

Taking Flight

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

ANNOUNCEMENTS

Residents Rise in MCG New Year

Medical College of Georgia has entered a new academic year. This means many consumers in the clinic and hospital are seeing new doctors because the residents are assigned to new roles.

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 FREE support groups and advisory council.

A RECOVERY STORY

By Sarah Ho, Kona, Hawaii

We had a support group meeting tonight. One of the women there was feeling shaky and vulnerable when I picked her up. But the love, validation, support, and gentle reminders the group gave her helped her pull up and out. There was laughter before we were done. She had moved from suffering into aliveness.

I watched my friend's face change tonight. She was feeling paranoid and very sad at first. But we kept encouraging her to see her problems in a different way. She opened up as she heard understanding and loving suggestions. She listened and let them in, and soon she was smiling.

Be your bravest self. Dare to look at your own thoughts. Step off your

mental not-so-merry-go-round and watch the spinning, the wasted time. You have a choice. Redirect and transform. Become alive and aware.

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LEARNING POINTS

Often traditional psychiatric care has maintained that the "nature of healing" lies primarily in accurate diagnosis and medical interventions by the "doctor." Consequently there has been a focus on what the "doctor" can do to bring about healing. Based on many recovery stories such as the story told by Sarah Ho as well as accumulating scientific evidence, however, we are beginning to understand that healing can come from many other sources including a supportive relationship with the doctor, consumer strengths, hope, determination, and social support. In particular, opportunities to talk with other individuals who have faced similar challenges in dealing with mental illness can be enormously helpful in providing understanding and emotional support, sharing recovery efforts, and providing advice on wellness strategies that have been found to be helpful to others. Consequently, more and more mental health programs are adding certified peer specialists to offer this kind of support from someone who has successfully faced the challenges of mental illness.

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