



Finding Your Calling July 2022

Back in the year 2000, I felt that I found my “calling” with helping the youth that struggle with their lives. I became a youth counselor for the St. Cloud Children’s Home. At first, I thought this was the best thing since sliced pie. But with any difficult job comes the stress of being able to take care of yourself, finding balance for your own life, and family. I did experience some significant mental health during this time and had to take time the time to focus on myself and help myself be well so that I could take care of others. I worked 16 years at the Children’s Home and an overlap of working 8 years at Recovery Plus Adolescent Inpatient until the doors closed.

I wandered around looking for anything at that time that could replace the joy that I found at my previous employment. I looked for 4 months for a new job and in essence that really impacted my mental health as well. I became a Targeted Case Manager, and it was something completely out of my wheelhouse. I was successful with this job and had a good report with my clients.

When a fellow Peer Support Specialist talked to me and said, “Hey I think you’d be really good at this job”. So, I went ahead and applied for a position I knew nothing about, but because of my own lived experience of mental health I was hired.

Three months later I went to church for the first time in a long time, and the topic of the day... FINDING YOUR CALLING. I took this as a sign that being a peer support is exactly what I am supposed to be doing. I’ve been working with people for a long time and helping others has always been my calling, but for this newsletter, it is important that everyone has something more for their lives and trying to find this is important. Who are you, and what is your calling?

LeeAnn Ebert BA, Certified Peer Specialist

We are the evidence; We hold the hope.