

JPS Day Psyc Rehab

Wow! I could not thank the staff of this fantastic program enough. I had just graduated from the JPS PHP a great experience also but was sad it was over. They told me about this new program and I started right away. Having been homeless for years and suffering anxiety and depression I was soon at ease for the first time in quite a while. [REDACTED] talked to me the first day and told me to Like/^{Love} myself, taught me to in a short period of time it has worked. From the first day I knew this was where I need to be actually wanted to be, and would still like to spend my days if this team of professional caring knowledgeable people had not done their jobs ^{so well} and things started to get better. By learning to set daily goals and completing them I began to make progress, all my concerns about medication, physical and mental health were discussed and questions were answered. I was able to talk freely and openly for the first time in my life and was comfortable doing so. Plans for relapse prevention were put in place. I was asked what my goal for the program was and I said employment not really thinking it possible. I am starting a new job tomorrow. They went well beyond my expectations every day. When I went to jail on an old warrant they called to check on me. Any problem

I had at the shelter I stay at they communicated with them and got results I could not get, I would not have been able to write this letter a month ago let alone finish it in any amount of time. All aspects of my job search from resume to sending it out, interview skills and practice interviews were done. Interview clothes were provided for me. When I missed the train they made sure I was there on time. Workboots? No problem they found me just what I needed. One month ago I would not have thought what I have accomplished was possible. My symptoms are well under control. I understand my condition much better than when I started. I am starting a job I never thought I would get. Without a doubt the best month I have ever spent.

Thank you so much

I will miss you all for sure and never forget what you have done for me.