

Taking Flight

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

ANNOUNCEMENTS

New Peer Support “Warm Line” at 1-888-945-1414

Trained peer specialists answer this line 24 hours a day for anyone wanting to talk.

A RECOVERY STORY

David was diagnosed with schizophrenia in 1989. He says it took him years to make progress slowly after that. What helped him most, he says, were a supportive family, exercise, prayer, music, writing, and “being willing to believe that it could be different.”

In 1998, David started listening to personal development tapes while he took five-mile walks. He stopped eating junk food and drinking sodas. As time passed, David got involved in a peer support group called Schizophrenics Anonymous, and even went to a national conference. He says it was hard to take risks and try new things like this, but he says he put things in perspective by

thinking, “If I’ve been contemplating suicide, then I can take some big risks to stay alive. Now this is my life’s purpose, to recover from this. It is an adventure.” David keeps busy today with writing plays and romantic dating.

LEARNING POINTS

People are more than their illness. Yet it is easy for people with mental illness and their providers to fall into the trap of focusing on “the symptoms” to the exclusion of other important facets of a person’s life. As David’s story demonstrates, when we consider the whole person – physically, emotionally, socially, and spiritually, then new pathways of recovery can be discovered. Of course, like David’s story, pursuing new pathways of wellness is not always easy and does involve taking risks – as do most things in life that offer the promise of great reward.