

Person Centered Training – Testimonial Video

Tiana: I didn't have that choice to speak up for myself because I was a young age with ADHD. I was just in my own fantasy, living a lie basically.

Christopher: The old group home I was at, they didn't have an idea about independence. They thought I was too stressful of a case to give independence to.

Tiana: And I use to fight and stuff because people picked on me and I didn't know how to control my anger.

Matt: I was hospitalized for bipolar, type 1. When I was in the hospital it felt like a "safe prison" in the sense that where I was comfortable I couldn't leave.

Charlie: Before person centered thinking I had trouble with staff and I didn't feel like I was getting my voice heard.

Matt: Trying to go to college was very difficult for me to do. So I tried 4 or 5 different schools and none of them really took.

Tiana: People weren't listening to my voice. I felt like they were thinking that I didn't know what I wanted in life when I really did. I knew what I want but people wasn't listening to me.

Mike: I use to feel really embarrassed and in a way I didn't feel like I was getting heard. Since people have taken the time to hear what I say. I've actually stayed through all my meetings.

Tiana: I got to speak at this person centered training and they told me about myself, things I didn't really know about myself. It was like people had faith in me and I didn't really know that they had faith in me.

Mike: Since I've been doing this, that was my call.

Charlie: one of the things from the person centered thinking is the newsletter. It's a Person-Centered newsletter that keeps people up to date and stuff.

Tiana: I feel lifted. I'm just happy with what I have. I know I can do better my myself. I'm independent.

Matt: being able to tell my story just in general has been very freeing. It's the idea of somebody, or a group of people, listening to how difficult a mental illness is.

Tiana: I'm thankful for people who listen and guide me through the steps of becoming an more grown woman.

Christopher: my new agency's approach is more client driven. They want to make sure that we evolve into who we want to be not come little cookie dough cut outs.

Mike: And with the training I've gotten involved with the interviewing process and I've actually got to be a part of the interview with another staff and actually be the one that interviews them.

Matt: One of my hopes is to overcome the stigma and get more public so people can be understanding and say, "my family member or my friend has this illness and I don't need to treat them differently to be empathetic and say that we're friends." You having bipolar or schizophrenia or any illness doesn't define you. The pills you take do not define you.

Mike: I am a Godfather. She just turned two this past year. She is the princess in my life.

Christopher: Sit down and listen to the clients, listen to what's going on, Try to understand why they're feeling the way that they are.

Matt: I love school again and it has become, not a cakewalk for sure, but it's not a big barrier. I've already overcome large obstacles so this seems like a hill and not a mountain.

Mike: I mean I really do think of myself much differently now.

Tiana: Everything is just falling into place so quickly, I am so happy that people see who I really am. It makes me feel very good inside.