

Shirley Payer
Afscome state worker

To whom it may concern:

My name is Shirley Payer and I have worked for the State of Maine for 34 years. In my first 25 years with the state, I had worked for BMHI, known today as now Dorothea Dix Psychiatric. I now work for the Office of aging and Disability Services of DHHS as a Crisis worker. I am a front line worker, working with Adults, Elders, and Traumatic Brain Injury client with disabilities. My compassion to help people with disabilities has been very rewarding but.. I strongly believe in the 25/55 retirement on so many levels. The emotional ride you take when helping client deal with their mental health and physical difficulties can leave a mark on your own wellbeing after a while. Providing the level of care needed and the constant level of care needed can be draining on all staff. Over the years it can take a toll on your awareness of when you yourself need help. Trauma given to you at work leaves you with PTSD, and sometimes the failure for you to recognize it. I believe it would change a Mental health worker/Crisis worker thought process to be able to retire from a rewarding but challenging job when lacking the ability to go on with the day to day challenge of being in the front shadows of our jobs. Thank you for reading