

"From a mugshot to a headshot — that's what recovery and support can look like."



I was first introduced to MHA while incarcerated at the Nebraska Correctional Center for Women. The support I received during that time — especially through WRAP and the peers at MHA — helped me believe in something I hadn't before: myself.

Reentry was hard, but MHA never gave up on me. Nine years later, I'm the Director of Operations and graduating this December with a degree in Business and Law.

Your donations help transform lives. I'm living proof.

