

Shelby Wilson:

My name is Shelby Wilson, and I work as a children's rehabilitative and community specialist. I was motivated to join the behavioral health field because I had in the past decided that I was going to advocate for children with similar backgrounds to my own.

I think behavioral health professionals teach children and individuals in general how to socialize, how to interact with other individuals in society, how to develop interpersonal relationships, and also how to manage their stress and cope with some of the things that they may be dealing with.

I worked with a young man, and I've worked with him for the past three years. He's got some mild intellectual disabilities, but he understands that socially differentiates him. So he is aware of that concept, and I think that kind of hinders some of his confidence in social settings. He would frequently ask me questions such as math problems, "What does 10 times 10 equal?" And I did not know until later when he disclosed it to me that kids at school had been asking him math questions, knowing that he would not be able to answer them. So he would come to session with whatever question he had been asked that day and would look for the answer so that he could prove he learned it. But we were working on words, and he had a couple of funny words that he wanted to learn as well. So for me, there was almost a sense of understanding that my small things were important, teaching him to spell these funny words, or just answering the math questions so that he could learn the answers to them. I think that for him, that was a big confidence boost.

As a younger person, I find that the most rewarding part of my job as a behavioral health professional is the emotional gratification in seeing my clients succeed.

Speaker 2:

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