

## Coming Full Circle

With help from Unity House over the past few years, Mark Ciricillo has made tremendous strides. Mark was diagnosed with depression and mood disorder in 2011 and was referred to PROS for mental health services.

“PROS helped me a lot,” said Mark. “After a while, I was feeling better and wanted to go back to college and get my psychology degree.” Mark now takes two classes a semester at Cayuga Community College. He earns straight A’s and has been on the Dean’s List twice. He anticipates finishing course requirements this December, about the same time as he will be completing the 2,000 hours required to be a fully certified peer specialist.

In addition to school, Mark is the vice chair of Peers in Cayuga County, where he pulls shifts on the “warm line,” speaking with folks who just need someone to talk to.

Mark moved into a new independent apartment in North Brook Court in January. He had previously lived in Standart Woods for a couple of years in Unity House’s supported program.

“I’m pretty much on my own now, slowly returning to being fully independent like I used to be,” explained Mark. “Through the process of recovery, I’ve come full circle, and it’s a far better place than where I started from.”

