

Changing One Day at a Time—Robert's Story

Robert is an East Coast native who has moved around a little, but has resided in the San Francisco Bay Area for most of his life. A downward spiral from years of substance abuse led Robert to homelessness over a period of ten years.

Living conditions for Robert during his time of homelessness was rough and difficult. "But within one day, my life changed," Robert explains.

Robert's life dramatically changed when he was approached by a member of the San Francisco Homeless Outreach Team (SFHOT). They assisted Robert with the resources he needed to change his direction. In 2007, Robert moved into an apartment at Coronado, a private residential single room occupancy building provided by CATS and for the past three plus years, has enjoyed being independent.

The Coronado staff were friendly and welcoming according to Robert and he works with Clarence "who has always been positive, supportive and helped me pursue family relationships."

Robert enjoys artistic hobbies and the companionship with his beloved dog, Sally, who also doubles as Robert's best friend. He says, "I couldn't imagine my life being the same without the good people at CATS. My life has never been this stable or good."

Clean and sober for 5 years, Robert has ushered in a new life—one day at a time.