Share Why We Care Acadia Hospital: Project Inspiration

Karen Kenneally, LMSW - Clinician on 2North



I have always enjoyed working with people and helping people. In high school, I was the person people would talk to about their problems. I decided that I would get an education in psychology and social work; that way I can do what I love: helping others.

My passion for working in the mental health field comes from my love of helping others and working with others. My passion also came from my experience with close family and friends that have mental health problems. I have seen what services they have had and how those services were helpful or not. I wanted to be able to make a difference.

I started working at Acadia in April of this year and I love the support I get from my colleagues on a daily basis. I have found everyone here is friendly and helpful. I can always find someone to ask a question if I am not able to find the answer. I enjoy the fast paced environment, but still have the ability to provide good patient care. I am glad that I get to work for an organization that offers a variety of services to the community and can be a leader in mental health care reform. I feel that I bring an upbeat, positive attitude to work everyday. I try to be hopeful of the services the consumers can receive here at Acadia and through other mental health organizations.

Through the various jobs I have had in the mental health field, I have used spending time with family and friends, exercising, reading, watching movies and television shows as a way to relieve stress from work. I also enjoy spending time with my pets. Primarily, spending time with family and friends is my main source of managing my own well being.

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