

My name is **Trevor**. I have been in and out of jail since I was a teenager, and am now 40 years old. I have diagnoses of fetal alcohol spectrum disorder, schizophrenia, and antisocial personality disorder. I also have an acquired brain injury.

While living in a halfway house, my occupational therapist has helped me to:

- **Gain** employment through a supported employment agency for persons with mental illness.
- **Develop** a daily routine including going for walks, reading my bible, and cooking for myself.
- **Better** understand my mental illness, and has taught me coping skills to help me adjust to life outside of prison.

Last month, I even won the Employee of the Month award at my workplace, and have stayed out of jail longer than I ever have before!



Because of occupational therapy, I have stayed out of jail.