A Case for Support

We envision a world where recovery from mental illness is not only possible, but EXPECTED; a world where all people are empowered and equipped to live healthy, joyful lives.

Journey's Dream

A Wellness Initiative of HSI

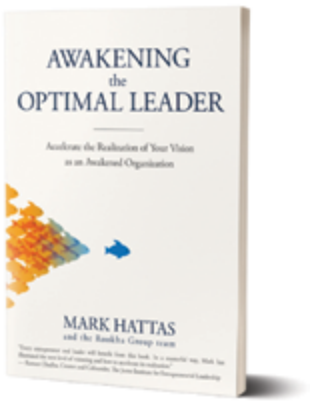
Our Story

Journey's Dream is named for Journey Shay Montague-Bauer, a promising college student who began experiencing mental health challenges during his senior year. Journey was told there was no cure for his mental illness and that the best he could hope for was to manage his symptoms with medication. Journey's parents, Mitzi and Rex, and his sister Breaha searched exhaustively for solutions that would provide a path to wellness. By the time they found options they thought could help, Journey had isolated himself and was no longer open to their suggestions. After four years of struggle, he ended his life in 2013. Their grief developed into a passion to ensure that anyone touched by mental illness could find and access all possible modalities known to restore mental health.

This vision led them to co-found Journey's Dream with Mark Hattas, who's recovery from Bipolar I Disorder is an inspiration. In 2011, Mark, a successful entrepreneur, found himself in a psychiatric hospital experiencing a mental health crisis. Although medication was valuable in providing temporary stability, he too was told there was no cure for his illness. After three hospitalizations and a suicide attempt, Mark realized he needed to find practitioners who believed full recovery was possible. Mark found a spiritual path that led him to comprehensive physical, mental and emotional well-being. With the support of a doctor who specializes in functional medicine, Mark was able to discontinue his use of psychotropic medication. He is currently living a happy, healthy, fulfilling life, which continues to inspire his work with Journey's Dream.

By Mitzi Montague-Bauer

Co-Authored by Mark Hattas



By Mark Hattas

Our Mission

Our mission at Journey's Dream is to gather, develop and share the most effective and innovative solutions for mental health.

We envision a world where all people have:

1) awareness that mental health recovery is not only possible, but expected
2) access to trustworthy information, effective tools and resources that support sustained mental health
3) comprehensive care where individuals are empowered and respected on their mental health journeys

Together, we can change the world of mental health.

Our Theory of Change

Journey's Dream was founded on the belief that when it comes to mental health, a "one size fits all" approach is just not the answer. Rather, there are a myriad of effective treatments and therapies – in addition to traditional medical science – that can help. We believe in a holistic approach, tailored to meet people where they are. An evolution in the model of mental health care is not only possible, it's inevitable. Through collaboration and innovation, we can create a world where all people are equipped to live healthy, joyful lives.

"Every time I reach out beyond myself…
I find the hope that's led me out of the darkness."

– **Mike Wallace**, News reporter, National Alliance on Mental Illness

PROBLEM

CURRENT MODEL OF CARE

The current model of mental health care focuses on symptom management and suicide prevention, rather than recovery. Today millions of people in the United States and around the world are diagnosed with mental illness. A suicide is completed globally every 40 seconds. By 2030, mental health spending is expected to exceed six trillion dollars (WHO 2010).

Journey's Treatment

- Over 3.5 years, Journey was hospitalized nine times, which did not resolve his symptoms.
- His medical expenses exceeded one million dollars, not including outpatient therapy, medications or holistic treatments.
- As is common, once Journey was educated about his illness and medication was administered, doctors considered his care complete.
- He ended his life at age 25.

Sadly, Journey's experience is not unusual. Too often, a diagnosis of mental illness leads to staggering medical debt, hopelessness and despair. We believe there can be another way.

SOLUTION

FUTURE MODEL OF CARE

Collectively, we can change the outcome for the hundreds of millions of people who are diagnosed with a mental illness.

Our Vision for the Future

- Recovery is the expectation, rather than the exception. Viable solutions are available, affordable and accessible.
- Mental health is easily discussed, proactively addressed, and early intervention is common.
- Mental health professionals have broadened perspectives that include a wide range of therapeutic approaches.
- Psychiatric medication is used only for short term stabilization.
- Once a person is stable, tools and support systems are introduced to resolve the root cause of the symptoms.
- Hospital re-admittance is rare, which results in dramatically reduced cost of care.
- The patient is treated with a holistic approach toward total well-being.

OUR PROGRAMS & INITIATIVES

Journey's Dream is proud to be delivering solutions to make the future model of care a reality.

Digital Solutions Portal

www.journeysdream.org is a portal to mental health solutions; a place where those in need can find practitioners, educational programs, peer community, products and resources that support mental health.

Practitioner Network

The Journey's Dream **Practitioner Network** is a digital database of practitioners who approach mental health care with the philosophy of recovery. It is easy to access local practitioners by entering a city, state or zip code.

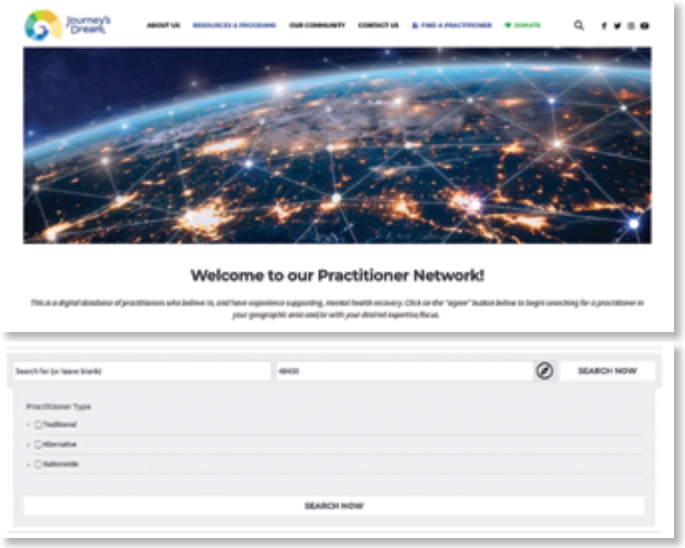
Mentoring Program

Journey's Dream offers personal one-on-one **mentoring** and support for those who desire help with mental health concerns. Our mentors have had their own first-hand experience with mental illness, transformation and recovery. Though mentors offer shared experiences, they do not give advice. The introduction of tools and support systems empower individuals on their own path to well-being.

"During three sessions with a Journey's Dream mentor I found more relief from my pain from childhood abuse than in 30 years of therapy. I feel only love now for my father who I had hated since childhood… It opened a window for me to forgive my mother too, and I spent the most joyful years caring for her prior to her passing. The blame had vanished and love was restored. Words can never express how grateful I am." – Mary C.

Public Education

- Our weekly **podcast** shifts the mental health conversation from one of fear and suffering to one of hope and solutions. We connect listeners with experts in the field as they discuss innovative mental health care and practical tools for sustaining a healthy mental state.
- Our weekly blog delivers the podcast content with additional images, links and details for those seeking solutions.
- The founders and board of Journey's Dream are passionate about changing the narrative around mental illness; shifting the conversation from one of fear and lifelong struggle to one of hope and solutions. To that end, they **speak** at large events and small community forums across the country.



Optimal Being® Program

The founders of Journey's Dream have invested more than one million dollars of private funding to design, develop, implement and refine a state-of-the-art, multimedia educational experience called the Optimal Being® program. The 14-week program provides tools for individuals to improve their lives in ten categories including: stress management, love of truth, freedom from fear, use of will, and love of self/others. The tools in the program were drawn from a body of work that has been tested and proven effective with tens of thousands of individuals in dozens of countries over the past 50 years. Initial results of the Optimal Being® program inform us that there is hope for restored wellness. Here are some examples:

- **92%** improvement for participants' #1 challenge
- **87.8%** improvement for participants' #2 challenge
- Participants experienced **double digit improvement** in all 10 categories
- Personal **mentoring and peer support** provide a framework for ongoing success
- **Cost $1,800 – 4,400 per person**, depending on the level of personalization

OptimalBeing

Independent Validation of Results

Journey's Dream uses the Warwick-Edinburgh Mental Well-being Scale (short form) (S)WEMWBS, an internationally validated assessment of mental well-being, to verify the effectiveness of programs found in our portal.

PARTNERSHIPS

Society is best served by collaboration among people and organizations with similar visions, bringing all the best resources to solve global issues. Our founders developed the Optimal Being program as a scalable model to support a global audience. This allows us to use the program in collaboration with foundations who support mental health for vulnerable populations.

Those Diagnosed with Serious Mental Illness

According to NAMI, approximately 1 in 25 adults in the U.S. (11.2 million) experiences a serious mental illness in a given year that substantially interferes with or limits major life activities. Approximately 1 in 5 youth aged 13–18 experiences a serious mental disorder at some point during their life. A survey by the National Depressive and Manic-Depressive Association showed that approximately 60% of individuals with Bipolar were unemployed, even among those with college degrees. (DBSA).

The Optimal Being program was built on the foundational tools that supported Journey's Dream co-founder, Mark Hattas, in sustaining full recovery from Bipolar I Disorder. We are partnering with experts in the mental health field to bring this program to the millions who suffer with mental illness today.

Survivors of Human Trafficking

The trafficking and trade of humans is one of the greatest tragedies in our world today. There are an estimated 27 million adults and 13 million children around the world who are victims of human trafficking (*Skinner, E. Benjamin. A Crime So Monstrous: Face-to-Face with Modern-Day Slavery*).

We are bringing light to this darkness in our society, and restoration to those who have experienced its atrocities. In partnership with with philanthropic experts in the field, Journey's Dream offers the Optimal Being program for adults who've been liberated from human trafficking.

Veterans

According to the 2018 US census, there are 18 million veterans. Over 40,000 of them are homeless on any given night. On average one veteran completes suicide every day. (*National Coalition for Homeless Veterans*). Society's ineffective response to veterans' suffering is unconscionable.

Veterans, service members and their family's need a toolset that empowers them and illuminates a path forward. In collaboration with other veteran support organizations, Journey's Dream provides this toolset through our Optimal Being program.

STAFF, BOARD & ADVISORY COUNCIL

Founders & Staff

Breaha Wallin, Founder & Director

Mitzi Montague-Bauer, Founder & Associate Director

Rex Montague-Bauer, Founder

Mark Hattas, Founder

Paul Repicky, Ph.D., Instructional Designer

Joseph Gabriel, Process & Tech Manager

Board of Directors

Aimee Canfield, CPA, BS

Dr. Timothy Hayes, Psy.D. Licensed Clinical Psychologist

Mark Pischea

Brenda Steinberger-Domienik

Council of Advisors

Hugh Ballou

Susan M. Beckman, MA, LPC

Morey Cater

Dr. Susan Fenek, MS, Ph.D. in Psychology

Kanika Lal

Dr. Albert H. Mensah, MD

Joshua Phair

Tim Rhodes

Dr. Michael Ryce, Ph.D

Zachary Wallin

Jerri Nicole Wright

Make an Impact

***With your support**, we can create a world where recovery from mental illness is not only possible, but EXPECTED; a world where all people are empowered and equipped to live healthy, joyful lives.*

CONTACT INFORMATION

Email: solutions@journeysdream.org
Phone: 1-331-305-4337
Address: PO Box 221, Naperville, IL 60566

www.JourneysDream.org

APPENDIX

Founders/Staff

Mark Hattas *Founder*	Founded, built, and sold a $20 million tech company. Later diagnosed with Bipolar I Disorder; now healthy and off all medications, and supporting others finding their path. Author, speaker, mentor/guide, and co-creator and facilitator of the Optimal Being® program. Certified Coach.
Rex Montague-Bauer *Founder*	Son Journey died after 4 years of mental health challenges. Speaker, co-creator, facilitator and mentor for the Optimal Being program, and Extreme Focus Certified Coach.
Mitzi Montague-Bauer *Founder, Associate Director*	Son Journey, died after 4 years of mental health challenges. Doula of 35 years, providing support to birthing mothers, and author of the book "Journey".
Breaha Wallin *Founder, Executive Director*	Brother Journey died after 4 years of mental health challenges. Global public affairs professional, entrepreneur and strategic communications consultant.
Paul Repicky, Ph.D. *Curriculum and Instruction*	Co-creator of the Optimal Being program. Optimal Being Mentor and Extreme Focus Certified Coach. Certified in Neuro-Associative Conditioning (NAC) and Neuro-Linguistic Programming (NLP).
Joseph Gabriel *Process & Tech Management*	Former corporate IT manager. Experienced complete recovery from major depression in his 20's.

Board of Directors

Aimee Canfield *CPA, BS*	20 years of business strategy, finance, governance, information systems, and consulting at major corporations. First VP at International School of Dusseldorf and school coach.
Dr. Timothy Hayes *Psy.D. Licensed Clinical Psychologist*	40 years doing therapy for individuals and families. Parenting expert, teacher, presenter, and keynote speaker. Special interests in spirituality, mental health, relationships, parenting, and the mind/body connection.
Mark Pischea *BS*	President of the Conservative Energy Network, a national coalition of 20+ state-based clean energy organizations. Former leader of one of the largest political consulting firms in the Midwest. Mark spent 35 years supporting election, causes and campaign efforts at one of America's most important Party operations.
Brenda Steinberger-Domienik	Business owner and marketing professional. Found wellness after years of mental health-related medication and hospitalizations. Her hope is to encourage and inspire others struggling with mental health challenges to create a successful life that allows balance, clarity and joy.

Council of Advisors

Hugh Ballou	President of SynerVision Leadership Foundation, supporting nonprofit excellence. Transformational Leadership Strategist, Executive Coach, Trainer, and Motivational Speaker. 40 years of musical conducting experience. Author of eight books.
Susan M. Beckman *MA, Licensed Professional Counselor*	32 years' experience helping adolescents, adults and families through mental health challenges. Works at Children's Emergency Services, conducting intensive, short-term therapy and meeting with families at the height of their crises.
Morey Cater *AB from Harvard*	Over 30 years of experience in communications consulting, journalism and public policy. The Founding Principal and President of Cater Communications based near San Francisco. A regular speaker on the national stage.
Dr. Susan Fenek *MS and Ph.D. in Psychology*	Over 13 years of professional experience as a Corporate Executive, in Academia and Psychology. A powerful advocate for change in the juvenile justice system, having developed a Course, "Juvenile Justice Secrets: Is Your Child Next?", written a screenplay, "Jumpsuit Shackle", and authored numerous articles.
Kanika Lal *BS in Broadcast Journalism*	TV host, entertainer, and influencer. Experience as an Entertainment News Correspondent, Digital Host and Producer, and Digital Red Carpet Reporter for the Hollywood Reporter.
Dr. Albert H. Mensah, MD *MD from Finch University – Chicago Medical School*	Co-founder of Mensah Medical in Warrenville, IL, a clinic that specializes in the treatment of biochemical imbalances, and their resultant cognitive and physical disorders. He has treated over 30,000 patients across numerous diagnoses using all-natural, non-pharmaceutical, advanced targeted nutrient therapy.
Joshua Phair	A consultant, coach, author, and speaker with over 15 years in the sales and marketing industry. He is also currently serving as Chief Visionary Officer of The Atlas Project & The Lucis Project in Provo, Utah. He is building a collaborative platform to allow visionaries to work together while protecting rights.
Tim Rhodes	Executive leadership consultant, author, and pastor. He led a successful turnaround of a $100 million international human services organization, founded a church, and was a Ringling Brothers Clown. He has 40 years of experience serving on numerous Boards.
Dr. Michael Ryce *Ph.D.'s in Naturopathic Medicine & Holistic Philosophy*	Founder and director of HeartLand healing center in the Ozark mountains. A speaker, lecturer, teacher, and author of numerous books. He has synthesized a broad spectrum of information into unique perspectives and tools for self-healing, including the foundation for the Optimal Being program.
Zachary Wallin MS Degrees in Health Care Systems Admin & Radiography	10 years employment as a radiographer and manager of imaging. Zachary offers valuable insight into the healthcare field. He is committed to providing long term solutions for those in need.
Jerri Nicole Wright	Jerri grew up in Michigan's foster care system. She developed mental illness in college and gradually recovered with support from others. She works part-time at NAMI (National Alliance for Mental Illness) of Lansing where she speaks publicly sharing her story and her understanding of recovery.