

# JOVON V. HEFFNER

SCI Muncy  
P.O. Box 180  
Muncy, PA 17756



## **STATUS:**

- Incarcerated in 2002 at the age of 18
- Hometown: Elizabethtown, PA

**OBJECTIVE:** If granted with a second chance, I would use it to engage in public speaking opportunities to help girls build their self-esteem and to learn to love themselves.

## **Education & Group:**

- General Education Diploma, GED
- Parenting Group

## **ACCOMPLISHMENTS:**

- Completion of all Recommended Programing
- Above Average Housing Reports
- Maintaining Positive Work Reports
- Medication Compliance

## **THE WOMAN I AM TODAY**

For 13 years, I strived to overcome the effects of the 2 mental illnesses that I have been diagnosed with: schizo-affective disorder and PTSD. In the past, I suffered with suicidal thoughts, but I have learned to love myself and that we are all beautiful and worthy of living.

I would like to speak publicly to help girl learn to love themselves as I have. I would like to make a difference because I have overcome so much. I spent my life being alone and not communicating with people. There are too many girls like that and I would like to make a difference in my life and help others to do the same.

I want to be someone my daughter will be proud of.