



**Carla Treder (Her/Hers/She)
Peer Mentor
In-person/Tele-Health**

SPECIAL INTERESTS:

**MENTAL HEALTH | FAMILY DYNAMICS | AODA ADDICTION AND RECOVERY |
RECOGNIZING UNHEALTHY & HEALTHY RELATIONSHIPS | NARCISSISTIC
ABUSE, PHYSICAL, MENTAL, AND EMOTIONAL | COPING WITH UNEXPECTED
PREGNANCY DECISIONS | TEENAGE DEFIANCE | COPING WITH FEELINGS OF
NOT FITTING IN ANYWHERE | BEING A BULLY OR LEARNING HOW TO
HANDLE BEING BULLIED BY OTHERS | OPENING UP AND LEARNING HOW TO
TRUST BEING VUNERALBLE | SUICIDAL IDEATION | LEARNING TO LOVE
YOURSELF FOR WHO YOU ARE | PEOPLE PLEASING JUST TO FIT IN |
CRIMINAL ACTIVITIES AND LONG TERM CONSIQUENCES | PRESSURES FROM
SOCIAL MEDIA, SCHOOL, FRIENDS, AND PARENTS | FINDING YOUR
TRUE PASSION IN LIFE AND LEARNING HOW TO GO FOR IT!**

Carla has lived in the Eau Claire area since 2011. She currently lives alone in her own house with her fur babies, and also has been helping a friend raise a child who is now 3 and a half years old and has been going through a custody battle.

Carla was born and raised in the Oconomowoc area with both parents and 1 sibling. Her parents worked hard to provide for the family, however Carla always felt alone growing up. She was scared of her father who was an alcoholic and verbally abusive. She has one sister, so she always tried to fit in with her sister's friends who were all quite a bit older than she was. Her family never showed affection or gave advice on growing up and the good and bad time of being a teenager. So, Carla searched for people she could fit in with in Middle and High School. She had been a bully thinking it would make her feel better about herself and was also bullied herself. Her relationship with her dad made her search for love from males to

fill a void, so she became promiscuous at the young age of 13 with a 21-year-old man. She believed he loved her when, in fact, he was looking for 1 thing.

In middle school and high school, she picked out the "bad boys". She started smoking cigarettes, marijuana, drinking alcohol, going to parties, doing acid, skipping class, and even called in a bomb threat. She got herself in the "At Risk" classes just to be closer to the kids she thought she fit in with. Participating in a lot of one-night stands, risky drug use, and very unhealthy relationships, she eventually dropped out of school after her junior year. She got pregnant with a person she did not want to have a child with and was not ready to be a mother, so she had an abortion, not taking the time to weigh out other options.

After a few years of job hopping and doing drugs, she finally realized she wanted more in her life. She realized that if she kept going in that direction, her life would be a struggle. She then got her GED, found a great full-time job, and started going to college at night for a bachelor's in psychology and Sociology. All while doing this, she bought a house on her own. Finally, the things she observed from her parents about having work ethics had kicked in for her and she started focusing on being the best at what ever job she had.

Carla then met her now ex-husband who also worked hard and they traveled together, played golf, tennis, and spent a lot of fun times with her family. She landed a job as a Corrections Officer and everything was great, until the one night of going out to meet her parents and sister and brother-in-law at a fair there. Carla told her husband she was not feeling good and was tired so he handed her a pill he got from a guy he worked with and told her it would make her feel better. She had no idea what it was and took it. That 1 pill started a dark spiral that landed her homeless in the hoods of Milwaukee, separated from her husband, dating a drug dealer, doing coke and crack and any pain pills she could get her hands on.

Her family and friends tried to get the old Carla back, even almost had her on the show "intervention" but since she had already seen it, she could not be on it. She was in and out of jail (even the one she worked at which was so embarrassing for her) and in and out of treatment. After 4 years of being addicted to drugs, being physically, mentally, emotionally abused, being depressed and thinking she would be better off dead, she finally hit rock bottom to the point where she called her mom and was finally ready to get away from that kind of life. After therapy, and methadone treatment, and a great person in Eau Claire who took her in to get her away from Milwaukee and the environment she was in, she landed a great job. She started working as a Crisis Worker, Social Worker, and CCS Service Facilitator. She was finally back on track. A bump in the road over the past 12 years was ignoring red flags and she dated a Narcissist. After she did a lot of research on what a Narcissist really is, she then had to overcome the PTSD of what that person had done to her. But thankfully she didn't let that snag in the road lead her back down the wrong direction.

Carla has always wanted to share her personal experiences with people who have had struggles, especially with teenagers. Social media, bullying, mental health, and suicidal ideation is so very hard on kids, and she wants to be that trusting, nonjudgmental person to help who ever she can, overcome their struggles, and learn to open up and trust her, knowing that that whatever they are going through, Carla can show them how to have beautiful, healthy life. Carla was lucky enough to run across the right people in her life at the right time, have parents who taught her work ethics, and she turned her mistakes and experiences into lessons. She can be a person to help someone through the darkest times in their life or be someone to just listen. With her combination of life experience, education and work experience, she wants to use her knowledge to help anyone she possibly can.