



The Thermometer Times

Published by The Depression and Bipolar Support Alliance of Riverside, California

VOL. 17 NO. 7

Out of darkness . . . July, 2005

Dates to Remember

CARE & SHARE GROUPS

Clients and their guests are invited to come and participate. Professional care providers are always welcome.

**Every Saturday,
10 am–12 noon**

Riverside County Mental Health Administration Building (see page 7 for address)

GUEST SPEAKER

August 20
10:00 am

Kenise Lewis

“Methods of

Mental Illness Intervention”

Please be on time.



Meetings start promptly at 10 am.

Do yourself a good turn:

Be on time—

for announcements and other news that may

be important to

you, and to have time to greet your friends, old and new.

Directions to

Jo Ann Martin’s Home

Exit 91 Frwy at Van Buren. Go south

4.2 miles on Van Buren to

Whispering Spur. Turn left.



2nd
driveway
on the right

16280 Whispering Spur
Riverside, CA 92504 (951) 780-3366

Health’s link to beliefs studied

MEDICINE: Science is warming up to the notion that religious practices affect well-being.

BY MIKE SCHWARTZ
THE PRESS-ENTERPRISE

Is there a connection between spirituality and wellness?

Can a belief in a supreme being and participation in organized worship improve your health even help you live longer?

Over the past 100 years medical science has dismissed any such link, viewing mind body and spirit as distinct from each other. Even so, the question of whether optimal emotional and physical health hinges on a spiritual component to life has persisted.

Yet only in the last decade has science studied this interaction intensively, according to Dr. Harold Koenig, director and founder of the Center for the Study of Religion/Spirituality and Health at Duke University Medical Center in Durham, N.C.

Indeed, more compelling evidence than ever exists that religious beliefs and practices strongly impact physical and mental health, said Koenig, key note speaker at a recent two-day conference presented by Loma Linda University titled “Spirituality & Health: Science, Discovery and Application.”

He and other leading researchers presented the latest findings on possible biological mechanisms underlying spirituality, their significance to health and applications to patient care.

Spirituality — the human quest for the sacred or a relationship to the transcendent — can induce powerful psychosocial changes that affect the Immune, endocrine and cardio-vascular systems, Koenig told more than 140 hospital and public-health professionals, parish nurses, chaplains, social workers, students, ethicists and scientists.

Studies show that people with spirituality in their lives smoke less and exercise more.

They also tend to have lower cholesterol and blood pressure, enjoying a reduced risk of heart disease, stroke or dying from cancer.

“Religion is a powerful coping behavior” that also can affect mental health, he said. It can provide people, especially those who are very ill, with a positive outlook, give meaning and purpose to their lives and instill hope and motivation, as well as a sense of control, via prayer.

“As long as you’re conscious, you can mobilize this powerful coping behavior,” said Koenig, who has published more than 250 papers and book chapters on mental health, geriatrics and religion.

Studies have found a correlation between religious beliefs and practices can lessen psychological stress; lower suicide rates; less anxiety, substance abuse and depression, Koenig said.

One study of older war veterans with post-traumatic stress syndrome found their pursuit of mental health services appeared driven more by guilt and a weakening of religious faith than by the severity of stress symptoms or poor social functioning.

continued on page 2 (Beliefs)

Beliefs (continued from page 1)

This suggests that their main motivation for treatment may have been a search for meaning and purpose to their traumatic experiences.

The result also raises the question of whether spirituality should become central to post-traumatic stress therapy.

Religion also may help people by fostering altruistic attitudes and activities such as giving support to others, Koenig said.

“Volunteers live longer,” he said. “Doing something good in the world makes them feel better. It gives them a reason for living...involvement in the faith community is the strongest predictor of physical health outcomes.”

Despite ever-growing evidence that health and spirituality are inextricably linked, Koenig cautioned his audience not to waste any time trying to prove this supreme being exists.

“Neither science nor theology will back you up,” he said. “It doesn’t make sense that a supreme being is predictable.”

Dr. Bruce Rabin, medical director at the University of Pittsburgh Medical Center Healthy Lifestyle Program, spoke on spirituality and psychoneuroimmunology, a growing research field concerned with the influence of the central nervous system on immune function.

“Stress out there ... (is) a part of life,” Rabin said. “The only thing we can do is change ... our perception of stress. ... If we can lessen the activation of the brain when it perceives stress we’ll have less of an elevation of stress hormones.”

Keeping stress-hormone levels low is associated with enhanced quality of mental and physical health, as well as keeping one healthier as you age, Rabin said.

Reach Mike Schwartz at (951) 368-9591 or mschwartz@pe.com

Source: *Press Enterprise, LA Times, 5/29/05*

A New Drug for Treating Major Depression

Sources: WebMd and Cymbalta Home Page (Lilly)

Submitted by Holly Landis

A new drug for fighting major depressive disorder was approved for adults by the FDA on August 3 of last year. Cymbalta is an SNRI, as opposed to an SSRI, since it works with the norepinephrine in addition to serotonin in the brain. Cymbalta helps restore both serotonin and norepinephrine. By addressing both, Cymbalta effectively relieves a broad range of depression symptoms.

You should not take Cymbalta if you are allergic to it, have recently taken a monoamine oxidase inhibitor (MAOI), are taking thioridazine, or have uncontrolled narrow-angle glaucoma.

Their most common side effect of Cymbalta is nausea. For most people the nausea is mild to moderate and does not prevent continuation of the medication. Additional side effects include dry mouth, constipation, decreased appetite, fatigue, sleepiness, and increased sweating. Again for most people these side effects are mild and do not cause cessation of medication.

In clinical studies, Cymbalta was found to work as early as one to four weeks after starting the medication.,

Source: *Family Forum, Feb./Mar., 2005*

WHY GRAPEFRUIT JUICE IS A PROBLEM FOR PEOPLE TAKING CERTAIN DRUGS

from “Your Guide to Bipolar Disorder”

Any number of medications can apply to this question: Prozac, BuSpar, Tegretol, Lipitor, Verapamil, Prednisone and a host of others - even Viagra!

The reason why grapefruit juice is a problem for people taking certain drugs - including many psychotropic meds - is that grapefruit juice (unlike any other citrus juice) inhibits two enzymes that are important in metabolizing, or breaking down, these medications. When the enzymes aren’t doing their job, much more of the drug in question remains available to enter the patient’s blood-stream, and in some cases, this can have dangerous, even toxic, effects.

For example, as much as 99% of BuSpar (Buspirone) is normally metabolized before the drug ever enters the bloodstream. When taken in the presence of grapefruit juice (not even at the same time), the amount of BuSpar in the system could increase as much as 400% - a hazardous situation.

According to Graedon’s Guide to Grapefruit Interactions, “The grapefruit interaction is long-lasting.

...Investigators have found that the effect is measurable for at least 24 hours and may linger up to two days.” This could mean that if a person drank grapefruit juice every day, there would be an extra-strength “grapefruit effect” in his system all the time, as the effect of yesterday’s glass might still be lingering when today’s glass was drunk.

Besides the ones listed above, psychotropic medications that can be affected to a greater or lesser degree by grapefruit juice include:

Anafranil
Clozaril
Elavil
Halcion
Haldol
Luvox
Seroquel
Serzone
Trazadone
Valium
Versed

There are a large number of other types of medications affected by grapefruit juice as well, including all the cholesterol-lowering statins and even some antibiotics and birth control pills. Always read all the literature that accompanies your new prescriptions. Just for example. on my prescription for Zocor, buried three-quarters of the way

Continued on page 4 (Grapefruit Juice)

About Pediatric Bipolar

Child and Adolescent bipolar Foundation excerpts
www.bpkids.org 2002

Bipolar disorder (also known as manic-depression) is a serious but treatable medical illness. It is a disorder of the brain marked by extreme changes in mood, energy, thinking and behavior. Symptoms may be present since infancy or early childhood, or may suddenly emerge in adolescence or adulthood. Until recently, a diagnosis of the disorder was rarely made in childhood. Doctors can now recognize and treat bipolar disorder in young children.

Early intervention and treatment offer the best chance for children with emerging bipolar disorder to achieve stability, gain the best possible level of wellness, and grow up to enjoy their gifts and build upon their strength & proper treatment can minimize the adverse effects of the illness on their lives and the lives of those who love them

How common is bipolar disorder in children?

It is not known, because epidemiological studies are lacking. However, bipolar disorder affects an estimated 1-2 percent of adults worldwide. The more we learn about this disorder, the more prevalent it appears to be among children.

- It is suspected that a significant number of children diagnosed in the United States with attention-deficit disorder with hyperactivity (ADHD) have early-onset bipolar disorder instead of, or along with, ADHD.
- Depression in children and teens is usually chronic and relapsing. According to several studies, a significant proportion of the 3.4 million children and adolescents with depression in the United States may actually be experiencing the early onset of bipolar disorder, but have not yet experienced the manic phase of the illness.

What are the symptoms of bipolar disorder in children?

Bipolar disorder involves marked changes in mood and energy. Persistent states of extreme elation or agitation accompanied by high energy are called mania. Persistent states of extreme sadness or irritability accompanied by low energy are called depression.

However, the illness may look different in children than it does in adults. Children usually have an ongoing, continuous mood disturbance that is a mix of mania and depression. This rapid and severe cycling between moods produces chronic irritability and few clear periods of wellness between episodes

- an expansive or irritable mood
- extreme sadness or lack of interest in play
- rapidly changing moods lasting a few hours to a few days
- explosive, lengthy, and often destructive rages

- separation anxiety
- defiance of authority
- hyperactivity, agitation, and distractibility
- sleeping little or, alternatively, sleeping too much, bed wetting and night terrors



- strong and frequent cravings, often for carbohydrates and sweets
- excessive involvement in multiple projects and activities
- impaired judgment, impulsivity, racing thoughts, and pressure to keep talking
- dare-devil behaviors (such as jumping out of moving cars or off roofs)
- inappropriate or precocious sexual behavior
- delusions and hallucinations
- grandiose belief in own abilities that defy the laws of logic (ability to fly, for example)

Symptoms of bipolar disorder can emerge as early as infancy. Mothers often report that children later diagnosed with the disorder were extremely difficult to settle and slept erratically. They seemed extraordinarily clingy, and from a very young age often had uncontrollable, seizure-like tantrums or rages out of proportion to any event. The word “no” often triggered these rages.

Several ongoing studies are further exploring characteristics of affected children. Researchers are studying, with promising results, the effectiveness and safety of adult treatments in children.

The need for prompt and proper diagnosis

Tragically, after symptoms first appear in children, years often pass before treatment begins, if ever. Meanwhile, the disorder worsens and the child’s functioning at home, school, and in the community is progressively more impaired.

Treatment

Although there is no cure for bipolar disorder, in most cases treatment can stabilize mood and allow for management and control of symptoms.

A good treatment plan includes medication, close monitoring of symptoms, education about the illness, counseling or psychotherapy for the individual and family, stress reduction, good nutrition, regular sleep and exercise, and participation in a network of support.

The response to medications and treatment varies. Factors that contribute to a better outcome are:

- access to competent medical care
- early diagnosis and treatment
- adherence to medication and treatment plan

Continued on page 8 (Pediatric Bipolar)

Grapefruit Juice (continued from page 2)

down in the fifth paragraph, "Cautions," is "Talk with your doctor before including grapefruit or grapefruit juice in your diet while you are taking this medicine." That doesn't seem to me to be a strong enough warning, but at least it's there.

References:

Grapefruit and Prescription Drugs - Mix Carefully - by Mark Bloom
Putting Drug interactions with Grapefruit Juice in Perspective - by L. Kendall Shaw, PharmD

Using Medications Safely: Interactions Between Grapefruit Juice and Prescription Drugs - by R. Elaine Turner and Gail C. Rampersaud

Grapefruit Juice and Medications: A Potential for Adverse Events Grapefruit Juice Can Interact With Medicines! - by William C. Shiel, Jr. MD, FACP, FACR

FAQ Index

*Source: Bipolar Disorder, April, 2005/
Mood Challenge, DMSA,
Peoria, Illinois newsletter, May 2005*

**GAY, LESBIAN, BISEXUAL AND TRANSGENDERED
FRIENDS OF THE INLAND EMPIRE
Gay Depression Bipolar Support Alliance (GDBSA)**



Gays In Search of Hope

<http://www.geocities.com/mddariv/gayhope.html>
(use lowercase letters only in web address)

**THIS IS A GAY, LESBIAN, BISEXUAL
AND TRANSGENDERED SUPPORT GROUP.**
Parents, family and friends are welcome here and are
encouraged to participate in the support group in a relaxed non-
threatening atmosphere. Please join us!
No One Should Suffer in Silence!!!

Where: County of Riverside,
Mental Health Administration Building
4095 County Circle Drive, Room A
Riverside, CA

When: Saturdays from 1 pm to 2:30 pm
Call or email us for the current dates.

Kevin / Jeffrey: (951) 787-8651
E-Mail: gdbsa@aol.com

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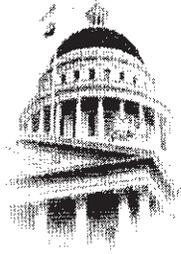
The website address for our **Riverside group** is:
dbsaofriv1@aol.com. And for **DBSA of California** go to:
dbsaofcal@aol.com.

Do you have a Medic Alert Bracelet?

Do you wear it? All the time?
In an emergency, would others know what
medication you are taking and why?
Always wear your
Medic Alert bracelet.
It could save your life.
If you don't have one,
ORDER ONE TODAY!



(Available through most pharmacies)



SAVE THE DATE

October 28-29, 2005

Mental Health, A Capital Idea

Depression and Bipolar Support Alliance of California

16th Annual Conference

Keynote speakers:

**Darrell Steinberg, author of the Mental Health Services Act, former
Assemblyman**

Dr. Stephen Mayberg, Director, California Department of Mental Health

Rusty Selix, Director, California Mental Health Association

Donald M. Hilty, M.D., Associate Professor, of Clinical Psychiatry UC Davis

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Location: The Holiday Inn (Downtown Sacramento)

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Psychiatric drugs carry summer risk

HEALTH: Doctors say some medicines create problems in temperature regulation. Sometimes it is fatal.

BY JOHN FAUBEK
KNIGHT RIDDER NEWSPAPERS

MILWAUKEE—Four people have died in Milwaukee recently because of the heat and all were taking prescription psychiatric drugs, which a medical expert says have the ability to create potentially dangerous body temperature regulation problems.

In the case of Barbara Burroughs, found dead Tuesday, there was an indication that she was taking the anti-psychotic drug Clozaril.

That drug is one of the “biggest offenders of all” In terms of causing adverse effects in the heat, said John Gudeman, medical director of the Milwaukee County Mental Health Center and a professor in the department of psychiatry at the Medical College of Wisconsin.

“It is a great drug, but it has some real side effects,” he said.

Other problem drugs

Besides anti-psychotic drugs such as Clozaril, four other classes of drugs are known to cause problems in the heat: mood stabilizers, antihistamines, drugs used to treat Parkinson’s disease and the older tricyclic anti-depressant drugs, he said.

In the case of Susan Penner, found dead Monday, she apparently was taking several prescription drugs, including Eskalith, a lithium carbonate drug that is used as a mood stabilizer in treating manic episodes in manic-depressive illness.

Anthony Hall, found dead Sunday, also was taking lithium carbonate, according to the medical examiner’s report.

“That definitely can produce problems in the heat,” Gudeman said. Enrique Rodriguez, found dead early Tuesday,

was taking nortriptyline, a tricyclic anti-depressant, along with other drugs to treat his heart problems, high blood pressure and diabetes.

The other three heat victims also were taking other drugs not in the classes mentioned above, and none of the medical examiner’s reports attributes the deaths directly to the drugs they were taking.

Shuts down sweating

Still, said Gudeman, these particular drugs can cause a couple of problems.

“They shut off your sweating mechanism,” he said. “They shut off your temperature regulation. With those two things out of whack, your temperature can rise rapidly in high external temperatures.”

That, in turn, leads to a condition known as poikilothermia, which means your body temperature moves toward the outside temperature.

“If the temperature goes to 100 degrees, your body temperature goes to 100 degrees,” he said. “That’s what actually causes the heatstroke.”

Visit [JSONline](#), the Milwaukee Journal Sentinel’s World Wide Web site, at

CANCER OR MENTAL ILLNESS?

“Which do you think would have a more positive effect on the world: a cure for cancer or for mental illness?”

Marilyn vos Savant, a columnist for Parade Magazine, replied, “Readers may be taken aback to learn that the human suffering and cost of mental illness outweigh even the misery of cancer. Mental and neurological disorders account for 13% of total worldwide disability. In addition to the expense for health and social services, the loss to society, including the impact on families, crime, and unemployment is incalculable.”

Source: Parade in L.A. Times 2/20/05, Polar Star, DMDA-LA. Newsletter. Sum 05

Watch out for these summer mania triggers:

- Extra sunshine (such as staying at a park or beach all day)
- Weddings (including your own)
- Any travel at all, especially to a new time zone
- Graduation (for yourself or your children)
- Visitors to your home
- Holidays (these are often a boisterous, all-day events with a lot of stimulation)
- Summer activities such as water sports or baseball
- Summer break from school

I Can No Longer Be

I can no longer be,
something that others want to see.
I’m not happy if you ask,
It’s getting to be too great a task.

Count your blessings, they all say,
It’s getting harder day by day.
Music hurts too much to hear,
It’s like a piercing spear!

Memories are everywhere I look,
My broken heart is an open book.
Love, I no longer expect,
‘Cause I feel unworthy and depressed.

I wish I could dream once more
But nightmares shut the door.
I feel like a shadow that no one can see,
Something that once was..but will never be.

I feel so shallow and weak,
No longer knowing what to seek.
More alone than ever before,
Please Dear Lord, don’t close the door!
Nancy Bullinger

PLEASE NOTE

The Thermometer Times prints articles from time to time which are solely the view of the writer him/herself and not necessarilythe views of DBSA of Riverside.

**Riverside Suicide Crisis
Help Line Call
(909) 686-HELP (909) 686-4357
24 hr. Hotline 7 Days a Week**



SCRIPPS HOWARD NEWS SERVICE

The practice of mindfulness attempts to quiet common, distracting thoughts. Meditating can help enhance this quality in your daily life.

UNCLUTTER YOUR MIND

Harvard Medical School Health Adviser

Q: I've been hearing about the benefits of "mindfulness meditation." What is it exactly and can it really improve your health?

A: Think about what goes on in your head during a typical day. Does your attention ever jump from one thing to another? Do you spend time second-guessing events from your past or fretting about the future? What about half-listening while silently judging another's words?

The practice of mindfulness attempts to quiet these common, distracting thoughts. It means paying attention to what you're experiencing from moment to moment, without drifting into these thoughts.

One aspect of mindfulness practice is a discipline called mindfulness meditation. Doing this each day can help enhance mindfulness in your daily life.

There's mounting evidence that cultivating mindfulness can help you enjoy life more, make it easier to cope with illness, and possibly boost physical and emotional health. It doesn't replace traditional therapies and medications, that can lower stress and may help other

treatments work better.

One study showed that mindfulness students produced more antibodies to a flu vaccine. Another study showed that a mindfulness-based course could help ease stress and improve sleep for women with breast cancer and men with prostate cancer.

Mindfulness training has also proved helpful to people with chronic pain, fibromyalgia, psoriasis and high blood pressure. It can help prevent a relapse of depression after it's been successfully treated, according to two studies. The technique has also shown promise in controlling binge eating and obsessive-compulsive disorder.

EVERYDAY MINDFULNESS

Here are some tips for integrating mindfulness into your daily life.

- When you do routine things, such as answering the phone or buckling your seat belt, think about what you're doing and observe yourself doing it.
- Pay attention to your breathing

Daily Survival Kit

Items: Toothpick, rubber band, band-aid, pencil, eraser, chewing gum, mint, candy kiss, teabag.

Explanation:

Toothpick--to remind you to be flexible. Things might not always go the way you want, but it will work out.

Band-aid--as reminder to heal yours or someone else's hurt feelings.

Pencil--to remind you to list your blessings everyday.

Eraser--to remind you that everyone makes mistakes, and it's ok.

Chewing gum--to remind you to stick with it and you can accomplish anything.

Candy kiss--to remind you that every one needs a kiss or hug every day.

Tea bag--to remind you to relax daily and go over that list of blessings.

*Source: Riverside YWCA Newsletter
Summer, 2005*

As far as we can discern, the sole purpose of human existence is to kindle a light in the darkness of mere being.

Carl G. Jung (1875-1961)
Psychiatrist

or your environment when you stop at red lights.

- Before you go to sleep, and when you awaken, take some "mindful" breaths instead of allowing your mind to wander over the day's concerns.

Being mindful doesn't mean you'll never "multitask" or hurry, but you can do so consciously. You can't banish upsetting thoughts, but you will have more insight into them and become aware of your choices in responding to them.

Submit questions online at www.health.harvard.edu/adviser

UNITED FEATURE SYNDICATE

*Source: Press-Enterprise
Riverside, CA*

May 10, 2005

Pediatric Bipolar (continued from page 3)

- a flexible, low-stress home and school environment
- a supportive network of family and friends

The parent's role in treatment

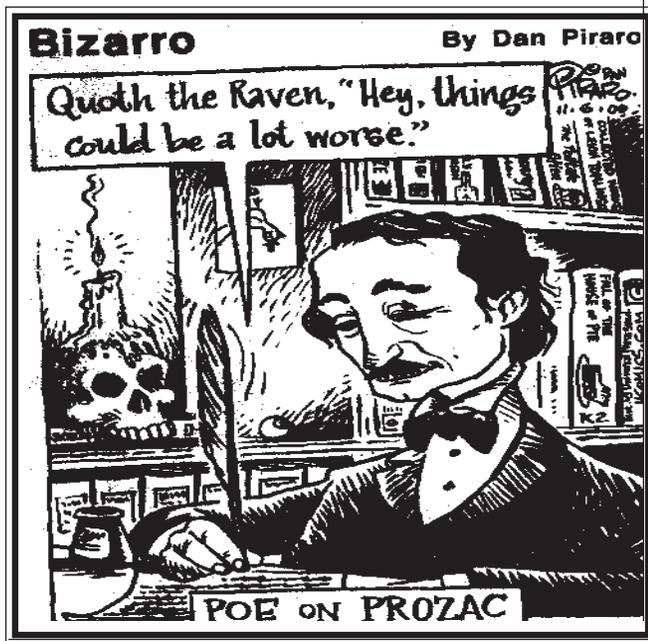
Child and Adolescent Bipolar Foundation www.bpkids.org

As with other chronic medical conditions such as diabetes, epilepsy, and asthma, children and adolescents with bipolar disorder and their families need to work closely with their doctor and other treatment professionals. Having the entire family involved in the child's treatment plan can usually reduce the frequency, duration, and severity of episodes. It can also help improve the child's ability to function successfully at home, in school, and in the community.

Parents: Learn all you can about bipolar disorder. Read, join support groups, and network with other parents. There are many questions still unanswered about early onset bipolar disorder, but early intervention and treatment can often stabilize mood and restore wellness. You can best manage relapses by prompt intervention at the first reoccurrence of symptoms.

Parents often find it hard to accept that their child has a chronic condition that may require treatment with several medications. It is important to remember that bipolar disorder has a high rate of suicide. Estimates vary, but mortality rates of 5–10% from suicide are reported by various studies, rates equal to or greater than the mortality rates for many serious physical illnesses. The untreated disorder carries the risk of drug and alcohol addiction, damaged relationships, school failure, and difficulty finding and holding jobs. The risks of not treating are substantial and must be measured against the unknown risks of using medications whose safety and efficacy have been established in adults, but not yet in children.

Source: DBSA-Fox Valley newsletter,
Summer 2005



Reaping Pleasure From Life's Uncertainties

IT MAY BE that mystery, not variety, is the spice of life. According to a new study, the natural tendency of the human brain to reduce life's uncertainties also saps everyday experience of its poignancy.

In the experiment, study participants watched an abridged version of *Rudy*, an uplifting film about a determined football player. The subjects then read two stories about what happened to Rudy later in life; half were told which story was true, while the other half were left in the dark. Even though both stories had happy endings, the group that found out the truth felt less cheerful than the group left wondering. In other words, the more people understood, the less pleasure they felt.

Researchers chalk up their results to what they call the "pleasure paradox:" The urge to understand events may reduce the joy we take in them.

"A wonderful thing about the human mind is its ability to make sense of a complex world," says Timothy O. Wilson, a psychologist at the University of Virginia and lead author of the study, which appeared in the *Journal of Personality and Social Psychology*. When we confront negative experiences, our knack for finding meaning helps us cope. But on the flip side, Wilson says, we rationalize positive experiences; as they come to seem more predictable, they lose their emotional intensity.

Yet small surprises may safely and simply boost your happiness, according to Wilson. Even though it sounds counterintuitive, you may feel merrier if you don't know exactly how a movie ends. Says Wilson, "I must say I don't follow my own advice."

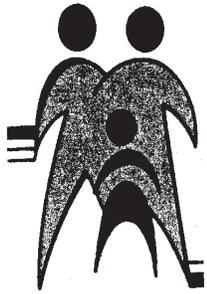
—Lauren Aaronson

WHEN CAN PSYCHOTHERAPY HELP?

You don't need to have a specific goal or problem to see a therapist. Psychotherapy can help if you:

- Are unable to change or control behaviors that you know aren't logical or productive. You drink more than you'd like, recheck doors you know you locked, or become extremely irritable over small matters.
- Feel you have lost your ability to cope.
- Have lost interest in activities you used to enjoy.
- Are unable to concentrate or function well in your work and social life.
- Experience a great deal of conflict at home or work.
- Feel lonely and socially isolated.
- Are considering shaking up your life or marriage.
- Need support as you grieve a loss.
- Find your life repeating unsatisfactory old patterns.
- Are in the midst of shifting family dynamics because of illness, children moving away, retirement, or other changes.
- Want to identify and address obstacles that keep you from achieving your goals or being the person you think you want to be.
- Wish to improve your ability to communicate and assert yourself.
- Have trouble moving on with life after a trauma.

Source: excerpt from *Harvard Women's Health Watch*,
Polar Star, DBSA-L.A. Newsletter, Sum. 05



Family/Friends Support Groups

Riverside County Dept. of Mental Health
Offers Support groups for families and friends
of people with severe
and persistent mental illness.
These Support Groups are offered
throughout the County of Riverside.

The County also offers the NAMI Family-to-Family Education Program

This program is a 12-week series of
educational meetings for
family members.

There is NO COST TO YOU.

For information on dates, times and location,
Please contact:

Riverside Co. Dept. of Mental Health
The Family Advocate Program
(909) 358-4987/1-800-330-4522

The Starting Point SUPPORT GROUP FOR DEPRESSIVES AND BIPOLARS

Mesa Clinic, 850 Foothill Blvd., Rialto
Mondays from 10:30 to 12:10
For more info: *82 (909) 864-4404

ORIGINAL MATERIAL WANTED

Do you have a story to tell, or a poem or art work?

We welcome submissions
to our newsletter.



If you have something you think
we could use, please send it to:



EDITOR

DBSA P.O. Box 51597 Riverside, CA 92517-2597
FAX 951/780-5758

Join us for the **Holidays**

Picnics or dinners
at noon at Jo Ann's

Swimming, badminton, spa, food and more...
during summer months.

Friendly sharing during the winter
Bring a salad, main dish,
or dessert.

If you can't bring a dish, come anyway. Meat &
beverage
will be furnished.

Holidays include: Memorial Day,
4th of July, Labor Day,
Thanksgiving, and Christmas.
See lower front column of this
newsletter for directions.

Alliance Library

DeAnza Professional bldg
225 N. San Jacinto Ave., Ste. 8
Hemet, CA 92543

NEW BORROWERS MUST REGISTER FIRST

The public is invited to check out books,
videos, audio tapes and materials on
emotional disorders, their causes and
treatments. Education and knowledge
are powerful tools to develop
understanding and compassion.

For further information or registration,
please call Sue McElree
at 951/652-2811, Ext. 5762

**OPEN WEDNESDAYS ONLY,
2:30-4:30 P.M.**



Phone Friends

If you need someone to talk with, you may call one of the following members at the specified time.

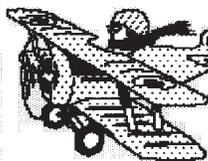
Leroy
6 a.m. to 9 p.m.
951/686-5047

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951/682-9519
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951/315-7315

Kevin
kevin2004n@aol.com

Attention Newsletter Subscribers!!!

Those who have not renewed subscriptions to the Thermometer Times or renewed membership to DBSA- Riverside have been dropped from our mailing list. You will need to re-apply to receive our newsletter if your name was dropped. Exempt status (newsletter) persons must notify us of a desire to continue receiving the newsletter. Thank you.



ANNOUNCEMENTS

TEMECULA DMDA

Mark Monroe
951/926-8393

UPLAND DMDA FONTANA DMDA

Meet Thursday evenings
Call David or Samantha Johns
909/947-1307 OR
e-Mail dmjbf@aol.com

HEMET SUPPORT GROUP

Hemet Support group meets at
Trinity Lutheran Church
Tuesdays, 7 to 9 pm. Fridays,
1:30 to 3:30 pm
Please call 951/658-0181 (Lyla)

THE UPLIFTERS

(Christian emphasis) meets at
The Grove Community Church
Contact Sheri 951/784-7402
S1-matsumoto@sbcglobal.net

For Support People:

NAMI - Riverside Mental Health Administration Building
4095 County Circle Dr. (off Hole Ave. near Magnolia)
7:00 pm, 1st Monday each month 951/369-1913 - Rosanna
No meeting July or August

Calling all interested consumers!

NAMI-In Our Own Voice: Living With Mental Illness

We are looking for consumers who are interested in sharing their personal recovery stories. In Our Own Voice: Living With Mental Illness (*IOOV*) is a recovery-education program conducted by trained presenters for other consumers, family members, friends, and professional and lay audiences. Individuals need not be active in mental health advocacy at this time, but

- ▶ They have "been there."
- ▶ They are able to present professionally.
- ▶ They are in recovery.
- ▶ They have the time to be trained.
- ▶ They believe in treatment, with medication as the cornerstone for recovery
- ▶ They periodically present at 1½-2 hour workshops, during working hrs.



Stipends will be paid for presentations.



For more information, or to be put on a waiting list, please call:

Allison Hoover, IooV Coordinator
951/ 686-5484

A collaborative effort brought to you by:
—The Riverside County Mental Health Department—
—NAMI, Western Riverside County—
—Jefferson Transitional Programs—

DBSA-Riverside

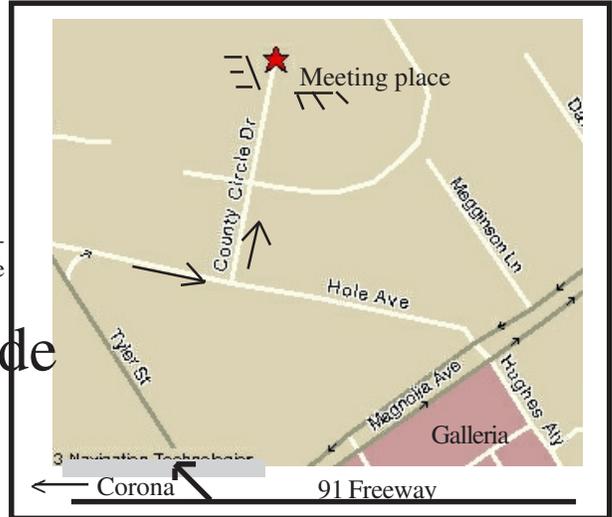
Map Legend

★ Meeting Location

TTTT = Parking

Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.* For meeting-day

route times, please call RTA at 800/266-6883 toll free. If you qualify for Dial-a-Ride, a door-to-door service for the handicapped, info is available at the same phone number. * as well as other parts of Riverside.



About DBSA-Riverside

DBSA of Riverside is a support group for people who have depression or bipolar (manic-depressive) disorder and who have sought or are seeking treatment for their illness. DBSA is totally patient run, which means we need volunteers like you to help with mail-outs, telephoning and planning. A work time is held at the home of JoAnn Martin on the Saturday afternoon following the last Rap Group Meeting of each month to assemble the newsletter for mailing. Directions are printed on the lower left corner of the front page of this newsletter. You may reach JoAnn or Leroy at (951) 780-3366. Our Rap Group Meetings are every Saturday of every week from 10:00 a.m. to 12:00 noon at the Riverside Mental Health Administration Building, 4095 County Circle Drive (off Hole Avenue near Magnolia), Room A. We welcome professional care providers and adult family members and friends. Please note our new area code - 951, effective on July 17, 2004.



MEMBERSHIP INFORMATION

Individual membership for the Depression and Bipolar Support Alliance of Riverside is \$20.00 per year. This helps defray the cost of the monthly newsletter and helps pay for the cost of our meetings. Subscription to the newsletter is \$10.00 per year. If you are unable to help financially, the newsletter may be sent upon request. Volunteers are always needed. If you would like to volunteer, please indicate below. 

Mail to DBSA of Riverside, 16280 Whispering Spur, Riverside, CA 92504

DATE _____ Please Print New Renewal
NAME _____ PHONE _____
ADDRESS _____ CITY _____ STATE _____
ZIP _____ E-MAIL ADDRESS _____

Please check one of the following:

- I have: Bipolar Disorder (Manic-Depression) Depression
I am a Family Member Professional
None of the above

Birth Date (Optional) : Month _____ Day _____ Year _____

Enclosed is my payment for DBSA Membership _____ \$20.00 (includes newsletter).

Enclosed is my donation of \$ _____ to help others receive the newsletter.

I would like a subscription to the newsletter only. _____ \$10.00 (12 issues per year).

I would like to volunteer my time and talent to help.