

Audio file

[Olson 60 Call-Unedited.wav](#)

Transcript

00:00:00 Speaker 1

This lifeline call.

00:00:03 Speaker 2

Thank you for calling on today. Lifeline, how can I help you?

00:00:08 Speaker 1

I'm here. I was wondering if I could talk to a.

00:00:11 Speaker 2

Counselor. Sure. My name is Crystal. What's your name?

00:00:17 Speaker 1

Well, do I have to give you my name?

00:00:21 Speaker 2

You don't have to if you don't want to.

00:00:23 Speaker 1

OK. OK. Well, I had a.

00:00:29 Speaker 1

Well, I'm going through a lot and I.

00:00:34 Speaker 1

I don't know. I I guess I need to find help so.

00:00:41 Speaker 1

How how does a person get help?

00:00:44 Speaker 2

What are you struggling with? What's going on?

00:00:48 Speaker 1

I'm not. I'm not a druggie. I don't have those problems.

00:00:53 Speaker 1

What am I struggling with?

00:00:58 Speaker 1

Homelessness. I am struggling with finances. I'm struggling with safety. I'm struggling with loneliness.

00:01:09 Speaker 1

Losing my job, losing my house, losing money, losing my family pretty.

00:01:17 Speaker 1

Every any kind of fear in in anybody's life. Yeah, that's what I've hit. I've I've. That's what I'm going through and and why?

00:01:25 Speaker 2

Sounds like you've gone through a lot.

00:01:29 Speaker 1

You know and.

00:01:33 Speaker 1

And it's my family, right? My family is is going through it. Not necessarily me, but I am because, you know, I support my family. And so it sucks me dry. Right. Like I completely depleted of of.

00:01:50 Speaker 1

Resources and and how to support everybody's needs, right?

00:01:57 Speaker 1

I guess my biggest fear, you know, because I've lost, you know, my housing. I've lost my car. I've lost. Honestly, I've lost everything. You know, I had two or three storage units of, you know, family pictures. And, you know, just important things that would mean something to me. Not necessarily.

00:02:16 Speaker 1

Anybody else, but I couldn't pay for the storage unit. You know, after like 3 years of paying them on time. It's just the last 3-4 months were.

00:02:28 Speaker 1

So it couldn't get to them. And you know, they they took my stuff, you know, stuff that didn't mean anything to anybody.

00:02:37 Speaker 1

So I lost everything.

00:02:39 Speaker 1

Completely lost everything. It's it's kind of like if your house starts on fire, right? Like everything's gone. And so I was homeless for.

00:02:48 Speaker 1

UM, well, I've been home with for quite a while and and and here's the thing. I got an apartment.

00:02:55 Speaker 1

And we got kicked out within three weeks, got an eviction and then I got another apartment right away. And what was it? Oh, yeah, probably.

00:03:08 Speaker 1

Three weeks, we got kicked out, and that wasn't even evicted yet. You know, the guy just kicked us out and and said, hey, listen or I said listen, that's against the law. I called the police, you know? And the police, you know, because the guy put new locks on our door and the police said, no, you can't do that.

00:03:28 Speaker 1

You have to go through the proper legal, you know procedures and not evictions. So that means you, you know, you guys take her to court and all that. So those are the things that I'm going through and and it's not because.

00:03:39 Speaker 1

Because I'm doing anything wrong, but my family's doing things wrong now. It's my job to care for my family, so it's probably my job to find how to help them get through their problems.

00:03:53 Speaker 1

So there you go. Mean, I don't even know if.

00:03:54 Speaker 2

That's a lot.

00:03:56 Speaker 1

I made any sense?

00:03:57 Speaker 2

No, you definitely did. You definitely did. UM.

00:04:00 Speaker 1

You know and and and then and that affects my job performance. That affects my job availability, right, going to my.

00:04:07 Speaker 1

Work and you know not having a vehicle because of going through, losing everything right? Like I, I had a great career and I don't want to go away from that career. But you know the drama continues. I I can't be available for my career because I.

00:04:27 Speaker 1

I you know, I always say I look, I I didn't have a vehicle to drive. I I barely, you know, honestly I didn't even take a shower for like a month. It's just because you know.

00:04:38 Speaker 1

I just I I found a a lower level job that like at a nursing home, you know and you know everybody there smells anyway. So I was sorry to say that, but they do because I you know you I'm just always cleaning up, you know, diapers the whole time. So yeah, I mean.

00:04:59 Speaker 1

Nobody could tell if I took a shower or not, because but anyway, that's the only way I was able to pull off that.

00:05:07 Speaker 1

If I were to go in my real career, there's no way I could show up and not be, you know, showered. You know, that's that's how low level I was, you know, and I still am kind of. I'm

getting a little bit better. I got a a vehicle yesterday. But you know, there you go. I mean, I can ramble on and try to stick to the pointers.

00:05:26 Speaker 1

There. But and the biggest thing is is is my family. Means the world to me and I put them first and foremost in every way because I couldn't imagine not having my my family and I don't know what to do right. I mean I I love my family so much.

00:05:45 Speaker 1

And yet.

00:05:47 Speaker 1

Look with my life. So, there you go. That's what's.

00:05:50 Speaker 2

Yeah, it's that's that's a hard situation. When you say family, do you mean like husband, children, who were you referring to, you say family?

00:06:00 Speaker 2

Kids. Yeah. Kids. OK. OK. How old are your kids?

00:06:04 Speaker 1

Yeah.

00:06:07 Speaker 1

Young adults, but they're, UM, that special needs special needs. Then they can't necessarily, umm, live on their own. So there are a little bit of umm resources out there to support them and in a way. But you know.

00:06:11 Speaker 2

OK, OK.

00:06:27 Speaker 1

That's. That's the kind of words that I don't know that I want to go into. Does that make any sense? Like I don't. I mean, nobody's gonna understand that. Except if, if, if, if they had a family member who has special needs. I don't know if that they'll never make any sense to anybody besides people who.

00:06:45 Speaker 1

Or mothers specifically, maybe even fathers who have special needs kids something.

00:06:52 Speaker 1

You know of of that relationship your your bond is is just different compared to typical.

00:06:57 Speaker 2

In it, you're right, you're you're 100% right. There are resources out there to help, though.

00:07:04 Speaker 2

I know you mentioned that you know that some of them, but there are resources that would help in this situation that maybe you could utilize for your advantage to kind of get, you know everybody back on there.

00:07:14 Speaker 1

But you know.

00:07:16 Speaker 1

The you know the the the the the problem is.

00:07:22 Speaker 1

People get put out of their homes because of that, you know, I mean.

00:07:28 Speaker 1

You know, like if I were to do that, if I reach out for help, you know, not always do the kids.

00:07:37 Speaker 1

Embrace that you know, and and sometimes that can even cause more.

00:07:42 Speaker 1

More drama, if that makes any sense. Meaning. I mean, maybe, maybe and and maybe that's why you need to ask and tell it out loud, so maybe I can hear it in in a different view, right? Like with my my kiddos. It's it's like you have to worry about their environment, right? You you have to, you know, accommodate.

00:08:03 Speaker 1

Their needs, meaning, you know.

00:08:07 Speaker 1

UM I don't know how else to put it, but you have to accommodate that. You know you don't have chaos in your in your environment, you don't have, you know, a lot of transitions, right? A lot of changes and and you know.

00:08:23 Speaker 1

And autism is what we're dealing with, right? So they're very highly sensitive to change in, in, in our routines. And you know, so. So the best case scenario is having a stable.

00:08:36 Speaker 1

Structured just a safe environment, really. UM.

00:08:41 Speaker 1

So when I think about reaching out for help, you know that's that's lots of transition, right like that. That's extra people coming in and out of of you know their day and.

00:08:53 Speaker 1

And and and yeah, I would think that that's what what is needed, right to get those, those kids, you know, on track. But you know, sometimes when you think it's the right thing, sometimes it backfires and it it's it's it can be totally the wrong thing if that makes sense. It it does make sense, but you need help.

00:09:13 Speaker 2

You can't do it.

00:09:14 Speaker 1

Yeah.

00:09:14 Speaker 2

On your own.

00:09:15 Speaker 2

And there are resources out there that can help.

00:09:19 Speaker 1

But I'm supposed to be able to figure it out. I'm supposed to be able to do it, you know, if I don't do it, I failed.

00:09:24 Speaker 2

Well, part of part of part of figuring it out is utilizing resources available.

00:09:34 Speaker 1

Yeah.

00:09:35 Speaker 2

OK. Because there there are there the resources are there for a reason.

00:09:40 Speaker 2

Because you don't have to be alone to help.

00:09:44 Speaker 2

There are people out there that know how to deal with it, that can teach you how to deal with it, that can teach you.

00:09:49 Speaker 2

How to help your family?

00:09:55 Speaker 2

Have you ever worked with the Autism Center for xxxxx?

00:09:57

I would.

00:10:01 Speaker 1

I reached out to hundreds of people and I never get anything, you know? You know what? There was one time I had my my kid take medication. It was during the COVID time and it was like right after the COVID hit. And I I put my son on medicine through the.

00:10:20 Speaker 1

Psychiatrist, doctor and you know, here's here's just an example of why I fear all these things is because that doctor gave my kid.

00:10:30 Speaker 1

Like lorazepam and and then we make my kid, you know, again, the doctor didn't do anything besides drag my kid up and, you know, didn't you know, encourage counseling and will maybe encourage it. But we never, you know, got that lead. It didn't get no referral. But anyway, my point is, is he gave my son the lorazepam. And then when it didn't work.

00:10:52 Speaker 1

You know my son, you know, went wacko on it. You know, the doctor was like, no, give him another one. And and and I was like. Ohh. And then I said well, it didn't work. He's still crazy angry.

00:11:04 Speaker 1

And you know, so the point is, is is the the instead the doctor's saying, oh, that didn't work. Let's try a different thing. He increased the very crap that was making my kid crazy. And so, you know, my kid was on xxxxxx. And like fluorine, you know, flight was coming out of his mouth. I couldn't even stay up.

00:11:25 Speaker 1

And and I I told that doctor I said that that's wrong. It's not the way.

00:11:29 Speaker 1

Live and he wouldn't. He was like, well, we can't take him off of it. And I said heck, we are. And he said no, we're not. And I said, you know, you have to do this. That's an unethical. You can't. That's a drug that you can't just drop off. You have to taper it. And so I went immediately and found another doctor right away.

00:11:49 Speaker 1

And she started started the process of winging them off. She was like, that's a horrible

00:11:54 Speaker 1

Drug and you know, and then then later on in my, you know, later on month later, I had heard from families because I worked at the hospital and people would talk about that doctor about how he ruined their daughters, kidneys and liver and and organs because, you know, he had feed fed them so many drugs that were, you know, toxic to their.

00:12:15 Speaker 1

So that's just one example of why I don't trust the system at all. You know, like, you know, you you tried it to reach out for a resource and you think you're doing.

00:12:27 Speaker 1

Good, good thing and and even when you advocate like when I said Ohh hell doctor that's wrong. You know he really put a it was just a lot of.

00:12:38 Speaker 1

A lot of tough times, you know what I'm saying? Like.

00:12:42 Speaker 1

But then you know, I found a real good doctor and she was phenomenal and and hung him off all medication. And it was like.

00:12:49 Speaker 1

So you know what I'm saying? Like there could be really bad things that occur. And I guess I don't know. You're right. I need to figure out.

00:12:58 Speaker 1

Should be OK with UM asking for help and and know that I can get through this.

00:13:01 Speaker 2

And that is the hardest thing to do. That really is the hardest thing to do. The Autism Center for xxxxx is a fabulous, fabulous resource. They have a list of, like therapists. They have a list of resources to help. They have a lot of things that maybe you didn't even know existed as far as being able to help with kind of your situation.

00:13:21 Speaker 2

And and with your with your family. So I would start there.

00:13:25 Speaker 1

OK, so where let me Google. I don't have a pen and paper, so let me Google it and then I'll take a picture of the contact information. What is it called autism?

00:13:33 Speaker 2

It's called.

00:13:34 Speaker 2

Center for xxxxx.

00:13:37 Speaker 1

Center.

00:13:44 Speaker 1

OK, this artist instead for xxxxx. OK. And it's a nonprofit organization, and let's see it says it says, uh, the phone number and then 1000.

00:13:58 Speaker 2

It sounds about right. Yeah. Without without looking at it. But that if you got the website, then that'll be the good place to start. They have they, you know, they have case managers. They can work with you. They can offer resources. They can kind of put you in the right direction of how to get you and your family back on their feet.

00:14:15 Speaker 1

OK, alright, I'll do that tomorrow because they're not probably open now, right? But they'll have a.

00:14:19 Speaker 2

Yeah, they're not gonna be able, but they'll be. They'll be open tomorrow. I really hope they can help you. You know, you care about your family. And that is amazing. And you're they're very lucky to have you as their mom.

00:14:23 Speaker 1

You'll have a look right here.

00:14:33 Speaker 1

Yeah, I know, I know. But it's it's killing me, you know, it's it's literally killing me. You know, I can't imagine.

00:14:39 Speaker 2

That's why it never hurts to accept.

00:14:41 Speaker 1

The physical.

00:14:41 Speaker 2

Help.

00:14:41 Speaker 2

When you need it.

00:14:44 Speaker 2

And you need it, and there's nothing wrong with needing help. There's nothing wrong for asking for help because honestly, asking for help is a sign of strength, because it's a sign that you recognize you can't do everything. You've tried it, and it hasn't worked.

00:14:59 Speaker 2

Doesn't mean you're a bad person. Doesn't make you a bad parent. It just means you need.

00:15:02 Speaker 2

A little assistance.

00:15:04 Speaker 2

A little step in the right direction so that you can meet their needs.

00:15:10 Speaker 1

Gosh, it's just too bad people like my, my friends and you know, why can't they be the the helpers compared to like going to to the state and asking for help you.

00:15:22 Speaker 2

Know you know and and saying, you know, they're they're people. Everybody knows different things. And so sometimes you just gotta reach out to an expert.

00:15:30 Speaker 2

To kind of help help your situation.

00:15:34 Speaker 1

True. True. OK. I appreciate that I'm going to do that tomorrow. I think that's going to be helpful. I I pray that it's I I have to use the right language. I have to tell them. Listen, I I just need I if I tell them exactly what I told you then that will get me somewhere, right.

00:15:51 Speaker 2

I think so. I think definitely. Well, it's a start in the right direction for sure.

00:15:56 Speaker 1

OK, because I swear I've I've called many places. I just didn't. And then they're they're always like. Well, what? What, what can we do? What can we help you with? And I'll be like, well, I don't know. But just here's my problem. So let's figure it out.

00:15:57 Speaker 2

It definitely is.

00:16:06 Speaker 2

You don't know what's out there. Just ask what kind of resources are out there. Ask what kind of resources are out there for help for you. Just give them what you need. Give them the circumstances, let them know you know that you're you're trying to get everybody on the same like on this. Get everybody on their feet.

00:16:21 Speaker 2

Basically, and so if you explained it the way that you explained it to me, I think they'll be able to offer you some help hopefully. And if they don't definitely reach back out to us, OK, there may be some other options in the in the area.

00:16:32 Speaker 1

Yeah, cause you know.

00:16:34 Speaker 1

You, you you know what kinds of things I'm dealing with, like my. My kids are running away from. I've I've to buy tracking devices on them. Like pretty much every other day because they've gotten smart where they just throw them away now, you know? So and those are not cheap, you know, literally that's \$30.

00:16:54 Speaker 1

Every other day, just for the the tracking device, you know, I mean.

00:17:00 Speaker 1

And and then.

00:17:02 Speaker 1

You know, broken things, things that are being broken. I have to pay for, you know, legal things, right? Like the police, you know. And you know, attorneys, I've had to pay tons of money for attorneys, you know? And I I just.

00:17:20 Speaker 1

I don't know why my.

00:17:20 Speaker 2

It's a lot.

00:17:23 Speaker 1

I don't know why? Why? Why? They're having such a tough time. Like I I don't get it.

00:17:31 Speaker 2

And maybe getting some resources in place will help with that. Maybe getting an understanding of of diagnosis, getting an understanding of what they need as far as anything that can help. I think it'll help you in the long run.

00:17:45 Speaker 1

Yeah. OK God.

00:17:47 Speaker 2

I I wish you the best of luck with everything and feel free to reach out again if you need some more help, OK?

00:17:47 Speaker 1

Alright, thank you so much.

00:17:52 Speaker 1

OK. Thank you so much. Bye bye bye.

00:17:53 Speaker 2

Alright, thanks.