

Impact Story

Every path to recovery is unique

When my brother was first experiencing psychosis, I wanted him to recover so that he could graduate high school, go to college, have a job, and get married.

I thought recovery for him was to achieve all the milestones and expectations that I thought up for him, or that I had for myself.

In the early stages, our family wanted him to conform to the expectations we had for him. When a holiday dinner did not turn out as expected, we felt disappointed. He tried to go back to school, but the school system required him to fit into their expectations.

After a brief hospitalization, he learned about other alternative routes to finishing his diploma. It was then that he learned his route to recovery could be different. Earning his diploma opened his eyes, as well as my own, to the fact that the path for everyone is unique and recovery does not look the same for everyone.

A big part of his recovery was the acceptance of taking his medication on a regular schedule, but eating well, getting exercise, and having a regular sleep schedule have also made a difference.

When he is doing well and is in recovery, he takes care of his health, and it shows through his ability to interact more with family and his confidence in doing more by himself.

The two most important pieces of knowledge I have gained through observing my brother are that his path to recovery is unique and he must want to do the steps to get himself there.

Candice McAllister, family member

