

Treatment helps Mindy manage schizophrenia

Mindy: My name's Mindy and I joined the Navy in '77. I was 19 and I turned 20 in the bootcamp. Then I was stationed at Mare Island, California as a Seamen recruit on the tugboats. There was one night I was on duty touring the tugboats and I went to this one tugboat that was one of the crew's and they gave me coffee and pizza to eat so, after that, I started having problems, the machines that were in the shop were starting to come alive. And I eventually, the next morning, they sent me to the hospital and then found out, it came out that my mother told me my boyfriend that I was dating slipped me angel dust or PCP in the coffee. I ended up in the VA at the Lexington Hospital and they gave me medicine and I was in there three months. I was discharged after that. I was discharged in '78. That was the first step I did make was get counseling at the VA Health Clinic. So, when I came out of the military that really helped me out.

Well, I'm still diagnosed with the same thing, schizophrenia. But the first time was acute schizophrenia. It's a chemical imbalance and it can be devastating because you kinda have visions and your neurotransmitters are misfiring and you start hearing voices, you start...but I'm on medication and the one I'm on now, I've been seeing a doctor now for 17 years.

I see my doctor three to four times a year and I have a case manager too that I talk to intermittently and I also see her in person. But if I have a question or if she needs me to come in for an appointment for financial situation or whatever, I see her. I feel good because the doctor is very bright and I can hit it off with her. I mean I've had Psychiatrists that were good but she's the best one I've ever had.

Talk to a Therapist or a Counselor or a Psychiatrist because that's the best route. Because if you get into a doctor they can... a Board Certified Doctor, Psychiatrist, I mean they can help you out with your medications, help you out with your issues.



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