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## MINNESOTA YOUTH SUCCESS STORY: NYESHIA

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### WSA 10 – Minneapolis Employment and Training Program

#### Nyeshia

Nyeshia came to East Side Neighborhood Services (ESNS) and enrolled in the Year Round WIA Youth Employment Program in October 2011. She was 20 years old when she came, and caring for her year-old son made it hard to find the time to focus on her goals past high school and developing skills for a career. Nyeshia was dealing with multiple challenges including mental health concerns, family issues and a challenging relationship with her son's father, but she was interested in going to college to study nursing.

In February 2012, Nyeshia enrolled in a two week training course at ESNS to become certified as a Personal and Home Care Aide (PCA) – a good first step into the nursing field. Nyeshia was late for the first two days of class, but after that she was on time each day and did not miss any days. She learned about the field of PCA work, heard from guest speakers and developed hard skills to use on the job. She was very proud when she earned the Department of Human Services PCA certificate as well as First Aid and CPR certificates through the Red Cross.



Following Nyeshia's success in the PCA course, she was placed into a WIA Youth paid internship at the Friendship Center, a day program for older adults where she got the opportunity to spend three months working 20 hours per week with daily programming, assisting with the facilitation of social and therapeutic activities and building relationships with the clients. Nyeshia learned a lot about the level of professionalism required at the job, like the professional dress code and communicating with other staff members she didn't immediately get along with. But throughout the process, she was open and ready to accept feedback and worked hard to adjust her performance to be successful.



#### **A few words from Nyeshia on her experience:**

*"My favorite part of the PCA training was using the mannequins to learn CPR. It was really fun! Working at Friendship Center helped prepare me for my next job in healthcare. I enjoyed cooking and working with the elderly. They were good people and they had kind hearts."*

*-Nyeshia Davis*