

Patient Success Profile

Name: Judy Chatters

Program: Mental Health

Referred by: Dr. Boris Boyko

Clinician:

David Campkin, Mental Health Practitioner

Judy grew up in Edmonton and enjoyed a wonderful childhood with many memorable summers spent on the beaches and in the waters of Pigeon Lake. But married life brought some challenges Judy had not expected. After enduring years of emotional, mental, and financial abuse, Judy decided to talk to her doctor about getting some help. He referred her to a mental health practitioner at Edmonton North PCN, and after a few sessions, Judy found the spirit and power within to part ways with her husband and start rebuilding her life.

This is Judy's success story.

What prompted you to take action and seek help from your doctor and the PCN?

My ex-husband liked to humiliate me. He thought he was teaching me a lesson. In one of the last incidents, I had fallen asleep in a chair, and he took a picture of me and showed his girlfriend. He put me up against a wall and screamed in my face, telling me I was a slob. I decided to tell my doctor that my marriage was in trouble, and was referred to Dave at the PCN.

What did you learn upon talking with a mental health practitioner?

I learned that I had options. I never really considered that what I was enduring was abuse. When I described my situation, it became clear that I was in a situation I had to get out of. I was diagnosed with MS in 1991, and my driver's license was taken away some time ago. We lived in a small town, with no public transit, or way of getting out of town, and I relied on him to drive me. When he would take off to Calgary to see a girlfriend, I was stuck at home. This was one of many reasons to leave the marriage.

What has changed in your life since your encounter with the PCN?

I filed for divorce, left home and went to stay at Sage. I was at the shelter for two months, and now have an apartment of my own. I have such respect and gratitude for Dave, my Mental Health Practitioner. Without him, I would not be where I am today, in a secure and peaceful place. I have less anxiety. I don't fear every move I make. I don't fear what I do, what I choose to eat, when I get up, when I go to bed; I am no longer terrified of my ex-husband's anger and judgments. I am at peace with myself. I am in touch with and get visits from my children and my sister, and I look forward to getting a kitten next week.

What would you tell someone who is thinking of talking with a mental health practitioner at the PCN?

Go for it. There is nothing the PCN won't do for you. If you have trouble getting to the Centre, they have bus tickets for you. You will never regret going. Just go for it.

Your doctor. Your team. Here for your health.