The impact of hearing stories of recovery from dual diagnosis

Diane Mintz
Mental Health Advocate & Business Owner, USA

The human psyche can't be reduced to textbooks or manuals. This reality adds to the incredible challenge for mental health professionals and addiction specialists to provide treatment from an occasional snapshot of their client. The fact that the general public is ignorant about dual diagnosis further compounds the problem, especially considering media's continual influence on society's bias when they focus on tragic events and provide misinformation. This ignorance perpetuates the stigma that keeps those afflicted with mental illness or addiction from getting well. The stigma dissipates when those with long-term recovery share their experience. The real-life perspective provides unique, valuable insights that only people with lived experience can provide. The catch twenty-two is that stigma prevents people from disclosing their lived experience. When the silent successful are willing and encouraged to tell their stories of recovery to the public in schools, churches, and various organizations, the impact is profound. The public, including those who offer treatment, get more exposure to people who are managing their illnesses and their lives well. Viewing dual diagnosis through the lens of those who have struggled will foster a paradigm shift of society's view of mental illness and the disease of addiction, making recovery possible for those paralyzed by stigma. Without the cloak of shame, those struggling with a dual diagnosis can get support and make more progress with recovery. Without the barrier of stigma, more people would seek early treatment, resulting in a widespread improvement in a myriad of mental and physical illnesses.

Biography
Diane Mintz is an author, speaker, business owner and mental health advocate. She serves on the board of the Sacramento National Alliance on Mental Illness. In her book and presentations, she reaches a diverse audience and gives an intimate insight into what it is like to battle and live successfully with a dual diagnosis. She presents at Crisis Intervention Trainings for law enforcement; to students, health professionals, church members and families who want to know how to help their loved ones. Her mission is to give a new perspective of mental illness and addiction; a perspective that inspires society to support the afflicted and give them a hope for recovery.

dianemintzauthor@gmail.com

Notes: