



# Stronger Than The Day Before: Finding Peace In My Mental Illness

*Ms MeChale Fisher Gilmore*

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“Kill me or change me!” -MeChale’s ultimatum to God MeChale Fisher-Gilmore grew up in “The Hole” in Duarte, California, a cul de sac community of twenty-three families that gives true meaning to the African Proverb, “It takes a village to raise a child.” At first glance, the Fisher’s beautifully manicured lawn, rose garden, and swimming pool make passersby wish they lived there. However, once inside, you bear witness to the family’s dysfunction. Her mother Rose, a well respected member of the local Baptist church, retired school aide, and the best baker in town, struggled with alcoholism. Her father George, a hard-working, yet care-free man, never saw a horse that couldn’t win. Her older brother Ronnie, committed suicide with a gunshot wound to the head in the family driveway. Her brother Charles continues to battle drug and alcohol addiction. Through it all, she has dealt with abusive relationships in her teenage years, later in marriage, and on the dating scene. A few years ago MeChale knew something terrible was going on inside her mind and body. After her first institutionalization she was diagnosed with bipolar disorder. Seven institutionalizations later she has come to grips with the stigma of mental illness. God has given her the strength to move forward. Her journey is the motivation for this project which she hopes will heal others facing similar family challenges and demonstrate that mental illness is not the end all, but the beginning of a new life lived differently. MeChale is an overcomer in every sense of the word and is on a mission to spread her message, “There is no shortcut to bipolar disorder, yet with God all things are possible.”

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