

Hattie Sutton:

Hi, my name is Hattie Sutton. I'm 53. I work in Kennebec County as an MHRT-1/DLS.

I never thought that I would get into the caretaking field. On my own journey of mental health, I was led to help others. I learned that mental health is just as important as your physical health, and it didn't mean that I was weak because I had PTSD.

I then checked out a job and you don't need training, they train you on the job. And my prior experience with mental health actually was an asset because I could understand the clients more.

For me, I have the privilege of walking along with someone on their mental health journey, and that's amazing. This job is so rewarding because I get satisfaction from helping others see their full potential. There really isn't any job better than helping people and helping them to make changes in their lives.

The right fit for this job is someone who is empathetic, non-judgmental, and can set clear boundaries. You can't be their friend. You need to not tell them too much about you. It's about them. I filter everything through what I call RED, R-E-D. Respect, encouragement, dignity. They deserve respect for their home and their choices, encouragement when they're succeeding, and when they take a step back, and at all times, dignity.

I can't believe that I get paid for helping someone. It has felt like a calling since I started this journey.

Speaker 2:

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