

I was definitely not in a good place. My self-esteem was at a zero. I was hopeless. Therefore, the choices I made were negative and had natural consequences. I lost stable housing, employment, friendships, driving ability and medical providers. My goal was self-harm and suicide attempts. I was in and out of the hospital and CRC.

The job I lost I thoroughly enjoyed but I was a high risk for them to keep me. I was overwhelmed and realized I needed to get help. I began getting therapy (this time I stayed) and was referred to case management to assist with housing. Later, I was referred to supported employment and then came COVID-19.

I would love to tell you that I am employed with a great job, earning money and will soon be moving up the corporate ladder. But that is not the case - with COVID-19 employment opportunities are few but COVID-19 doesn't stop me from moving forward. I realized success is not just about being employed.

My success is currently having stable housing and developing a routine. I have lived at my place for five months and in March became a Resident Advisor (RA). I have people relying on me and it feels good to be trusted. I have some authority which is developing my organizational and leadership skills.

My employment coordinator gives me hope and more self-confidence. I also have a current resume and motivation. One of the skills I have developed and am becoming quite good at is persistency. I develop this by checking in with the same employers at least once per week.

The job I thoroughly enjoyed – it is my hope to one-day return and show them that I can be a great and productive employee. I know there are steps to take and I continue to take those steps – one at a time with my support team beside me. My support team assists me in taking a good look at myself – it doesn't mean I don't get discouraged or tempted to give up – it means I have skills to assist in overcoming the negative and grow to become a better person.