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NEWS RELEASE

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Lighthouse and Choctaw Nation Work Together to Create Story of Hope

Clayton Clark shares his recovery story to help others during September's Suicide Prevention Month. Through local programs, he found hope that helped lead him off the dark road he traveled and into the light.

Ardmore, OK — Lighthouse Peer Recovery Support Specialist, Clayton Clark, serves as a beacon of hope for individuals experiencing the pressures of addiction. A survivor of addiction and attempted suicide, Clark's powerful journey reflects the heart of the passionate teams that supported him at Lighthouse Behavioral Wellness Centers and the Choctaw Nation of Oklahoma.

Once homeless, addicted and on the verge of ending his life, Clark found healing through the Choctaw Nation's Men's Recovery Center and continued his recovery with Lighthouse, where he now uses his lived experience to guide others. Today, he supports individuals in crisis, walks alongside those in recovery and speaks at events to break the stigma surrounding mental illness and substance use.

At the core of Clark's transformation is a deep collaboration between Lighthouse and the Choctaw Nation. Together, the two organizations have created a responsive network of support, connecting individuals to mental health care, peer recovery services and the state's first Children's Urgent Recovery Center. This partnership ensures people in even the most rural parts of southern Oklahoma have access to high-quality care.

"Lighthouse and the Choctaw Nation are working hand-in-hand to build safe spaces that meet people where they are and allow them to heal," said Jessica Pfau, Lighthouse CEO. "Clayton represents one story of many shared by Lighthouse's team members who have walked those roads and now walk alongside others on their journey to healing."

The partnership between Lighthouse and the Choctaw Nation of Oklahoma goes beyond individual care. From the frontlines of crisis intervention to the long-term work of building sustainable recovery, the mission is clear: no one should have to walk through mental health challenges or addiction alone.

This Suicide Prevention Month, Lighthouse is providing opportunities to connect and open the door to healing. Stories like Clayton Clark's are not uncommon but are now being heard because of the ongoing commitment to healing lives, families and communities.

Visit Lighthouse's Facebook page to watch Clayton's experience, read his full story and learn more about Lighthouse's Suicide Prevention month campaign. If you or someone you know is struggling, Lighthouse is here to help. Call the Lighthouse Crisis Line at 1.800.522.1090 or visit Lighthouseok.com to reach their team of mental health professionals.

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About Lighthouse

Lighthouse Behavioral Wellness Centers is a non-profit organization. We are proud to be a Certified Community Behavioral Health Center (CCBHC) and the designated Community Mental Health Center for nine counties in Southern Oklahoma. As a CCBHC, Lighthouse ensures access to comprehensive behavioral health services, which include, out-patient counseling, care coordination, addiction treatment and 24/7 crisis services. Lighthouse serves anyone who requests care for mental health and substance use, regardless of their ability to pay, place of residence or age

About The Choctaw Nation

The Choctaw Nation is the third-largest Indian Nation in the United States with almost 230,000 tribal members and over 13,000 associates. This ancient people has an oral tradition dating back over 13,000 years. The first tribe over the Trail of Tears, its historic reservation boundaries are in the southeast corner of Oklahoma, covering 10,923 square miles. The Choctaw Nation's vision, "Living out the Chahta Spirit of faith, family and culture," is evident as it continues to focus on providing opportunities for growth and prosperity. For more information about the Choctaw Nation, its culture, heritage and traditions, please go to www.choctawnation.com.

