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I have worked with many homeless individuals who have struggled with substance abuse and PTSD due to feeling unsafe on the streets along with family or youth trauma. I have had the opportunity to work with this client for over two years.

When I first met this client, he was very cautious about who was trustworthy, including our facility. He was quick to take offense and get angry, exploding during sessions, leaving early in anger and shutting down talking to me. After building trust with him, a few months into his treatment he started on medications to help with his anxiety due to psychosis

and living on the street. For a few months, he was working with the PATH Case Managers, two different ones, and I was able to get him into the Bliss House that is designated for the homeless. Although he was living in a house, he still struggled with his anger and paranoia caused by his trauma. At his worst, he had once exploded in a group, stormed out the door and hit the glass at the front so hard my coworkers thought it was going to break. At this point, I decided to take him back on my caseload since he still trusted me.

We began to explore the possibilities of why he gets so upset and angry at therapists and when attending groups. I started to see him weekly and was honest with him about his medications and treatment. In return, he started to tell me all his symptoms and how his medications were working or not working. He also smoked marijuana, having a medical card but reported sometimes it caused him to feel anxious and paranoid. After tweaking his medications, sitting in with him when he visited the doctor, talking to him about the different effects of each strain of marijuana and which one might work best for him, he found a combination of medications, therapy, group therapy, rehabilitation and PRSS that started working for him. Fast forward to today.

He is now working full time at the TACH Day Center under the Cherokee Nation career services, living in a house he is able to rent with a roommate, pays all his bills on time, and makes all his scheduled therapy appointments, anger group, and my appointments. He has not had any anger outbursts, has learned to take ownership of his emotions and reports feeling very proud of how far he has come. "When I think about doing drugs, I remember where I used to be and I know that is not where I ever want to be again." Client.

I am so proud of how far he has come in his treatment. He is truly a success story – from homelessness to living productively in the community, attending his church and volunteering his time at the church when he can. He is a role model for all the other homeless individuals trying to find their way to a better life.