

Brian - Team of people providing support helps a person living with mental health conditions and former drug addiction turn his life around

One of our MAGiC members who is a professional guardian submitted this Guardians-In-Action story because she believes it is an example of how providing someone with a supportive team of individuals and resources can motivate an individual to get rid of destructive habits, get healthy and live his best life.

The Guardian describes the situation as follows (names and identifying characteristics changed for confidentiality)

We were appointed as guardian two years ago for Brian, a 35 year old man who was rehabilitating after suffering a gunshot wound to the leg. He laid around a lot and had no motivation or energy to do anything. He lacked eye contact, walked with a cane and was depressed. He had a diagnosis of Methamphetamine Induced Psychosis. He had cognitive deficits from past 16 years of using. He had schizophrenia, depression, tobacco dependence, active hallucinations. Substance use disorder -moderate using 3-5 times per week. Non-medication compliant. He was not following the rules of nursing home and was leaving against medical advice. Brian was estranged from family and had legal issues. He needed a dual diagnosis program that focuses on mental health and chemical dependency. Brian had no skills to prevent relapse. He had never tried treatment before. He lacked structured activity and sobriety. He couldn't get into housing until he completes a treatment program.

With the assistance of the guardian, case managers, doctors, nurses, home care providers and school and job support managers and others, Brian made the following remarkable progress:

- Brian cooperated with Guardian in many aspects of coordinated services.
- He completed a 3 month chemical dependency program which even included relocating to another county temporarily. Intense program 6 days per week 8am-4pm.
- Successful in using Metro Mobility.
- Cooperated with all medical assistance and CADI waiver meetings, paperwork, social security, care conferences
- Participates with CADI case manager, Rep Payee, and Health insurance case manager.
- Stable living environment in a residential assisted living for the past year. Gets along great with staff and other residents.
- Mental Health Drug Court – Graduated. Appeared at all court dates and probation meeting dates, passed all drug screens, attended all observation dates in court to see others successes, trials and tribulations. Cooperated with court appointed attorney.
- Registered, attended and graduated school - Goodwill Easter Seals Program – carpentry.
- Reconnected with family.
- Assisted in researching and getting care insurance.
- Studied and took the written and behind the wheel tests – passed.
- CADI covered driving assessment with Courage Center.
- Saved his personal needs money each month and bought a used car.
- Exercises at fitness club 3 times per week and looks forward to going and staying healthy and fit.
- Participates with Psychiatry, Rounding physicians (all doctor appointments), dental appointments and all professionals helping him.
- Medication compliant for more than 2 years.

- Obedient to all rules and boundaries as setup by residential home staff and guardian.
- Committed to getting better and stronger all the time.
- Starts random conversations showing insight and compassion toward others
- Goal oriented and aware of his past mistakes. Asks himself, "What can I do to make my life better now."
- Started a full-time job in construction making \$15.00 per hour.
- Future plans: Wants to see himself with a full time job, retirement plan and a wife / family. Wants to have a peaceful life, money and to be happy.

Brian's guardian plans to focus on ensuring supports and resources are available for Brian, with the idea that after a period of stability and success, he may someday be able to terminate the guardianship.