Allen and Christine

Biography
Husband and wife for 23 years, father and stepmother, and grandparents. Medical clinic volunteers and “In Our Own Voice” presenters.

Diagnosis
Allen: My first hospitalization happened in my 20s after a psychotic episode brought on by intense financial and marital stress. I was always tired and used alcohol and cigarettes to ease the pain. I was in and out of the hospital until I was finally diagnosed with anxiety disorder.

Christine: At age 27 I was serving in the Peace Corps overseas. After a party, I had a horrific experience with psychosis due to something that I may have unwittingly consumed during the event.

Since then, I have been diagnosed with schizophrenia, anxiety, clinical depression and schizoaffective disorder. Now it seems like I am experiencing post-traumatic stress disorder from that event long ago.

Recovery
Don’t give up hope. Be patient with yourself. Listen to the advice of your psychiatrist and psychologist. And never get too hungry, angry, lonely or tired.

Long ago, we quit drinking and smoking. Now we share our recovery stories with others. We exercise, participate in small groups, play golf and read. We live happily together. Allen is the idea man, Christine is the planner, and we are both “doers.”