

DELBERT H.

Delbert H. came to MHA in need of services for Alcohol Abuse and Severe Anxiety. He had entered Droege Treatment House and was experiencing a family relationship crisis, extreme guilt over past behavior and the consequences of his substance abuse. He was drinking everyday and regularly, and experiencing bouts of anxiety multiple times per day. His life was falling apart and he had alienated nearly all his support system.

After establishing a connection with Certified Peer Support Specialist Bill Feighery, they began to meet on a regular basis, twice weekly. Mental health goals were addressed immediately along with his abuse of Alcohol. Goals and prioritizing in the areas of working with Office of Vocational Rehabilitation to gain employment, Self Sufficiency, Relationships, and Household Management came next. Spiritual and emotional health was a deep concern for Delbert along with making amends with family over his poor behavior.

Delbert quickly built a working peer partnership and bond with Bill and allowed him to coach him in self empowerment and recovery. Bill connected Delbert to various community services for needed documents/state identification, health insurance, and tangible items need to support his wife and new baby.

Delbert soon began to graduate from the different levels of treatment/achievement at Droege while attending regular support groups (including AA), making all health appointments, and receive visitation privileges from friends and family. Within months, he attained full time employment at Don Pablo's.

Now, just 8 months into treatment and working with MHA, Delbert is doing well. He did suffer a mild work injury and is receiving services, but continues to work and succeed. He also has stable housing. He has made apologies and amends with his family and is enjoyed reuniting with family through the holidays. He and his wife are working on maintaining a healthy relationship and enjoying their new baby. He continues to meet with Bill Feighery on a regular basis and stays well connected to support services and MHA.