

# Taking Flight

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

## ANNOUNCEMENTS

NAMI (the National Alliance on Mental Illness) has educational meetings and support groups ongoing in Augusta, Aiken, and Thomson. For information call (706) 733-8838.

## A RECOVERY STORY

My name is Jacqueline Wolfgang. I'm a wife and a mother and a peer advocate.

I was in five different foster homes but was adopted at 2 years of age. I lived with developmental delays and ADHD and lived through childhood molestation.

I began my Recovery path when I was educated through NAMI. I realized I have been living with depression most of my young adult life. Notice, I said that I live with depression. Depression is not WHO I AM. I'm a person first!

Faith was the number one reason why I could move on my Recovery path. Scripture and my church are a big part of who I am today. The people in the church are there when I need them in more ways than I can express.

At one time my family, friends and yes, even my doctor told me, "If you take your meds you MAY live a normal life." Well, let's say I allowed the negative messages to limit me from achieving the life I wanted. To go forward I had to believe in myself, my strengths and abilities.

NAMI is another community support that I became a part of. I started going to the family support group for my son. I learned a lot about how to help my son and get support at the same time. I also learned about depression and learned how go about treatment for it.

I am the evidence that you can move past the mental illness and create a life full of meaning and purpose. I'm a walking miracle.

## LEARNING POINTS

Inspiring hope in individuals with mental illness is an important component of effective treatment. Negative messages by a provider about the consumer's future life with mental illness can interfere with a collaborative and active therapeutic relationship and result in poor treatment outcomes.

Whereas hopeful messages by a provider can increase therapy efforts and increase tolerance of the inevitable stresses of mental illness. One key component of Jacqueline's story is that she had to get past the negative messages from her doctor. Sadly, the doctor's words were a big part of the problem and not the beginning of solutions. Providers need to maintain and communicate the beliefs that obtainable goals can always be realized and working together "we can do this." Hope is the start point for effective treatment and the pursuit of a life with purpose and meaning.

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