

Empowerment Exercise

1

Bill is a person in your program you are getting to know. He is currently living in a board and care facility and his source of income is his SSI. He is 32 years of age and a natural born citizen of the US. He states that he has always liked politics and regularly attends city council meetings. He struggles with trying to stay organized in his thoughts and in his life. At times he also has grand ideas which may or not be what you consider, realistic. He recently came to you in a period of clarity and indicated that he wants to run for office. He also stated that he doesn't want to bother with small time stuff and instead wants to run for President of the United States.

2

Rachel is somewhat new to your program. She is 27 years old and has been living independently for the last 5 years. Her primary source of income is SSI although she does supplement it with odd jobs she gets from time to time. She is very articulate and keeps herself and her surroundings neat and clean. She does struggle with delusional thoughts and can be unrealistic in her ideas. You have tried getting her interested in working since she does possess the basic attributes that should make her successful. In your meetings she has repeatedly indicated that she wants to be an actor.

3

Elizabeth is someone in your program who has begun to trust you, something she has had difficulty doing in the past. She is 22 and recently moved from a group living situation to one where she shares a 2-bedroom apartment with another person from your program. One of the things that attracts you to Elizabeth is her passion for the universe. She will talk about stars, planets, all sorts of celestial bodies. She is fond of saying that one day she wants to travel to space. Recently she came to see you excited and practically shouted out that she wants to become an astronaut.

4

Jamal is someone in your program with whom you have a pretty good relationship. He is 28 and lives in a single room occupancy hotel for which he pays with a combination of income from part time work and SSI benefits. The part time work consists of cleaning up and helping out at a gas station/car mechanic not far from where he lives. He has attended college several times, and although he's had success in math and geography-oriented classes, other subjects don't interest him as he doesn't see the point in them. The result is he usually ends up quitting. In your conversations with him lately, he has said he feels like lately he is in a rut and has indicated that he would like to lean to fly, perhaps becoming an airline pilot.