

You can help someone have
a good life.



A Good Life

According to the National Alliance on Mental Health (NAMI), 1 in 5 US adults experiences mental illness every year, including 1,906,000 adult Ohioans. To give it some perspective, that is more than twice the population of Columbus, Ohio's largest city.

Statistics show that treatment improves the lives of those struggling with mental health issues. But remember that behind every statistic is a real person, and here is the story of one who TCN was able to help thanks to our generous supporters.

In 2018, Diane*, a TCN mental health therapist, met with Jamie*, a client experiencing their first episode of psychosis. "They couldn't sit still in the office," Diane remembered, "pacing the whole time we talked. It was difficult to understand some of their responses because they were experiencing some bizarre delusions." After the screening, Diane connected Jamie with TCN's case management and psychiatric services. The process was not a brief one, and Jamie continued to struggle with family dynamics and life skills. The treatment team was there through every step of Jamie's journey, referring to residential housing, supporting them in their job and interactions with people, and making medication adjustments as needed. Over time, Jamie made progress.

In 2022 Diane met with Jamie again to do a diagnostic assessment update. "The progress Jamie has made since that first session is amazing!" she reported. "Jamie is doing well. They have maintained employment for the past several months, showing up for shifts on time and managing their work."

"Jamie feels they have better understanding of their symptoms, how treatment has helped and how people are trying to help them. Jamie identifies they have been doing well for the past year and following up with treatment providers," Diane continued. "They feel their environment has been calm and less stressful, and that the medication has helped with this by making them feel less paranoid of people. In addition to that, they are thinking through things more rather than just making impulsive decisions."

"Jamie shared with me goals for the future which include building more independence. They feel the next step is to return to live with family, and eventually to live independently. As they reflected on their progress Jamie stated, ***"I think I'm going to have a good life because I met you guys."***

Jamie's is the story of but a single client, whose life was changed thanks to their own determination and the tireless support of our integrated care team. According to NAMI, of the nearly 2 million adults in Ohio suffering from a mental health condition, 537,000 received no mental health care at all, and more than 35% of those due to cost. No one should be without mental health care because they cannot afford it. How many more people could we help to a better life? That depends on our supporters.

You can help clients like Jamie at TCN work towards that productive, more fulfilling life that may otherwise be unreachable. Your generous gift of as little as \$50 can provide a mental health assessment for one client. This year, please consider a donation of any amount to TCN Behavioral Health to help give clients like Jamie a chance at ***a good life.***

*Names have been changed to protect privacy.



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