

HMLP ADU Project on Cape Code

Speaker 1:

I've been dealing with mental health for over two decades now, since I was about 17 or 18, and I was diagnosed bipolar type one. I was living at the Salvation Army in the adult rehab center, and it was a low for me. So my mom and I spoke on the phone one day and she said, "Just come home. We'll figure out what to do."

Speaker 2:

With him going through the things that he went through, the worry was, "Well, where is he? How's he doing?"

Speaker 1:

With mental health, one of the biggest things that I learned when I was younger was my environmental stressors, and with that being said, the biggest one probably for me growing up as an adult was having housing stability.

Speaker 2:

And just some of his living accommodations were not good. So the biggest thing for us was that he had, as he had said, stable living. So that took a lot of stress off us, a lot of worry as a family.

Speaker 1:

I believe my dad brought up the part about being able to possibly build something or do something on his property that would give me more housing.

Speaker 2:

I don't think there really was any fears with it. There was concerns at the time when we started. He was still coming off his mental health issues, if you want to say that.

Speaker 1:

Started to research programs and SMOC came up.

Speaker 2:

And then he presented the SMOC program to us and then we all followed up on that and then we realized that it was doable.

Speaker 1:

But it was really, really fun being able to do the layout and pick out everything with my parents. It gave me something to look forward to and a sense of purpose. It is a one bedroom ADU with a full kitchen. I consider it a full bath. It's a little small, but perfect for one. I have a living area.

Speaker 2:

As far as the aesthetics of it, the landscape and everything, my son did all that and everything looks like it blends in and our neighbors think it's... We get compliments all the time.

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Speaker 1:

The biggest impact is definitely the stability of housing and also being around my parents. They've always been my strong support system, so when I'm having an off day, I can just come over to my parents' house and it relieves a lot of the stress and anxiety that can go along with a diagnosis.

Speaker 2:

We feel just very, very grateful that the program was there. Hopefully others can get involved with that and find stable housing as well. We couldn't have done it without the program, so very grateful to SMOC.