

# DMM 5.5 minisode

**Mina:** Hi there. This is don't mind me a podcast designed to open up the conversation about mental health, without shame or judgment I'm MENA. And as always, I'm joined by my mother, Madchen and our very esteemed sometimes guest, my dad, David.

**Madchen:** Wonderful.

**Mina:** And we're checking in after, I would say several months of, of recording this podcast, but, uh,

**Madchen:** what was it?

It's been four. Yeah, four altogether just completed four months.

**Mina:** Handful of months of recruitments and obviously a lot has changed and evolved. And when we first started the podcast, we were going through a very emotional and raw time. And I wanted to ask you guys now that we've processed a lot of that.

And now that we've listened back on our episodes, has anything stood out as something that has changed to you or. Was especially profound that we were going through what what's been going through your mind, listening back

**David:** for

**Madchen:** me, what we were going through in June with a slide dis de-stabilizing and needing to get help.

It was such a trigger for me. And it brought me back to 10, 10 years ago. And to just go through that all over again was really hard. And. I think in the time it just feels so daunting and scary and like, oh my gosh, nothing's gotten better in the system. And it's, it's still this hard to get somebody's help.

And just seeing all of the things that things that need to change. In the field itself, but then now that we're at four months, just sort of completing the end of the fourth month and seeing the journey that he's gone through, how it took us a

full month to even find a place that was right for him. He was coming and going from treatment centers.

'cause they just weren't equipped to handle it, even though they were saying that they were. And so finding a place finally, that is doing the things that they promise to do has just been such a huge relief and he's made huge gains he's, he's getting healthier and healthier every day. And it's a reminder that when you're in those moments that are so scary and raw, and it's almost like you sort of feel like you might lose hope that there's anything out there that's ever going to work.

And now looking back to four months later, it's a reminder that you just got to stick with it. You got to keep trying and fighting and things will get better if you keep working at it. And, um, support one another, like we do in this family. So that's, that's been profound for me.

**David:** I think it's amazing that ironic too, that going into this one of our goals was to kind of set up organization or a facility that would fill the gaps with time is sort of the, you know, the model of what, you know, we need help, um, someone that we need to get help for.

And. Found something at the beginning of this whole thing with him destabilizing, that's exactly what we've been trying to do, which hopefully in future episodes, we can, you know, interview that the founders of that, that, um, foundation in that facility, but it just shows how specific the need is. Um, when it comes to mental health, it can't be a blanket treatment.

He's been through a couple of destabilizations. He's been in the hospital a couple of times. And the difference with these guys cause they understand it is they've been riding the wave with him and knowing that it's something that's going to pass, but you got to know how to work your way through it. Um, how to talk to him and make him believe that he's going to get.

Yeah, we never thought we, we thought we had to create that. Cause we, you know, with, you always think your situation situation's unique and it is to you, but the founder of this facility kind of went through the exact same thing. The time went through when he was in college. And so it was almost like he was living a parallel life with him and totally understanding that everything that he was going through.

So that was great to find. And it's just been an amazing blessing that we found. And as you said at times, doing so much better, but he's still it's having, you know, he's because he had such a, uh, a tough episode this time it's taking him longer to cook. Yeah. And because they may have found something else that might be causing him issues, they've had to try different med cocktails and that in and of itself causes issues, but they've been doing an amazing job and he's, he's doing much.

**Mina:** Yeah. And the difference being that at this place, instead of kicking them out, because they don't know how to handle mania or all of that, they're actually sticking with them and trying new stuff. And that is something that we haven't found really, really at this

comprehensively.

**Madchen:** And that speaks to, to how important it is to have the right treatment centers out there, because he has been dealing with this for 10 years.

He's lost trust in the system. He's lost trust in the treatment centers. And sometimes even the support that's around him because they failed him over and over and over again. So he's on a journey of slowly trusting this new place. And are they really going to be there? Long-term am I just going to get kicked out next week?

Cause you don't understand the wave I'm going through right now.

**David:** And that's part of this process too, is testing him. He's trying to see like every, you know, a couple of weeks, then we'll get a call, you know, slides. Amazing. We love him. And then we'll get a call a couple days later. He's testing us he's shit and he's not going anywhere we're here.

But,

**Mina:** and speaking of that with us, going through this podcast and starting our foundation and everything and everything going live now, we've also been very conscious of slide's perspective and making sure that he's in a good enough place to be okay with this kind of stuff going out there. So let's talk a little bit about what that's been like of, so we've been processing it through talking with each other and talking about our experience, but what's it been like, um, with, with sly what's his response?

How has this  
been for him?

**Madchen:** You know, I don't know if he's listened to it yet.

**David:** He wants to. Hasn't yet. I talked to him

**Madchen:** yesterday. Oh, okay. Okay. I know that he's very like proud of us for doing it and he definitely wants to support it, um, and be a part of it. But yeah, it's, it's a tricky time when so much of the subject matter is based around him.

You want to honor him and you don't, you have to be careful not to share your story. And have it be something that could harm his recovery. And so it's just such a tricky thing to do. And there were moments where we're like, is this the right time? Is this not the right time? Like, do we hold? You're always in, you know, I don't know if the answer is ever going to be super clear, but you just have to kind of be conscious of.

Um, and, and we've been talking to his treatment team and carefully talking through. Was a right time in his recovery to, to release this, but it's been, it's been interesting, like just completely sharing it's, it's scary. It's scary sharing all of those, uh, intimate details with people, but I think we're all so focused on just trying to help others that were kind of willing to do it and open our doors and

**David:** handle the way I was at the range today.

Hitting golf balls and. Yeah. And a friend of ours had listened to the first podcast. Was thankful to us because his daughter's going through stuff. So there you go.

**Madchen:** Beautiful. Yeah. We've already touched

**David:** someone and he's, he's, you know, he's my age, he's out 60, 60 ish and talked about, you know, because he used to be in the workforce.

He's an attorney. And he said, when he would hear people talk about, I need a mental health day, he was just like, you know, that's bullshit. You just, you may offer, you know, you're not physically ill, so what are we talking about here?

And I reminded, I was like, well, mental health is physical health. I mean, that's our main Oregon.

And he says, it's so he's having to adapt to that. And now having his daughter dealing with depression and, you know, suicidal thinking that, you know, he was very appreciative.

**Mina:** Yeah. As we've listened back, have you said anything in that raw emotional time period of processing it? Have you said anything that you've regretted or that you feel

**Madchen:** differently about now?

I didn't realize how many times I use the word anger. And are you kidding me? How dare you? There was a lot of how dare you use as I was like, reflecting on. It's it's my anger as a mom, wanting to protect my family and my son and thinking back on these incidences and it still angers me and how dare them so that I was surprised by that.

Did

**David:** I say anything? I regretted maybe. Hello? My name is David. No, cause. Pre determined. It was off the cuff. It was my raw feelings. And, you know, no, not really

**Mina:** regretted or that your mind is, or your, your opinion has changed now that we've gotten through it?

**David:** No, I mean, the only thing I do regret is that time was able to be more part of it, but, um, hopefully that's going to change soon.

**Mina:** Yeah. Well, yeah. When I was listening back on, I forget which episode it was, I think it was the second one. And I said something about how, like, his persona sucks the energy out of the room and it's either a good thing or a bad thing. And it kind of felt, I, I felt like that was much more negative than I meant it to come off because I, I, I do regret saying that I meant to say more that just like he has such a big personality.

His there's just certain people that they have that effect on people that they're, they're so charismatic. People pay attention to them that, especially within the

family, when he's going through stuff, it affects all of us because of that. But, but yeah, I don't think, I don't think I regret anything. I

**David:** did say in the one episode that I did that, should we take credit for you being brilliant and time being.

You know, ha having bipolar and I do regret saying that you were brilliant.

**Mina:** It's right here.

**David:** I need to bring that down time. Time is, is very brilliant as well. Actually, in fact, I just told him yesterday is like, it's unfortunate because I think we're all very talented and we've done a lot of things in our lives, but I really honestly think he's the most artistic of all that.

Yeah, and it would've been, he would've been a major contributor to the,

**Madchen:** and speaking on the, uh, being brilliant that's part of what his team is talking about right now is that they're like, he knows as much as we know, and we're professionals, if not more, and actually like, you know, the challenges us and sometimes has a hard time trusting his cause he wants to see, he wants to be able to hear.

Advice and guidance from somebody who knows more than him. And it's really hard to find because he is really brilliant and the teams

**David:** say they're really hanging in there because they've had people that have potential and they try to convince people, you know, that they, they want to reach their full potential.

He said, but he's the real deal. He's got so much potential that we can just get him on track and keep him on track. Yeah.

**Madchen:** Yeah, I think it's a big reminder to our listeners and our community out there. As you're seeing with our family that, um, mental illness, mental wellness is fluid, it ebbs and flows.

There's going to be successes and then there's going to be failures, but you just got to keep at it. We're an example of it. Just keep supporting and, and reaching out and. Talking to people and just try to figure it out. There's no perfect

roadmap, but to get any of us there. And, um, we'll just keep sharing our stories with you.

So keep listening. We've got lots of great new guests lined up for future episodes, and we just thank you from the bottom of your heart for listening to our little family story.

Cut it off.

My name is Sylvester. I'm a college student I've been dealing with bipolar and, um, I've been in and out of treatment. I've, I've relapsed a couple of times in terms of having episodes, but, um, I've kinda gotten my life on track. I've gotten the right treatment. And I'm feeling pretty good.

**Mina:** Thanks for listening to don't. Mind me. I'm Mina Tobias. Don't mind me is produced by aura studios, original music by SLI Lexus and executive produced by Megan Amick and Amanda Brown.

**Madchen:** And my,

uh,

Thank you for listening to this episode of don't mind me, which is co-hosted by me, Madchen Amick, and my daughter, Mina Tobias. We are doing this podcast because we want to open up the conversation about dealing with serious mental health problems. If you a member of your family or a friend are struggling with any of the issues mentioned, please reach out for help.

If in the U S go to [nami.org](http://nami.org), [N a M i.org](http://N a M i.org) or [samhsa.gov](http://samhsa.gov), [S a M H S a.gov](http://S a M H S a.gov). For further information. And if you're elsewhere, please reach out to your local organization.

**David:** Hi, this is David Alexis, and I'd like to personally thank you for joining my family and our, and our journey that we've taken. It's been a long road and we have a long road ahead of us. So we hope you join us on future episodes of don't mind me the podcast. At this point, we'd like to thank the, our family at our studios for making this all possible.

The head honcho, Mark Popkiewicz, the CEO, the lady that keeps the trains running Claire Cottrell, COO double D David Devereaux did a great job of all editing and all things technical, the wonderful Amanda Brown, my lovely wife

Madchen Amick. our executive producers. And don't forget to rate and review us on apple podcasts.

And when I say rate review, I mean tell us how much you love it. 'cause my mom used to say, David, go get me a glass of water.