

February 20, 2015

To Who it may concern:

Before Healthy Visions came into my life I was bullied by kids at school. I didn't have the social skills to make good friends. Most of the time people annoyed me and I wanted them to stay away. At the end of my 8th grade, I could not take the bullying anymore, so I threaten to harm the bullies. I didn't know how to get a gun, let alone use one. But the school got upset with my threats and put me into alternative school. When I got out of alternative school and entered 9th grade my life was a living hell. My mom and I didn't get along. I had lost most of my friends. I felt alone, sad, angry and hopeless.

In October of my freshman year, Healthy Vision's RP walked into my classroom. As he talked about himself, I felt like he was holding up a mirror to my life and I didn't like what I saw. I didn't want to stay miserable, but I didn't know how to change my life. RP posted on the board that you could contact him on Facebook if you had questions. So one night I thought, what do I have to lose, he probably won't respond anyway. Shortly after I posted, RP responded back with a positive message. This was the beginning of an ongoing relationship.

I began communicating with, RP, whenever my depression got the best of me. In my sophomore year, I joined Show Choir. In my junior year, I began attending Healthy Visions weekly student night with kids from 10 different high schools coming together to talk about our lives. This is where I met my girlfriend. While I was super busy my senior year with Advanced Placement Classes, Show Choir, and friends, I continued to meet with RP and I applied the life lessons he taught me. My senior year I performed in many show choir performances, I competed and won the talent show, had straight A's , had more friends than he could ever dream of having, and I got into Shawnee State who offers a degree in computer gaming. My mom and my relationship improved where we could kid around with each other and laugh. Home life became more relaxing. I attributed my success to Healthy Visions RP and his ongoing support.

What lessons did Healthy Visions teach me?

Healthy Visions encouraged me to have a positive attitude toward learning and I applied it by taking advanced placement classes and getting straight A's.

Healthy Visions ongoing communication proved to me that RP believed in me. He told me I could be successful. He encouraged me to take risks like joining show choir, going to high school dances, and participating in the talent show.

Healthy Visions taught me how to get over my bad times and I used what I was taught to try and help my friends when they were down.

Until Healthy Visions, I felt invisible that no one cared about me, I felt worthless and had no reason to live. Healthy Visions taught me I mattered. I am lovable and I have something important to offer.

I am so grateful I could access Healthy Visions on social media. When I was down, I could hit RP up on Facebook and he would respond with a note of encouragement. Healthy Visions believed in me until I could believe in myself.

Without Healthy Visions, I would not be here. I would have thrown myself in front of a bus. With Healthy Visions I am thriving in college and know I will be somebody

Sincerely,
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