

Navigating Life with Resilience and Support

“Inspiring resilience” describes the journey of a 26-year-old HUSKY Health member who has been receiving support from a Connecticut Behavioral Health Partnership (CT BHP) peer support specialist since May of 2024. Her story sheds light on the complexities of mental health and the importance of timely intervention and ongoing support. Diagnosed with attention deficit hyperactivity disorder (ADHD) and anxiety during her early school years, she now faces additional challenges with recent diagnoses of bipolar II disorder, depression, and autism. Moreover, she feels she may have characteristics of borderline personality disorder.

Her autism diagnosis in adulthood highlighted the need for supportive services that are tailored for late-diagnosed individuals. Throughout school, she experienced bullying and was often labeled “dramatic” by teachers more inclined to pass her along than address her needs. Sadly, without parental advocacy, she did not receive the early interventions that could have better addressed her needs. This absence of support led to a significant familial rift and years without communication.

Today, she resides in a rented room in a neighborhood where she is actively seeking ways to help ensure her safety and wellbeing. Her sister, acting as her conservator, provides financial support, a task that presents its own challenges. On her therapist’s advice, the member outreached to CT BHP for peer services, which led to scheduling regular weekly meetings. She experienced significant health challenges related to her mental health, which at times impacted her ability to attend appointments.

Despite these difficulties, the member has achieved several goals with the help of peer services. She secured part-time employment, maintains

regular appointments with her primary care physician, and is undergoing extensive dental care. She is actively engaged in therapy and is taking steps to mend family relationships by attending family therapy sessions. Her sister’s support has been crucial in providing access to Meals on Wheels and a home health aide who assists with cleaning and grocery shopping.

She continues to explore opportunities for social engagement that align with her comfort level and interests. Although she has attended events with NAMI and Toivo, she has yet to reconnect. Her long-term aspiration is to live in a group home that offers support, education in home caretaking and self-care, and social connections. Unfortunately, her sister has not been able to access the financial support necessary to make this dream a reality. The member aspires to a career working with children or generally helping others. Her CT BHP peer support specialist is currently planning to explore volunteer opportunities that align with her interests.

When asked about sharing her story, the member eagerly accepted, hoping her experiences might help others understand the challenges associated with mental health issues and to inspire them to seek the help and support they need. This individual’s journey highlights both the challenges and achievements of living with complex mental health conditions. Her story emphasizes the importance of support systems, from family to peer services, in navigating these challenges. By sharing her experiences, she aims to inspire others to seek help and foster community understanding, while demonstrating the power of resilience and support in overcoming adversity.

For more information on peer support services, please visit www.ctbhp.com, or call 1-877-852-8247 for more information.

You can also view our peer support brochure here: [Link](#)