

*Michele Owens*

Hello, my name is Michele Owens. I am a mental health peer specialist and I am very thankful to be working with the Mental Health Court and the Delaware Psychiatric Center. I have four daughters and fifteen grandchildren, whom I love very much. I am a strong advocate for children and people in general. Communication is my strongest attribute. I love to make people laugh; for laughter is a healer of the soul. What brought me this direction was the will and passion I have to help people in crisis. I have been in recovery for fifteen years. I have family members who bear the burden of mental health issues. I have also suffered with depression in the past.

I thought my life was over after my experience with the criminal justice system, but I found the strength to move forward. This has been something that I have been praying for, for a long time to help people advocate for themselves and to engage themselves in crisis prevention and recovering for their issues and self-esteem. I am now in the position to help them with community resources, and to ensure the client that I am committed to their eventual independence. I am ready to commit to this job and program to do my best and give my all!

Thank you so much for this great opportunity!

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