

Recovery Story

March 2020



Hi....I'm Monty...

I am 63 years old. My depression began when I was 17 years old. Initially I was filled with self-blame and shame. At various times of my journey I felt like giving up. However, I always had hope and faith that my treatment of my mental illness would end up positively. My belief in my treatment providers and support systems enables me to convey this message of hope to you.

Initially, when I began treatment my depression was at its worst. I was hospitalized numerous times in local hospitals in which I received shock treatments. I was also hospitalized at the South Carolina State hospital. As I struggled with highs and lows of my mental illness, through therapy and adjustments to medications as recommended, I eventually responded positively. I was eventually diagnosed with Bipolar Disorder, and prescribed a mood stabilizer and other medications with positive results and my symptoms subsided. I continue to be on my medications and strongly emphasize the importance of these. Along the way through therapy, I learned effective coping skills inclusive of assertiveness, anger management, and ability to identify and recognize triggers of my symptoms. It is important to work closely with treatment providers.

My journey of recovery is ongoing as I remain in treatment today. My life is that of a positive direction now as I had a successful career as counselor at the Anderson Oconee Pickens Mental Health Center (AOP) for 28 years. My career allowed me to initiate AOP's first Psychosocial Rehabilitation Program, to be a pioneer of Intensive Case Management Services, to offer dual diagnosis treatment and transition services and to be a part of the Management team. I have a wonderful successful marriage of 34 years...This has enabled me to earn respect and combat the shame of dealing with mental illness.