

# Mountain Democrat

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PLACERVILLE, CALIFORNIA



## In a Moment

By Marcia Rose

My name is Miles and I am 28 years old. I graduated from high school at 15 and was accepted to Harvard University. My parents were filled with elation and pride. They loved expressing their pride in my success and my accomplishment. It felt as if their praise was also a validation of their tremendous parenting.

Although I was young as a college freshman, I enjoyed my classes. Everything was certainly more difficult than high school, but I enjoyed the challenge. My grades at Harvard met all my expectations and I graduated with a doctor of psychology degree. I quickly received several offers for employment but decided to return to my parents' home before I decided what direction I wanted to take.

At first it felt unsettling being at my parents' home; I wasn't sure why. I wasn't sleeping much and assumed it was a carryover from long nights of studying.

I spent more and more time in my room, reading one book after another. My parents asked me to have dinner, but I declined. Days turned into weeks then months; I sat in the dark. I began to lock the door and not let anyone come in.

My parents would knock on the door and beg me to let them in. Finally, in desperation, they broke down the door. Horrified, they found their son with long hair and beard sitting on the floor talking to himself, surrounded by hundreds of books, chattering from one subject to another.

I was taken to a psychiatric ward. I continued to inform them I was a doctor of psychology and knew more than they did.

After three months and several medications I was released. I was lost. My mother gave me a pamphlet about Bipolar Insights and told me about Marcia Rose. Staring at the pamphlet motivated me to walk in the door of a bipolar class the next Monday.

It did not occur to me that I was now entering the rest of my life — a life I did not understand. I sat in the middle row, fixed my eyes on a woman named Marcia, listened and wondered about her.

She walked back and forth in front of the class, then suddenly she turned and looked straight at me and said, “You have a purpose.” At that moment, the Harvard psychologist learned something that was not in a book. It may sound strange, but those words changed my life. Although I knew I had a degree, I never saw myself with a purpose.

This story is a composite of many who have entered our door.

The founder and CEO of Bipolar Insights/Mental Health Educational Center, Marcia Rose, has completed her new book “*Journey From Bondage to Freedom*”: This story reveals Marcia's survival as well as her friendship with James, a man who has Bipolar Disorder.

For information, Marcia can be reached at: [trust@bipolarinsights.com](mailto:trust@bipolarinsights.com).

Weekly classes start at 7 p.m., on Mondays, Green Valley Church, 3500 Missouri Flat Road in Room 304 in Placerville. Check [bipolarinsights.com](http://bipolarinsights.com) for complete details. Become a fan of Bipolar Insights on [Facebook.com/bipolarinsights](https://www.facebook.com/bipolarinsights).

Bipolar disorder / mental health is what you have, not who you are. We focus on all mental illness. All are welcome.