

Success Story Diane Shaughnessy



“I didn’t want my secret revealed. Now that I have gone public, it is so very freeing.”

—Diane Shaughnessy

Hidden From View

Moving back to Rochester after 12 years to see her new granddaughter and spend time with family should have made Diane Shaughnessy happy. Instead, the promise of a new life in a familiar town left her anxious, lonely and desperate.

A job she counted on fell through, leaving her without income to support a place of her own. She had trouble reconnecting with her former life, and it became increasingly difficult to concentrate on simple tasks.

Diane knew the signs, having struggled with episodes of depression earlier in her life. Yet she kept these feelings from her family, fearing they wouldn’t understand.

Seeing how physically and emotionally drained she was, a friend reached out and gave her a place to stay while she tried to piece her life together.

First, Diane went to a local hospital to stabilize her condition. But her long-term recovery didn’t begin until she was referred to Rochester Rehabilitation’s Ventures program.

—over—

“Walking into Rochester Rehabilitation's Ventures program with little hope,” said Diane, “turned out to be one of the most rewarding days of my life.”

Diane took a variety of workshops and participated in a process group led by practitioner Jamie Buttaccio who also helped her find a home. Additionally, Diane was deeply influenced by practitioner Leslie Werlin who taught a class on stress reduction through art.

“I believe playfulness is the way we learn,” said Leslie, “how we develop confidence and trust in ourselves.”

Although Diane had created and professionally exhibited art since the 1990s, she struggled to believe in herself as an artist. In a light-hearted and playful environment, Leslie encouraged Diane to experiment, while providing the structure she needed. As a result, Diane developed her confidence and grew to new levels artistically.

Hidden from view was her last secret, her depression. “I didn't want anyone to know about it,” said Diane. “I didn't want my secret revealed. Now that I have gone public, it is so very freeing.”

To learn more about Rochester Rehabilitation's Mental Health Services, please call us at **585. 271. 2520** or send an email to info@rochesterrehab.org.



Rochester Rehabilitation

1000 Elmwood Avenue, Rochester, NY 14620

585.271.2520

rochesterrehab.org

Work. Wellness. Independence.

