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LIVE UNITED

After being discharged from a New Hampshire hospital, Starr found herself homeless started receiving treatment as a patient at Lakes Region Mental Health Center (LRMHC).

What Starr wanted most was to find gainful work and become financially stable.

Although most of her natural supports (family, friends) were not local to the area, Starr made the decision to stay in the Lakes Region so that she could continue on her journey towards wellness at LRMHC.

Over the past two years, Starr has worked hard at investing in her own treatment plan. Not having been employed since 2006, Starr did not possess any interviewing skills or know how to approach the job search process.

Starr's Employment Specialist worked with her to develop new skills and encouraged her to think about gaining full time work with a focus on doing something that

she enjoys and that gives her a sense of accomplishment. Starr expressed interest in the LRMHC Peer Support Services program and decided that she wanted to pursue her certification as a Peer Support Specialist.

First, she became a Peer Advocate at the local Peer Support Agency and after a few months, she applied for, and was selected to be the full-time Program Director at the Agency. This job offered her a solid salary and health benefits, which she hadn't had since 2004. But above all, it gave her self-confidence and a sense of achievement and purpose.

Although it was a bit overwhelming at first, it was a comfortable place for Starr to work and she really enjoys her job. Interacting with other peers on a daily basis has been beneficial to her own recovery and for the first time in her life, she feels that she is making a positive impact on her own life and in the lives of others.



660+

households utilized free tax preparation services bringing nearly \$900,000 in federal tax refunds to the community.

United Way fights for the health, education and financial stability of every person in every community.

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