My Report

Last Modified: 08/23/2015

1. If you want your name to publicly appear, please list it as you want it to appear below (including any degrees).  [Optional]

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| Text Response |
| Anonymous |
| Kendall Atterbury, BA, MA, MTS, MSW, PhD Candidate |
| Jennifer Maria Padron, M.Ed, CPS, CHW, PhDc |
| Mackenzie Farrell, English B.A. |
| Clyde Dee |
| Marcus Hall, LPC, CRSS |
| William J. Hood Masters of Fine Art from UCLA. Thesis was feature length screenplay "Passing through Prosperity" |
| Mertice " Gitane " Williams, Lived Experiences |
| Augusta Cox |
| Idatyna Zarecky |
| Deborah Scamman Bachelor of Arts in Psychology, Certified Intentional Peer Support Specialist |
| Linda J. Brown |
| Laurie |
| Anne W Weiher, Ph.D. |
| David Hallsted |
| Danielle Vannall, Associates degree in Human Services, Bachelors Degree in Psychology, Currently in Graduate School for Professional Counseling |
| Betty Mach |
| Yes, Maryalyce Poole QMHP Chesterfield County. Chesterfield, VA. Loyolo University and Virginia Institue of Pastoral Care. |
| Timothy W Glover Bachelor Science Business Administration (Concentration Finance) |
| Paula R Brent BA MEd LMHP-E |
| Molly Baird |
| Bruce D. Ario B.A. Economics, 2 years of law school |
| Rachel A. Morgan, MBA |
| Anonymous |
| Steve Colori - Author |
| Sheila M West RN BSN |
| Pankaj Suneja |
| Genevieve Teasley |
| Greg Ralls |
| Ron Bassman |
| Elizabeth Nicholl |
| Daria A. |
| Mary I. Perrin, BA Education |
| Robert Bruce |
| Masters of Science in Labor Studies, 1993 |
| Bee Williamson |
| no |
| anonymous (researcher) |
| -- |
| Christine L. Thompson BSN, CPS |
| Pam Ford, M.S., CRPS-A |
| Anonymous from India |
| Jennifer H Moyer. BS, Graduate Student |
| Carol Coussons de Reyes, CPS, MS |
| Sandy |
| Philip A. Kumin |
| Charles Feldman, CPRS |
| Erin Sweeney, MA |
| Robert Bergeman |
| Brenda Nicholson |
| Kate Corbett Pollack, BA History, MS Cultural Foundations of Education (pending 2016), CAS Disability Studies (pending 2016). |

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| Statistic | Value |
| Total Responses | 51 |

2. Please list either your current job title/position or a more general title (i.e. nautical engineer, game designer, physician).

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| Text Response |
| Postdoctoral Fellow/Mental Health Services Researcher |
| Consultant, Social Worker, Doctoral Student, Chair of New York Peer Certification Board Ethics Committee. |
| Associate Director, Principal Investigator and Project Director, The Campbell Center, Washington, DC |
| Certified Peer Specialist |
| Marriage and Family Therapist |
| Registered Nurse / Graduate Student |
| Team Leader, Peer Support Specialist, Community Mental Health |
| I am a filmmaker. I am currently semi-retired. But keep busy in retail and as a Peer Specialist. But recently completed directing a DVD. |
| Programmer |
| Vocational Wellness Educator, Recovery Peer Provider |
| Head Teacher/Principal |
| Outreach Specialist |
| Vice President, Sacred Creations |
| Peer and Family Partner in Behavioral Health Homes |
| Author (3 books published, a 4th in production), Blogger - www.insecretdiffusion.com, www.heyboomers.com, around-the-world, solo traveler |
| PhD / Graduate Student |
| Adjunct Professor of Psychology |
| Customer Service, Front Desk at a Wellness Center on a college campus |
| MFG Engineer |
| Peer Counselor, Independent Writer and Author |
| I am a Volunteer @ the NAMI Kansas office in topaka kansas and a ssc with is a cro I have several types of leaders ship classes I have a mental illness witch her is a few that I can tell you about ADHD depreshion anzide adn others. |
| Clinician, Recovery Specialist. retired and came back to work for the agency. |
| Certified Peer Specialist with Crisis Intervention and Urgent Care |
| peer specialist, case manager, clincian IV for the PACT tem, school counselor |
| CPS |
| manager/advocate/writer |
| Law Student and Single Mom |
| Clinical Social Worker |
| Administrative Associate |
| Economist, International Development |
| Author |
| I was a Certified Registered Rehabilitation Nurse in IL |
| Counselor |
| Mental Health Rehab Worker (Crisis Stabilization Center) and Customer Service Associate/Pharmacy Technician (Walgreens) |
| Civil Engineer |
| semi retired; private psychotherapy practice and consultation |
| Psychotherapist, Lecturer |
| Qa Tester of Web Applications |
| Substitute Middle School Teacher |
| Peer Support Worker and Consumer Consultant |
| Director of Labor Education Center at a University |
| designer + poet + artist |
| medical resident (pediatrics) |
| i'm an applied psychiatric services researcher |
| postdoctoral fellow/child development |
| Certified Peer Specialist |
| Peer Services Manager |
| Independent mental health survivor researcher and writer |
| Advocate, Author and Speaker |
| Mental Health Case Manager |
| Support Facilitator, Partners in Recovery, National Australian Mental Health Program |
| recovery movement leader |
| Social Worker |
| Retired. |
| Director of Communications and Membership Specialist at a Wellness and Recovery Center and Chair of Mental Health Advocacy Coalition |
| Writer and Educator |
| Peer Specialist/ MSW student at CSULB |
| Peer Lead |
| Banking Analyst |
| Graduate Student, Cultural Foundations of Education/Disability Studies, Syracuse University. Assistant, Disability Cultural Center, Syracuse University, Syracuse, New York. Writer, English Graduate Department, Syracuse University, Syracuse, NY. |

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| Statistic | Value |
| Total Responses | 60 |

3. Please list some of the things you do in your current position (what is your day like, for example).

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| Text Response |
| I work with people to improve service provision for people with mental health concerns. I write on how economic and political philosophy shape mental health care. I teach. |
| I work to support regional and national Recovery (Behavioral Health) networks in wellness, whole health solutions, social inclusion, mental diversity, Peer Leadership and the US Peer Workforce. I'm what I refer to as an "entrepreneurial social change agent" in that I am an outspoken advocate, activist, organizer, programs developer, social media/new or high technology early adopter, an IOS apps designer, business owner and a Peer first and foremost. I'm working to finish my PhD in Public Health to afford me the opportunity to grow diverse and foundational co-located Behavioral and Physical public health care environments. |
| I work at a day center for individuals with a mental health diagnosis. I run groups, 1-1's, and teach classes at the Mental Health Center. I also serve on the Partnership for Children's Mental Health Committee which is still in the early phases of development. Through this committee I will become WRAP (wellness recovery action plan) certified for youth in the next month and plan to use this to teach a WRAP group to young adults with a mental health diagnosis. I am also getting my NAMI peer-to-peer certification and will run peer-to-peer courses for youth. In the fall I will speak at local high schools and colleges to share my recovery story and lead discussions on ending stigmas surrounding mental illness. |
| I run Special Messages and WRAP groups in an Outpatient Program. I provide individual therapy to a large caseload and contribute on a team where I have finally identified myself as a message receiver and gained back some of my respect. I interact with a diverse crowd in a safe community trying to shared safety I have achieved and inspire social recovery. I also have started a temporary program that vies to ground special message/HVN in the local system so that it can reach those institutionalized in the circumstances that most torment me. On the weekends I write, and I am currently publishing a memoir with Outskirts Press that is due to be released in ten weeks. |
| I am a full time graduate student, so I mostly go to class, read, study, write papers, and do more reading. I work on the side as an RN in an outpatient mental health setting, as a research assistant on a study of older adults with schizophrenia, and as an editor of graduate and doctoral students' academic papers. |
| I lead a team of five licensed social workers/counselors that is tasked with moving individuals with serious mental illness out of nursing home/institutional settings into independent housing in the community. A typical day involves administrative work typical to any supervisory role- paperwork, scheduling, correspondence, upkeep of clinical records and assessments, consultations. I also spend some time in direct service, meeting with clients at the nursing homes and assisting in parts of the housing search and discharge planning. |
| I have a strong work ethic. For many years I ran my own film and video production services company, Peregrine Production Services. I usually had several projects going on at the same time. So my mornings would involve screenings of what I had done the day or days before and then I would make the changes considering the feedback and move on. Frequently I would have working client lunches or solicit new clients over a meal. I was very busy. Currently, I work as a peer specialist for a local health department. I am on call and work with people who have some distress in their lives. I use my experiences to get people to recognize their strong points and skills and try to focus on the moment. I also make a couple of speeches a month telling my recovery story. My favorite place to speak is Midwestern University where I speak to 3rd year Medical Students on the day before they start their rotations in psychiatry. I usually get very good reviews and the future doctors are sometimes amazed because they do not expect psyche patients to be articulate and successful. I also work two 6 hour shifts at a retail drug chain. I enjoy talking with customers about their interests and have fun listening to them and sharing their stories. I am 69 years old. And the majority of my high school classmates have retired. But I am very busy. And I love it. |
| My manager tells me about current bugs or gives me other tasks. I modify code to fix bugs or to make it more maintainable, or I write new code to add features. |
| Travel to programs within company (Crestwood Behavioral Health, Inc ). Support Administrators, Staff, community affiliates in Training. (Subjects include but not limited to Trauma Informed Care TIC) implementation of Recovery promising /evidence based practices, and Wellness Recovery Action Plan (WRAP ) . Model wellbeing as I a person who experience symptoms of mental heath issues. |
| I lead an Ofsted rated 'outstanding school' at the heart of the local community in one of the most deprived wards in London(index of multiple deprivation). I help children to overcome disadvantage and ensure they make rapid progress. I manage a large staff team and a large budget and now as a teaching school am involved in training the next generation of teachers. My job is wonderful, fulfilling and I would be lost without it. |
| I work for the National Alliance for Mental Illness full-time as an Americorp volunteer. I am in charge of membership. I answer the phones and talk to families and individuals in mental health crisis. I am uniquely suited for this job since I myself have worked through Schizophrenia. I also write personal letters to all of the individuals and families that access our educational programs, support groups, and resources. My goal is to turn those individuals and family members into members of NAMI. I also host round table discussions about mental illness and a monthly book club. I am also forging relationships with psychiatrists, counselors, physician's assistants, and nurses to get information to patients about how free NAMI programs can help them. |
| Peer support ,recovery support,advocacy. Sacred Creations is a statewide recovery coalition based on the principle that all people are sacred creations of God. Our statewide membership includes persons from diverse faith traditions and persons who do not have any religious affiliation. We offer to our members the following; #1 - Life Recovery - This is defined as resources which support an individual in their own personal recovery journey.Sacred Creation is the lead organization for advancing the CRSS credential in the state of Illionis #2 - Life Preservation - This is defined as resources which foster recovery in communities throughout the state of Illinois. #3 - Life Eternal - This is defined as resources which reaches into churches. |
| I meet with participants of the program at my agency to make sure they are in charge of their services and that they are getting what they want from their services. I also facilitate some groups. Some are psychoeducational and some are for the enjoyment of the attendees and for a chance for them to socialize. These are the jam session for musicians (spectators are welcome, attendees are welcome to listen to or make music) and the crafting circle for those who are crafty. |
| Just now, I'm housesitting in Santa Fe, NM, helping a family move to California. I was a stay-at-home Mom/Physician's wife, during my early life and when I had my first "psychotic break"...began Hearing Voices in 1980, 2nd in 1995. After my divorce, I worked in retail in Aspen, Co. I did 11 years total of caretaking for my Mother & my son before their deaths in 1995 & 2011. After social security kicked in, I began to travel the world alone, backpacking & hosteling for a year at a time, twice; and am planning my 3rd RTW journey for next year at age 78. Am proposing a TV Reality show to follow gutsy women who travel the world for Peace. My fourth book, which is in publication now, is an autobiographical look at the rocky and puzzling road I traveled during the opening of my Inner Hearing Channels, thirty-five years ago. I shut the connection down for 15 years, and it spontaneously resumed in 1995. Fortunately, it's still going strong. I have constant conversation with The Holy Spirit (completely non-denominational) and can ask any question I can dream up. This book is a tell-all about the whole experience and my motives are the same as yours....except that I aim it towards all ages. My theme is "You're NOT crazy. This is real, and although there's a "level to be passed through" hovering above the earth, which contains some negative elements, there are easy ways to deal with all of that." I'm sort of becoming the Pied Piper of Voice Hearing and would love any opportunity to help get this business out of the closet. I have the unscientific and metaphysical idea that this condition might be proliferating since the Millennium. But, I truly have no idea. I'll be happy to send you, electronically, a copy of my manuscript (approx.150 pages).if you'd like to request it.....email me at rtwsenior@aol.com. Right now, I'm in the middle of asking my daughter and my sister to recollect some of their memories about those crazy days of mine, so that both side of our viewpoints can be represented. |
| I am a graduate student from the UK. I am just finishing the first year of my PhD, which (ironically!!) focuses on the cognitive neuropsychiatric mechanisms of psychotic experiences. I do cognitive testing in healthy individuals with nonclinical psychosis-like experiences and also in individuals formally diagnosed with psychosis and will also employ brain scans (e.g. functional imaging) in the near future. I also write up my research findings as publications for scientific journals. |
| I teach psychology at a university and am very active in volunteer work on mental health issues and also very active in my church |
| Work part time, mostly evenings, 6 hour shifts. Greet customers and students as they enter the facility. Help members join by assisting with applications and making ID cards. Renew memberships when due. Ensure facility rules are followed for the safety and enjoyment of all members. Secure the building when closing up, make sure the facility is ready for use the next day. |
| I work in the RMA/QA department for S&C Electric in Alameda, CA. My main role it driving change in the culture from fire fighting to continuous improvement. I run multiple PDCA's for process improvements. The majority of the improvement are creating instructions for process stability. My other tasks are to review ECOs, RMA travelers, and ESD programs for the company and suppliers. And when someone is sick I have to fill in for them. |
| The place where were I used to receive psychiatry, support of living, case management and counseling is the place where I now work as a peer counselor. My duties include outreach and data collection as well as data entry for the Integrated Care Clinic whichrovides services for individual diagnosed without mental illness, substance abuse, and intellectual disabilities. I also facilitate and conduct peer support groups, represent the entire agency as the peer counselor on the Crisis Intervnetion Team Faculty teaching law enforcement about whati it is like being diagnosed with a mental illness. I also help the clinic to descalate consumers that may be having a bad day or issues with staff within the clinic. Ii am the liaison of community resources for the staff and consumers of the Norfolk Community Services Board. A typical day for me would include running and facilitating a support group, advocating for a peer involvement, creating a flyer for the next advanced directive information session. Walking around the entire to greet and share resources within the consumers that may be waiting for the doctor, nurse, or must ring a lisening ear to soone who my be having bad day. After work I write because I am also a published author. |
| I do several things like mailing taking phone calls and watching the office if the staff has to be out of the office I help with a certine fund raiser it is with NAMI Walkers and the topeka gives what topeka gives is were all the nonprofed get together and have a fun and start the summer off. |
| Daily working with consumers on skill building such as budgeting, self care, medication management. Working on skills to stay out of the hospial such as triggers and internal warning signs. Conduct WRAP group and telling our story groups. Making a |
| My average day is a Crisis Intervention Team Meeting for an hour to discuss on call temporary detention orders, on going cases and emergency room coverage at the Hanover Crisis Assessment Center at the local hospital emergency room. My primary responsibility is to help a peer who suffers from a mental health psychosis who has been brought to the emergency room in custody and offer help and aid the clinician in evaluating the consumer for a temporary detention order which is provided by the Magistrate based on the Pre-Assessment that has been done. When I am not working at the emergency room, I work with clinicians in evaluating consumers for mental health or substance abuse services. I may also go with a clinician to the consumers location and help with the mental health assessment. I also help consumers write their Wellness Recovery Action Plan. I also discuss my mental illness and psychosis with members of the sheriffs department, police departments and first responders as part of their Crisis Intervention Training. |
| I go into the ER and talk with patients that have been ECO'd and explain to then that I have gone through the ECO and TDO process and I try to give them hope that they can get better. I explain to them the WRAP program and the peer recovery movement. I discuss with them how others with lived experience have gone on to hold down good jobs and earn higher degrees in school and to become leaders in the community. I also teach WRAP to help individuals get a start at beginning a new life. |
| I do a variety of things, including policy development, program development, education, research, and I'm currently aiding in the development of a peer run 501c3. |
| I run two federal government mailrooms during the week. I manage a thrift store on Saturdays. I frequently speak out for the rights of people with mental illness. I have three published novels. |
| - attend classes - volunteer with local legal organization - write law exams - legal research - sit on student diversity board - write legal papers - legal reading - represent mental health patients appearing before review board - prepare briefs - attend panels - prepare factums - attend networking functions - provide pro bono representation to underprivileged clients in the community via clinical placement and temporary articles - make court appearances - and most importantly, mothering! |
| I support people, most of whom are diagnosed with psychosis, in a supported housing service. I also publish and teach as a peer specialist. I run groups, offer one on one support and also do administrative work. |
| I currently support nine faculty and do everything from processing financial transactions to helping write grants to editing journal articles, monitoring legal compliance, answer the main phone lines for the office, interact with patients, schedule travel, and plan major events. |
| I have done a wide range of work. I have worked in research roles – writing policy briefs, analyzing data, constructing economic forecast models and evaluating development strategies. I have done direct field work implementing foreign aid projects with local governmental counterparts. I have also done some multilateral and bilateral negotiations on trade and investment agreements. |
| I have had schizoaffective disorder since age 19 and I'm currently 28. I have published seven articles with Oxford Medical Journals and recently published my memoir Experiencing and Overcoming Schizoaffective Disorder. I have lectured Mclean Hospital's Harvard Residents since 2012 and I have lectured at Massachusetts General Hopsital's Schizophrenia Day. |
| Retired after 38 yrs and 9 months of full time work as a registered nurse. I was an acute rehabilitation RN for adult patients with physical and mental disabilities. Prior to the rehab work I was a trauma RN at the city trauma center on a large university campus. I cared for people in need of becoming independent to their highest level of self care. I did teaching for my patients and families so that could return home safely. I did medication teaching, safety training to help people prevent injuries secondary to their disability. I helped them with safe mobility, transfers from one surface to another...bed to wheelchair. I helped them learn how to walk, talk, bathe, dress, undress and swallow if those areas of the brain were impaired. Many of my patients suffered with head injuries, strokes, neurological disorders and orthopedic post surgical care. The orto were joint replacements of hips and knee patients. Many of my patients were trauma patients involved in motor vehicle accidents with multiple wounds, fractures and head trauma. My patients needed much support to protect them from falls as they were often very confused. I cared for people with Alzheimer's and dementia. The most difficult patients were those who had many comorbidities. They often had many complications as a result of their long term care needs. Most of my patients needed pain control meds and needed alternative ways to treat their pain. Many of the long term patients I took care of had tracheostomy, tube feelings via gastric feeding tubes.. Many required assist with bowel and bladder care. I had many medical patients also who needed much help controlling diabetes. They had major teaching needs for their meds, diet, glucose testing. I cared for people with colostomies and other intestinal needs. I believe the most challenging were my patients who who morbidly obese. They could often weigh up to 500 lbs. Some were able to get up from their beds. Otherwise they very difficult to manage. Skin care needs required ultimate care. Bedsore care and prevention was tremendous. In addition to the patients I have discussed the spinal cord injury patients were amazing to work with. They were so very brave to keep on trying to improve their strength and mobility. Many were quadriplegic. I had to be alert to any changing status of my patients and report to the multidisciplinary rehab team and doctors. The team was a group of speech therapists, occupational therapists, recreational therapists and on social workers. Their was a medical director who often was physical rehab MD or physiatrist. Psychiatrists, psychologists, primary care physicians, and hospitalists were also a part of the team. Respiratory therapists and medical emergency team members were a part of the team too. These were the bedside care givers. I had to report to nursing management and my director. |
| There are several things I do and are involved in my current position. I practice as counselor and meet clients for 50 minutes session individually. After the session, i write case reports. And spend some time reflecting on the case. If I have another appointment with client, then I prepare for it by reading previous case reports, else i spend time in reading books on psychotherapy, or writing research articles. Also i visit my therapist for personal therapy. And i visit superviosr for supervision. |
| When working at the Crisis Stabilization Center I am in charge of making sure the commons areas are clean and neat as well as the client's bedrooms upon discharge. I am also in charge of running errands for the company as well as bring and picking up clients that are staying with us to medically necessary appointments that include therapy for their Mental Health. I may encounter a client that needs to de-escalate and I help find the necessary person for their request or be an ear to listen. When I am working at Walgreens I help customers locate items throughout the store as they shop for their needed items. I also offer assistance in ringing up their purchases or occasional I will work back in the pharmacy part of the store filling prescriptions or ringing up a prescription for a customer. |
| Project management of design of large dams to store waste (tailings) for multinational mining companies. Also site investigation, documentation, construction monitoring and third-party auditing. |
| I have a limited number of clients that I see. I respond by phone or Email to requests I get from various sources who have seen my work and seeking help for themselves or family members. I do Tai Chi and Chi ung daily. I spend time outdoors hiking with wife and son. I re-read work from the 60s and 70s from writers I didn't fully understand when I wwas struggling, i.e. Laing, David Cooper, Gregory Bateson |
| I offer psychotherapy to adults - I particularly like to work with people who have been given diagnoses of schizophrenia or bipolar disorder. I also lecture in Counselling at a further education college. |
| Log bugs found in the software, Create/update test cases for new features, Verify/Validate new features and bugs that have been fixed. |
| I only substitute one day a week now. My day consists of writing the lesson and my name on the whiteboard before the middle school kids come in at 7:35 AM. I also read the lesson plans and any materials the regular teacher has left. I usually am actively teaching all subjects, Math, Science, Social Studies, Language Arts, and sometimes Music or Art. I no longer wish to sub in Gym classes, too hectic. Some teachers leave a video to play, others may use text based problems and reading. Some use ipads exclusively and will direct students themselves via the ipads. This makes my day one of babysitting, and not teaching. Unfortunately, this may be the trend for future subbing. At the end of the day, I leave a report of what went on in the classroom. |
| I work at a Public Hospital in Melbourne Australia, currently I am doing two seperate but closely related roles that involve taking my lived experience to the service and to the clients of the team I work with. In the consultant role I talk to the system about how it can work in a more consumer friendly way and in the Support Role I work directly with clients who are having a difficult time and talk about my experiences in a way that helps them understand and find power in their own stories |
| Oversee a large ESOL and GED preparation program for workers Create and deliver labor education programs, and supervise others who do this Create and plan cultural programs about the labor movement, murals, photography project, etc. Represent the labor movement in various media, with other organizations, and in the community Board member of statewide Women's Leadership organization and leader of regional group of women from labor and community organizations |
| With my designing aspect, I will design books on the computer, or websites, or graphic works, like stationary and advertising material. I specialise in CD's for musicians, websites for artists and books for writers. I invented the role for myself 15 years ago, and am still doing the same job, in my own business now. If I'm not working for others, I'll be designing, writing poetry and plays, and designing books that I illustrate with photos, paintings and drawings. I have successfully published 5 books which sell in bookshops around my city. I don't charge a lot of money for my services, so I still get help financially from the government. |
| currently doing rotations: life as a resident is notoriously tough. days often go by in a blur, but this is also what i've always wanted to do: i've always felt like helping kids is one of the clearest ways of making a difference. |
| mostly developing research projects, analyzing data, leading a team of assistants and junior researchers |
| in my current position I'm focusing on "abnormal" language aquisition in children with a history of childhood abuse or adversity. |
| I do recovery focused work with adult peers. |
| Work with a Peer Specialist to help educate the community about mental health and substance abuse. We hope this will also reduce stigma. Provide technical assistance to the Peer Specialists that work for the mental health and substance abuse providers in our community. Provide Peer Specialist Support Meetings to the Peer Specialists in our community. These are provided each quarter. Answer a Consumer Hotline and provide counseling, information and referrals to individuals and families. Developed a Consumer and Family Resource Manual with topics suggested by consumers. The Manual is updated each year. Tell "our stories" in the community to create hope and demonstrate the power of resiliency and recovery. |
| As a researcher, I work on specific research projects, sometimes alone, otherwise with a research team. My clients are the voluntary sector, statutory health sector organisations and, sometimes, universities. I also sit on a few research steering/advisory groups. As a writer, apart from academic writing emerging from my research, I also write fiction and do translations from my mother tongue to English. As an activist/campaigner, I actively participate in race equality and mental health work, peer support and mentoring. |
| Provide informational and emotional support, speak to audiences about my lived experience, sell my book published by Praeclarus Press, teach leadership trainings and now expanding business to consulting with hospitals, etc working to expand resources in area of mental health and perinatal mental health |
| I manage a caseload of 45 adults receiving mental health services at my agency. I meet with clients monthly and at their homes to provide support, monitoring, linking and feedback. I coordinate with other providers at my agency and outside provider to ensure my client's well being and assist with gaining and maintaining stability. I also manage a housing program for the agency in which I locate apartments, collect rent, perform home visits and facilitate leases and other housing related services. |
| Work in a team. Lots of administration, phone calls, organising appointments, booking pool cars and client notes. Respond to referrals for clients, assess for eligibility, meet with clients, discuss personal mental health recovery goals with clients, create action plans with clients to identify what the client will do and what other services will do. Respond to client follow ups, review goals and further support needed. Discuss what life will be like beyond service participation. Complete stakeholder reports listing service gaps for people accessing the mental health system - clinical and psychosocial services in our community. Assist clients to utilise flexible funding to purchase services and items essential to they recovery. Laugh with my team, problem solve client concerns about how to achieve something/ motivate a client. Build partnerships with stakeholders and service providers. Attend stakeholder events, forums and meetings organised by lead agency. Have lunch. Go for a walk. Talk to colleagues in other teams in the office. Drive to see clients and stakeholders. Respond to emails from other services. |
| work for state government in developing programs, policy, and peer supports. public speaker as trauma survivor, human trafficking survivor, recovery movement leader writer and artist |
| Counselling, advocacy, high level of written & verbal communication, activism, facilitation, teaching, training, consultation |
| Remain current with local, state, national, and international events. Read newspaper everyday and monitor the Internet, with particular attention paid to the anti-psychiatry movement. Follow legislation pending in Congress of critical concern to patients/former patients. Participate in anti-psychiatry chat groups. Attend each year's nationwide mental patients' conference. Periodically participate in ancillary anti-psychiatry protests, demonstrations, and rallies. Write. |
| Facilitate support groups, talk with members, help write grants, do mental health advocacy, give tours of facility and go through membership process with potential members |
| Write, advise students, edit work, create spreadsheets and do reports, attend meetings, network, follow up with students. |
| I am a case manager, counselor, group facilitator, mental health advocate, substance abuse counselor, and life coach for veterans. |
| Help clients with mental illness be healthier |
| Banking Analyst Daily Work: Prepare Reports, Calculate Numbers, Prepare analysis |
| I haven't started my position at the Disability Cultural Center (DCC) yet. I'm starting next week. However, I have worked for many years in fields related to art, antiques, historic/genealogical research, historic preservation and writing. I am in my second year of graduate work at the School of Education. I do not really have a typical day, as I am involved in many different things. A day when I have classes entails getting up and going to campus, which is very close to my house; sometimes to the library for a while. Then I show up at my class and say hello to my sign language interpreters (I am Deaf). I am in graduate seminars that are three or hour hours long, a few times a week. I have two regular ASL interpreters that I am also friends with at this point from seeing them so much. They are with me quite often on campus. I use them for lectures and events, too, and we sign to each other during breaks when we get coffee together. We also sign as we walk to a meeting or an event, or whatever is going on that day. I also frequently drop by the Disability Cultural Center and say hello to my colleagues (most of whom sign and are disabled). |

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| Statistic | Value |
| Total Responses | 59 |

4. What about your current position or work makes you feel happy (or productive or like you're changing the world)?  If you feel like sharing, what are a couple of your recent accomplishments?

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| Text Response |
| I love ideas. I am intellectually engaged with how ideas shape our society, and i love to read and write about that. But i also am very invested in figuring out ways to change our systems and society for the better with regard to income inequality, health disparities, educational achievement and the like. |
| I like being needed and I like helping people even more. |
| In the past I have worked for other non-profits as a program development coordinator, however I have found that working as a Certified Peer Specialist is the absolute best career for me because I get to instill hope in people on a daily basis. I'm really excited to be a part of the Partnership for Children's Mental Health Committee because one of my biggest struggles when I was first diagnosed was that I felt like there was no one out there who could understand me. It feels really rewarding working to develop a program that brings young people together in a social and recovery-oriented setting because I know I am helping to work towards a future where young people will not feel the same isolation I felt when I was first diagnosed. |
| I am able to promote recovery on a team where not everybody thinks that way and fight against my own persecution as an identified by demonstrating competence that sometimes exceeds what others can do. I have used the groups I run to formulate my own theory and techniques for working with psychosis-- lord willing, this will be my second book. Even when I write my dumbass notes and treatment plans, (or propaganda against a person,) I strive to add to my learning so that I can sharpen my techniques and fit them specifically to the person I am working with. The release of my memoir is an achievement as I have worked on it for seven years and have not had anyone but editors read it. Everyday I work to off-set the time and status stolen from me and it is a gift to be able to do so although I have survivors guilt that many people I work with do not enjoy the freedom and status that my work affords me. |
| Everything about my current positions make me feel happy and productive. My life has been filled with so much suffering it feels immensely rewarding to be spending every day helping people in what I believe is the most important aspect of well-being - mental health. |
| I feel like I am helping mentor and develop clinicians to provide service that is more client-centered, empathic and compassionate. I feel good about demonstrating genuine care and concern and providing a voice to individuals who have been oppressed and silenced for most of their lives. I enjoy seeing the satisfaction of a client who is free from the constraints of the nursing home and walks into a fully furnished apartment. I feel proud of being able to provide quality clinical service in spite of the obstacles I have faced. |
| I most recently completed "Living: WRAP" a 67 minute DVD that is being distributed by the subject, Mary Ellen Copeland. I co-produced, directed and did the conceptual editing. I went to Vermont to shoot the WRAP part of the film. I set up the shots and did all of the interviews. I then returned to Illinois to do the rough edit on my PC. I did the rough edit in about two weeks. In addition to the scenes shot in Vermont we added sections of "Coping With Depression" which I had done with Mary Ellen in 1990. This video was New Harbinger's most successful production for many years. But Coping with Depression was produced by Mary Ellen and myself. I sold 100 shares of Coca Cola stock to finance the week of shooting in Vermont. I took a videographer from Chicago and a grip/gaffer there. I did the off line edit here in Chicago for about six months. "Living:WRAP", WRAP is the acronym for Wellness Recovery Action. It was a big accomplishment for me because I renewed a relationship with author Mary Ellen Copeland, (mentalhealthrocovery.com). And developed the editorial style and handled the interviews. It had a narrative and visual flow that were in my "style". Because of my psychosis, or brain wiring, I have had a unique way or approaching creative challenges. Mary Ellen and I have s great respect for each other and it was gratifying to work with her again. |
| It pays very well, and I am treated with a lot of respect. Writing code is not hard for me, so I get to impress others routinely. I also have a lot of flexibility to continue studying to become better. I like to build things, and I find tidying up code satisfying. |
| Personally, I feel good about bring TIC to my organization. This has changed perception of traditional medical models teachings of helping professionals. Additionally, I have created a vocational path for myself. My career success is still a surprise to my family members. It is a great feeling to learn how to be self sufficient and take personal responsibility for my alignment. (WELLNESS). Thirdly, I enjoy share my story and breaking the stigmas. |
| The school was awarded school of the year in national teaching awards We make a real difference to the children and families we serve |
| Even on a slow day, I get at least one phone call from someone experiencing a mental health crisis. On busy days, I may get 10 or more. I help people walk through the same steps that I took to get well from Schizophrenia. I use my knowledge and experience to help people. Learning to live successfully with Schizophrenia has been the hardest thing I have ever done. It is very rewarding for me to help people navigate through the emotional pain and difficulties to deal with mental illness in a positive way. When I got Schizophrenia, I questioned whether there even was a God. Today, I know that I am fulfilling his purpose in my life every day. |
| My work at Sacrred Creations will change the world. We are proactive in the advancement of the recovery movement throughout Illinois. Sacred Creations coordinated the Recovery & Empowerment Day in which 375 persons in recovery advocating at the state capitol this past May in Springfield,IL. Sacred Creations is also sponsor for the "No Legislation Without Representation" Campaign. There is a public meeting that will be held September 13th at the Illinois State Capitol. Sacred Creations is the writer and sponsor of C.A.R.E.S. (Churches, Affirming, Restoring, Empowering, Sustaining) and our goal to have a CARES workshop in every single Illinois County within the next decade. Sacred Creations is assisting persons with mental diasbilities to attend national Leadership provided by GAMALIEL of Illinois. This is to train up leaders in mental health recovery become the powerful voice and "new face" when people speak of mental illness. |
| I have the job of my dreams. During my last in-patient visit to a psychiatric hospital I considered working to help others in their recovery. Now my job is to connect with people, to be a good listener, and to be there with them as a peer. I have had other positions as in home support but could not share my experience and I was to relate to my clients as "in charge" and to keep my own feelings to myself. I have met some really amazing people. One was very hesitant about meeting a new person and pretty much stayed at home but after about a year meeting with me and other peer workers he is going to college in a very demanding field. He is brilliant. |
| I love my life! I House & Pet Sit around the world in addition to just rambling about, traveling free-form, writing, exploring and taking pictures. This time, I filled in for friends, supposedly for only 3 months, tending 3 dogs, 1 cat, and i Granny, 93 years old. Marian died in her sleep a month after I came and I'm now in charge of preparing the house for sale & showing. Lots of work, but going well. Housesitters don't get paid, but the owners promise a bit of commission on the sale price. The thing is, that at age 77, I still feel and act 30! I have no medical symptoms, take no medications and am still strong enough to do the enormous work I'm doing now. My body is the same size it's always been - 120 lbs. |
| The 'ironic' nature of my research (i.e. someone diagnosed with psychosis actually doing research in the very same area) means I am very very motivated to prove that I can and will complete my PhD and contribute to the wider scientific community. I want to change the misconception that psychosis completely ruins one's life and any future aspirations. Every day is a productive day and it makes me feel a great sense of fulfilment! Recent accomplishments would include completing a large behavioural study with over 100 participants on subclinical/nonclinical psychotic experiences and investigating their relationships with certain cognitive mechanisms. |
| I love interacting with the students, answering difficult questions and keeping my mind sharp |
| At work I enjoy meeting people, working with young students and seniors, feeling competent when things come up and I know how to handle them. Most of my accomplishments come from my volunteer work. I was really excited last week to help a group who came to our community to talk about the Financial Exploitation of Seniors. When I discovered that they had not heard anything from our local media, I went to the cable company and was able to get them to come to the meeting to tape it for the community channel and called the radio station and agreed to write a story and submit it. It ran as a lead story the next day! |
| I enjoy the fact that my manager has allowed me to initiate change within the department. In 2013 I passed my lean certification. Lean is the only way to run a business, unfortunately I am stuck in business that has firefighting culture. |
| I look forward and love going to work every day. I have no complaints because everyday is an opportunity to show everyone that recovery is real. The very thing or diagnosis of schizophrenia and depression that I hated about myself was the very thing that has elevated me to the beautiful, successful ,and intelligent woman that I am today. Now I am able to help people who have been through the exact same thing that I have been through. This is amazing to me and makes life worth while. |
| Yes it does, Yes I was a member of the CAC for 3 years that was one of my goals that I do for me I love to help people.there are others but this is all that I know for know. |
| Making a differance in a person recovery. |
| I look forward to going to my place of work everyday. I drive the thirty miles in traffic with hope that I will help someone suffering through a mental illness mania or psychosis. I also educate mental health clinicians about my mental illness and my RECOVERY. I was unemployed for five years and going back to work as a Certified Peer Specialist is a dream come true. Working is part of my RECOVERY! Most recently I helped family members of a psychotic patient understand that psychiatric hospitalization is a means to a end and their family member should get better on medication and that they would be treated with dignity and respect. |
| I believe I am helping others feel better in a time that is frightening and challenging. At a time they are feeling they have no control I discuss when them a crisis plan that will give them more control if this situation happens again. I have been trained in the CIT program to help officers learn to work with people with lived experience. I also tell my story at the CIT trainings. I have completed peer certififcaton training. |
| I feel like I'm really helping people in my job. I started out doing direct services but I've moved into policy/leadeeship ect. because I feel like I can make a bigger impact. Helping other people makes me happy. I get to share my hope with others. I'm a wrap facilitator and a mental health first aid instructor. I also have recently assisted in writing policy for our local mental health center. |
| I am proof that having a mental illness in my life does not mean I cannot be successful. I own a condo in downtown Minneapolis. I have a purple belt in karate. My books are stories about a struggle for justice by an individual or group of people. |
| I came to law school with a passion for social justice and human rights. My goal is to incorporate my personal passions with my work, in the hopes of affecting real change and providing access to justice for those who are often ignored or harmed by the legal system. Recently, I have worked with aboriginal clients in an underprivileged community, providing pro bono representation and legal advice. I also work with a local legal organization on a volunteer basis, which provides work on campaigns addressing human rights and systemic issues, such as poverty. I also sit on the diversity board within the law school, and work with other students to provide the greater student body with education and information on a variety of diversity initiatives, such as LGBTQ rights, mental health issues, privilege and power workshops, aboriginal issues, etc. The study of law and work that I do can be extremely challenging and stressful. The environment is not particularly conducive to mental health, even in students who were previously mentally "healthy". However, the work can also be very rewarding, and provides me with the opportunity to serve my community. |
| Recently I did a bit of research that was well received and important to the service that commissioned it. I am regularly invited to read to an audience from my publications. Sometimes I am invited to teach professionals. Sometimes I feel that I can help some clients and make a difference. I feel that my voice is heard by colleagues and supervisors. I feel appreciated and very well supported. |
| If I can make even one researcher's day better, then I have done my job. My writing has helped doctors pursue grants and I recently started assisting our department in the onboarding process of high schoolers for the summer, one of whom I currently mentor. |
| I enjoy the complexity and interdisciplinary nature of international development work. I love living abroad, immersing myself in new cultures and new ways of thinking and being. And it is really thrilling to be sitting in the room when historic decisions get made. |
| I enjoy helping other people by sharing the knowledge, insight, and lessons I've learned from my journey in overcoming schizoaffective disorder. |
| I am happy to have been able to work so many years in spite of my mental health challenges. My nursing career was very stressful most of the time. I realize how I was able to be very empathetic with my patients and their families. I had an understanding of how much strength it requires to get well and adapt to brain disorders and physical impairments. I am now retired after a successful career as a nurse. I have learned that taking care of myself was a high priority. |
| Yes, I feel happy and productive. The flexibility that I can schedule work that suits me with negotiation with client helps me plan for the day and make time for family and other things. I feel a growth in me as I extend listening to myself to other and i feel it is challenging, sometime exhausting and also sometimes it does leaves me emotionally turmoiled. But the challenge remains to engage with difficulty in personal therapy, and work on them. And it leads to growth and maturity, and thats why I like this work. It also enhances the scope of staying and working in relationships with people. |
| The thought of helping people in everyday lives makes me feel happy, especially when I feel like I have impacted their life in a positive way. When someone comes to me, whether it is at Walgreens or with crisis stabilization, and I can see a positive change, whether it is a facial expression or just seeing them open up more, it makes me feel accomplished. I look at where I was with my Mental Health (seven hospitalizations in 2007 alone, over six different medications to manage my Mental Health) to where I am now, (drug free and stable, without a hospitalization since 2011) I feel that I have come along way in changing myself and feel excited about being able to share my story with others to give them a sign of hope. |
| The opportunity to interact with a wide variety of people and be innovative to create efficient designs that fulfil the client's brief and meet the objective of safely storing waste for generations to come. |
| After many years of activism and advocacy, I temper my disappointments with thoughts of the individuals whose lives I have positively touched in some ways. |
| I had always wanted to work in this area. My original plan was to study medicine and specialise in psychiatry but this didn't happen because of my psychotic breakdown. However, as a psychotherapist I feel I can offer something very important to my clients that is very different from what they experience within the medical model. I don't diagnose or prescribe, I simply allow people to explore the meaning their distress has for them - the transformation this can bring about is what I am most proud of. My most recent accomplishment is that I am now |
| I work for a non-profit that helps make college accessible to all people. I am the last line of defense against errors in the system. |
| I definitely feel like I am changing the world by teaching the young people on the days I sub. The kids are like sponges and are very open and mostly well behaved. I also teach Seniors a Sit and Stretch class for an hour, like a chair yoga class, once a week in the morning. This class is very rewarding also, like substitute teaching is. The seniors come up to me after class and hug me and thank me for volunteering. If it weren't for me, they wouldn't be exercising at all. I practice tai chi three times weekly for an hour each class. It makes me calm and meditative and I can better the world this way. |
| My work makes me realise that change is possible, in myself, in others and in services and that we as clients need to be at the fore of that, we stand despite so much and still have our stories and our voices. Because of what I do I can't really share successes from the Peer Support role however I can tell you that simply having someone who 'gets the journey' near makes a huge difference |
| After 17 years as a Labor Extension Coordinator being promoted to Director of the Labor Education Center, with the help of our union contract with an internal promotion process Within the scale of things, making a difference for workers in our region, while being realistic Mentoring young people as interns and in other informal ways Showing other women that we can succeed Helping faciliate building the labor movement and worker rights |
| I had my play broadcast on radio! Which was a bittesrweet experience, and I've decided I only want my plays performed on the stage with an intimate audience. I've designed 2 books for clients that are selling on iTunes and Amazon. I have two or more for a new client coming up. I started a new branch of my business 4 years ago and am still trying to build up more clients for this book design business. In the interim I use my own poetry and art to make books so I can say, 'Yes! I can do that' for some one. At the moment I'm editing a large collection of my poems, and trying to illustrate it to complete this year. I then have to organise a launch - but where?! This year I also got a job as Peer Support Advisor with SMART with Mental Illness Fellowship. I was very excited to be giving back to the community. It is fun! |
| I think I've worked through an incredible number of barriers to get to where I now am: more than anything, that makes me feel like I'm a success. |
| wow, everything about what i do, except the university bureacracy. it's a way of directly contributing to the improvement of the services i used to receive, a way of giving back on so many levels. |
| Childhood is the foundation for life, in so many ways, and the optimal time for early intervention; i'm not a clinician but i feel like the research i do can or will directly inform interventions and programs aimed at helping children with multiple risk factors. |
| My work allows me a lot of flexibility to do a lot of recovery focused activities. I am President of a consumer run organization called Morning Star Inc. I am the Kansas Consumer Council President for NAMI Kansas and sit on the NAMI Kansas Board of Directors. I also am a board member of the Kansas Consumer Advisory Council for Adult Mental Health. I recently received the Su and Dennis Budd Exemplary Life award for making major contributions on behalf of the consumer movement in Kansas. I also did a workshop for the NAMI National Convention in San Francisco, California. |
| I have shared the same life experiences of many of the individuals with whom I work. Sharing my story or part of it can inspire individuals to have hope and help them to realize that recovery is possible. I shared my recovery story at the Family Café in June 2015. This is the largest disability (intellectual, physical, mental health, etc.) conference in the State of Florida. Attendees really appreciated my honesty and it helped them to understand some of the experiences they or people they know were experiencing. |
| A key aspect of my work that makes me happy is the variety of projects I get to work on and the opportunities for meeting people this allows. Changing the world is a big ask but there are many issues that need challenging - both policy-wise and practice-wise - when it comes to the mental health of racialised groups (this is my main area of work). Identifying success is a bit like trying to pinpoint when the wind started eroding the mountain, but there is a cumulative effect. An example is my involvement in a recent crisis care inquiry which resulted in a campaign to end face-down restraint in mental health hospitals, which the government has taken seriously - the application of it across the board will take more time. |
| My book being published was a big accomplishment as it took over 6 years to find a publisher. I speak out about postpartum psychosis helping others to not feel ashamed or alone. Bring hope and inspiration to others facing mental health challenges. |
| Having experienced mental health issues myself, I can relate and understand my client's struggles. I have been able to create a good rapport with my clients and have received many appreciative comments from them. |
| My accomplishments are that I was noted for clear note taking during an audit, was recently given more responsibilities while my team leader was away and one of my consumer journeys was mentioned in a state leader report. I love that my team leader is soo encouraging and supportive of us. I love that what I do has the objective of making the mental health system easier to navigate with aligning with people's goals for their mental health recovery. The job I do is close to my heart. I love that we have flexible start and finish times, enjoy the time I spend within my team. i enjoy talking to clients about things that are meaningful to them and considering that they are capable of enjoying a meaningful life with and away from their mental health diagnosis. I love that my job keeps me well as it's important to me to earn my own income so that I can maintain a tenancy independently without having to go back to my parents which is a stressful environment. I love that my job keeps me well by creating an automatic routine, a reason to wake up on time and get my day organised. My job gives me a reason to stay well rather than enjoy some of my symptoms and in the rare occasions that i do become unwell, mostly due to my own non compliance with treatment that it keeps my hospital stay short as i have a reason to go back to my fantastic life and back to my routine of going to work etc, it gives me a reason to work on getting discharged. |
| It is awesome to bring people together to support each other and grow together. I am the founder of a scholarship fund for human trafficking survivors. I am the author of Falling Into Peaces. |
| Being with people in their suffering, addressing injustice & marginalisation, helping witha flow towards healing, self agency & empowerment. |
| Recent accomplishments include donating sums of money to numerous anti-psychiatry groups, and others in which I am interested. Recently took out an ad for a book which I've written, with the hope of generating sales of such. This is empowerment. |
| I actually like my job because I can be open about my illness, as well as advocating with and for my peers. Part of what we do is to discuss how our recovery is going in support groups, which benefits the other members, as well as myself. I also like educating government officials about the potential for recovery of people living with mental illness, and the need for society to get behind this recovery process. |
| Many of the students I work with are first being diagnosed Bipolar or have another psychiatric illness. Since have known I was Bipolar for 11 years, I help them to understand it is not their fault they are Bipolar and they need to always take their medication. The work itself with ordinary students is also rewarding because I find younger people have a fascinating outlook on life that inspires me. |
| I get to interact with other veterans that have severe mental illness and most of all is for them to see me succeed because I have to so they also have hope. The clientele I work with help me more than they know. Their success makes me very happy and I strive to be the best I can be so I can provide them with what my fellow veterans need and deserve. |
| I feel like I make a difference by sharing my own experience with mental illness and how I have recovered |
| Once I prepared correct reports to reflect the truth of our company to senior management, I felt I contributed my value to the company and it's a an accomplishment to me. |
| My graduate work now is an extension of my historic research into mental health and disability which was part of my history undegraduate work at Hunter College in New York, and also professional positions which I held before coming to SU. I spent many years transcribing letters from the early 19th C., and doing meticulous archival research on a mentally ill man who was kept in a cage by his family in Buckland, Mass., for 57 years. I have written extensively about this family, most recently as a paid writer for the English Graduate Department's blog, Metathesis, at Syracuse University. I am transitioning into a theoretical understanding of disability under the mentorship of my professors, and applying it to this work. My focus has been on women's history, social reform movements, psychiatric disability and asylums. I am currently transitioning into a focus on disability and crime. My work on the caged man, Josiah Spaulding, and the lives of his four sisters, who cared for him, has influenced many people, and I have travelled to the town of Buckland, Mass., and met villagers there whose ancestors knew the Spaulding family. The story is interesting, and often people are fascinated by it, so it grabs their attention. Then readers end up learning about psychiatric disability in history, and how it is still very stigmatized today, and how to approach and understand psychiatric disability in themselves, society and their families. I have had many readers tell me how much they have learned from this story, so that makes me feel good. I also have a blog and my last article, which was about the history of "Idiot Asylums" in the US reached over 30,000 people in under a month, that is to say, it went viral. The post facilitated dialogue on social media and in the comments on my blog page from readers who had family members who were kept in institutions when they were growing up and never had a space in which to talk about it, due to shame. My research on asylums, institutions, state schools, and so on has also connected me with the autistic community, as many autistic people were institutionalized in the past or still are. I work to promote acceptance and understanding of neurodiversity. I am considered neurodiverse due to my hearing loss and auditory processing disorders. I have also done work with leading pro-vaccine activists, some of whom are autistic, to dispel myths about the vaccine-autism connection, which is a theme in my work, as well. My historic research taught me about epidemic disease in the past, and I wanted to apply this knowledge to my disability work. I feel productive because I am contributing to public health and helping to reduce stigma associated with autism and mental illness. I want people to feel good about themselves and to be healthy, and it makes me feel like I am helping to change the world, in a sense, with my research and writing. |

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| Statistic | Value |
| Total Responses | 59 |

5. What did you major in in school (undergraduate and/or graduate) and what degrees (if any) do you have?

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| Text Response |
| Majored in philosophy as an undergraduate, also have an MA in philosophy and a PhD in psychology. |
| Russian and Soviet Studies, BA; Government and Political theory, MA; Theology, MTS; Social Work, MSW |
| Theater, B.A. (playwriting emphasis) |
| English B.A. |
| Sociology BA (when I conscientiously studied) and Counseling Psychology, M.Ed. (when I worked my way through and did the best time could afford me to.) |
| BSN, currently pursuing MSN |
| Bachelor of Arts, majoring in International Relations. Masters degree in Pastoral Counseling. |
| My majored in motion picture production at UCLA. I graduated cum laude with a BA. And then wrote a screenplay for my MFA degree. |
| Math |
| n/a |
| Medieval English BA MA audiology MA early childhood education |
| Undergraduate: BA in Literature; Graduate: MBA in Marketing |
| Business/Human Resources |
| I got my BA in psychology, then studied special education for 4 years with a dream of teaching English to high school students with mental illness. I was 3 courses short of my masters in special education after that when I realized I did not want to teach and ended grad school. |
| I have a BS in Journalism & Communications from the University of Florida, 1960. I used to produce radio programs for three radio stations in Clearwater, Florida. |
| BSc Pharmacology, MSc Psychiatric Research |
| B.A.--Mathematics; M.A., Ph.D.--Psychology |
| BFA Communications |
| Mechanical/Material Science Engineering , UCD |
| Human Services, Psychology, and Professional Counseling |
| I just have a high school degrees. |
| Pastoral Care |
| FInance and Minored in International Business-Bachelor Science Business Administration |
| BA SOciology/Accounting, MEd Counselng working toward Licensure as a Professionaal Counselor |
| I majored in Economics in undergrad and attended a highly ranked law school for two years before deciding to become a writer. |
| Undergraduate- Psychology and Literature double major; Graduate (current)- Law |
| I have a philosophy MA and Ph.D. I am completing a Master in Clinical Social Work |
| BAs in music and the social sciences, MBAs in Management and Organizational Behavior and Marketing and Communications, studying for my JD |
| I have a masters degree with a concentration in international development |
| Bachelor's in English, Minor in Business - University of New Hampshire |
| Bachelor of Science in Nursing |
| I did masters in psychosocial clinical studies from Ambedkar University, Delhi. Then afterwards i finished Advanced Diploma in Counselling and Psychology from Jamia Milia Islamia, Delhi |
| I held a Certified Nursing Assistant (CNA) license from 2009-2015 as well as my Trained Medication Administration (TMA) certificate, but did not finish college. |
| Be (Civil) (Hons) & BSc (Geology) |
| psychology as undergraduate and graduate |
| Undergraduate degree in Counselling and Masters in Psychotherapy and Counselling |
| BS in Environmental Science |
| I majored in Elementary Education with a Math major in undergrate school, and have a BA in Education. |
| I never undertook formal tertiary education |
| BA in Anthropology and Labor Studies and MS in Labor Studies |
| I majored in Drama, Studio Art, Dance, Psychology, Music, Directing and have a Bachelor Degree in Creative Arts from VCA. I also have a Certificate in Small Business Management from RMIT and several courses in web coding and design, writing, theatre etc |
| pre-med (biology) and then worked as a research assistant for a couple years before med school |
| psychology (BA, MA & PhD) |
| developmental psychology PhD |
| I have a bachelors in nursing |
| My undergraduate degree is in Applied Psychology. My graduate degree is in Counseling and Human Systems. |
| My background is in critical humanities and cultural studies; I have a BA, an MA and a BEd (degree in teaching) in English language and literature. My PhD is in Cultural Studies. |
| Bachelor of Scince in Marketing, Recently accepted into graduate school to pursue Masters degree in health care administration |
| BA in Behavioral Science, some graduate credits |
| Master of Brain and Mind Sciences Bachelor of Science (Pharmacology) |
| I am certified in peer support and I hold a master's degree in psychology. |
| Bachelor of Social Work |
| Undergrad Mental Health major, but did not graduate. Denied B.S. degree. |
| Although I have about 4 years of college courses, I never got a college degree, but I recently got a Certified Peer Recovery Specialist certification. |
| BA in Communication, MA in Writing and Publishing |
| Social Work and I have a BASW and I am in the Advanced Standing MSW program (a one year program, very intensive). |
| Communications |
| B.A. in Economics |
| My first degree was in Fine Arts. I have an associate's degree. My BA is in history, and I did a minor in anthropology. Because I was not allowed to take a language (because I am Deaf-and this is probably not legal but that is another story), I took Hebrew studies courses at Hunter. I also took courses at Onondaga Community College in Syracuse, for my own knowledge, on the history of the Iroquois and the North American Indian. |

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| Statistic | Value |
| Total Responses | 59 |

6. Approximately how old were you when you first starting experiencing symptoms related to psychosis?

|  |
| --- |
| Text Response |
| mid-20s |
| 22 |
| 11 |
| 19 |
| 29 years |
| 21 |
| 22 |
| I was 20 when I experienced my first symptoms. I had paranoia and thought I could predict the future. |
| 18 |
| 22 years |
| 19 |
| At 28, I experienced delusions, but I didn't seek help or tell anyone. At 33, I heard voices and was hospitalized for the first time. |
| 10 |
| I was 15 |
| 42 years old |
| 17 |
| 40 |
| 43 due to extreme stress from the 1993 flooding in the Midwest and a stressful job in advertising in Kansas City. |
| about 24 years ago, I was born in 1960. |
| 17 |
| I was 4 years old when I had my first seager and others had folled like ever seager you can think of I had ever kind of seager that a child would have @ the I was 4 years old and I still have them and ohter illens. |
| 32 years old. |
| 15 years of age |
| 20 years old |
| 14 |
| 24 |
| 20 |
| Midtwenties |
| 13 |
| I was 17 at onset, but I wasn’t diagnosed or treated until I was in my early 30s. |
| 19 |
| 25 yrs old |
| early 20s, i think 22 or 23 |
| 16 |
| 25 |
| 22 |
| 17 |
| 32 |
| 19 years old |
| I can't say exactly when sorry, it seems to have always been there, dates and times became unimportant with regards to my symptoms. |
| 20 for depression with delusions, 21 for hospitalization for mania and correct diagnosis |
| 24 |
| early 20s |
| mid 20s |
| 24 |
| 34 |
| Thirty-nine years old |
| I have always heard voices and had visions (earliest memory is from about 6 years old). Psychiatric diagnosis was in my early 20s. |
| 29 |
| 19 |
| 14 |
| I was 32 years old. |
| 27 |
| 17 |
| 22 |
| I believe as young as 16, though it was not noticeable until age 23. |
| 15 |
| 30 |
| 30 years old |
| 13. |

|  |  |
| --- | --- |
| Statistic | Value |
| Total Responses | 60 |

7. Do you have any experiences you want to relate regarding the impact that the onset of psychosis initially had on your career aspirations or choices? How about down the road?

|  |
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| Text Response |
| When I first started experiencing psychosis (and was diagnosed with schizophrenia) I more or less thought it was the end of the world. I was pretty disabled for several years, and if you'd told me then that I'd one day have a PhD I would have said that was crazy: never going to happen. With a lot of luck and support from other people I was eventually able to return to school and finish my PhD. Given my experiences with psychosis (and of treatment), I really only felt there was one option: becoming a researcher with expertise in psychosis. I wanted to give myself (and other people like me) a much stronger voice in mental health research. And so that's what I did. |
| While it has been hard at times and certainly slowed me down, it has also given me insights into my work that i wouldn't trade for anything. Not creative insights - although that has happened - but systems insights. It has made me more passionate, more nuanced, and a better thinker. But it took time. And it didn't happen overnight. |
| Yes. Being a psychiatric survivor led to my ultimate paid work in mental health. |
| I was a sophomore in college when I had my first psychotic break. I felt extremely alienated from my friends, family and community. I moved back into my parent's house after my diagnosis and lost all hope for any sort of fulfilling future. It took me a year to re-enroll in school. I went part-time the first semester back and graduated two years later. It wasn't until I started going to support groups and meeting other people with a diagnosis that I felt comfortable enough to disclose to friends and extended family. I received a lot of support and encouragement when I shared my story with individuals I trusted which gave me the courage and motivation to pursue a career in the mental health field. At this point I can't imagine myself in any other field; sharing my experiences and giving hope to others is the most rewarding experience I've had so far in my life. |
| I previously suffered from a severe eating disorder and lived in a ghetto in college to stay anonymous and isolated, though I really learned to appreciate ghetto culture that supported me when I was too ashamed to share myself with others. I wanted to be a writer and have had to work hard for that right. In the future, I hope to learn to be more mindful and still as it can be tiring to constantly push forward on a next process. |
| The onset of my psychosis coincided with my graduation from undergraduate program and subsequent unemployment. I had no capacity to apply for jobs, succeed in interviews, or see anything positive in my self or for my future. Stigma played a huge role in allowing my symptoms to get to the magnitidue they did - I felt I could not share my experience for fear of being labeled crazy and waited much too long to get help. This isolating experience was awful. Yet now I know that these experiences led to my current happiness; they informed my career decisions and gave me the passion and tools I need to be a therapeutic and effective nurse practitioner in psychiatry. |
| I had no career aspirations- I had renounced the career path once I graduated from Georgetown undergrad and gave up all my possessions in order to live a life of simplicity and to pursue my spiritual growth. The onset of my symptoms completely crushed my sense of purpose and shattered my self image for many years. My experience in the mental health system, however, left me with a career purpose- namely, to reach out to the people that I had left behind in the system and to provide them with hope and at the very least be a person who treated them with dignity and respect. |
| I had psychotic experiences for twenty or thirty years before I was diagnosed or hospitalized. But I had a full career as a film editor and video producer. Initially some of the thought issues I faced were difficult on a personal level because I was suspicious of everyone. Including my wife. But the way my mind worked, this sort of going from one subject to another-was a total asset in my professional life. I had a way of approaching an editing job-was totally unique. I was sought out for the original way I handled subjects. And I worked directly for Waste Management, Buick and Encyclopedia Britannica. While the uniqueness of my approach worked very well. And I was sought out. It was somewhat of a problem with relationships including some work relationships. My lack of trust and delusions that people were playing practical jokes on me made it somewhat difficult. |
| I did not expect to survive much longer. I was paranoid schizophrenic and thought I would be hurt. I was terrified and suicidal. |
| My break happened after years of poverty growing up. When I realizes my sexual orientation would be a cultural complication. The stress multiplued, It was emotionally overwhelming . Not knowing the long term effects of trauma. Working was another subject with all the expectations and toxic environmental spaces and/or attitudinal bias. Lack of resources and hope during my own lack of insight. |
| I was diagnosed with a psychotic breakdown at 19 and then with schizophrenia at 24 later changed to schizoaffective disorder. I thought my life was over, but I was determined to work and be independent and luckily I was offered a job in London and never looked back |
| My mental illness changed my career plans 100%. I now want to work in the nonprofit arena helping people and advocating for mental health awareness and funding. Before my first hospitalization, I spent 11 years in the financial services industry. When I first started hearing voices, I was a financial advisor. The job is very stressful, and quite honestly, cut throat. When I got sick, I was not given any understanding or help. I became psychotic and lost my job and my husband in 2 weeks' time. I was just plain fired without being offered a leave of absence or FMLA time. If I had been diagnosed with cancer, it would have been a totally different story. I would have kept my job--what kind of employer fires someone for getting cancer? My husband would have stayed. Again, what kind of husband leaves his wife for getting cancer? But psychosis and mental illness are so stigmatized that those struggling with the disease become outcasts. I want to change that! |
| I’ve had a lifelong struggle with mental illness, sexual and physical abuse. The sexual and physical abuse started when I was 3 mos. old by a family member that was supposed to care for me and my brothers while my mother went to work. The sexual abuse would continue over a period of 15 yrs. As a result of this, I always had issues in school staying awake. Some nights I would lay awake in bed so I could see when someone was coming into my room. I was so fearful that I wet the bed for fear of being found going to the bathroom. Every night I wet the bed I was left alone but if I fell asleep I would be awaken to being molested. I don’t remember not having mental health issues. I believe my psychosis was the result of the trauma I experienced as an infant. It has affected every area of my life. |
| My children were teens. My husband rebelled strongly and threw me in the psych ward. Family members were alarmed. This came on suddenly.... practically overnight.....so I had no idea what was happening. I was a very committed Baha'i, madly in love with God; but that Faith teaches to leave Psychic things alone, so I was horrified and finally succeeded in shutting the Voices off by wearing Sony Walkmen and playing them loudly. I say "them" because it took 5 before the Voices stopped. The tape heads kept getting wet????? Hmmmmm? I cover this in my book. I didn't have a career then, so no effect. Now, I like to brag about my Schizophrenia Diagnosis, because it was so obviously wrong. I have succeeded in living such a great and independent life since then....tho I still hear Voices and "brag/write" about it. So, I'm all for helping psychiatry get a better handle on this. |
| The beginning of my undergraduate degree was really difficult- my mental state declined rapidly during the first year of my BSc and had to take a whole year out of my studies. I have always wanted a career in scientific research, since I was a small child, and being diagnosed with schizophrenia at the end of the first year of my undergrad degree was extremely demoralising. I was very disappointed in myself that I had to take a year out, and such huge disappointment was on top of the diagnosis AND the almost constant symptoms of such a diagnosis, to the extent I could hardly cope with life and have made attempts on taking my own life because I thought my life had ended there anyway, there was no future or hope for me. However, as I eventually found the right combination of medications my condition started to stabilise and I was able to return to finish my degree. |
| No real impact--I learned very early on the importance of trying to control or at least ameliorate the symptoms. |
| I had to take a step back, leave my job and just learn how to take care of myself. With the help of some wonderful people and a good therapist, I discovered that I was a functional bi-polar my whole life and only under extreme stress did it manifest into psychosis. I would not trade those 10 years of "hell" for anything because I came out on the other side knowing a lot more about myself, accepting both my shortcomings and my assets and making a conscious effort to take responsibility for myself and my actions moving forward. |
| I started a blog on it. http://ibolstartreedrink.blogspot.com/2015\_01\_01\_archive.html Hearing voices is normal, not hearing voices is...well...lonely. You folks who have yet to make contact with your avartar need to think about your relationship you have with your avatar. My goal is to write a book about my avatar adventures, that is why I started my blog. Mind you, I am somewhat lazy, there is no money in it yet. Oh well. My dream job would be to start recording the process that avatars are in charge of. Avatars are responsible for how everything works. I suggest you start to get to know your avatar. |
| Every type of abuse you can think of have been through it. I was first diagnosed with psychosis when I was 17. I did not get the diagnosis of schizophrenia and depression until my early twenties. I have also been said to have been diagnosed with Post Traumatic Stress disorder with unknown psychotic features, bu the diagnosic criteria of Schizophrenai was more prevalent. |
| It took me about 20 years to get to were I am at.I had a house at one time as I got older I had to give it up I know live in a apt near a collage. Like I had said I do small goals no my own to see if I can get to the end of the roader with them I love it it makes me happy. |
| I worked for the second largest printing company for 25 years. I had over 7 positions through out my career in printing. In 1982 lost my position as a Customer service rep, which consisted of traveling and the knowlege of web offset printing. I was placed in a minor job after I had my first break and then worked my way up to purchase agent purchasing over $25000.00 of printing merchandise and printing supplies. After I had my break it was difficult regain self esteem. I often say it was like a death from suit,heel, brife case to t shirt jeans, and tennis shoes. |
| I was psychotic for months while I was attending College. I had not been diagnosed with Bipolar 1 Disorder at the time. I was in college for seven years and my psychosis affected my ability to go to class. I was able to graduate and have a career for ten years before I had a very significant psychotic episode. I had to resign from work and start receiving Social Security Disability Benefits. I was diagnosed with Bipolar one disorder in 1997 and went on disability to this day. I have had very significant psychosis since then but I have been able to hold down part time jobs and stay on disability. |
| I did not know what paranoid schizophrenia was at the time and there was no peer support so for a long time I just gave up I did finish my BA and went onto my counseling degree but I struggled in the work field for a long time. I choose Counseling as a way to learn about myself and then to help others that had gone through what I had. |
| I dropped out of high school and became homeless at the age of 16 due to my mental health. I spent about 8 years homeless. I was told that I would never really accomplish anything. They were weong.This is why I have chosen the career I have. I want to help people and empower them to be who they want to be and do what they want no matter what anyone's says. I plan to continue on this path and change the world and make it better. |
| I attended law school two years after a psychotic break due to a head injury. I was experiencing symptoms in school which made it difficult but not impossible. I just decided I wanted to be a writer. I think my experience with psychosis has been very good for my writing. I never understood fully all the conflicts and struggles great characters in great novels had until I experienced struggles in my own life. If everything had been nice and easy, I would have missed the whole point of a lot of literature. My choice to be a writer was a result of having something to say, and a struggle with psychosis certainly gave me something to say. I always felt it meant I had paid my dues.; |
| My initial symptoms emerged as a result of my bipolar disorder, which was undiagnosed at the time. I had been diagnosed with major depression in my teens, and did not receive a proper diagnosis until several years later. In my late teens and early twenties, I struggled with substance abuse, and worked in the sex worker industry. I was unable to hold a full-time job, or attend school. I did not have any specific career aspirations, as I changed my mind about what I wanted to do with my life on a frequent basis. My first break resulted in hospitalization and an eventual diagnosis. I have had several other episodes in the past, but have learned how to manage. It took several years to determine what career path might be suitable, let alone possible. As a result of past instability, my education was delayed and I did not decide on an eventual career path until much later. The birth of my child provided me with the ultimate motivation to "get my life together". I returned to school to complete my undergraduate degree. However, I took 6 and a half years to do so, rather than the usual 4, as I often had to work as well as attend school on a part-time basis, in order to support my family. I also struggled with managing my symptoms while continuing my education. I am currently in law school, and feel that my diagnosis and experiences of psychosis are not absolute barriers to me pursuing a career in the legal field. I have been as healthy as I feel I can possibly be for about 5 years now. I am currently in my mid-thirties. |
| I struggled twice professionally. Once when I was first hit by psychosis. I spent about two years not doing very much as far as work is concerned. Then I was admitted to a PhD program in Philosophy. I was able to complete the program but did not get a job. I then struggled for a number of years, again without doing very much as far as work is concerned. Eventually I trained and was then hired as a peer specialist. My work was successful and my employer supported me to get training as a clinical social worker. |
| I have dealt with severe manic depression and psychosis for most of my life. At times, it is absolutely debilitating, but then I look at what I am able to do. I work full-time and am studying for my JD. I hope to work in advocacy law with disenfranchised populations such as the mentally ill and veterans in desperate need of services. |
| The first onset was fairly brief – a couple of months followed by a complete remission that lasted for many years. There were some more enduring impacts, mostly related to the ‘negative symptoms’ that lingered on for some time afterwards. In terms of how I chose my career – I really just found it by trying out different courses in university and then doing a few study abroad programs in various parts of the world. Later into my 20s my symptoms became more intense though, probably due to taking on a series of very hard assignments I was not a good fit for. Since then, I have had to choose the places I work and the types of assignments I take on more carefully. For example, I will not accept any role that requires I come into an office every day. I also only take on assignments that have deadlines multiple weeks or months out – so if I have a bad couple of days I can just not work at all and make up for it later, and no one will ever know. I also find ways to manage my periods of more intense symptoms through delegating certain tasks that cause me more problems to others. I have also decreased the amount of total travel and types of locations I will work in somewhat too. But, I have found great professional advancement opportunities in the less intensive roles as well. |
| It made life extremely difficult and there was a year or so where I couldn't work. Having the illness motivated me to write about it and become a writer because I wanted to help other people through it. |
| I was already working as a RN when my first episode occurred. This was many years ago before I received counseling and had support groups for bipolar disorder. Being ill did not stop me from progressing in my Nursing career. I took the time off needed. I was off work for three months with my first episode. I was able to return to work after having support from my husband ,friends and family and psychiatrist. Being ill did not stop me....I knew I wanted to keep on going. |
| After i finished my graduation in computer applications, i was clueless what i wish to do in future. I did random course photography. I tried to do film studies and wish to be cinematographer. I had various aspirations but I deeply clueless and in doubt. I had constant pressure from family to do something and get income. I did not do anything. I was forced mostly to get out of the house and do something, just dont stay at home. Where I go? Nobody cares. I constantly went to library and tried to study myself through text on psychology and philosophy. It is during this time my health got worse. I could ot make any career choice. After two years, finally in enrolled in another undergraduate program. I had lack of support as it was seen that like other things, i will discontinue it in between. But i persisted for a year, and got scholarship. It is then they said what's the point of doing another undergraduate, you should do masters. The criticism was there all the time and it got too heavy on me, as i could not relate to world. i had no friends. I think suffering led me to study psychology, philosophy and find meaning of life. |
| I was 16 when I first diagnosed with depression and 19 when I started at Walgreens. My manger was with me every step of the way. He saw where I was when I started, to where I am now and is amazed. There were some periods where he took me off the schedule because I was in an out of the hospital, I was so sick, I couldn't work. He watched me grow and mature from someone who didn't want live to a young woman with hopes and dreams. Part of the reason why I chose to work as a Mental Health Rehab worker was because I wanted to be able to share my story and expire others to help break down the stigma and shred a strand of hope to others to help get them out of that dark tunnel. |
| I became unemployed, was straitjacketed and locked in a psychiatric hospital, and was treated with psychiatric drugs. It took a year to get back into work, during which time I lived with my parents and did first voluntary work for the local historical society and then briefly casual work at a mine site. |
| Interupted my pursuit of a doctorate. After working in the field for a number of years, I disclosed my history, resigned my position as executive director of a comprehensiver mental health center and became more active in the pursuit of rights for people who were struggling with emotional issues. |
| The onset of psychosis meant that I could not go to university as planned. I then spent some years recovering - I have not experienced acute psychotic symptoms since recovering from that episode (although I am aware that I am not 'normal' and I do find relating to the world very difficult at times); I do still experience severe depressive episodes lasting 8-12 months at a time every few years. After my stay in a psychiatric hopsital and after coming off all the medication I had been prescribed I worked in menial jobs, raised a family and hid my past fairly successfully. I then decided to train as a mental health nurse - did that for a year then changed to did an undergraduate degree in counselling. Despite the often debilitating effects of the depression I experience I am extremely happy with my career - I have a Masters, am currently doing a PhD, I am a university research assistant and lecturer. I also no longer hide the fact that I had a psychotic breakdown as a teenager. |
| I was so lucky. I have had 2 major breaks. Both times my company was very supportive. They gave me as much time off as I needed and a position to come back to (or in the case of company-wide layoff, a glowing reference). |
| When I first started experiencing psychosis 45 years ago, I had a schizophrenia diagnosis, which was really manic depressive, later diagnosed as schizoid bipolar disorder. This destroyed and disrupted my entire sophomore year of attending university. The summer after freshman year, I had my first episode and my parents had me admitted to the state mental health facility. I was hospitalized there for 3 months with medication treatments that were archaic and quite horrible. My side effects were drooling and shuffling my feet. I was severely sedated. My parents were clueless and uneducated about anything related to mental illness, and I was the same. Upon my release from the hospital, I was assigned to a full-time telemarketing job, keeping me away from school, for 8 months until both counselors and my parents let me return as a sophomore. Because of this year absence, I failed my Calculus class in my major at the time. I had no prep classes nor anyone to study with. This was a commuter school with no dorms. As a freshman there, I achieved all A’s in my 3 calculus classes, and thought I could pick it up. With this failure, I was set back, depressed, and wanted to drop out. Luckily, I found another student, later to be my husband, who I confided my illness to. He was so supportive and suggested I stay in school, and change my major to elementary education, which I did and became the teacher I am today. My illness kept me moving, did some teaching, some marketing management, raised two children, some secretarial work, catering, and now substitute teaching part-time. I certainly made the right choice to continue my education, as I have been successfully substitute teaching part-time for 20 years and loving it. |
| I wanted so much to be a Registered Nurse, however it became very hard for me to study when I was unwell and so I found myself doing other kinds of work (in and out of health care), I drifted, uncertain as to what I wanted to do, and then came Consumer Work (the name we give clients of Mental Health Services here in Victoria) and now there is nothing I would rather be doing! Sure I didn't become a Nurse but I did become what I feel I was meant to be |
| I forced myself to go to graduate school the Fall after a late Spring hospitalization where I was diagnosised with bipolor. I had a scholarship I was scared to lose and I did not want to live with my parents, so I went. At 30 I had my second hospitalization for depression with psychosis. This led to a leave of absence and use of a work sick leave bank. I was scared to come out about my mental health issues, which I know others found out about. I refused to worry about it, but regret I didn't speak up about it. Until the past few years, I struggled with reoccuring depression, rapid cycling, and mixed states. As a single woman, I knew I had to be able to hold it together to avoid hospitalizations, but had serious side effects from the medication and a very dificult time doing much more than just working - lack of relationships, other than strong friendships with other women. I' ve suffered from low self esteem due to childhood sexual abuse and a rape at 17. I've had very serious weight problems due to unresolved trama and effects from various medications. This led to a hundred pound weight gain in the 20s,and I developed sleep apnea. This also led to gastic bypass surgery. This surgery was unsucessful due to unresolved eating disorder issues and led to developing diabetes and asthma. But I kept thinking things had to get better, most of the time. |
| Initially, after sudden psychosis, I didn't have a clue as to my career and where I was and who I was. I went into many months of clinical depression then mania in summer. But after coming across the right medication I began to regain my sense of self. that's whats lost = your sense of self, who you are, where you're going. I was highly ambitious so that took a tumble. After a year and a half I started training in theatre and although I did not finish the course it got me back in the world. When home life got cruisie again I began to exhibit my artwork, started designing CD's for musicians again, and got back in the swing. The key is how you feel in yourself when you're doing your work. I find design "grounds" me. I find writing too much "ungrounds" me. So, do what you love, but don't get sick doing it. I also find design relaxing, interesting and stimulating. So, this is what I wanted to feel. These feelings in my body. I still write, but I cant write for more than a few hours at a time, then I have to get up and do something else. I have a mixed feeling for drawing - it can stress me right out if I don't like what I've done, but at other times I use art to focus and relax, especially when on holidays. I don't have a lot of money to show for these 15 years of work, but I can hold in my hands what I've achieved, and I've gone on holidays and wear nice clothes and have gadgets galore to play with. As far as stress goes, I do some times get a computer glitch that can drive me mad, like losing a lot of work, or a web design going a wire, but all in all I feel happy because I'm doing what I love. |
| At first I thought: "this is it." Actually for several years. But through friends of the family I met a physician who had been diagnosed with schizophrenia decades before and it made me believe that it was still possible. |
| Probably like most people I was ovewhelmed at first. Just overwhelmed... No one around me seemed very optimistic about my future. It took me a really long time to wrap my head around things, and keep going. |
| Other than the obvious disruptions (lost time, gaps in my record, that sort of thing; general struggle with voices) I've actively avoided research on psychosis or childhood SED. I don't think I could deal with it--too close to home. |
| I had worked for years as a nurse and was struck a blow with my diagnosis. I lost my nursing license because I couldn't function to continue with my continuing education units. I have had a lot of losses but have gained so much in that I'm doing alot of advocacy work on behalf of those with a lived experience of mental illness, those in poverty, and the homeless. |
| Psychosis impacted my life in many ways. I was able to leave a ten year relationship with an abusive alcoholic and this was very positive for me. I was involuntarily hospitalized multiple times which led to me being fired from a job, but has helped me in the peer recovery career field. I was arrested for assault and battery on two law enforcement officers which resulted in ten months in jail in Broward County (Ft. Lauderdale). I was sentenced to three years of mental health probation and court ordered to live in an assisted living facility (ALF) and take medication for bipolar disorder. I had to be supervised when taking the medication. I felt a lot of shame and guilt because my arrest and hospitalizations were very public. I had to start my life over at the age of forty as my car was repossessed while I was in jail.I had to use public transportation for two and a half years but this helped my peer recovery career as I could really relate to those that did not have their own transportation. Jail protected me and the community because I was extremely manic and aggressive; I kept signing myself out of the crisis units against medical advice. I was able to receive counseling and medication in jail and was linked with a community mental health center upon release. |
| Voices and visions did not have a great deal of impact on my life growing up. It is only when I was in my early 20s (and more so after receiving a psychiatric diagnosis and medication) that it started having an impact on my life and career. During my Masters days, I was told by one of my professors that I would not be able to finish the degree unless I gave up on my thesis and took a less demanding supplementary exam. I ignored him, worked really hard and finished the degree with "first rank" (meaning I came on top of all the students of all MA Litt programmes in all colleges in the university) and state-wide newspapers published my photo! (We are a 'merit' oriented culture and newspapers routinely publish photos and news about top educational achievers). PhD was regularly disrupted because of psychosis (I took 7 years to finish the 5 year course) but my supervisor was an extremely supportive feminist who nurtured me throughout difficult times. When I started working, I made a choice to always disclose to my employers and I have had jobs denied because of this (One mental health organisation told me quite clearly that they thought working in mental health will be too stressful for me and so, despite having all the necessary qualifications for the job, they wouldn't appoint me because they didn't want to distress me). |
| The initial onset affected my ability to work for a period of time. After stabilizing and long-term recovery, I found working part-time was the best situation for me. Now that my son is in college, I am able to expand my business. |
| I was unable to maintain a job, had to rely on family members for financial support. It was also difficult to obtain and maintain friendships. Two psychiatric hospitalizations for suicidal ideations, planning and attempts. Furthermore, about two years in outpatient medication mgmt and therapy services. I was unable to complete my bachelor's degree at the normal four year time and was dismissed from my college due to leave of absences and unable to perform. |
| My current role was determined by my experience with public mental health services specifically having been strip searched when I was seeking medications for a hypomanic episode, while I was searched i didn't get any medication to help me sleep and reduce my symptoms. While I hadn't experienced psychosis yet (or even given the knowledge that my symptoms could escalate to that) i had other symptoms that made it hard for me to get organised, speak reasonably or have an idea on how to go about applying for a job or answer interview questions. I was also very anxious and felt less than other people during my practical experience in a psychology clinic as a student, I didn't have the social skills to connect with other people. I also wasn't very aware of my symptoms or their impact and that probably affected my appraisal of the experience. The medication I was taking made it very hard to get up in the morning. I found it difficult to relate to students of my own gender as I didn't have their life experiences or share their interests. Down the road I would like to know that despite experiencing psychosis I will be able to work and participate in the community without being brought down by delusions, sensory experiences or the mis-assessment of risk. Having a job is really important to me, however that job needs to allow me to get enough sleep. I hope that I am able to access the right support that is friendly and linked to my goals of being able to continue to work without my symptoms taking over or for me to take longer to recover or get back to my normal self. I am still recovering from my first psychotic episode which occurred 2 months ago, however with the right treatment and adjusting my social interactions, sticking to a routine, I am able to work full time. I did have to withdraw from my studies prior to the psychosis as my symptoms of distraction and difficulty understanding what I was reading because I had too many thoughts got in the way of completing assessments to a standard I had previously and on time. |
| Initially, I was devastated and thought that my colleague would not trust my intellectual integrity. I grew to realize what I had to offer was even bigger than intellectual reasoning, through peer support I had the ability to connect people with hope, living, and growing. |
| It devasted me because I got no help, was sexually assaulted in hospital, and told I had a brain disease, i was marginalised and alone and stayed in hiding about my experience. I had just had my first baby & I stayed strong fir her & my husband... I got through despite what they did to me and my body in treatment. I went back to work & hid everything, people told me I would never work or should have kids. It was so wrong and such lies. What I went through makes me a better helper/healer/ social worker ... |
| As far as having a traditional career is concerned, I'm an utter failure, as I lost every job I ever attempted to hold. My biggest accomplishment has been simply surviving. I am now setting my sights on a success for my book, something for which I yearn. If I end up seeing this happen I will die a happy man, when the time comes for me to do that. A success for my book will become the only semblance of justice I've had at any time in the past 45 years of hell I've lived through. Yes, the book is an angry, vindictive, self-published one. |
| If I had found peer support earlier, it might have made it easier for me to complete my college degree and accomplish more in life, career-wise. I think it is important to find a source of support, especially one that encourages you to take on more responsibility in life. |
| I had many, many different careers before I landed in education. But I always knew I was a writer and defined myself as that. So I went to school for that, but sometimes when I read back my notebooks from when I was in an episode I think it is way better material than anything I wrote lucid. It doesn't always make sense and it doesn't have to. If you can get your thoughts on paper when you're unwell it helps. |
| When I started to hear voices, I started to have difficulty concentrating in school and my grades started to drop from As and Bs to Bs, Cs, and Ds. Then when I found out how alcohol affected me, I needed it to be social and so I stayed as drunk as I could and my aspirations for college diminished and I ended up in the Navy. I continued to drink and use other substances to keep me able to focus and do work, but in the end everything went to "shit". I continued to drink to excess and I tried school again, but when I ran out of money for alcohol my symptoms returned. They got so bad that I try to commit suicide and eventually living out of my car. I was too proud to admit to anyone I was "crazy" that I heard voices and they were mean. Now with medication and regular visits to my psychiatrist, I have minimal voices and most of the time I can't understand them so I don't pay attention to them. But sometimes I get distracted by them. I have become pretty successful so far, but I want to continue to strive to meet my childhood goals of being a doctor. |
| When I had psychosis my life fell apart in and out of psyche wards and it took 15 years to be recovered |
| I have hard time to focus. I am slow in reading, calculating and writing. |
| Having psychosis has honestly been a huge struggle for me up till very recently. I was told by doctors many times that I should be institutionalized, that I would never have a career or go to graduate school, and that I should just get on social security disability and live in section 8 housing and not do anything (even though I was making a 4.0 in school at the time when they said these things). I have been seriously overmedicated in the past, which lead to health problems and having to take a leave from college. I had to move home from NYC to Syracuse due to the health problems my medication caused me and do a degree in absentia, which was almost impossible to pull off and set me back about four years in the course of my schooling. Many of my professors were just not understanding at all, and the administration and Hunter really didn't want to help me. I almost had to sue them. I was in undergraduate for about seven years. When I first started at Hunter College, I was hallucinating constantly. My school counselor is the one who pointed me in the right direction for medical help. I had no idea what was happening. I used to go to the basement room in the school library and cry every day after classes because I was so scared. I moved to Brooklyn from upstate New York to attend the college, and drove the moving van myself. I hardly knew a soul in New York and I had to take the subway about an hour and a half each way to get to college, and I would be hallucinating and having delusions the entire time until I was able to see a psychiatrist and get on anti-psychotic drugs. I also experienced paranoia. I have known for years that I need to have a very good job where people are smart, because my psychosis affects my ability to work if an environment is not suitable for me and also, as mentioned, I am Deaf. Many jobs have no interest in accommodating someone who has psychiatric disability, especially one like mine, which people often do not understand and associate with criminal behavior. I need a specific work environment or I will begin to experience symptoms due to stress. I have rarely received any accommodations for my hearing loss, either. Growing up, I had almost zero accommodations in public school until high school when I finally had sign language interpreters and was able to see a psychologist. When I first started out in college, I went to art school. There was no disability services office. It simply did not exist, and I hadn't ever heard of one before, anyway. This led to me receiving lower grades than I should have, because I could not hear teachers speaking. I have had to be incredibly strategic in order to get by in life. I still worry how I will be able to get by after school. I still wonder if I will need to just go on Disability. If I am in a work environment in which I am valued enough to be given accommodations and my intelligence and abilities are the focus, and not my disability, then I will do well. This generally is hard to make happen in a lower level job. That is why I intend to do a PhD. I also need very good benefits and things like sick leave, because there are times when I will need to be hospitalized and my colleagues need to understand and not stigmatize me for receiving medical care. |

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| Statistic | Value |
| Total Responses | 59 |

8. If you have used either informal or formal 'disability' accommodations or modifications during school/university or at work, please say a bit about them.  What did you request?  What helped make it easier to manage?  (Terminology varies across settings and countries, but we're using "accommodations" as any modification to a school or work program designed to support someone with mental health challenges or a disability--for instance, extra time on exams at school, early registration for courses, a modified work schedule, or time off.)

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| Text Response |
| To some extent I used accommodations during school--mostly when I had to get time off or for the occassional extension on a paper. For the most part, though, the accommodations I was offered wouldn't have helped. Plus (in a high-pressure academic environment) I worried that accommodations would be seen as a sign of weakness. In spite of all this, I think accommodations could (or can) be really helpful, but feel like more work needs to be done to "individualize" them for students and employees with psychosis. |
| I received extra time which took some of the pressure off. I rarely used it, but knowing that i had some leeway was helpful. I registered with the office of students with disabilities at my most recent university, and i carefully let professors know that i had the accomodations - but i didn't tell them why. |
| Yes at the University of Texas at Austin during graduate school, when I was receiving intensive ECT for 2.5 years. It helped to get through my practicum and the writing of my final piece, which I published in the Psychiatric Quarterly Journal. Also during my doctoral studies, in coursework, examinations, papers, leaves of absence. |
| I spent a lot of time in the hospital spring of my sophomore year in college because of my first experience with psychosis. The mental health professionals at the hospital urged me to send my professors letters to take a leave of absence and extend papers, tests, etc. I took this advice and my psychiatrist at the hospital had administration write a general letter excusing me from classes. The letter didn't mention anything about my being in inpatient or my diagnosis which made me feel a lot more comfortable giving it to my professors because I didn't feel comfortable disclosing information about my diagnosis to anyone at that point. I went to the university counselor's office when I first began to experience symptoms, however the counselor there told me he was not trained to help me and sent me to the hospital. |
| I only got accommodations in taking my Master's Comprehensive Evaluation. I struggle with ADD and Dyslexia and got extra time that enabled me to barely pass. I was not given any accommodations to pass my MFT multiple choice evaluation which are most difficult for me; but I spent two years studying first and learning how to adjust to those demands. I passed both exams on my first try. |
| I have never disclosed in school or work due to stigma. Even among mental health providers, there are those who blame, shame, and do not attempt to understand the symptom experiences of clients. I hope to help change this. |
| I had one serious break during my graduate studies and disclosed to professors close to me about my struggle. We weighed my options together and I was allowed to drop a few of my courses without penalty and take some time off of my internship. I could not have finished my degree without the support and accommodation they provided. |
| I did not. I |
| No I was an exceptionally gifted student that was held back from poverty and sheltered by a single parent. My mother was from rural/farm influence. She didn't know Now, i use ADA and have a emotional support service dog in the last 3 years.. |
| I keep my mental illness private, no one knows. If I have to be off I will give a physical reason |
| I am currently collecting federal social security disability. I do have accommodations that I made my employer aware of when I accepted the Americorp position. I have lots of appointments during business hours. I see my psychiatrist once a month during business hours. I see my counselor, who specializes in counseling those with serious mental illness, every week. I see my primary care physician every 3 months. I see a nutritionist twice a month. This team is what helps me to live successfully with my mental illness. I believe that I will have these needs for the rest of my life. |
| I needed none. Partly because I was able to get on top of this and had the luxury of living alone after my divorce.... where I could talk to the air as long as I wanted. Still do, when no one is around. Hey, "They" are always there! |
| Not really, apart from the year out and letters from my psychiatrist informing the university I did not have any modifications or accommodations. |
| None used |
| Take good care of yourself. Get plenty of sleep. That is the most important advise I can give. Somehow our dream state can work out a lot of things that a confused mind can't. Let that happen. Learn what triggers you to get carried away in your thought process. For me it was anger. Calm down and don't react. Isolate yourself and get your rest, the next day your perspective and thought process can change dramatically. Be Responsible! You are in charge of your actions! It's harder for us than others but that doesn't mean it's impossible. Learn about boundaries and respect your boundaries and others as well. |
| What disabliity? Making contact with your avatar is the best thing that has happened to me. The cool thing is that there are avatars literally everywhere. In one of the blogs is a FAQ you may want to read. |
| I turned down any disabiltiy services offered at all colleges that i have attended. I requested to not be labeled as a student to receive disability services because of the stigma associated with those services as well as I wanted to be considered as someone just like anyone else who is a college grad. I graduated with honors. However, I did join an organization called the Open Door project which provided scholarships, college tours, and other resources for those who did not have a things like a personal laptop. It was also a place to meet great counselors and other students who had disabilities. |
| I did not go to collage I had a learding disabill And school was hard for me I all so had ADHD. In life there is nothing easier for me I have to work really hard at what I do were if I am reading I have to read out loud at my house people think that I am crazy but that is a leader ship skill that I had learend in leader ship classes. |
| I used neither. My schooling was paid by a scholorship from the Catholic church and my parents purchased my books. |
| My current employer has made accommodations to my work schedule and has flexed my work schedule to meet my needs. My supervisor has also worked with me on my hourly pay so that I can stay on disability for the time being. I am also allowed to remove myself from any situation that makes me uncomfortable and may affect my RECOVERY. |
| I have had to have extra time off at certain times and have been hospitalized once while working. I was given extra time to take my tests and exams while getting my accounting degree. Being able to have time off help me at times to regroup and get back on the road without totally falling apart. |
| Extended testing time One on one tutoring |
| During my undergraduate degree, I had one particularly difficult year, during which I was briefly hospitalized. I made use of academic appeals in order to avoid being kicked out of the University, as I had failed a semester. I was then recommended for accommodations and met with an advisor at the University in order to explore my needs. I was provided with a laptop and voice recording hardware and software, in order to facilitate improved note-taking. Taking notes on the laptop was very much an improvement on written notes, as I was not particularly good with keeping things organized; however, I did not find the recording software useful and did not continue to use it. I was also provided with exam accommodations, which include writing exams in a private space, and being given time and a half. I have a disability advisor who I can meet with at any time, should I have any concerns. I am currently using these exam accommodations in law school. |
| I once was on an extended sick leave from my work as a teaching assistant in philosophy. Other than that I have never used any accomodations in school. At work I am not required to work late evenings or weekends, as are other team members. I also work only part time. Otherwise I do not need accommodations. |
| I try not to ask for accommodations but am open with my boss when I need to take time off for medical appointments. My colleagues don't know about my history...I don't think it's something they really need to know. I work with a therapist on a weekly basis and a psychiatrist on a monthly basis to manage my meds. To assuage my "guilt" over needing to miss time due to my symptoms or medical appointments, my boss often allows me to work remotely. That makes it a lot easier to manage my stress level. |
| No, I didn’t have any academic challenges while in university. I haven’t really felt the need to request something like that at work either. If I don’t feel I can perform the role I have any longer, I just try to define a new role for myself inside the organization that would be a better fit for my needs. If I can’t find one, I move to another organization where there is a better fit. |
| None |
| I never request anything from university. I dropped out after 1st semester because of the psychotic episode. I resumed the education after year by submitting the health certificate from psychiatrist. Since i rejoining the education, i had psychotic outburst few times and i did miss the classes and was poor on attendance, but i never missed any assignment or project work. Infact i made my thesis work on the experience of schizophrenia. I did an autoethnography study through psychodynamic therapy and literature and personal experience. |
| I approached my doctor to have them write a letter to the school requesting accommodations that would help with my mental health. Some accommodations that I ended up using were extended test times in a quite room. Sometimes when I had lab tests this could not be accommodated but written test this was allowed. |
| None. |
| none |
| I have never used 'disability' accommodations. I hid it for so long that by the time I was able to speak about it publicly it didn't occur to me that I could request any help. I just grit my teeth and get on with things. |
| I have used flexable hours to attend my psychitrist and therapist appointments. |
| I never had a medical leave from school or work, nor was there any office for mental health accommodations back in the 70s. I did apply for disability income from Social Security much later in my forties when I experienced a lot more mania. All my earlier 20 years, I never knew to ask for help. I just struggled frantically and financially. The process of describing the details of your current and past life is difficult and was lengthy for me, but necessary to begin receiving checks. With disability income, my life is manageable and I teach part-time, just perfect for me. If you are unable to work full-time due to your mental health, I strongly suggest applying for benefits. |
| I've been so fortunate to be able to use the FMLA law for absences without penalty. The most helpful thing has been being in a labor union to advocate using the FMLA and using the sick leave bank we have through the union. The union has led to freedom from fear over losing my job due to discrimination, and good health insurance. |
| I work for myself so if I'm sick I just don't work. I get support from the government and my family supports me. |
| I would have been (and would never) request accommodations. The risks seriously outweigh any benefits I can see, potentially jeapardizing my entire career because of the stigma within medicine. |
| I had to take medical leaves, but other than that never figured out any "accommodations" that would have been helpful. Understanding and compassionate faculty and mentors was what saved me. |
| Medical leaves, that's it. |
| Not applicable |
| All my higher education was in India and there simply wasn't any discussion of the need for any accommodation (this is still the case in most situations). All of the "accommodations" came from individual teachers, friends and colleagues, not from any university authority. I had two extra years on my PhD (but this extension is available to all students regardless of mental health). At work in my second job in India in a feminist organisation, I was initially given flexible working hours (in those days, medication made it difficult for me to be functional early in the morning) but this was revoked when some of my colleagues complained about "favouritism". In the UK, the place where I first worked was a user-led organisation, which had built many accommodations into their policies, including flexible working hours, duvey days, peer support and so on. |
| No special accomodations |
| Leave of absences did help and the school's therapy services. Professors also provided me with extra time to complete projects and was given incomplete for courses to allow for extra time at the end of the semester. |
| I was able to get a medical certificate for extra time for assignments and extra time for exams. I was also able to access mp3 recordings of lectures which made it easier to pick up information rather than from lecture notes. I only used these when I had to i.e. couldn't get motivated to complete a task. Prior to this I wish I knew that I was unwell so that I could request suitable adjustments. I also shared my diagnosis with the director of the course and he was incredibly supportive. What is now helping me to manage is that I am aware of some of my symptoms and the impact of my social activities or lack of social activities. Having awareness of symptoms makes a huge difference and I continue to pick up how I experience further symptoms within and prior to an episode. |
| My employer has modified my work based on advice from my psychologist. I requested shorter work hours and to use sick leave during tough times. This has been effective. |
| None because I refused to identify and let people think I had a disability which also meant I got no help. But I would still take that choice... Discrimination and exclusion in my profession is very real. |
| I have never used an accommodations. |
| I did receive accommodation both at school and at work, but in both cases I held off in requesting it because I feared the stigma. But once it was given I was a much more effective student and worker. So I regretted not speaking up sooner. At school they gave me this awesome electronic pen with a camera in it I loved that helped me take notes. At work I was granted a leave with pay when stress levels were high on campus. So it's worthwhile to ask for help. |
| I have a hard time concentrating and so I don't take good notes, so I use a note taker in my classes to help me understand the lecture. I don't require anything else, but sometimes I wished I would have taken the exams by myself. |
| I did not ask for accommodations I do a lot of self care |
| I didn't tell anyone I had psychosis. I practice and pay extra attention to my work to fully complete my job. I became fully up to the speed before the psychosis during a period of time. |
| In high school, I used American Sign Language Interpreters, but did not have this option until almost junior year. I also wear hearing aids. For my associate's degree, I received no accommodations and was not offered any. At Hunter College, there was a disability services office, but it was just about useless. I did not receive accommodations at Hunter College. I sat in the front row and lip-read. At Syracuse University, I receive many accommodations. I have ASL interpretation in all of my classes, at lectures, symposiums and campus events. I knew that SU would be good at this, and it is a big reason why I applied to the school. I also use CART, closed-captioning on any video material, and transcripts of video material. I have a counselor at the Office of Disability Services who personally assists me with a variety of things, including when I am experiencing psychosis related issues. She assists me in working with my professors when I am having problems and cannot turn work in on time. I also receive help from the Disability Cultural Center at SU, where the director speaks to me in ASL and also confidentially assists me with issues related to my psychiatric disability. She makes phone calls for me, connects me with various student services if needed and also she is someone that I can rely on to make sure campus events are accessible to me. I have had to take incompletes in a few classes (make up the work later) due to being hospitalized or unable to get medication due to various issues. |

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| Statistic | Value |
| Total Responses | 52 |

9. Did you disclose if/when you were a student? Have you disclosed to colleagues in your current work setting? If so, can you say a bit about what this was like and what impact it has had on your relationships at work or school?

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| Text Response |
| I disclosed as a student (with most people) and am disclosed now at work (still a university setting). I've had mixed experiences: definitely lots of discrimination, negative attitudes. But in many cases this is just as true (in a different way) in situations in which people don't know my mental health history. For example, once I was scheduling a participant for a focus group, and she warned me "I hope you know how to talk to schizophrenics. You have to talk real slow, because they have a really hard time understanding things." Other times I've been talking to researchers or clinicians who emphasize to me just how "disabling" schizophrenia is. Sometimes I'm tempted to say something, sometimes I just enjoy the irony. |
| I started disclosing in my third masters program. I did not do it earlier, and i still feel like that was the right choice. I was deliberate, intentional, and careful. And slow. |
| Yes. It helped me to take care of myself. |
| I selectively disclosed as a student and received mixed reactions, a lot of people just don't understand mental illness. Instead of allowing this to upset me I learned that educating people is the best tool. I disclosed at my current work setting (one of my job requirements is that I have a mental health diagnosis) and have found that as I gain confidence in who I am outside of my illness sharing my story has become a much more positive experience because I'm coming from a place of strength rather than shame. |
| No, I did everything that I could to hide my history, but people could tell I was different and building respect was very difficult and easily lost with an admission of an illness |
| The setting of my graduate program was very communal and my cohort engaged in a lot of personal disclosure. I did a presentation in one of my classes about my struggles and the response was overwhelmingly positive. At my current setting, I am a CRSS, or Peer staff, which means that part of my job description is that I identify as a consumer of mental health services. In spite of this, I have disclosed very little to my coworkers. I guess I haven't discovered what I felt was an appropriate time or setting to disclose, although most of them know by my title that I am a consumer. |
| I was not formally diagnosed whem I was a student. I was selective in my work situation. Disclosing to some co-workers but not all. I disclosed to several supervisors but not al. I had spikes on my EEG and take an anti-convulsant. So in one case I disclosed to him that I had epilepsy. |
| No |
| I am free to share all of myself. I made that decision in my 20's. Discrimination is challenging. Yet, my career has helped me share this message of hope. My co-workers were unaware about my skills at first. Educating is part of this process. The Leadership at my company is great, affirming and supportive. I did not know what I could do until I came to Crestwood. |
| No, although I had to declare to occupational health when I was first appointed |
| At NAMI, I'm an asset because I have real life, school of hard knocks, experience. I disclosed right away at NAMI. I DO NOT disclose when I interview for any other job. I have a 3 year gap in employment on my resume. I tell them I had personal and family obligations that required my attention and move on. |
| I have disclosed . All members of SC have a mental health diagnosis |
| I am working as a Certicied Intentional Peer Support Speciaist so self-disclosure is part of my job description. |
| I'm very candid about all this and would love more opportunity to talk about it, particularly in this sort of a setting. I hope to travel to London and meet with the Hearing Voices Network folks someday. Mt. Holyoke professor also. You guys? |
| I had to disclose before because I was in and out of hospital! But I decided not to disclose to my colleagues at my current university except student registry. Only a very select few knew from the beginning and their responses have been largely supportive. |
| I did not really disclose as a student, though I was in graduate school when I first experienced psychosis. |
| Don't tell anyone. No need to. What are you hoping at get from telling? Be responsible for your actions. |
| I was not talking to my avatar when I was a student. It happened after my graduation. |
| When I disclosed at school in the women's support group in undergrad, everyone treated me like the gum one bottom of their shoe and they tried to pamper me or baby me because I was different. At work, my job requires that I am diagnosed I with mentali illness and I absolutely love to self- disclose at work. Everyone knows at work that I am not "normal" and the embrace my input and opinions from a peer perspective. In graduate school, my professors and classmates have no idea, unless I was required to disclose within an assignment. |
| I donot know that has been so long a go,It was really hard for me I had took small baby steps at first and a goal at a time, LIke I had said it was hard for me. |
| I did disclose to my collegues. Every paper I wrote had to do with some time in my recovery. I also started two support groups. Stress at the Press and the Richmond Manic Depressive support group in 1985, which continues to be a group at the present time. |
| The criteria for my position required that I receive services for a mental illness. Everyone that works in my office are mental health professionals and keep an eye on me if they notice any changes in my behavior or thinking. There is still stigma associated with being mentally ill and some of my co-workers keep their distance. |
| yes I disclosed to teachers at school. I also disclosed at work due to my being a peer specialist before I moved up. Some co-workers treated me differently and were awkward around me but most aaccepted me anyway especially with time. |
| Yes. Thats part of my job. Peer services. |
| I work in a setting where all the employees of the mailroom have a mental illness. It puts us on even footing. |
| I did have to disclose when I was a student pursuing my undergraduate degree, as I was going to be kicked out of the University, and had to provide specific medical documentation and also describe my circumstances. This, however, was only disclosed to the administration, and the disability office, not my professors. It was very helpful to have access to the disability office resources, accommodations, and advisors. I did not disclose further to any other students or professors. I also disclosed on my law school entrance essay. I believe this played at least some role in my acceptance. I have disclosed while in law school to the assistant dean to students, and have received personal advice and recommendations from this individual. I have disclosed to a select few students at the law school, and have made some general, but not specific, disclosures to a mental health support group I attend, made up of other law students in my school. I had to disclose in the past to a place of employment, but I do not recommend this in any regard. I experienced discrimination and stigma as a result, and ended up leaving that employer, as I felt the environment had become very toxic as a result. I will be compelled to disclose when I am called to the bar, but I will also be compelled not to disclose once I am a practicing lawyer. The rules of my future profession dictate that I cannot reveal to clients or other professionals anything that may undermine my ability to work in the profession. This is not ideal, as I prefer to be at least somewhat open about my experiences, but ethics dictate that I cannot give others reason to believe that the profession is jeopardized by my participation. However, the legal society that provides the certification will be aware. |
| In the philosophy PhD program it became known that I had been diagnosed with psychosis because of a hospital stay. However, it seemed to me that everybody ignored it. Now as a Master student of clinical social work I disclose it and I think my experience is seen as valuable. |
| I disclosed when I was a student due to the severity of my symptoms. It distanced some people from me because of the stigma surrounding mental illness but also taught me who I could really count on in my life. |
| No, I haven’t disclosed to anyone in my professional circles; I haven’t really seen any need or benefit in doing so. |
| no |
| I disclosed info to the dean of nursing college.she was very supportive and gave me extra time to complete my work. 99% of my nursing managers were supportive. Their will be people who just do not understand due to knowledge deficits. |
| Yes, i disclosed to my teachers. I also disclosed it to my clasmates. Once during an introductory session in class, i introduced myself as "i am schizophrenic". The class became insecure and reacted differently. One said to me "you are not schizophrenic, you have schizophrenia", and begin arguing with me. The others mocked it by doing a play in front of me "oh i am hallucinating". I understood it and said "thats a good one", but deeply i felt hurt and ununderstood. I have been open about my diagnosis mostly everywhere. I have been refused work because of this, may times. Now I have become comfortable with it and I understand it is personal and i do not have to share it if i do not want. It is my choice. I lost few relationships because of this consequences of my behaviour during psychosis, and i rarely had genuine friends when they got to know i am psychotic. |
| It was scary at first, but being allowed to come out in the open and talk about my issues can of gained me more respect than negativity. |
| Yes. I wrote and independently published a book about my experiences, and I speak in public and corporate settings. People are supportive. |
| I did not disclose. |
| I have only recently disclosed. My experience is informing my PhD and so it is important to be open about it. I have also spoken about it at a conference. The response has been supportive and had had a positive impact on my work. |
| I have discussed it with one co-worker. He seemed very open about things. Turns out he spent some time in a hospital for mental illness too. But we have agreed to not share the info with others. |
| 7) No, I did not disclose my bipolar disorder when I was a student. I just confided in one person, a friend who later became my husband of 42 years. He was very supportive from day one, and kept me going to school when I was depressed and wanted to quit. My mental health history was a big secret, a heavy burden on my shoulders. At school, I felt less than authentic with classmates and friends. By finally opening up to one person, I felt validated and was able to function. He was my lifeline, it turns out, for the rest of my life. |
| Where I am currently is very different to most work places as I am actually hired because of my experience with Psychosis, however in the past there have been mixed responses but I assure you most people just want to understand and do their best to assist in making it easier for you. |
| This hasn't led to negative impact since so few people know, except close friends and a supportive supervisor, and probably others that have found out - but I don't worry about that. |
| I share a divided old building with 10 other professionals and I have disclosed to a few over the years that I have a mental illness. It has been mostly understood and accepted. I feel sometimes a fire in me to tell everyone there, but people come and go and I don;t know everyone. Some people walk the other way, but mostly it's been good. |
| Again, I hate to say this, but I do not think it's "safe" to disclose |
| I did, but only to some people. Likewise, now, close colleagues know, but I'm not "public." I think about it, but I'm not quite there yet. |
| Only to people I really trusted. There's a ton of stigma out there, doesn't matter where you are. |
| Yes, I am open about my illness and do public speaking about my experience. |
| I have disclosed to my colleagues as "experience as a peer" was a requirement for this job position. |
| Since I was going through psychosis while I was still at uni, it was not a case of disclosing. I had several dramatic psychotic and self-harm episodes on campus that everybody knew, although I never disclosed diagnosis to anyone other than close friends and teachers. In work, I have sought out a career as a survivor researcher so I am fully "out". There are situations, however, on steering groups etc. where I have not disclosed and people have said things about 'schizophrenics' and service users in general that are hugely discriminatory. I challenge them at every occasion that happens and may even choose to disclose in response to discriminatory comments about "those people". |
| I disclosed publicly and some began viewing me through my diagnosis but true friends, family etc stood beside me |
| As a student I did but not at work. |
| At Uni I disclosed to the director of my course. In my previous roles I was a consumer prior to taking on employment at the same service, this was difficult as my friends and clients were the same people. At my current workplace, during a conversation over coffee after work with my colleagues I disclosed my diagnosis and they encouraged me to let the team leader know. The team leader was very honoured that I had shared this with her. There are many more colleagues that I haven't disclosed to and a minority of them would use it against me. While I have disclosed my diagnosis I am yet to mention to anyone that I experienced psychosis. |
| This experience was after I was a student. |
| I have told certain trusted colleagues - it is risky & has been good & bad. But now I do ut anyway because I want people to be treated better |
| I have been in the public domain for many years, as far as my status as an ex-patient is concerned. This was true when I was in school as well. |
| Once, some people in a college class talked about having two paranoid people in a room, implying that they would feed off each other. During a break, I told the professor that I lived with paranoid schizophrenia, upon which, he told me his father had paranoid schizophrenia. He touched upon this issue when the class resumed. |
| I really think that's an individual decision. For me I hold off telling anyone until I find someone trustworthy. |
| Yes, in my job I had to identify myself as havingI have schizo-affective disorder and so I feel that label does not have power over me anymore so I tell a lot of my peers that I suffer from it. |
| My job knows about my mental illness no problem |
| No |
| Now that I am in a graduate program in disability studies, I am no longer afraid to tell my colleagues that I have psychosis. Everyone is very supportive and interested in my experience. |

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| Statistic | Value |
| Total Responses | 59 |

10. Do you have any specific advice for a young person with psychosis who is considering a career similar to yours (or in the same area)?

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| Text Response |
| Yes--first, seek out mentors (whether they're grad students or faculty or others) who understand what you're up against and are genuinely supportive. My guess is that almost anyone with psychosis in academia is going to run into discrimination and stigma, and it can be a lifesaver to have a senior mentor "in your court." I also think connecting with other students (or researchers at the same career stage) with similar experiences can be invaluable. One needs support. Also always worth reminding oneself of the importance of the work you're doing and that trailblazing is never easy. |
| Go for it! psychosis presents challenges, but it isn't a reason to stop pursuing what you love. Find people you trust to support you. This is important. Know what works for you - for me i work best in the very early morning, but not at night. And if i don't get enough sleep, problems start. I balance work with exercise which helps a lot. I find ideas captivating and they sometimes draw me in too much, so having ways to know when to "pull back" is important. |
| Don't be afraid of it. Make friends with it. Make friends with yourself. Love yourself. Let others know when/if you need their support, help, guidance. Ask for what you need. Know that you will be OK and this too shall pass. Keep on going because this is just a part of the gift of mental diversity. |
| Working as a Certified Peer Specialist is so comfortable for me because everyone I work with has been through similar mental health experiences and struggles. My supervisors encourage staff to take "mental health" days and if anyone begins to experience symptoms they are required to take off until they are well. If you're looking for a non-judgemental, inclusive and empowering work atmosphere I would definitely recommend this profession. |
| Focus on establishing your merits first and use anything that you have at your disposal to build acceptance. Know your strengths more than your deficits and exercise what you are good at regardless of your challenges. And try to accept and enjoy some elements of isolation. Be thankful for what you have, and don't focus on what you don't have. |
| There ARE people out there who care and who can help. Seek them out. You also have the ability within you to help yourself if you seek it. Learn from your experiences. It may not seem like it at times, but they will make you more insightful about yourself and others and more motivated about your work, whatever it ends up being :) |
| If you can find a way to see your experience with psychosis as an opportunity rather than a curse, you have taken the first and most significant step towards finding your purpose. Ask yourself what unique giftings/passion/wisdom/perspective your experiences have provided to you, and how can you help others with that. I am blessed to have found a setting where it is safe and even encouraged for me to bring all of myself to the job. My experience with recovery makes me an asset to the agency. I would hope that you can find something like that, where you do not have to hide your wounds, but that they can be an asset to your workplace and those around you. You are a wounded healer- the most effective kind. |
| I would say find a mentor in your field. Someone not a client, friend or employer. Someone that you can talk freely with about your job. Who understands the business. And have a therapist. The film/video/ digital business can be very difficult. Because people use you for to get what THEY want. You need a place to go where you can just relax. When I was symptomatic with mood issues, I went to NAMI support groups and found them to be very helpful. Some jobs in this business require speed. If you light a set you have to be quick, because nothing can happen until your are done. So if you have a lot of trouble making decisions you might not want to be a gaffer. And I worked as an editor on my own machine. Charging the client by the job rather than hourly. So I could work on it when I wanted to and they did not pay more if it took me longer. Generally. Deadlines rule. You will not succeed if you miss deadlines. No matter how brilliant or good you are. So make sure that you do not take deadlines that you cannot complete with out at least 4? 6? hours of sleep and time for life. In other words if some one comes to you on Wednesday at 5 o'clock with an editing project that has to be completed by Friday at 9 am. And is going to take you 20 hours. Turn it down. Take your medications and find out what make you tired. See if you can take them at night before you go to bed. Find people in your specific area that you can pass off jobs too when you are not "well". Find assistants and associates to work directly with/under your supervision. Don't always be the cheapest bidder. Learn what others are making and charge what you think you are worth. And charge accordingly. I worked for one company where we did live shows. Sometimes working all night and getting maybe two hours of sleep a night for a week. But I did not get over time. Did not even get any more money. And these were shows for major clients. So I formed my own business and worked on my own. You can succeed. There is no limit to recovery. |
| Go to the hospital when you have an episode; they will take care of you well and it will be much easier to get the oversight you need to get your levels adjusted. |
| Yes, Be willing to learn about yourself! Take personal responsibility for your wellbeing. Then, do a self assessment of your gifts, skills and dreams. Ask for support, coaching or mentors. Educate yourself, advocate in a polite way. Make request and keep yourself safe. There's more but this is good start. |
| Focus on finding a way to live with/manage the voices & psychotic symptoms. Know when you are in danger of relapse and then just go for it I believe you can achieve your goals |
| It's YOUR choice whether you decide to disclose. I want you to think long and hard about how to handle it. The law requires employers to make allowances for employees with disabilities, but you have to disclose your mental illness to get those accommodations. Mental illness is so stigmatized that you may experience repercussions (you may be overlooked for promotions or considered a marginal or less capable employee). Believe it or not, I experience stigmatization and marginalization even at the National Alliance for Mental Illness. My coworkers have treated me like all I can do is be their personal secretary. I have had to stand up and fight to get my piece of the meaningful work that I want to do. Stigmatization happens everywhere--even at the freakin' National Alliance for Mental Illness! It's our job to do the best we can to change it. |
| GO FO IT! People have told me my entire life that I should just "hope to be a good wife and mother". They said it as if they didn't have any faith that I could even acomplish that! There is recovery from psychosis and if treated properly you can live a life full of potential. |
| Go for it! I love it, I am doing what is important to me and that matters a lot. I am hopefully making a positive impact. It was a long road to get here because this job did not always exist. I had a hard time figuring out what I really wanted to do but I worked very hard in college and got good grades and loved school. In high school I attended a school that was specifically for secondary students with emotional disabilities or mental illness. In my last hospitalization I was encouraged by my worker to choose a job and forget about college. I am so glad I chased my dreams. Do not give up. After being rejected by the school system when I sought employment I kept looking for something meaningful to do and my job can be hard and stressful but I am unbelievably grateful for it. Advice I would give my former self is this: It is great that you are doing well on school. Do not every forget that you need to have fun too. Learn the interpersonal skills you need to be comfortable around other people. Enjoy life and most of all, be kind to yourself while you work hard. Do what you love. Others may have goals for you but you will not be successful living out someone else's dream, no matter how much they care about you. Be you. You are unique and have a lot to offer. You are also human which means in so many ways you are like everyone else. Have the courage to be you, to make friends, and to fight for your dreams. There were so many times I thought I would never be "ok" or "enough." Well you are and you cannot change that so be the person you dream of being and learn to relate to other people because you will find true interpersonal connection is one of the sweetest things you will taste in this life. |
| Yes. You are fine! You are in touch with something Other-Worldly but it is not dangerous. YOU ARE IN CHARGE OF YOUR OWN BODY AND YOUR OWN MIND.... EXCEPT WHEN YOU RELINQUISH THAT RIGHT. DON'T PANIC! There are, indeed, some negative elements who might want to ride your body and make you drink or smoke their addictions, etc. but they can't do much with you if you don't lie down and let them....i.e: victimize yourself. Humor is a wonderful asset. I used to talk to those Bad Boys and try to figure them out. The most important thing to remember is not to use negative reactions towards them. They understand that approach and want you to Make War against them. Fear, Anger can be turned against you....not Humor, for goodness sakes! After awhile, you will have popped up, beyond that Level, and that annoyance will disappear forever. Think of it as a Boot Camp and you're in training for this new talent you've been given. Just remember that they can't hurt you....no matter what they might try to make you believe. Yes, you will be able to feel pricks and touches sometimes, but the Good Guys leave those sensations too, so it comes as a part of the territory. |
| NEVER give up!! Psychosis is not and should not be the end of your hopes, dreams and aspirations. It could on the other hand provide unique and important insight into the area of scientific research, as nothing motivates me more! I feel I am even more driven and determined than my 'normal' colleagues because of my personal experiences of psychosis, as I understand the pain, confusion and suffering first-hand. Also take one step at a time- plan for your future but also focus on the present. Psychosis may be incurable at this moment in time but it is highly treatable in most people. Everything has a good and a bad side and psychosis is no exception. Of course I am by absolutely no means romanticising psychosis, I would say it was one of the worst times in my life so far but it has also endorsed me with a new understanding of the world and of reality. |
| I know for many young people taking medication, perhaps for the rest of their lives seems overwhelming, but I am convinced that had I not been religious about taking meds, my life would not have been nearly as full, rewarding and I certainly do not think I would be fully functioning. |
| You're probably very bright. Be aware and proud of that! Build confidence in little things at first until you can take on bigger tasks as your health improves. Always have hope in your future. Every day is a new day. Never give up on your dreams. |
| Folks who hear voices in thier head are fine. The ones who have yet to make contact with thier avatar need to examine how they judge others. |
| If you want to become a counselor or a psychologist, you have to fight for you believe because it is not easy dealing with the human mind period. It is so complex, yet amazing to learn and discover why people do the things that they do. Hurt people hurt people. It is so amazing to learn things like self- fulfilling prophecies and positive affirmations, how walk in empathy. What better person can demonstrate empathy than someone counseling who has actually experienced PTSD due to war, or someone who is actually experiencing mania who is diagnosed with bipolar or a school counselor who had problems in school helping a teen to calm down because they themselves have or had anger management issues. On top of that, you have deal with your own mind and your own issues and you are going need to know your true self which is not as broken and as messed up as think it is. Think outside of the box. |
| Yes, just start out slow and one day @ a time if you do to many things at a time you will be loast and every thing will be like the apples had fallen out of your hands.And do goals take as many skill groups as you can at a menthel health plase this will help you get started in what you would like to do. If a young person wants to be like me and do things that I had done they would have to start know cause it took me 20 years to compleat my task to wear I am know and people are not the same.You have to do what you want to do. |
| Don't give up. Have HOPE. Help self then others, Overcome your barriers, Prevent the mental pain and Educate yourself. |
| First of all take your medications as prescribed by your doctor. If you can, see a therapist as often as you would like to be in touch. If you know you are experiencing psychosis, tell someone so you can get immediate help. Finally, psychosis is not the end of all opportunities. You can lead a normal and productive life and get an education.Dream big!!! |
| Make sure you accept your situation and stay on medications. Take time off and don't be in a rush. But don't limit yourself but become what ever your really want to do. With medication and understanding you can accomplish your dreams despite your situation. |
| Don't let anyone ever tell you that you can't do something. People don't always understand and at some point you will come across negative people but don't stop.Find your dream and go for it! Embrace your psychosis and try not to look at it as always purely negative. We are unique and truly capable of great things. |
| Be open to what you learn about yourself through adversity. |
| Do not consider the practice of law, or law school, until you spend ample time addressing your health and well-being. Learn everything you can about your specific diagnosis and circumstances. Try different means of coping with and addressing your challenges until you find something that works best for you. You cannot come to the study of law until you have a serious plan in place for when things might go wrong. Learn self-care above all else, as it will be absolutely integral to success in law. While it is certainly not impossible for someone who experiences psychosis to pursue this career, it is a highly stressful, competitive, and adversarial environment, and it takes significant stamina to navigate. You must be ready to address your past experiences, and know that when you come to be called to the bar, you will be grilled on your life, how you manage, and how you will continue to manage successfully. Practice healthy eating, and healthy behaviours. Avoid alcohol and caffeine. Adding either of those to extreme stress is a recipe for disaster. Make sure you have a strong sense of self, as law school and the legal profession will attempt to mold you into something very specific, and you will have to fight to maintain your individuality. Celebrate your differences and help educate others in the profession so that we can hopefully open it up to a more balanced, loving, and accepting place to be, even if it means posing as an ally, when you are truthfully really a member of a certain community. Most of all, take care of yourself in whatever way fulfills you and nourishes your being. |
| Follow your dreams. But if it does not pan out, try to change your dreams building on your strength. Try to find people who will support you in pursuing your dreams. Stay away from people who try to change you into something you don't want to be. Be also a student of life who studies how to live a good life. Undertake projects you believe to be important in themselves, independently of whether they will make you very successful. |
| Don't let your illness stop you!! Anything is achievable, and there is no such thing as "normal." Never be afraid to disclose if you feel it would make your life easier to cope with!!!! |
| International development is a very challenging field and demands a lot intellectually and in terms of work style, cultural and lifestyle flexibility. So the first thing I would say is know your stressors and your triggers as well as your core strengths. For example, I know I am going to be very symptomatic in a bureaucratic organization with lots of office politics. Yet I feel calm and centered when doing field work alone in remote locations. Everyone’s strengths and stressors are different. Second, choose your organization and your colleagues carefully. This is probably true of most professions, but in this one in particular, who you work for and with makes all the difference. Look closely at the organization’s culture, values, work life balance, as well as travel, security, and expatriate policies. Also, if you are a US citizen and have used mental health services, you should be aware that virtually all US government funded international development work will require you to maintain a security clearance (and in case of foreign service postings, a medical clearance). The clearance review process includes an interview with your mental health provider. A diagnosis of psychosis does not automatically exclude one from receiving a clearance, but the standards get tougher the higher you go, and it is a very big risk to put your future career prospects in the hands of a subjective review process such as this. Fortunately there are many great organizations in this field that don’t require clearances– universities, think tanks, multilateral funds, charitable foundations, as well as non-US based companies and NGOs. I would highly suggest applying for the non-clearance positions first. |
| Approach writing with a rational plan. I worked full-time forty hours per week and I still do while pursuing writing on the side. I considered it an interest before it became a second job. I met once every two weeks to work on my writing with a writing group and I took lessons with an established writer to learn my craft. Writers write so the more you write the better you can potentially become at it. |
| Take care of yourself first. Learn as much as you can about what triggers set you off into illness. Get help and plan prevention techniques so that you do not reach the psychotic state. Stay on your meds, get involved with support groups. Keep up your appointments with doctors and counselors. Rest well and do what your heart tells you to do. Love yourself. |
| I think one needs to enagage with the experience of psychosis in small doses with over-burdening the health. Once recovered, one must constantly try to face one's aspect and madness that comes to surface through unconscious ways. One can work as counselor when one is sure that there are more rooms in house. There are'nt just psychotic room but safe and secure room. If a client triggers and opens a psychotic room, then it needs to be enaged in personal therapy and it is healthy work and growth. |
| Be the best you can and don't let your diagnose get in the way of your career, but remember if you want to help someone, make sure you are also continuing to help yourself. You can't help anyone if you can't help yourself. Know your limits and don't be afraid to approach your boss or manger to discuss accommodations or explain to them that you have a history of Mental Health struggles. It is up to you on who you want to share this information with, but it may be a good idea to share it with a boss or manger so they can help you be successful. |
| Go for it! You can do it. Be bold and brave, disclose when it feels right, learn from your mistakes if things don't go so well. Focus on positives. People will support you if you're willing to try and make a genuine effort to achieve what your dreams. Setbacks are temporary, you will succeed. |
| I believe that each person's needs and situation is unique and must be taken into consideration before giving any advice. |
| Try not to hide it for as long as I did - disclose to those people you feel will be sympathetic and supportive. In addition, in this line of work your experiences will be invaluable in helping others. |
| This is a very stressful position. It can be long hours too. You need to make sure you do not get too extended. Learn to say you can't do it. One of my breaks was directly due to working too hard. |
| Yes, my advice is to disclose your illness to someone: a colleague, friend, or professor who will be supportive and help you cope with the ups and downs of the mental health merry-go-round. I know that I would not be a teacher today without the steady support of my spouse. It would have helped to also have had at least one of my professors to lean on and to help me transition back after my year of absence due to my first manic episode. |
| Go forth and be your awesome self, there are going to be times when it is tuff, no matter what your career choice, but surround yourself with people who believe in you and always remember one simple truth, the fire that forged you is the same fire that drives you to keep going and to make a difference to yourself and others. Don't give up and choose wisely when you give in, and be proud always of your own story. |
| If you can't work, do volunteer work for a union or other worker rights organization. Learning a second language can be very helpful. Network in a way that minimizes the stress in meeting new people. Make friends who work in the field - volunteering will help with this. Never give up! Expect and demand a full recovery. Do everything you can to surround yourself with positive, supportive friends and family. Try not to feel sorry for yourself and try not to be around depressed or toxic people. Do service. I have volunteered to be a buddy to someone else with mental illness and it has helped me very much. In general, find a way to find some peace in your life - I've been helped by 12 step programs, mediation, and gardening. |
| Well, you've got to think about what work you want to do...and where you want to put your soul down day to day. I like having people there, around, but also like to work for myself, choose my own hours, go when I want to, stop when I need to. I like my own space and am a bit of an introvert, so an open plan office wouldn't work for me. We have 10 other studios where I've been for 9 years. I've made friends with photographers, architects, publishers, muso's and their engineers. this suits me. The ONLY problem I have is noise. If there is a lot of noise I'll use professional headphones to block it out. A couturier next to me loved heavy metal, so I had to use headphones all day. It does get annoying, but practical things like that, dealing with hearing voices, just needs to be managed. I get paranoid, so I have to deal with that. I have to be practical abou that particular hangover from episodes. Also, I get scared sometimes for different reasons and have to deal with that. I might not be visibly disabled but I do have my issues that I need to address each time I go to work to be able to be productive during the day. |
| You have to believe in yourself. Ultimately, it's easy to become your own worst enemy if you give up on yourself. And also: keep going. Breaks might sound nice, but free time is not necessarily a good thing: really easy to start slipping. |
| Go for it, but also do everything you can to find a supportive mentor. I'm not sure finishing a PhD is possible (especially with ongoing symptoms) without someone willing to champion your cause. And there's a lot of prejudiced academics out there, but definitely also people who really care. |
| Maybe something cheesy like "know yourself." If you love intellectually challenging work, you're not going to be happy if you don't figure out a way of doing intellectually challenging work. If you need structure, you're going to need structure. Figure those things out--they go such a long way. |
| Don't give up! You can get through it. |
| Work on acceptance of your mental illness (health issue). Try to look at it as a chronic disease like high blood pressure or high cholesterol. Take your medication and don't stop taking it when you are feeling good. Find positive supporters and create your Wellness Recovery Action Plan (WRAP). \*please Google: The Copeland Center or Mary Ellen Copeland\* |
| Support, support, support. Spend time reading the work of your professors and getting to know their general ethical and political standpoints before you decide to work with them (this is in relation to doing a PhD and choosing a supervisor). In school, generally, I think it is possible to suss out people who would be sympathetic and try to build relationships with them so that they will support you when you need it. Find local peer support groups if at all possible. |
| Self-advocacy must come first. If you are not taking care of yourself or working towards wellness and recovery, you can not help others. |
| Difficulty get to know as much as you can about your experience, set some life goals, work on other things and explore interests outside of your diagnosis even watching a TV series. have fun, pick out your own goals that don't have to align with social norms. Try and find people that you feel comfortable sharing what's happening for you. Create meaningful relationships so that you have positive memories that can pick you up when you are having a hard time. One of my more recent experiences was with a nurse in hospital who spent a lot of time with me, understood my experience was really cool, used the word shit a lot, even short relationships can make a huge difference to making choices that have more long term benefits that consequences. Research how to write a resume and selection criteria, volunteer - get experiences, references and make friends. Get out of your home ... Study, if you need help sort out a friendly service or ask somebody, use the internet and forums. Talk to people with similar and differing experiences. Ask for help and if you don't get it the first time keep trying, don't give up Discuss with your clinical provider how you can best balance a working life and stay well - figure out when you would need time off, maybe adjust medications to better concentrate etc whatever you want to realistically achieve that's determined within you. |
| A smart woman once told me that the 'sky is the limit' and I believe her. Plan for the future, even if you aren't sure how it will happen. Have conversations about the future and focus on the things you want to achieve. Life is short, make something about every day count. Remember, you have to take small steps first to be able to sing a symphony in life. |
| Go for it, it will mean you are a better worker in the end. But you need a lot of wisdom and ways to manage working as a social worker if you have also been through it. Read up, join with others, keep safe & have a balanced life. Work is only one thing we do... Be authentic in your work is powerful and healing & liberating for others.. |
| Keep on keepin' on. |
| I think starting off as a Certified Peer Recovery Specialist is good way to embrace a position that gives you responsibility, as well as allowing you to be open about your illness and support your peers. Once you get your feet wet, you could decide to go back to school if needed, and pursue other avenues. |
| Writing may not pay the bills so if you want to be a writer be prepared to also be a teacher and/or editor. But if you get approved for disability benefits somehow it makes your life as a writer a little easier. No shame in being on disability if your illness is severe. And you will find you work odd jobs sometimes til you're well recovered. Then things settle down and you do better and better every year. |
| If you are hearing voices, don't worry about being "crazy". It is a negative label, but you are more than that label and without help your dreams could pass you by and may even take your life. So, you owe it to yourself to get help so you can be the person you wanted to be when you were a kid. It does get better and people don't know I am psychotic unless I tell them. |
| Be honest and take care of yourself |
| Practice learning skills and social skills in a safe environment first, such as families, closed friends, volunteers in governments by reading books, writing short speech to practice, listening TV news. Please help others, such families to do housework, help others people by loving to give a hand on whatever you can do, such as donation and recycle. You will feel happy by loving and helping others. Exercise and be responsible to take your minors, such as pets. |
| Absolutely. It is imperative to attend a college that has an outstanding disability services office, and hopefully, a disability cultural center. Learn your civil rights. If you have psychosis, then that is a federally protected status under the Americans with Disabilities Act (ADA). You have rights and it is important to know what they are. Many people do not know that you have rights and will not treat you as if you do. Do not feel ashamed to identify as disabled, if that is what you want. Disability is not a pejorative term. Biodiversity is highly beneficial to human society, and I recommend finding a department and a field which understands that. I am not impaired. I am not "just different". I have many things to offer due to the unique perspective disability gives me. If your professors and employers do not understand that, then it is time to move on. Make sure you have a strong mental health network to utilize in your community. Make sure there is a psych ward that is good and will treat you well, should you need to go to one. I recommend having a social worker, too. Stay on your insurance and get help from the social worker if there is an issue. Insurance is important. Reading up on Disability Studies can give you the confidence you need to recognize that there are many other people out there like you, and that you are not impaired or a messed up, bad person. I think having the language to talk about psychosis is important, and Disability Studies as a field offers a civil-rights based language that is not pejorative. I take pride in my psychosis, which is something I never thought I would say. I am not afraid to be honest about it, and I know how to talk about it now. |

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| --- | --- |
| Statistic | Value |
| Total Responses | 59 |

11. Is there anything else you'd like to say or add? [Optional]

|  |
| --- |
| Text Response |
| Just that, it may not seem like it, but there ARE people like you out there, and you will make a difference. |
| Be nice to yourself. |
| Recovery is possible! Please contact me if you are looking for more info on becoming a Certified Peer Specialist. |
| Thank you for providing me this opportunity. |
| One never knows what would have, could have or should have happened. But I believe that my professional experience as a film editor and later as a video producer were enhanced because my thoughts were "different". They were unique to me and if they hired me they would be getting something they could get nowhere else. I have raised two sons. Part of the time as a single father and did this while working 40 hours a week. And for every door that closes another opens. If you want it bad enough it will happen. You may just have to work a little harder, maybe for more years. But it will happen. Now you can purchase or rent equipment for a modest sum. You do not have to buy film or video tape. You can create your own project with you vision affordably. And see "Love and Mercy" and "A Beautiful Mind" |
| Yes, I appreciate this survey and you! I would like to get a copy of the outcomes. Please. I want to share my story to help the younger generation. I am a senior citizen now and have lots to share to helo folks learn to feel good about themselves. We all have issues, we can overcome them with resources. Blessings, Gitane |
| A diagnosis of psychosis is not the end of the World. I still have rough patches but I have a good life and have learned to live with my condition |
| Thank God that we live with modern medication! There were times in the not so distant past that we would have been completely marginalized occupationally, socially, emotionally. There just weren't any good treatment options for those with severe mental illness. Today, with medication, I live a very normal life. I work full time, I pay bills, I have a boyfriend. I live a life full of purpose and enjoyment. |
| You are capable. You are valuable. Work hard on recovery and be kind to yourself and others. So many people will not understand but there will be people who understand you and be great friends. For me it took years to realize that. I still sometimes feel like I am on the outside looking in but I know that is somewhat of a choice. I have chosen to belong at work, at church, and in my circle of friends. I have been hurt and rejected but I am ok with the person I have become. Life is a struggle for everyone, disability or none. Your struggle is what makes you who you are and that is a good thing. Don't be ashamed of your illness or your experience and don't let it stop you. Keep going. Get help when you need it but do your best to overcome and grow. You can recover. Maybe the voices will never go away but that does not mean you cannot be successful. I am lucky enough to have medication that works really well and I love that it works. I used to hate that I had to take it but now I know I am more myself on it and without it I would not be able to function or have any real relationships. Ultimately you make the decisions about yourself. It is hard but don't beat yourself up about your difficulties and don't use them as an excuse not to try either. Get help when you need it and do it without the mental health system when appropriate. Lastly remember your struggle has made you strong in ways you don't know, wise in ways you don't even see. You can do this. It is hard but you can do it. |
| I would absolutely love to get involved in opportunities to discuss this whole business. Like therapy sessions, or like what AA does. It helps me understand it better also, and I feel so positive about the whole business of this. Truly, I do believe that everyone who gets tapped on the head to hear Voices is extremely lucky and they will love it too, once they stop being tossed around by it. It's really a very positive thing. I've become the Ann Landers of Cosmic Questions and I invite all to visit my www.insecretdiffusion.com website and even submit questions or to order my book by the same name from Amazon.com |
| If you any questions email me. david.hallsted@gmail.com I will fill you in on what you are missing. |
| K.I.S.S. which stands for Keep it Simple Stupid. People with psychosis to include myself are highly intelligent and they think way way too much. Slow your brain down sometimes and do some,thing nice for yourself once in a while, we'll do soothing nice for yourself ALL the time because smiling and love is very contagious. |
| I have done a lot of reachers to on a lot of things that I have done and trusted your self. |
| Keep your sights on Recovery, go to support groups, venture into books and movies. Imbrace your life and keep looking up. |
| Never give up on your dreams no matter how hard and long the struggle is. Lean on good friends that are there to support you and let you know when you seem to be struggling. Its a hard road but worth all the struggle you go through. |
| Just because I hear voices doesn't mean I'm stupid or not capable. It just means I'm gifted. Its made me more determined, compassionate, and understanding. I really appreciate what I have and where I am because I've had to work really hard to get there. |
| It's not so bad. |
| I am based in Germany, but went to graduate school in the US. |
| There are a thousand things I could say about professional achievement and success, but I think Einstein summed it all up best: ‘Once we accept our limits, we go beyond them.’ |
| I think this is important research - Good luck with it |
| Psychosis i |
| Learn coping skills. Meds can only do so much. Try to figure out your triggers and the early warning signs of an episode. Surround yourself with people who will support you in your times of need. It's ok to say No sometimes. Take care of yourself. |
| Our lives with mental illness are a challenge requiring us to muster up all the inner strength possible to survive. For me, my deep faith in a higher power and my spirituality enabled me to survive 14 hospitalizations due to mental illness. Don’t skip any of your medications and do participate in both group and individual therapy. Be willing to reinvent who you are and find a life purpose. Remember you are not alone in this quest and there is hope. |
| I would just like to add that sometimes you may feel like you are defined by being your diagnosis in the work place, but I promise you that every one of us is different with our own skills, passions and knowledge, be yourself, be proud of it and remember you are you, and your illness is one small piece in an amazing and beautiful puzzle |
| I have kept up trying to feel grateful to have meaningful work and close friends. I have seen such improvement in treatment options and empathy towards those with mental health issues in society. I keep positive that this will continue. I try to have hope that others won't have side effects that I've had as mental healh research continues. I've been a supporter and member of the advocacy group NAMI and it helps me remember I am not alone. |
| If I can help in any way, please call me at 1-888-248-3111. |
| Yes. Completely ignore what people tell you about what you can and cannot achieve. Depending on individual circumstances (medication, severity of symptoms, availability of support), our journeys may not be as straightforward as a regular person pursuing an academic path. But it is alright to have some breaks, if you need them. Success is not measured by whether you went from education to career in a straight path but in terms of what you have achieve according to goals you have set for yourself. |
| I am available for any further discussion or speaking opportunities in this area. |
| There are fun and enjoyable aspects to early phases of active psychosis which makes it sometimes difficult to choose between the path of working or being unwell, however it feels soo much better to be well and have activities and connections in your life that are meaningful to you at any time. Choose to live. The distress will pass. |
| I am on Facebook, Twitter, and LinkedIn. I like to think I am accessible through social media. |
| Im speaking out more now. I have been discrimated against in work & life. I reject mainstream bio medical model of disease, its social suffering. Check out open paradigm project thats where I fit. This is about human rights & power over... I choose a path of peace and will not return harm or oppression for what I uneccessarily suffered in treatment. I get frustrated & angry & sad & despairing at times with how slow things are to change. I keep in mind I can make a difference, i can have influence in big and small ways. It makes sense now what happened to me and I have found ways to navigate home through incredible storms of life. |
| Peer support and mental health advocacy allow us to turn a drawback into something positive. I hope to see the day when people living with mental illness in recovery will all feel comfortable 'coming out of the attic', and being open about their illness at work and in the community. |
| Always take your medication, reach out to someone if you feel like harming yourself or others. Could be anyone, even a teacher or a friend you havent talked to in years. I saved a life with a phonecall when a student told me she was suicidal. Never be afraid of the psych ward. You make good friends there sometimes that get you through the hard times. |
| Go for your dreams and don't do things that others want you to when your heart is taking you elsewhere. I know, as long as I have a support system in place, I will be successful and have purpose here on earth. |
| Recovery is possible and attainable |
| Keep the faith to recover. it is unknown when to fully recover, but never give up. |
| I think that having psychosis is a hard road, but it doesn't have to be with the right community, medical, and educational support. |

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| Statistic | Value |
| Total Responses | 37 |