

# PSI I'M POSSIBLE!

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**Helping  
People  
and  
Opportunities  
Grow®**

**"I'm meeting  
people and I am  
learning."**

*~ Donald  
Talley*

## Employment First and PSI... dedicated to Helping People and Opportunities Grow!

### Our Stories of Progress Towards Success

Founded in 1979, PSI is one of the oldest community mental health and human services organizations in the nation's capital. PSI is a community where we focus every day on our motto, Helping People Grow®. We serve the individual, not the diagnosis. We support consumers in selecting personal goals and making individual choices as they move towards independence and self-sufficiency.

PSI'm Possible!® joins the Employment First movement centered on the premise that all citizens, including individuals with significant disabilities are capable of full participation in integrated employment and community life. Read about six individuals whose efforts are helping them on the road to success.

### Energetic and Friendly - Mr. Donald Talley

I am a very active guy - I mean REALLY active. I move all the time and like to walk around a lot. My staff and I have been working on how to channel all my energy into productive activity. I like being in the community and I have been going out often. I have been to the Central Union Mission twice. While there, I sort food items and fold sheets and towels. I went to Martha's Table where I helped out by sorting clothing, placing clothing on hangers and placing hangers on the clothes rack. I think I will continue going to Martha's Table.

I like people and I like to talk to people. I used to just walk up to people and interrupt them, just "barge" in. I am doing better - I am learning to say hello and excuse me and I am trying hard to slow down.

I want to work at some point but I am not ready yet. Right now, I am meeting people and I am learning. I want to keep going to Martha's Table and keep learning and having fun.

~ by Donald Talley with support  
from Earl Anderson



## The Receptionist - Ms. Gwendolyn George

I am a very friendly and affectionate young lady. I greet everyone I see by their first name. I am creative and I create things with putty, paints and drawing pictures. I enjoy putting together puzzles, watching television, listening to music, playing video games as well as computer games. My favorite performer is Michael Jackson and my favorite football team is the Washington Redskins. I hope one day to attend one of their games.



I talked to my staff and told them that I have an interest in answering the telephone. At that moment, a receptionist was born! I sit near the telephone waiting for it to ring. I am really conscientious about my work so I never allow the telephone to ring more than two times before I answer it.

I feel good about answering the telephone so now staff is helping me find a small business in the community who would let me come and answer the telephone a couple of hours a day. I am going to be a receptionist one day.

~by Gwendolyn George with lots of support from Raquel Laboy

## Growing and Loving it - Mr. Ronald Brannum

When I first started to come to PSI, I was very quiet and seldom spoke. When I spoke, it was in a whisper. I did not want to be seen or heard. My staff worked with me to help me express myself verbally and to like myself.

Now, I am different. I talk with people so that people hear me. I often start the conversation and I reach out to people. I am no longer afraid of being seen and I go out all the time. I volunteer at the Central Union Mission. I will continue to volunteer for a while until I feel that I would like to get a job.

Right now, I am having fun meeting people, making friends, being heard and understood. I am doing well. I like me.

~by Ronald Brannum with support and guidance from Frances Antoine



**"I am really conscientious about my work!"**  
~ Gwendolyn George

**"Now, I'm different. I talk with people so that people hear me. I am doing well. I like me."**

~ Ronald Brannum

## Certificate of Completion - Mr. Benson Webster

This June 2015, with assistance and support from my staff at PSI, I applied for the "STRIVE DC" Job Readiness Training Program sponsored by the "Skyland Workforce Center." I was accepted immediately into the program. I had to complete a five day orientation class. I completed that class by going everyday with my staff, Ms. Cottingham.



I completed resume writing, transferable skills, interview skills, and work ethic skills. After completing the course and receiving a Certificate of Completion, I then went on to the next phase through the "Jubilee Jobs Orientation - Skyland" and completed their course. I have a real opportunity to get a job. I just need to get my birth certificate and my social security card. My PSI staff is working with me to get that information and to use that information to help me get proper identification. Once I get all that together, I can

apply for the jobs for which I qualify. I already have my resume and I am practicing how to interview.

In the meantime, I am volunteering at the Bladensburg Recreation Center and at the Central Union Mission to perfect my work skills. I am excited about my future. I am really looking forward to getting a job soon.

~by Benson Webster with support and guidance from Sandra Cottingham

## Certificate of Completion - Ms. Bethany Winston

This June 2015, with the support and guidance from my staff at PSI, I applied to the STRIVE DC Job Readiness Training Program sponsored by the Skyland Work Force. I got accepted and I completed the program. I went with my staff for a whole week. I completed interview skills, resume building, transferrable skills, and interpersonal skills. I completed the course and got a Certificate of Completion. I am so proud of me.

I am very energetic. I love to sing and I enjoy helping others. I love to learn although I get silly and lazy sometimes. I want to get a job and my staff is really helping me look. In the meantime, I am volunteering at the food bank where I am learning culinary skills.



**"I can apply for the jobs for which I qualify. I already have my resume and I am practicing how to interview."**

*~ Benson Webster*

**"I am very energetic. I love to sing and I enjoy helping others."**

*~ Bethany Winston*

~ by Bethany Winston with guidance and support from Meredith Davis



## When Dreams Come True ~ Mr Dale MacChambers

In May 2015, one of my dreams came true. I got to spend time with dogs. You see, I love dogs and I always wanted a dog but I do not have one. I told Ms. Marie, my PSI staff, about my love for dogs and she took me to Wagtime Too. I asked them for a job. They could not give me a job because I do not have the skills I need. But guess what? The people at Wagtime Too let me come and spend time with the dogs that they take care of. I spent time learning the right way to play with dogs, how to groom them, how to feed them, clean up after them, and to pet them. I love spending time with animals and learning . . .maybe one day I will be able to get a job.



I am also doing volunteer work. I volunteer at Martha's Table and at the Central Union Mission. I sort, fold, and hang clothes. I like talking with people and making new friends. I am learning a lot and with Ms. Marie's help. I am trying to get a job . . .maybe in a clothing store . . .but I really really want to work with dogs.

~ by Dale MacChambers with support and guidance from Marie Wood

**"I love spending time with the dogs and learning... maybe one day I will be able to get a job."**

*~ Dale MacChambers*

## What We Believe...

**I am independent. I make choices about my life.**  
**I have equal access to education and employment.**  
**I am curious about many things. I am a learner.**  
**I actively participate in society. I am a friend.**  
**I am a dreamer. P.S. I am possible!**