

“Art is the highest form of hope.”

MEGHAN CAUGHEY, MFA

Meghan Caughey, Master of Fine Art, was diagnosed with schizophrenia during her freshman year of college. The next decades of her life held over one hundred psychiatric hospitalizations including being in seclusion and restraints and shock treatments. She made multiple suicide attempts.

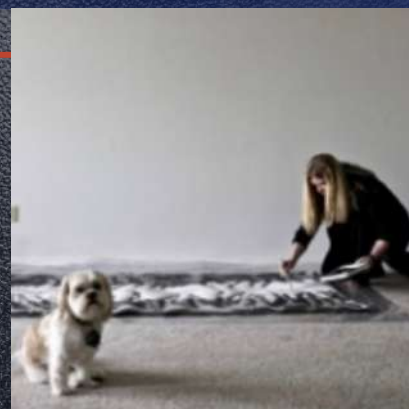
At the lowest point in her life, with the help of discovering the “Lotus Metaphor” she got in touch with her will to live and started using her art to strengthen and express this will. Today she is an artist and musician but also is a Clinical Assistant Professor of Psychiatry at a major medical school. She specializes in the field of suicide prevention and neuroaesthetics, using art to help the brain to heal and be healthy. She is author of her award-winning memoir, “Mud Flower: Surviving Schizophrenia and Suicide Through Art”.

It is her passion and life purpose to bring beauty, hope and healing into our world.

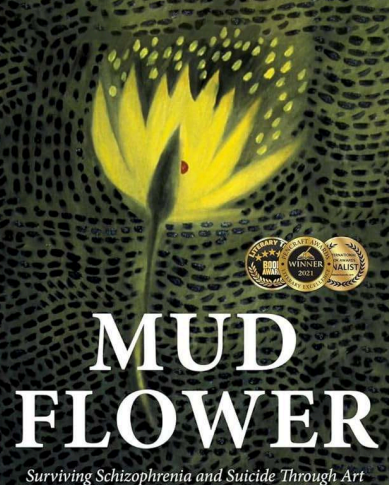


STORY IDEAS

- **People believe serious mental illness, like schizophrenia, is a death sentence**— let's reveal why it can be a path to beauty and meaning.
- **It is thought that it's impossible to thrive after being diagnosed with major mental illness**—but it's possible to make a difference in your life and help others through making art
- **Mental illness is often thought of as being a curse**—But actually, it can help make our world a more beautiful place.
- **Our society needs something that only people with mental illness can teach**—and what does this mean for individuals and families touched by it?
- **Mental illness an opportunity and not a bad thing**—how do individuals and society shift to this positive frame of reference? What does it mean?
- **With the diagnosis of mental illness, we can use art as an opportunity to heal our brains.** We can increase the beauty around us!
- **The “Metaphor of the Lotus” can be used to transform our lives.** It takes our pain and suffering and uses it as “the mud” in which the beautiful flowers of our lives can bloom!



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