

Keeping Families Together

Guiding Principles: Trusting relationships promote positive change and growth in families

When Monique entered the program, she would not look her case manager in the eyes. She would lower her head, speaking very softly. Her answers were brief and she did not ask for anything. After she secured supportive housing and began to meet regularly with her case manager, she began to open up. She looked her case manager square in the eyes and would offer information about her life. She began to call on her case manager to ask about resources and provide updates. Trust had replaced fear and caution.

After working with Monique for a couple of months, her case manager made a point of mentioning the positive changes in her. Monique confided that the uncertainty in her life made her close down. When she had no place to live, she could not focus on anything else and felt too ashamed to look at people when she spoke to them. She said that because of supportive housing, she goes to bed happy every night knowing her children have a safe, decent place to sleep. Her confidence went up.

Monique had been diagnosed with Major Depressive Disorder, but did not always follow her therapy or medication schedules because she felt she could not make appointments when she did not know where she would be staying. She would become so depressed that she would sit all day and do nothing.

Monique has many goals. She would like to improve her physical and mental health, and then renew her Certified Nursing Assistance license and find full-time employment.

Monique has started taking her medication regularly, and has scheduled her first therapy appointment for this month. She is seeing a dietician, and working to develop a healthy eating and exercise plan. She also applied for a scholarship to the YWCA.

Monique and her case manager meet 2 times a month and at each meeting discuss how she is progressing. They focus on the things she can do to keep moving forward and then make a to-do list to accomplish before their next meeting. Monique now feels that she can be a good mom.

