

BEHAVIORAL HEALTH SERVICES



PRESSLEY RIDGE

Bonnie is a 59 year old woman who has experienced a life of traumatic events. During the course of her life, she has experienced mental health issues, drug and alcohol abuse as well as homelessness. She was abandoned by her biological father and later sexually abused by her step-father.

For many years, she did not talk about the abuse nor did she receive any professional treatment. She carried guilt and shame with her in her relationships. She blamed herself for her own abuse and the subsequent abuse of her siblings after she left home at age fourteen.

During the past few years, Bonnie has worked in therapy to resolve her feelings of guilt and shame. She has been working on forgiveness. For the first time since her mother's death seven years ago, she was able to visit her mother's grave. Because of Bonnie's issues, her family became estranged. For almost a year, Bonnie has maintained independent living and re-established her relationships with her family. Bonnie has learned to function with her depression with the assistance of medication under the guidance of the agency psychiatrist and regular therapy sessions.

Bonnie has greatly improved her ability to cope with her depression, refrain from drug and alcohol abuse and is hopeful that someday she can share her story of recovery.

Thank you for your support!

LIVE UNITED



United Way of York County