



SPEAK UP

Deborah shares her story of homelessness to supportive housing.

*We are not hopeless.
Supportive housing saved my life.*

My name is Deborah; I am 45-years-old and I am not the same person I was a year and a half ago. I am dual-diagnosed and I've struggled with mental illness and substance abuse issues, since I was 11. Nobody understood that I had a mental illness; they assumed I was acting out when my behavior was violent or destructive.

When I finally moved in I cried when I saw the bathtub. After taking showers when, and wherever, you could - words just cannot describe how I felt.

My life has changed so much since being given a home I have been able to have the privacy to heal, my family is able to spend time with me and I have been slowly becoming a positive member of society. Some people struggle longer than others, but we all deserve a chance to make changes. I have grown more in the last year and a half than I have in 30 yrs.



Speak Up is an initiative of CSH to help residents of supportive housing learn the art of story telling to share their impactful stories with elected officials, the press and the community at large. Their honest and firsthand accounts of lives transformed from homelessness to lives full of purpose and hope, the Speak Up participants have become effective advocates for supportive housing, from Sacramento to Capitol Hill.

More information about Speak Up is available at csh.org