



East Bay Center

...leading lives to hope and recovery

"My name is "Daisy" and I came from Rochester, NY about four years ago and adventurously decided to move in with my aunt in Riverside, RI. I lived with her for two and a half years and then moved in with my boyfriend in East Providence. Years ago when I first became sick, at age 14, I did not even recognize that I was becoming mentally ill. Others noticed, but I was completely unaware. I have to say that the worst part was the embarrassment of being told by others, some even complete strangers, that there was something "abnormal" going on. I fought it, I denied it, I argued against it, but in the end I was diagnosed with a mental illness – Schizoaffective Disorder, which is a combination of Schizophrenia and Bipolar Disorder. I have to say it became easier after I accepted it and learned to cope with my symptoms, side effects, and medication management. I used to hear pretty scary voices and delusions. Now thanks to East Bay Center, I have profoundly managed my symptoms. While occasionally I am anxious or experience obsessive-compulsive behaviors and thoughts, I no longer hear the delusions or negative voices, and I deal with every day life as it comes along.

Through the caring and dedicated people of East Bay Center, I now have a job, am in a healthy relationship, live much more independently, and have improved my self confidence. Sadly my job ends in June due to state budget cuts, so I'll be finding another one, preferably as a Certified Nursing Assistant and taking classes this summer or fall. It's another door opening for me and that's great! I'm not asking you to be like me or follow my path, but do whatever makes you feel happy, confident, and have fun most of all! There's always room for mistakes, growing, and learning. When I left Rochester, NY I couldn't ride a bus by myself. I was overwhelmed or in some ways underwhelmed thinking I wasn't good enough for a job. I'm proof that you can achieve what your heart and mind desires if you strive to achieve it. Just be you, believe in yourself, and you will see yourself achieve your dreams!"

EBC's mission has remained the same for many years – to improve the lives of individuals and families within our communities by providing a broad range of high quality mental health and addiction services. Especially in the face of adversity, EBC will be here to help you, your family, and your community. We encourage you to visit our website at www.eastbay.org for information

regarding services, employment, locations, etc. To speak to someone regarding services or to schedule an appointment, please call 401-246-1195 and ask for "Intake".