

## Being a Contributing Member of the Community



*Bruno used the support of a Life Coach to create structure and goals to overcome challenges, and to clarify how his perception and habits were blocking him from realizing*

*his goals. "It was a gift for me to have an outside perspective to examine my process and identify how I was holding myself back. It's not only important to know where one is going, but even more is how to get there."*

*His latest dream is to learn day trading in the stock and the crypto markets; with SDC he was able to follow his dream by procuring needed tools and schooling to step into the trade with greater confidence. He also became a member of the SDC Advisory Council.*



Florida Self-Directed Care Circuit 20 is funded by the Department of Children and Families Mental Health Program Office, and administered by the National Alliance on Mental Illnesses—NAMI Collier County. It serves Charlotte, Collier, Hendry, Glades and Lee Counties.



*Mary Delhagen's life goal is bringing joy into the lives of others. She is a graduate of NAMI Leadership Training and member of the Ft. Myers Citizens Emergency Response Team. She has represented Hope Clubhouse as a public speaker and mental wellness advocate, serving as a Symposium Panelist and facilitating recovery workshops/speaker events.*

*Also, her decision to do bariatric surgery for weight loss, combined with a dramatic lifestyle change, allowed her to drop 156 pounds — half her former weight. She has worked in the AARP Senior Community Service Employment Program, learning office technology skills. "With the assistance of the SDC Program and life coaching, I stopped my downward spiral of hospitalizations, medications and emotional instability. It helped me make sense out of my life, in simple steps to accomplish my goals."*

### Florida Self-Directed Care Program

1650 Medical Lane, Suite 2  
Ft. Myers, FL 33907

Message Line: 239-936-4318  
Fax: 239-936-7140  
Email: [Voice@flsdc.org](mailto:Voice@flsdc.org)  
Website: [FLSDC.org](http://FLSDC.org)

Revised July 2022



Painting by Shawna Hunter

*In the Florida Self-Directed Care (SDC) program we are working together to expand the horizons of recovery. We have seen the power of hope, choice, and self-direction in transforming lives. Our vision is for everyone to see their inherent value, pursue their dreams and enjoy a fulfilled, productive life.*

## Self-Directed Care

Self-Directed Care is a health and wellness opportunity in which program participants make their own healthcare choices and actively participate in their recovery from serious mental illnesses. Life Coaches assist participants in establishing measurable and time-limited recovery goals and serve as accountability partners along the way to important and lasting life changes.

Public financial resources are used for self-selected mental wellness services and supports to address the barriers that serious mental illnesses can pose to a productive lifestyle. These include both traditional and complementary mental health services. In addition, funds may be used to support the attainment of goals toward the person's productivity such as taking educational classes, starting a business, obtaining gainful employment or working as a volunteer in the community.

The Florida SDC program supports people in Collier, Lee, Charlotte, Hendry and Glades counties. Here are examples of people in the SDC program who have become strong advocates for their own health, wellness and productivity!

## Making Changes in Health and Wellness to Promote Work

*Jill enjoys art and photography and graduated from Hodges University's Digital Design and Graphic Arts Program. She completed her Associates and Bachelors Degree. When she first enrolled in SDC, her goals were to finish school and eventually work in the field of graphic arts.*



*Jill has found that through working with her SDC life coach, she has been able to expand her resources and problem-solving abilities. Having accountability with her coach helps her to follow through and complete things. In her first year, she used her SDC funds to purchase medication management and PTSD group counseling which helped her to address overcoming anxiety and building skills for interacting in the community. This has led to her becoming a member of the SDC Advisory Council and using her digital design skills to redesign the SDC website. "When I first came to SDC I didn't feel able to make use of my schooling, but now I feel it is much more possible for it to be my career. I see more of a positive future than I did previously."*

## Obtaining Gainful Employment or Starting a Home-based Business



*Christl (Nicki) has used SDC by proactively addressing health challenges to be able to take her home-based business Sunshine Gourmet Spice & Gift Concepts from an idea to a success. Her dream is to expand into having a food truck and being able to donate food*

*to those in need. She is also a loyal advocate for the HIV community, passionate about education and inclusion. She is now a successful student of the Escoffier online culinary school.*



*Marsha has been successful in using the support of SDC to find purpose and meaning in her life again. She has completed multiple trainings to educate herself and expand her opportunities and is nearly a Certified Recovery Peer Support Specialist. Through her dedication in her volunteer work, Marsha is now a paid employee at NAMI Collier County. "SDC has most helped me by encouraging me to keep moving forward when it would be so easy not to. Having a coach helps to motivate you when you just lack personal drive."*