



Finding US, A Mother's Memoir of Braving Mental Illness with her Young Daughter

By **KRISTIN ROHMAN REHKAMP**

From the Author: Shortly after my daughter's mental health crisis in 2020, writing became my therapeutic outlet, which naturally led to a blog. I wrote my first blog on March 19, 2021. To date I have written nearly 100 weekly blogs. At the suggestion of my readers, my collection of blogs has been turned into a book, entitled *Finding Us: A Mother's Memoir of Braving Mental Illness with Her Young Daughter*. Our book is now available via our gift store (La Vie Est Belle) in Lake Elmo, MN or our website (lavieestbelle.live), and launching with major retailers (Amazon, Target, Barnes & Noble, Walmart...etc.) on October 15, 2022.

BOOK SYNOPSIS

Kristin was terrified she was going to lose her daughter. Her daughter could not breathe, her chest hurt, and she was experiencing loss of sensation in limbs, dizziness, and disorientation... all rolling up to a state of terror she had never before witnessed. It was September 16, 2020 and her life changed, suddenly and without warning, with her daughter's onset of a panic disorder.

Living with a mental illness is a journey that is messy, complicated and often misunderstood. Despite our best efforts, an experience we cannot control, but instead bravely learn to live with, learn from, and feasibly teach others.

In *Finding Us*, Kristin Rohman Rehkamp shares her story to educate and bring visibility to what living with a child braving a mental illness looks like and feels like. Her hope is that her memoir normalizes the mental health conversation, while providing others comfort and support in knowing their unique challenges and journey are understood.

Kristin gives a memoir that is personal and passionate; it is contemporaneous, insightful and wise. *Finding Us* is unerringly truthful to the experience for those who have never had mental illness in the family, and those who HAVE will recognize their own stories within it.

Dan Parnell, NAMI Affiliate Leader

ABOUT THE AUTHOR

Kristin Rohman Rehkamp lives with her husband and three children in Lake Elmo, Minnesota. She currently owns and operates La Vie Est Belle, LLC (lavieestbelle.live); a brand/gift store that inspires giving and beautiful living. Given her personal experience with her oldest daughter, she is passionate about serving communities, organizations, and individuals working to break down barriers, raise awareness and make a difference in the lives of those braving mental illness.

Kristin proudly serves as a PrairieCare Fund Board Member and in various St. Croix Valley, Minnesota community leadership roles and programs. As Kristin advocates for her daughter through writing and speaking engagements, she looks forward to evolving mental health/well-being thinking and care models for those that journey with her family.



Kristin's story about her daughter's mental health journey first appeared in the October 2021 issue of River Valley Woman.

ENDORSEMENTS

This is a book everyone will want to read. The why, when, and how to be the village for those braving mental illness. It is raw and honest. It includes tears, dreams, survival, hope and a great deal of love.

Molly Fields, MN LPN Assoc. Board, Director

Reading Kristin's memoir is another reminder of the need we have to increase awareness and services for our mental health systems. Her message of unconditional love and acceptance of individuals with mental health issues is a message everyone can benefit from, and I appreciate her courage to share her story (particularly as a mom also on the mental health journey with my son)."

Sarah Mason, Family Achievement Center President/Co-Owner, Family Achievement Foundation Board Chair/Founder

Kristin, Anna and the entire Rehkamp family, thank you. Thank you for your vulnerability and courage to stand in the gap and share your story. You are a bright light of hope shining in the darkness for so many.

Lynn M. Moore MA, LADC, EAP, Founder, President - Acres for Life Therapy & Wellness

Finding Us illustrates the journey of courage, fear, frustration, joy, compassion, heartache, and love that is the experience of any family faced with a battle for pediatric mental health. As the parent of a child with severe anxiety, I can hear my own story in Kristin's words and she reminds us, even in the darkest days, no one is alone on this journey and there is always reason to look ahead with hope.

Rachel Whitcomb, Mother; Wife; Vice President, Technology for a Fortune 100 Company

A beautiful tribute to motherhood, vulnerability, and maintaining hope while facing the difficulty of an unknown path.

Amanda Jara, Director Clinical Performance, Bright Health