

The story behind my bright smile is one of recovery and personal triumph.





*"My name is Sherri. I have been a client of Channel Marker for seven years.*

**I smile because on May 31st, I was successfully discharged from Channel Marker. I no longer qualify because I have met my recovery goals.**

### **THIS IS MY STORY:**

*There is a history of mental illness in my family. My mother, I came to understand, had a narcissistic personality disorder. She was cruel. She forced me to take care of my amputee, diabetic father because she didn't want to.*

*In first grade, I was diagnosed with ADHD. I was prescribed the drug Ritalin to manage my symptoms and became an "A" student. I loved school. When I was 12, my mother heartlessly, cold-turkeyed me off the medicine. My grades went down the toilet and I dropped out when I was 16.*

*I eventually ran away from home.*

*I married an abusive man who was schizophrenic and refused treatment. I didn't know how to fix my situation. My three children were taken from me. I finally left to save myself.*

*I had no one in my corner!*

**In 2012, driven to fight for my children, I sought help and was referred to Channel Marker.**

*It serves people with severe and persistent mental illness. I fit. I was diagnosed with chronic, major depressive disorder and PTSD.*

*The staff at Channel Marker were the first people who looked at me and said, 'It's not your fault. You have a mental illness. How can we help you?'*

*The program wrapped itself around me and supported me to choose goals that moved me towards recovery. The staff does not do the work for you, but supports you all the way. It was and is hard, intense personal work.*

*Channel Marker gave me a job. It helped me get badly needed dental care. I earned my GED and began taking courses at Chesapeake College. I am married to a good man. I am proud of my recovery.*

**I'm telling you my story because Channel Marker saved my life. I invite you to learn more about how it helps many people with mental illness change their lives and find their smile."**

*Thank you.*



# Channel Marker

MENTAL HEALTH AND WELLNESS SUPPORT



## OUR SERVICES:

Channel Marker annually serves approximately 400 adults and children diagnosed with mental illness in Caroline, Dorchester and Talbot Counties. We are serving an expanding community need to address mental health disorders in children. Our intervention helps them become aware of and manage their behaviors in a caring, supportive environment provided by our staff. If Sherri had had this support as a child, perhaps her life would have been quite different.

## For more information:

Our website is [www.channelmarker.org](http://www.channelmarker.org)

Caroline County Program phone number . . . . . 410-479-2318

Dorchester County Program phone number . . . 410-228-8330

Talbot County Program phone number. . . . . 410-822-4611

**To donate: click on the website DONATE button.**