



Rick's Story

A journey to independence

Struggling with symptoms of schizophrenia and anxiety disorder for over 25 years, Rick was living a transient life; estranged from his family he experienced over 64 psychiatric admissions.

When he arrived in Cornwall ten years ago, Rick wasn't sure what he needed but he knew he needed help. Admitted to Cornwall Community Hospital, he was connected with the Assertive Community Treatment Team (ACTT) to access much needed support.

“At first, I was angry, but people talked to me instead of judging me. For years, I was hearing messages coming from the TV and radio. Sometimes I would see things that weren't there; I was paranoid and I was really restless. I drank to feel better, but it never really worked.

The ACTT team connected me with great programs and gave me additional support with housing and vocational goals. They helped me learn more about my illness and together we worked on ways to manage my symptoms without alcohol.”

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“I’ve learned a lot, including to ask for help when I need it. I’ve been sober 9 years and haven’t had a psychiatric admission in 8 years. I’ve reconnected with my mother and other family members. I’ve had stable housing for the last 10 years and work as a cleaner once a week. I’ve met new friends at the ACTT groups and social activities. And now, I’m working with the team on quitting smoking.

I’ve been through a lot. If I can do it, I want to help others. I’ve seen other people in the ACTT program do well and move on to independence. That’s my goal — independence. I’m not ready yet, but it will be nice when I am.”

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You may know someone like Rick

For those struggling in silence, there’s help right here at home. That’s why our team at Cornwall Community Hospital Foundation is proud to fundraise for our new Community Addiction and Mental Health Centre.

Thanks to donors like you, we’re over halfway to our \$1.2 million goal.

Please give today; your donation will help someone like Rick start their journey toward independence.