

Success Stories



Being involved in the community has given me hope. I've come a long way, going from some dark days to successes, hopes, and dreams. I have been lucky enough to have the opportunity to volunteer in Forrest General Hospital at the Cancer Resource Center. I have also been involved with NAMI's In Our Own Voice program and spoken at South Mississippi State Hospital. Not only have these chances helped my self-esteem, but they have been very rewarding.

There is nothing like living in recovery. People tend to respect me more and the hope that they give me by cheerleading me on is awesome. Serving on committees and boards with the Department of Mental Health has also played a huge role in my recovery. Knowing that people believe in me enough to ask me to be part of a team that pursues the bigger picture in the mental health world offers me hope and a bright future.

Advocating for others who have not reached recovery in their lives and helping them get to that point is worth it all. If I can help one person not to have to go through what I've been through during my dark days and help them achieve recovery, then that's worth all the time I put into it. It gives so much hope! Most of all, my lord and savior Jesus Christ gives me the hope and strength to live in recovery.

~Amanda Clement

RECOVERY: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.