

Taking Flight

A Briefing from Project GREAT
Georgia Recovery-Based Educational Approach to Treatment

ANNOUNCEMENTS

Find Support and Get Involved

MCG offers more ways to be involved with your own behavioral health care. If you're interested, ask your psychiatrist or psychologist about our support groups and advisory council.

A RECOVERY STORY

By Denise Noseworthy, CPS

When I was in my late teens, I began having bouts of irritability with my family members. So bad that when my mom died several years later, I read in her journal that no one in the family liked me anymore, nor could they understand why I was so angry toward them.

Again, a few years later, after being misdiagnosed, it was determined that I should have actually been diagnosed as having Bipolar Disorder. Finally an answer for why I was the way I was. From there the journey began to find what would work to allow me to live life. For me it has been a combination of medications and therapy.

In 2004, I went back to work again after being on disability for 10 years. I felt like a productive member of society again! After working for 4 years in 2 peer programs, I am now working at the

Medical College of Georgia, where I am enjoying role modeling and teaching about recovery to the medical students.

LEARNING POINTS

Work is a major determinant of mental health and a socially integrating force that is highly valued. No single social activity conveys more of a sense of self-worth and social identity than work. To be excluded from the workforce not only creates material deprivation but also erodes self-confidence, creates a sense of isolation, and marginalization and is a key risk factor for mental disability.

For people with a serious mental disorder, employment is an important stepping-stone to recovery. It provides daily structure and routine, meaningful goals, improves self-esteem and self-image, increases finances, alleviates poverty, provides opportunities to make friendships and obtain social support, enriches the quality of life and decreases disability. People with mental illness overwhelmingly want to work. Though not everyone with a mental illness is capable of full time employment, providers need to maintain the vision and facilitate opportunities in which consumers can participate, can learn, can work, can contribute, and can belong.

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