

## Resident Profile: Jane's Story

The last two years have been nothing short of a nightmare for Jane and her family. When Jane moved to Mountain Terrace in July of 2019, there were several months where she had difficulty paying rent. She fell into a depression as a result of losing custody of her daughter and the difficulty of being a single mom trying to pay the bills. Jane ended an abusive relationship about two years ago. And though she didn't know it at the time, her oldest daughter, Maggie, was severely impacted by the abuse. Due to the trauma that Maggie experienced, Jane lost custody of her and was initially denied visitation rights. Jane did everything to get her back. One of the most impactful and successful measures she took was attending weekly therapy sessions with Maggie. Together, they started building back a trusting and loving relationship and about a year later, Jane was granted partial custody and is now able to have her daughter for overnight visits every weekend.

At the height of her depression, Jane came to the property's resident services team for help. She had overwhelming feelings of loneliness and helplessness. Resident services listened and responded. It was suggested that she utilize the onsite programs to enhance her social and physical activity. She took the suggestion to heart and showed up for the weekly Zumba class and attended a community dinner. As a result, she was able to make some friends in the apartment complex and began to pull herself out of the negative head space. She is now integrated into the community and doing better than ever.