

Taking Flight

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

ANNOUNCEMENTS

“Bridge to Recovery” is a new six-week group series combining peer support with psychological counseling by Alex Mabe, PhD. Contact Denise Noseworthy at (706) 721-7883 to learn more.

A RECOVERY STORY

After being diagnosed with Lupus, my rheumatologist insisted that I see a psychiatrist. I didn't like the idea at all. The first doctor just wasn't a fit. I got very sick. I was diagnosed by another doctor in 1995. He didn't fool around with explaining to me that I had Bipolar Manic Disorder I. He was very humorous and could explain things where I could understand them. He became my support net when I moved to Augusta. Trust me, it wasn't easy. He went the extra mile. I didn't need a psychologist because he was willing to take time from his busy schedule. I learned so much from him. It took him a long time to dial in my medicine.

I love to read inspirational books. One thing I learned is that you can't depend on people because they're not always going to be there. They have to progress just like you do. I have plenty of support from my family, boyfriend, and church members.

I have learned that life isn't easy and everyone has their flaws. I know that I have a purpose and that keeps me going.

I am dealing with a new doctor now. It isn't easy, but it is getting better.

Every doctor is different. Remember that you are a consumer. Make sure that you choose a doctor that fits you.

LEARNING POINTS

The Recovery Model of mental health care encourages the language of “consumer” more so than that of “patient.” Referring to the individual receiving mental health services as a “consumer” is not intended to diminish the value of the doctor's contribution to the care being provided. But unlike the more traditional term “patient,” the term “consumer” conveys the message that the individuals receiving mental health care are encouraged to take a more active, collaborative, and responsibility-assuming role in their care. The Recovery Model emphasizes that “consumers” are to do more than just behave as “good patients” passively complying with doctored prescribed care. Instead, these individuals are encouraged to educate themselves regarding treatment, assume control and responsibility for their own lives, and collaborate with practitioners to achieve the best care possible. In addition, consumers of services are no longer on the outside looking in at the treatment team. Consumers, other individuals with mental illness (not necessarily active in treatment), and groups that advocate for individuals with mental illness are now considered as integral members of the treatment team.