

ERICA IVES  
**STATES OF DIS EASE**



The background of the entire page features a warm, golden sunset or sunrise sky. Two hands are silhouetted against this light, one positioned higher and one lower, with their fingers slightly spread as if reaching towards each other. The hands are rendered in a gradient of orange and yellow, matching the background's color palette.

## THE SHOW

This hour long docu-series highlights and explores some of the 200 classified forms of mental illness by interviewing everyday people. We'll learn how their disease manifests and, with the help of our host, develop a strategy to begin a journey of acceptance, survival and recovery.

Our goal is to feature the person, not the disease. We aim to dispel common misconceptions, to show how the illness can present itself in many different ways, and to educate others on signs to look for in themselves and their loved ones.

Episodes will cover a wide range of topics:

**ANXIETY AND PANIC ATTACKS**  
**EATING / BODY DYSMORPHIC DISORDER**  
**POST TRAUMATIC STRESS DISORDERS**  
**DEPRESSION**  
**OBSESSIVE-COMPULSIVE DISORDERS**  
**PERSONALITY DISORDERS**  
**BIPOLAR DISORDERS**  
**SELF HARM AND SUICIDAL FEELINGS.**

# THE HOST



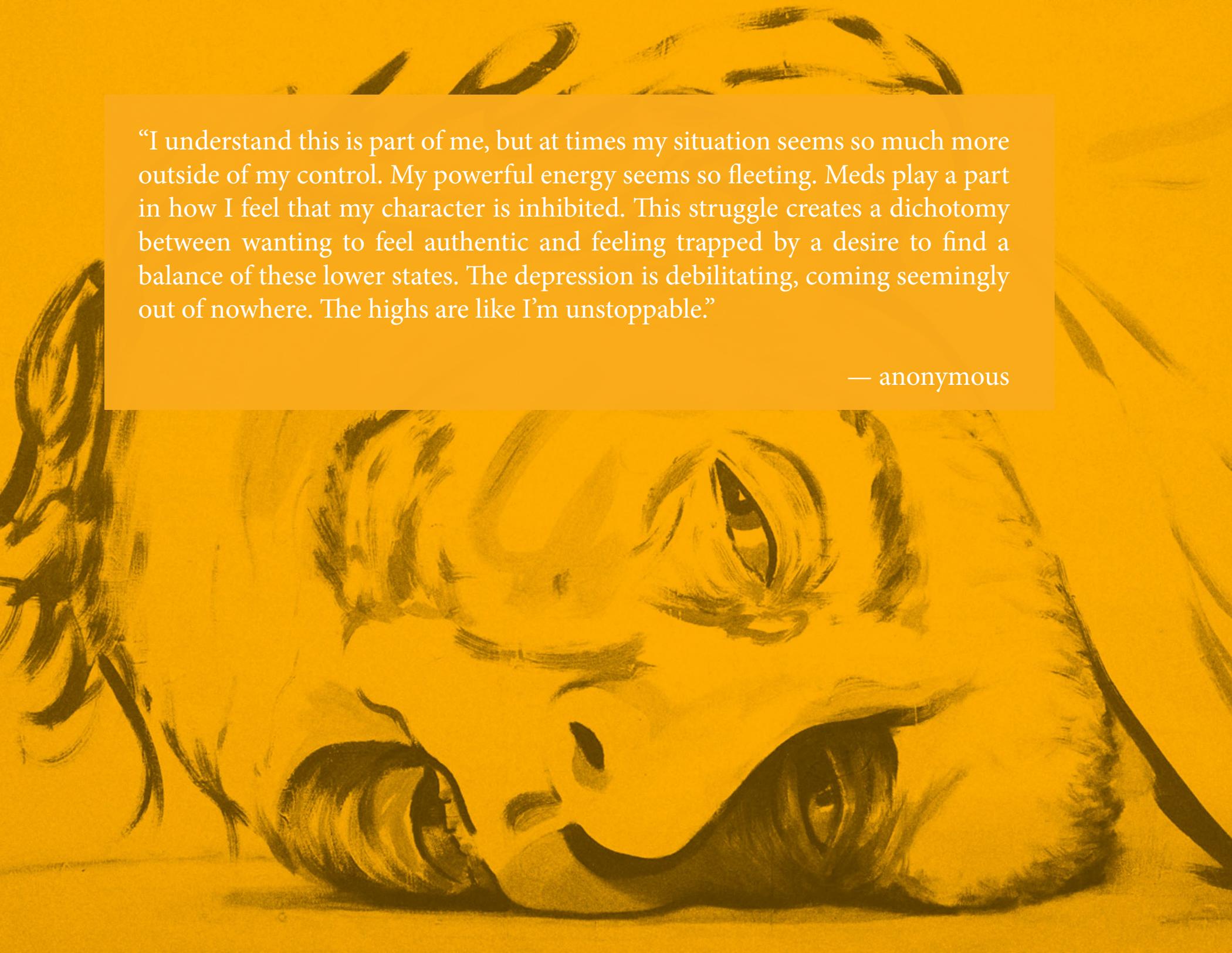
*Author of EATING DISORDERS: Decode the Controlled Chaos and Founder, CEO, and Clinical Director of Mindfulpath Inc*

## ERICA IVES

Erica Ives M.A., MFT, CEDS, is a **Certified Eating Disorder Specialist** and has been practicing as a Marriage and Family Therapist for over twenty years. She received her Master's degree in Clinical Psychology from Pepperdine University in 1994 and went on to obtain her MFT license in 1997. She has created a dynamic healing space encompassed by a variety of treatment professionals working as one connected team in one setting with offices located in Calabasas and Santa Monica, CA all located in one healing space. Erica also practices as a Clinical Supervisor training therapists working towards licensure and is the author of a published book on eating disorders, as well as numerous articles on a range of mental health topics. She demonstrates a passionate devotion to this field of healing. Erica believes in learning how to live life with freedom from all self-destructive behaviors and gaining strong mental health.

## ERICA IS A MEMBER OF NUMEROUS ORGANIZATIONS INCLUDING:

- CAMFT (California Association of Marriage and Family Therapists)
- IAEDP (International Association of Eating Disorder Professionals)
- NEDA (National Eating Disorder Association)
- AED (Academy of Eating Disorders)



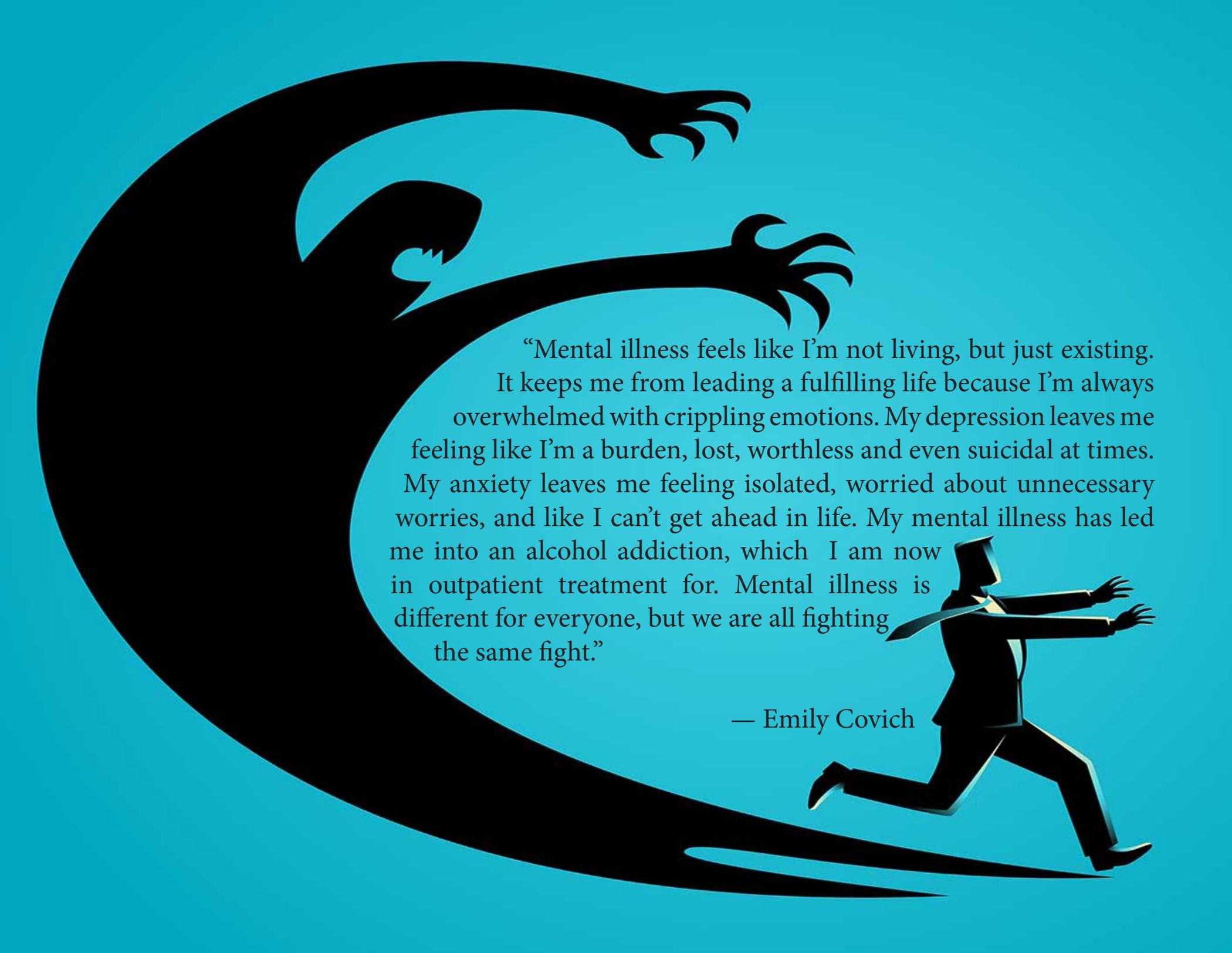
“I understand this is part of me, but at times my situation seems so much more outside of my control. My powerful energy seems so fleeting. Meds play a part in how I feel that my character is inhibited. This struggle creates a dichotomy between wanting to feel authentic and feeling trapped by a desire to find a balance of these lower states. The depression is debilitating, coming seemingly out of nowhere. The highs are like I’m unstoppable.”

— anonymous

“Mental illness feels like an unstoppable hamster wheel in your mind. It is a paradox of feeling the need to do everything, yet having no energy, desire or confidence to do so.”

–Tamara Lavoie



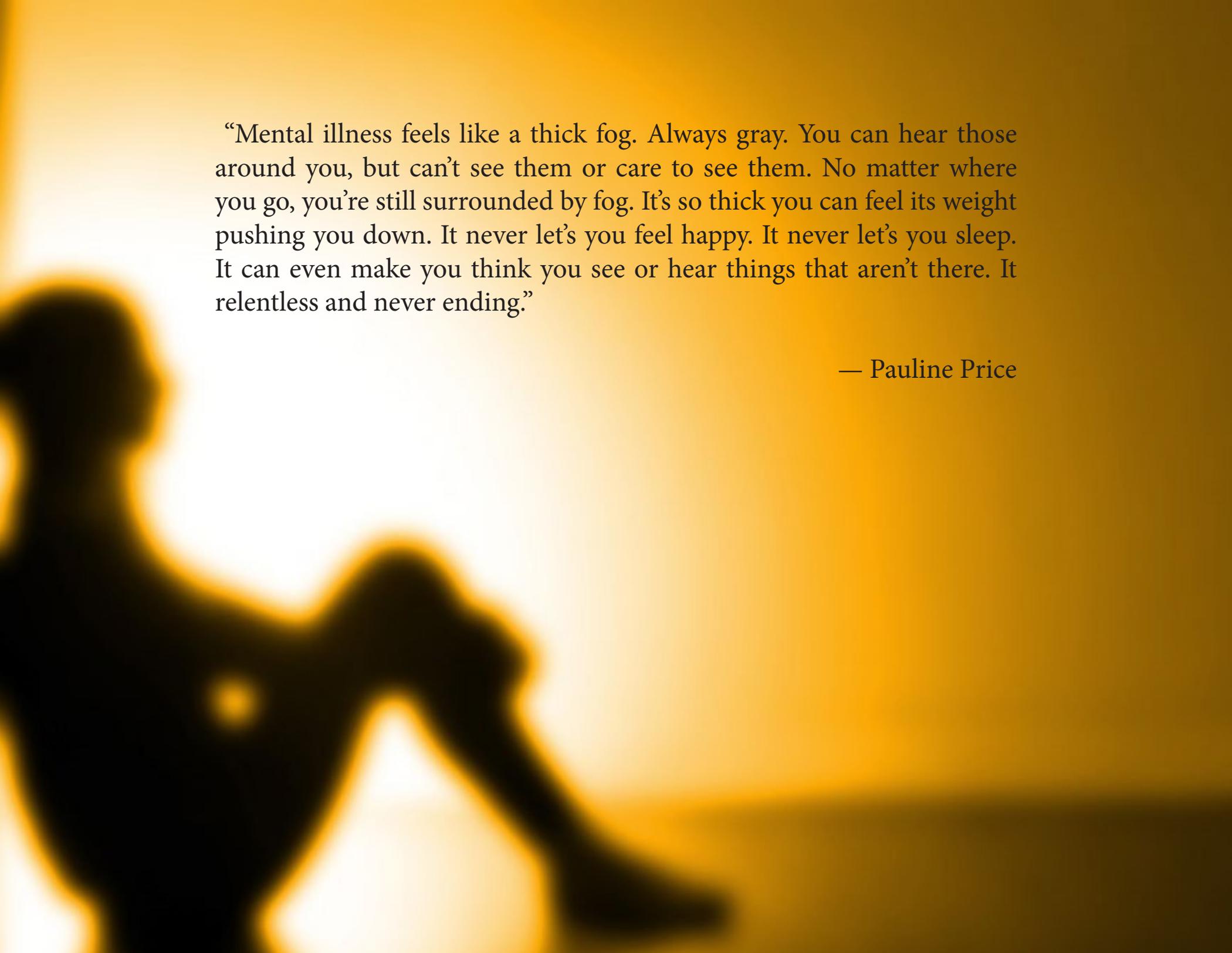


“Mental illness feels like I’m not living, but just existing. It keeps me from leading a fulfilling life because I’m always overwhelmed with crippling emotions. My depression leaves me feeling like I’m a burden, lost, worthless and even suicidal at times. My anxiety leaves me feeling isolated, worried about unnecessary worries, and like I can’t get ahead in life. My mental illness has led me into an alcohol addiction, which I am now in outpatient treatment for. Mental illness is different for everyone, but we are all fighting the same fight.”

— Emily Covich

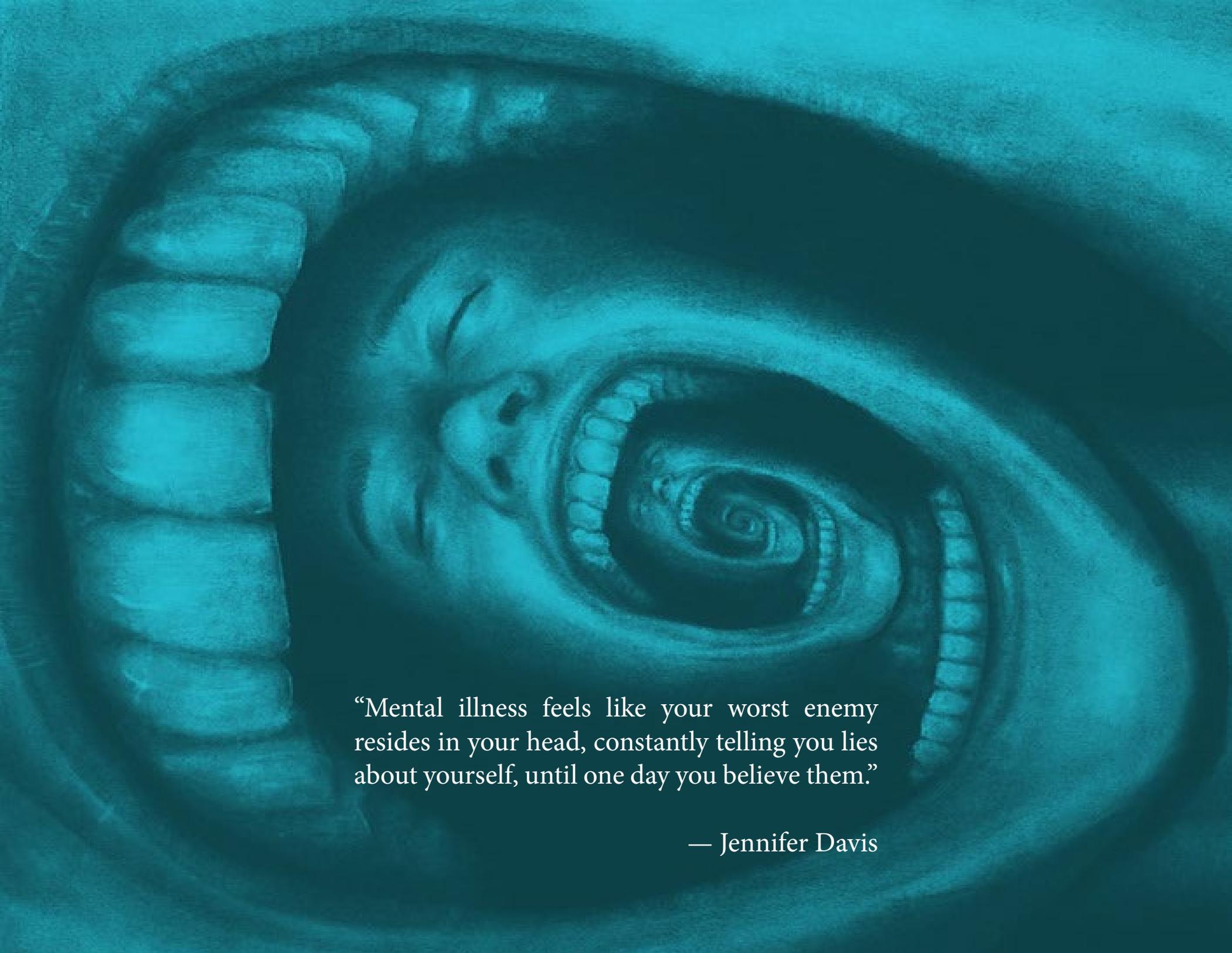


**REAL PEOPLE  
REAL LIFE  
REAL EXPERIENCES  
SHARED CONNECTIONS  
UNIQUE DIFFERENCES  
DIVERSE FEELINGS  
VARYING BELIEFS  
EMBRACED SIMILARITIES  
ENDORSE CURIOSITY  
EXPLORE PERSPECTIVES  
GATHER RESOURCES**



“Mental illness feels like a thick fog. Always gray. You can hear those around you, but can’t see them or care to see them. No matter where you go, you’re still surrounded by fog. It’s so thick you can feel its weight pushing you down. It never lets you feel happy. It never lets you sleep. It can even make you think you see or hear things that aren’t there. It relentless and never ending.”

— Pauline Price

A teal-toned illustration of a face, possibly a child's, with a spiral pattern inside the right eye. The face is shown in profile, looking towards the right. The spiral in the eye is a dark, swirling pattern that draws the viewer's attention. The overall mood is somber and contemplative.

“Mental illness feels like your worst enemy resides in your head, constantly telling you lies about yourself, until one day you believe them.”

— Jennifer Davis

**MENTAL HEALTH** includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health speaks to our mental well-being; the full spectrum of emotions, thoughts, and feelings, and whether they are good or bad.

A **MENTAL ILLNESS** is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life's ordinary demands and routines.

**Fact:** 43.8 million adults experience mental illness in a given year.



1 in 5 adults in America experience a mental illness.



Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.



One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.

### Prevalence of Mental Illness by Diagnosis



1 in 100 (2.4 million) American adults live with schizophrenia.<sup>1</sup>



2.6% (6.1 million) of American adults live with bipolar disorder.<sup>1</sup>



6.9% (16 million) of American adults live with major depression.<sup>1</sup>



18.1% (42 million) of American adults live with anxiety disorders.<sup>1</sup>

### Impact



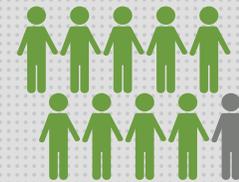
**1st**

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.<sup>1</sup>



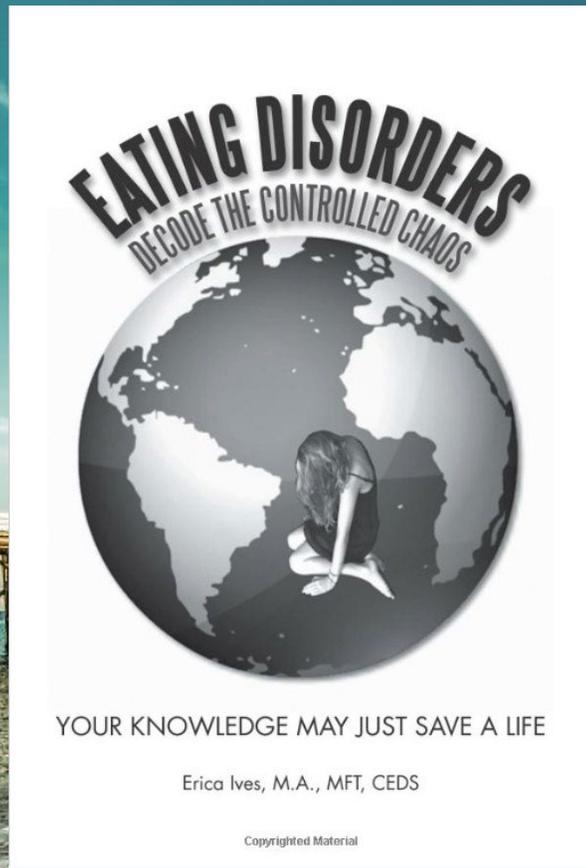
**-\$193b**

Serious mental illness costs America \$193.2 billion in lost earning every year.<sup>3</sup>



**90%**

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.<sup>3</sup>

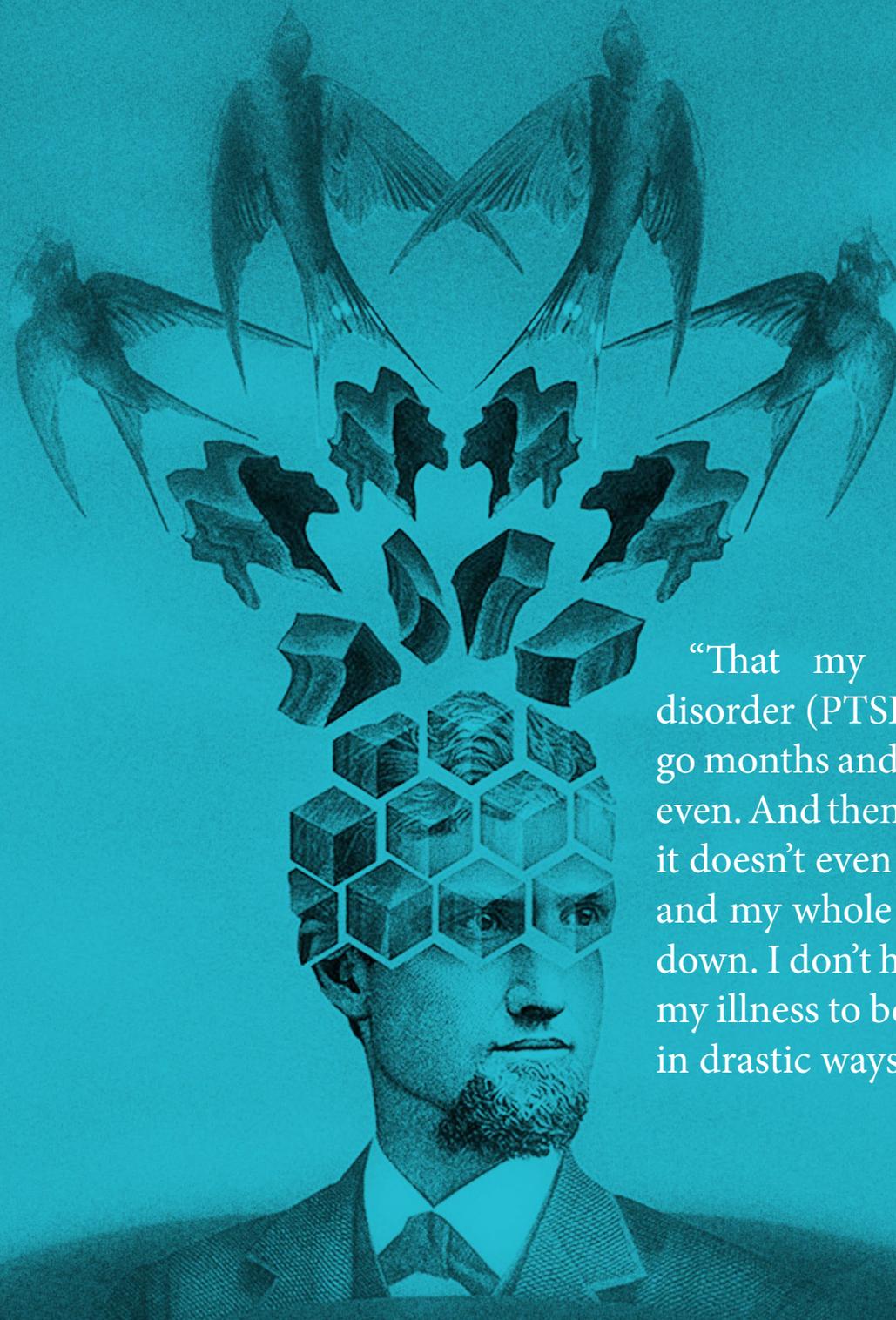


“Recently I was privileged enough to meet Erica Ives, the author of a “fantastic must read” book “**Decode the Controlled Chaos**”. She is truly an expert in the area who knows and understands eating disorders. Erica knows first hand what eating disorder means and professionally she is also a licensed therapist with a deep and sincere passion to help the ones living with eating disorders. We can develop and build a healthy relationship with food so let’s do it!

-Ana Weber (JenningsWire)

“This book informs others on what it is like to be inside the mind of someone with an eating disorder of any kind. Regardless if you, or if someone you know is struggling with an eating disorder, this book is a must-read. It is informative without being overwhelming with too much information and numerical statistics. It gives insight and real experiences that people with eating disorders have gone through. It gives insight into the feelings and concerns of family or friends of those with eating disorders. It also gives advice and tips on what to look for and how to help someone who you know is suffering. It’s easy to read and its conversational tone makes it interesting and hard to put down. I finished it in five days. It’s real, to the point, and a definite must have book for anyone who is suffering from an eating disorder, anyone who knows someone who is suffering from an eating disorder, or anyone who wants to get more information about eating disorders as a whole.”

-Shira, Amazon review



“That my post-traumatic stress disorder (PTSD) comes and goes. I’ll go months and be perfectly fine, great even. And then one thing will happen, it doesn’t even have to be a big thing, and my whole world comes crashing down. I don’t have to be ‘sick’ 24/7 for my illness to be real and affect my life in drastic ways.”

— Michalla D.

## MESSAGE FROM ERICA

As a therapist, I demonstrate a passionate devotion to fostering growth in a safe, nurturing environment. My treatment approach is tailored to your strengths and uniqueness. I teach and guide you how to actively pay attention to the messages of your body, thoughts, feelings, and your actions. You'll learn new coping skills that compliment your uniqueness. Visit my websites at [www.mindfulpath.com](http://www.mindfulpath.com) and [www.ericaires.com](http://www.ericaires.com) I believe good mental health is much more than eliminating self-destructive behaviors; it's about cultivating and living life everyday on a mindful path filled with self-awareness, fulfilling relationships, meaning, and vitality. My work as a therapist began with the treatment of adolescents who suffered from trauma, substance abuse, eating disorders. My extensive training developed into the specialty of eating disorders, women's issues, and addiction.



**“WE LEAD WITH LOVE. HUMANS FIRST, CLIENTS SECOND,  
DIAGNOSIS THIRD. WE ARE ALL ABOUT COMMUNITY STARTING  
WITH INTENTION ENDING WITH RESOLUTION.”**

