

Destiny was part of the first cohort of fellows, starting her work with the Division of Behavioral Health and Recovery (DBHR) in January of 2019 and ending in June of 2020. During this time, Destiny worked in Olympia, served the community of Monroe, and Sultan. To Destiny, the best part of the fellowship were the opportunities to expand professional and educational development through day to day work and conferences such as the National Prevention Network. Professionally, Destiny feels she grew in her ability to handle difficult conversations. Destiny also has gained confidence in her interviewing skills from the chance in Phase 1 to complete informational interviews with the Substance Use Prevention and Mental Health Promotion Section of DBHR. Within Phase 2, Destiny was trained as a Sources of Strength Support Staff and Facilitated a training on this program at Monroe High School. In addition to this, Destiny hosted a Family Fall Festival in Sultan. The Family Fall Festival held 74 participants, the majority of which did not have English as their first language. Destiny collected data through English and Spanish surveys at the Family Fall Festival focused on prosocial activities, which helped the Sultan Prevention Coalition understand what their community wanted in terms of Substance Use Prevention. She was also the key speaker Fall Family festival, led crafts, and served dinner.

On a personal level, Destiny feels like the fellowship helped her grow in her confidence, recognizing it is okay to not know everything. Overwhelming situations with a large number of moving parts Destiny feels she is also able to use the knowledge she learned from the fellowship in her future careers. This fellowship played a special role in Destiny's career. Her current position is not in the same field, however she uses the level of empathy and social skills she built while in phase 3 in her current work. She also found a place she now calls home within Snohomish county.