

STAFF SPOTLIGHT



Meet Tran Nguyen

Tran is one of our notable interns who voices Blu the Bear and leads the *Therapy Reveal* podcast series for our agency. Her bright smile and even brighter personality make MFPI a more fun place for all team members to be.

What have you learned from being in your role at MFPI?

The most important thing I learned from my role at MFPI is being open to listening and learning. I learned these things during my time doing street outreach through the CARE Champion project and interviewing different people for the *Therapy Reveal* podcast show. Learning how to do these two things allowed me to become more curious and operate with a child-like spirit.

What is your favorite memory at MFPI?

I love going on field activities with the staff to get to know each other better. My most memorable field activity would have to just be every time I assisted Nathan with the CARE Champions street outreach, where I gained a lot of my knowledge about working with the unhoused population as well as Nate's work hard, play hard lifestyle.

How do you plan to implement mental health in your future career aspirations?

My aspiration is to become a mental health nurse practitioner, focusing on holistic care to enhance the lives of children from challenging backgrounds. I believe early traumas shape our emotional triggers, impacting the relationships we have with others in our lives. Working with the younger generation would allow me to guide them through their formative years toward healthier futures and relationships.

What do you do to maintain your mental health and practice self-care?

When I feel overwhelmed, I de-stress by playing the piano or singing my favorite songs. In moments of anger, I take time to verbalize my thoughts and emotions to my support system because I've learned that leaning on others is better than figuring it out by yourself. In times of sadness, I cry because it's okay to shed some tears to relieve the internal emotional buildup. I also take time to explore the world around me because there is so much beauty outside of social media. I enjoy hiking and going camping with my closest friends and family to allow me to appreciate the beautiful little things in life.