

# Quennell Foster

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## Professional Summary

Dedicated recovery professional with over nine years of lived experience in long-term sobriety, combined with hands-on work in substance use treatment. Operator of sober living homes providing structured, supportive environments for individuals rebuilding their lives. Experienced 12-step sponsor with a strong commitment to mentorship, accountability, and personal growth. Active in recovery service work and outreach, with a passion for addressing the intersection of mental health and substance use. Skilled in connecting with individuals and families to foster stability, purpose, and lasting recovery.

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## Professional Experience

### Substance Use Treatment Professional

Odyssey House • New Orleans, LA • 6/24 - present

- Provide direct support to individuals in recovery from substance use disorders
  - Assist clients in navigating early recovery challenges, relapse prevention, and life skills
  - Support treatment planning and collaborate with clinical teams
  - Build rapport with clients through lived experience and peer-based support
  - Help clients connect recovery principles with mental health stabilization
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### Owner / Operator – Sober Living Homes

Hope Horizon Housing, LLC • New Orleans, LA • 10/21-present

- Manage and operate sober living environments focused on accountability and structure
  - Develop house guidelines, routines, and recovery-focused culture
  - Mentor residents through daily challenges and long-term goal setting
  - Handle operations including admissions, finances, and conflict resolution
  - Foster a safe, stable environment that supports sustained recovery
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## **Recovery & Community Involvement**

### **12-Step Sponsor**

Sober date : 11/10/16

- Sponsor multiple individuals into long-term recovery
  - Provide guidance through 12-step work, accountability, and personal development
  - Support sponsees through relapse, growth, and life transitions
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### **Committee Member / Service Work**

[AA Louisiana State Outreach /Lambda board ]

- Participate in recovery-focused committees and outreach initiatives
  - Contribute to planning events, workshops, and community engagement efforts
  - Help expand access to recovery resources and support networks
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### **Content Creator – Recovery & Personal Growth**

- Develop online videos focused on recovery, mindset, and personal improvement
  - Share lived experience to inspire and educate others seeking change
  - Engage with a broader audience to promote hope and transformation
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## **Core Skills**

- Substance Use Recovery Support
  - Peer Mentorship & Sponsorship
  - Relapse Prevention Strategies
  - Sober Living Management
  - Crisis Support & De-escalation
  - Mental Health Awareness
  - Community Outreach
  - Communication & Relationship Building
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## **Education**

Southeastern Louisiana University B.A. Mass Communication and Journalism