

My Transition Story

May 2005

My name is Conswela. I'm 20 years old and my disability is called bipolar. I grew up in Mississippi but my transition didn't start until I moved to Spokane, Washington three years ago.

I used to take a lot of medicine when I lived with my real mom. When I wasn't living with my mom I was living in a shelter for young people and a foster home. My father came to get me and moved me to Spokane. Now that I live

with my dad and I am off the medicine because I am doing well. Another thing since I've been off the medicine I've lost forty pounds. And every day my mom, dad and me sit down and talk. My step mom tells me that everybody has some kind of disability whether they want to admit it or not.

Last year I was nominated for the Chase Youth Award for my work in promoting equity. When I got the award everybody sent me letters to congratulate me for getting the award like the Mayor of Spokane and other people.

When I was in the 11th grade at Ferris High School my dad got me tested and we found out that I needed to be in resource classes. After high school I was accepted to come to Community IMAGES where they help you learn how to be more independent. Here at Community IMAGES I had this job in fashion and found out that it wasn't for me. Then I started working with children and found out that I like it. Because of STRIVE (vocational training program) the vocational part of my life is good. Community IMAGES helped link me with DVR. DVR is an agency that helps you with your vocational goal. I go to meetings with my DVR counselor, my dad and my teacher. My DVR counselor told me that he would pay for clothes, a bus pass and job training. By the time I graduate I plan to have a paying job.

The transition from high school to Community IMAGES to adult life is smooth because of all the help I'm getting during my education and from DVR.

