

Season's Greetings from Momentum | for Mental Health

Momentum is proud to serve over 4,000 individuals each year with a portfolio of connected programs and services. Many wonderful stories arise from the organization throughout the year that shed light on the positive side of mental health and substance use recovery. Through our range of programs, Momentum's clients, or Recovery Champions, learn how to cope with a mental illness, develop new skills, and explore new passions. Today's story comes from a young woman, Yareli, who has faced many challenges and struggles, yet has gained strength and determination through her recovery process. We'd like to let Yareli tell her story:

“Although I have lived through the tough moments that come with having a mental illness, I know that my diagnosis does not define who I am.”

“In 2016, I began to experience symptoms of psychosis; I heard voices and saw demons as a result of domestic violence I experienced during my childhood. Eventually, I knew I needed to get help so I turned to a friend who brought me to Stanford Hospital where I was given my official diagnosis: Psychosis Unspecified and PTSD. Once I was stabilized and provided medication to manage my symptoms, I was transferred to Litteral House, one of Momentum's Transitional Residential homes. Here, I found a new home with food, clean clothes, and staff who helped me develop a positive mindset around my diagnosis. During my time at Litteral House I was able to enroll in Momentum's Youth and Family Services program.



Here, I participated in new and enjoyable activities that helped me break out of my shell and discover more about my community. This program also exposed me to other youth who were going through similar experiences. Together, we went bowling, learned how to cook different foods, watched movies, and visited local cultural sites. With the help of these two Momentum programs, I transitioned to a lower level of care and started to envision a brighter future.

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Momentum's Crossroads Village, a residential facility, is different than other mental health facilities; here, I was able to collaborate with the staff and developed my own, unique treatment plan. This program helped me learn how to cope with the symptoms of my mental illness and become an active member of my community. While at Crossroads, I decided to enroll in school to become a hairstylist, a passion that I hoped to turn into a career. Currently, I am working on building a portfolio of clients and am looking forward to continuing to learn how to dye, cut, and style hair and build upon my current skill set. As a graduate of the Crossroads program, I hope to make Momentum proud by being a role model within my community.”

Holiday Gift

Please use the attached envelope or visit Momentum's website:

With the help of dedicated and highly skilled Momentum staff, Yareli developed a new perspective on life and learned how to make sound choices that can lead to better opportunities. As an organization, Momentum is committed to helping each client who walks through its doors to be treated like Yareli; with dignity, respect, and an empowered sense of self, all clients have the ability to live a full and healthy life.

www.momentumformentalhealth.org/holiday-gift

Momentum is proud to provide these comprehensive programs and services to the community, and it can continue to do so with your support. Help others, like Yareli, find their path to recovery by making a donation today.

Happy Holidays!

