Bridge Shelter Success: Cindy’s Story

Removing barriers such as substance abuse and legal challenges is something that is happening daily at the Costa Mesa Bridge Shelter, thanks to the physical and emotional support provided by shelter case managers.

Cindy, a young woman filled with anger, recently received that help at the Costa Mesa Bridge Shelter.

She had lost her car and wanted to get a job. However, due to recovery issues and loss of transportation, she was overwhelmed emotionally, unable to get work and had no idea how to begin a new 12-step program to help combat her addiction.

Additionally, Cindy was unfocused and dealing with many legal problems and medical issues. She wanted to return to her home state of Washington but was unable to come up with a suitable plan.

With the help of volunteers and thoughtful case management, Cindy was able to go before a judge and have her tickets and citations bundled and reduced.

Cindy is now getting her resume together and getting the confidence to look for work. She has also expressed interest in seeing a counselor to help get her back on her feet.

These simple, yet very important steps, are critical elements of Cindy’s housing plan.

Thanks to the caring case manager staff and the shelter operator staff, Cindy is now on a path to a better life, and is encouraged to continue working towards securing housing.