

# Recovering from Schizophrenia

presentation by Zach Edgerton

**The Recovery Experience:** Zach was diagnosed at the age of 17 with Schizophrenia and Obsessive Compulsive Disorder. It has been a long, difficult journey, but he has achieved a great deal and overcome many obstacles. Zach will talk about his experiences living with schizophrenia. He will discuss the challenges and hardships that he endured,

how he eventually accepted his illness, how important treatment and coping skills are, and how he achieved successes, hopes, and dreams despite the adversity.

Zach will emphasize that recovery from mental illness is possible, and goals and aspirations are achievable.

Wednesday, September 24, 2014 -

1:00 - 2:30 p.m.

**Magnuson Hotel Franklin Square Inn**  
820 Shelden Avenue - 7th Floor  
Houghton, MI 49931

Wednesday, September 24, 2014 -

7:00 - 8:30 p.m.

**C.C.M.H.S. The Institute**  
900 W. Sharon Avenue  
Houghton, MI 49931

**About the Presenter:** Zach is a native of the Copper Country, born in Hancock, Graduate from Houghton High School and MTU with a degree in Communications. Zach is currently active in NAMI, the National Alliance on Mental illness. He uses his degree in communications to write about his experiences living with schizophrenia, and he also writes to legislators about legislative issues that impact people living with mental illness. He serves as an advocate and a voice for those who share his significant challenges. He also gives speeches about his experiences with schizophrenia, with the intent and goal of reducing the stigma associated with having a mental illness. His major goal is to educate people about mental illness. He currently is a group facilitator for schizophrenia support groups, both on teleconferences and locally. He works diligently at promoting the ethical treatment of people with disabilities.

## Recovery is for everyone!

For more information contact Copper Country Mental Health Services  
Taryn Mack - 906-482-4880

*Recovery Lecture Series sponsored by Copper Country Mental Health and  
The Rice Memorial Clinic Foundation*