

PSI I'M POSSIBLE!

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**Helping
People
and
Opportunities
Grow®**

**"I am excited about
life and ready to
learn and grow."**

**~ Yvette
Baker**

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.

Just Me - Ms. Yvette Baker



When I first came to PSI, I was shy, withdrawn, and uncooperative. I did not want to communicate or do much of anything. I did not smile or really socialize much. Then we worked on changing my activities. I am doing so much more now. I go into the community and do things like job searching at the local library. I am volunteering at (SOME) So Others Might Eat and at Bread for the City. To maintain my health, I'm learning to make better nutritional

food choices at Harris Teeter.

I am much happier now. I smile more and communicate with others. I am excited each day and look forward to each journey. Of course, I still feel shy and uncertain sometimes and withdraw from everybody – that is just me. Most of the time I am excited about life and ready to learn and grow.

~ by Yvette Baker with support
from Dohnyale McCoy



Let me tell you something - Ms. Terrell Colston

I went to President's Obama's second Inaugural Ball! I love to talk to people in person and I on the phone. I also enjoy stuffing envelopes and doing a little filing. I would like to be a receptionist.



I am a very happy person so sometimes it's challenging because I like to flirt and gossip with the ladies. Everybody says I am very friendly. I like clothes and I like to dress up. I like going out into the community and I move slowly so I can greet everyone who passes me. I sometimes begin a conversation with a person in the community. I often visit small businesses to meet and greet the staff and owner. I am just having a ball.

~by Terrell Colston with support from Mary Kimbrough

Family Reunion - Mr. Darrell Johnson

I am sometimes a quiet person, but when I get upset, I may not like to go out in the community or do much of anything.



One day my counselor and I had a nice long talk about how I can benefit by going out in the community. We came up with a plan to do volunteer work so I could feel what it was like to socialize with people in a calm matter. I took her advice and started volunteering at Bread for the City.

I sort and hang clothes in the clothing department. I also volunteer at Central Union Mission and help feed the homeless. At Central Union Mission, I saw my brother

who works there. I have not seen my brother in years and I was so excited! My brother gave me encouraging words that make me want to continue doing good work.

I enjoy what I am doing, thanks to my counselor, and now I get to see my brother regularly. I am happy.



~by Darrell Johnson with support from Deborah Sellers

"I am just having a ball!"

~ Terrell Colston

"One day, we had a nice long talk about how I can benefit by going out in the community."

~ Darrell Johnson

Look at Me Now - Mr. Fred Davis

My name is Fred Davis - I am a sharp and snappy dresser. I love to look good.



I usually communicate with everyone through gestures, facial expressions, and sounds. I use three different signs to communicate daily and I am learning a new one.

I enjoy walking in the building and in the community. I just recently started going out with a team of co-workers on internships. I had a great time. I went to Ft. Dupont and assisted the team with landscaping activities. I went to Ft. Stanton for fun - playing ball with staff and friends. I also went to Sasha Bruce where I sorted and hung up clothes.

Everyone said I did a great job.

~by Fred Davis with support from Bobby Williams

Free to Mingle - Mr. Dontray Givens

I love going out in the community. When I am out, I smile at everyone and look all around. There is so much to see! Riding the bus is probably the most exiting and I especially like the Circulator bus. I meet people of different ages and ethnic backgrounds when I'm out in the community. I always try to say a friendly "hello" to the bus drivers and learn their names. So far, I've met drivers named Eric, Dewayne, Theresa, and Betty.



I am in a wheelchair and I try to wheel myself when out in the community. I have learned to be safe by coming to a stop, looking both ways before attempting to cross at alleys, driveways, and parking lot entrances.

~ by Dontray Givens with support from Yvette Lowe

"I just recently started going out with a team of co-workers on internships."

~ Fred Davis

"When I'm out, I smile at everyone and look all around.."

~ Dontray Givens

On the Move ~ Mr. Ronald Gleaton

I am the best singer at PSI. I bring a smile to everyone's face with my tunes. I love to ride the bus and talk to the ladies no matter what the language. I am now going



on internships in the community. I have helped distribute fresh fruit and sandwiches and greeted the homeless. At Martha's Table, I fold bedding and serve deserts and cold beverages.

At Bread for the City, I learned how to harvest various fruits and vegetables which is good for me because I love to eat. At Martha's Table, I am also learning to tag the garments for the thrift store. If you come to visit me, you need to make an appointment because I am on the move!

"I am the best singer at PSI. I bring a smile to everyone's face with my tunes."

~ Ronald Gleaton

~ by Ronald Gleaton with support from Marie Wood

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!