



Mitchell McCann

Housing Success

“Open. Honest. Kind. Respectful.”

That’s how Mitchell McCann describes himself. Those are simple words, but they reveal something important about him: Mitchell is someone who thinks deeply about who he is and how he moves through the world. Long before he knew the language for it, he was trying to understand people. Their motives, their behaviors, and the experiences that shape them.

That curiosity began early. After losing his mother at a young age, Mitchell entered into the foster care system, where instability became constant. As he moved through different placements and eventually aged out of care, he spent years navigating adulthood largely on his own. Housing instability carried him across states, but so did a quiet determination to keep searching for a place where he could finally feel at home. Part of that search meant learning to understand himself.

For years, Mitchell struggled with his mental health. His years in foster care, losing his mother, and being hurt by people who were meant to protect him, Mitchell was constantly fighting an internal battle to manage his emotions and understand things on his own without guidance. Despite this, he eventually found a therapist whom he credits as becoming one of the most important turning points in his life. **It wasn’t an overnight transformation, but it gave him something he had been looking for: language for his experiences and the tools to navigate them.**

Eventually, that journey led into the shelter system in which he was in yet another experience that forced him to live in a constant state of alertness. For Mitchell, the hardest part wasn’t simply lacking a place to live. It was never being able to let his guard down.

The support that helped him better understand himself sparked a desire to help others do the same. Mitchell is building a future rooted in helping others navigate the same questions he once had to answer alone.

After nearly a year in shelter, Mitchell received a CityFHEPS voucher and moved into his own apartment. The transition was gradual. Even after the move, his body held onto old patterns of survival. But little by little, the vigilance faded. “It’s a lot more peaceful...a lot less stress.”

For Mitchell, housing means more than having four walls. It means safety. It means having the quiet necessary to think about what comes next. Today, he is living independently, working with The DOE Fund, and preparing to complete his GED. His long-term goal is to become a therapist and eventually to open his own practice.

That dream isn't accidental. The support that helped him better understand himself sparked a desire to help others do the same. **Mitchell is building a future rooted in helping others navigate the same questions he once had to answer alone.**

When asked what he is most proud of, Mitchell doesn't mention housing or work or school. He responded simply with, **"how far I came without quitting."** It's a simple answer, but one that reflects the person he has always been: someone who keeps searching, learning, and keeps moving forward. His story is not defined by the hardships he endured. It's defined by what he chose to do with them.

He spent years trying to understand the world around him. Today, he finally has the space to help others navigate the difficulties he experienced.



"Mitchell approaches the world with genuine curiosity and a desire to understand the people around him. His thoughtful nature and genuine interest in understanding others are evident in every conversation, and his contributions to the Consumer Advisory Board reflect the care and intention he brings to everything he does."

Chelsea Rose, Policy & Advocacy Manager

