied youth who are either pregnant or parenting a child under the age of three. The ultimate goal is to reduce repeated episodes of homelessness, and help young parents' live healthy, productive lives.

Tracy's journey to this point started many years ago, with a childhood spent in an unstable environment plagued with domestic violence, and parents who were addicted to alcohol and other illicit drugs. "My brothers were the ones who raised me and [their support] was the only thing that kept me going," says Tracy.

A few months prior to obtaining Model Cities housing, Tracy suffered the loss of one of her brothers, to whom she was very close, as a result of gun violence. Not knowing how to cope with the loss of her brother and her past, she became depressed and began to use alcohol. At 21, she became pregnant and was involved with a man who was abusive. She was no longer using alcohol, but continued to battle depression and grief. As Tracy recalls, "The birth of my son was my inspiration for life and if it wasn't for him, I don't know where I would be today."

Tracy found a job at a local grocery store and worked there for over a year. She then earned a license as a Certified Nursing Assistant and now works at a nursing facility. She's currently enrolled in college to pursue a degree in nursing. She attributes her life today to motivation from her Sankofa case manager, Tamara; her Adult Rehabilitative Mental Health Services worker; and her job counselor—all of whom pushed her to make a better life. Tracy believes "If you work hard, it will definitely pay off in the long run." And she spends each day doing just that to make a better childhood for her son.

### [Model Cities CDC](#)

Twin Cities LISC's total investment to date in Model Cities CDC: \$1,294,547

*Photo of Tracy, courtesy of Model Cities*