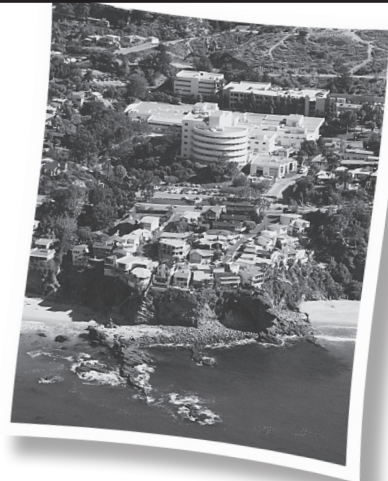


This is my story...

about South Coast Medical Center

“My story began in the summer of 1994. On the night of June 12th, my sister, Nicole Brown Simpson, was murdered. My pain was indescribable and insurmountable.



Because of the notoriety, it became difficult for me to go through the normal grieving process. I stuffed my emotions and remained quiet. I became a master at concealing my feelings.

Over the next 10 years, my life was going smoothly. I was making great strides in my professional and personal life. Then, in 2004 I was to be married. Shortly before the big day, my ex-fiancé called off the wedding. This was the straw that broke the camel's back. All of the emotions from Nicole's death that I'd stuffed deeply inside now came pouring out of me. I didn't realize it at the time, but this was exactly the trigger I needed in order for me to grieve properly and to finally face my pain. I lashed out at my loved ones and devastated some of the most important people in my life.

Then one day, perhaps the most important day of my life, I found myself holding a bottle of pills. I just wanted the pain to end. But there was a part of me — a small, yet vigilant part — that prevented me from taking the next step. At that moment my sister walked up to

me and with all the strength I could summon I said to her, “Get me away from here.”

Before I knew it, I was in the care of South Coast Medical Center's Behavioral Health. The Inpatient program saved my life. I was so clinically depressed that I found it impossible to even get out of bed. But the staff was powerful and effective and went beyond any therapy I'd ever received. Lorrie Odell was especially nurturing and helpful to me. After 10 days in the Inpatient program, I began treatment in the Outpatient program. That's when I met Carol. Carol was my guiding light and was the kindest person I've ever met. With her support I could feel myself getting stronger by the day.

After two months in the Outpatient program, it was time for me to leave. I had come face-to-face with the dark side and survived — stronger and healthier than ever. I can't say enough about the Behavioral Health department. Both the Inpatient and the Outpatient programs are superb.

South Coast Medical Center healed me, helped me find my strength... and saved my life.”

949.499.1311

southcoastmedcenter.com

**South Coast
Medical Center**

**— Adventist
Health**

*Our family caring
for your family*



*South Coast
Medical
Center...
saved
my life.*

*— Janya
Brown*