

FIONA CHATMON
ICH Public Hearing - Testimony

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Coming to Seneca Heights was the best decision that I could have made.

During this time I was homeless. Grieving the loss of my mother 10 months later My Younger Brother and 5 Day after that I loss my Aunt. She was my major support through the Deaths of my Mother & Brother.

They made me feel welcomed and the difference was the ways in which they spoke to me with manners and respect.

I felt that I was not alone & they have helped to build me up so that I could take the steps needed.

I was surprised to see that at Seneca they are able to care for each individual's needs according to what is most necessary.

They are tolerant toward those with Alcohol, Drugs & mental health because of this we are able to accomplish many things that we wouldn't have in a different setting.

More programs structured like Seneca works because you can house all people in one building.

A program like Seneca would be a wonderful place for those that age out of Foster Care, LBHQ, & young adult because it's one person pulling

with staff here every day they are able to help those that may need a little structure when it comes to house keeping Monitor Meds, Dr. Appointments

It's not from what someone told them it's what they see

I have been given suggestions when I followed through to find that was what I was in need of

The inhouse Recovery Groups we did what is call Visual Boards I did Great Spirituality Health & wellness

It has helped me to stand confident knowing I have the support I need to become a productive citizen

In one year I have accomplished my Drivers license First Aid AED CPR

As of now I'm in a training program with the Jewish Council for the Aging

what I have learned having a home that's safe with programming to help us become responsible for our own health and wellness

To Day I have a sound mind filled with Good thoughts of what's to come and not defeat.

I am equipped empowered no obstacles can defeat me because my mind is programmed for victory.