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**September 14th 2015: Behind The Wall: The True Story of
Mental Illness As Told By Parents**

Our guests today will talk primarily about parents and the feelings of isolation, learning to cope and manage through chaos and grief, hope, and finally to recovery. They will speak to what goes on behind the walls of homes that often is undisclosed to professionals, friends, and neighbors. The advice to parents by other parents is about self care, accessing help for their adult children, and for themselves, and reckoning with a new normal for their child and for their family.

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Featured Guests



Mary Widdifield

Mary Widdifield received her MA in English writing from San Francisco State University where she received the Wilner Award for short fiction. Mary's fiction and essays have appeared in Transfer Magazine, San Francisco Chronicle, and Able Muse. Mary is a grant writer for nonprofits. She lives in Northern California with her husband, and two children.

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Elin Widdifield

Elin Widdifield received her MA in counseling from Tufts University and completed an externship in family therapy at The Philadelphia Child Guidance Center. She has worked extensively with adolescents, families, young adults, and sexual assault survivors. Elin has documented oral histories, including life experiences of combat veterans. Elin resides in North Carolina where she is on the boards of NAMI (the National Alliance on Mental Illness), and the UNC Center For Excellence in Community Mental Health. She is the mother of two sons.

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