



The Thermometer Times

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

VOL. 18 NO. 12

Out of darkness . . . December, 2006

Dates to Remember

CARE & SHARE GROUPS

Clients and their guests are invited to come and participate. Professional care providers are always welcome. Riverside County Mental Health Administration Building (see page 13 for address & map)

**Every Saturday
10 am–12 noon**

*December
2, 9, 16, 23 & 30*

CHRISTMAS Day Dinner
at Jo Ann Martin's
12 noon

More information on pages 7 & 9.



Meetings start promptly at 10 am. Do yourself a good turn: Be on time to visit with friends before the meeting starts. If you come late, please enter quietly. Announcements will be made at the close of the meeting.

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

A Committee Member is Born

About 14 years ago, Jimmy Burke was in a homeless shelter in Nebraska. He had just been discharged from a psychiatric hospital in his home state of Texas, where he received treatment for schizoaffective disorder, Tourette's syndrome, and other disorders. Someone there recommended that Burke transfer to the Omaha shelter, which took a Christian-centered approach to helping people get on their feet. Depressed, desperate and almost 21 with nowhere to go, Burke, who is a devout Christian, went. But the trip did little to change his situation, except that now he was far from the people and places he knew.

In the years that followed, however, Burke's situation changed substantially. His experience led him through the circuitry of the mental health system in Nebraska, and to a volunteer job at a Lincoln rehabilitation center in 1997. Burke took on more and more responsibility there and impressed his supervisor so much that she approached him about serving on a local mental health council. "She really championed me," Burke explained. "She helped me apply and get together letters of recommendation because they needed some seats filled."

The former homeless man, who works part time as stigma and wellness coordinator for the Mental Health Association of Nebraska, estimates he now spends about 10 to 15 hours a month serving on boards and committees.

Burke's journey to the boardroom may have seemed unlikely 14 years ago, but

Continued on page 3 (Committee)

a note from the Editor

DBSA-Riverside Lending Library Available

Books are now available to borrow from the DBSA-Riverside lending library located at Jo Ann Martin's home. A list of titles and authors will be circulated at the DBSA Share and Care meetings on Saturdays from which attendees can make selections. The book(s) that you select from the list can be brought to the next meeting for you or can be picked up at Jo Ann's by you. Books may be borrowed for up to two weeks at a time and renewed for two weeks at a time.

There are numerous books on many aspects of how people who have depression and bipolar disorders define, cope and overcome their illness. Two such books are: "Surviving Bipolar's Fatal Grip: The Journey to Hell and Back" by David Mariant with Diane Mariant and Tom Wootton's "The Bipolar Advantage". Both these authors were speakers at the September 8th, 9th, and 10th, 2006 National/State DBSA Conference in San Mateo, California.

The library also contains books written by professionals on the subject of these disorders, as well as mental health and health in general, and their perspectives and suggestions. Examples are: "When the Blues Won't Go Away" by Robert Hirschfeld, M. D., David D. Burns, M. D.'s "Feeling Good" and "Risking" by David Viscott, M.D.

In addition, there are several editions of "The Pill Book" which can be used to clarify any questions you may have on medications that are being taken.

We hope the library will be well used and that our members will find the books useful, interesting and, maybe, even inspiring.



**Happy
Holidays**

Please note that articles in *The Thermometer Times* are collected from many sources. They do not necessarily reflect the views of DBSA Riverside, nor do we make recommendations based on these articles. Editors.

***The Thermometer Times
16280 Whispering Spur
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Please feel free to reprint any of our articles. However, please acknowledge our publication, date, and author or source. It will please the authors and recognize their efforts.

Riverside Suicide Crisis Help Line

Call (951) 686-HELP [686-4357] if you need to talk to someone. It is available 24 hours - 7 days a week.

National Suicide Prevention Hotline

Call 1-800-273-TALK (8255) if you need to talk to someone in any of 109 crisis centers in 42 states. The National Suicide Prevention Lifeline has just been launched by SAMHSA (Substance Abuse and Mental Health Services Administration) as part of the National Suicide Prevention Initiative (NSPI). In addition, a new Web-site has been established at www.suicidepreventionlifeline.org.

TOKENS AND REAL POWER

his experience is part of what many people who have been diagnosed with mental illness have fought for in the past 30 years. Thanks largely to the mental health consumer/survivor movement, people who once had little if any power over their own treatment are taking “a seat at the table,” where their experiences with the behavioral health system—good and bad—constitute valuable expertise.

Individuals very rarely make policy decisions in bureaucracies such as the behavioral health system. Instead, groups like boards of directors, commissions and councils wield the power.

Every corporation, both for-profit and nonprofit, has a board of directors, and almost every board has committees that focus on specific issues. Also, government boards at all levels form advisory bodies to help make policy decisions. Members very rarely receive pay aside from reimbursement for expenses, so consumers who rely on aid programs for income and healthcare can participate without fear of losing benefits.

As the consumer/survivor movement has led more people to advocate for themselves, an increasing number of boards and advisory bodies are being required to set aside seats for consumers and relatives of consumers. However, some people report that they feel like “token” members. The term is typically used to describe a situation where a board or advisory body includes one or two consumers to create an appearance of consumer involvement, but fails to value consumer members’ input as much as that of other members.

Burke, who serves on his state’s mental health advisory committee, said he felt at first as if he had to earn the respect of the “professionals” who served with him.

“Whether they’re doing it intentionally or not, they have this idea of what consumers are supposed to be like: that they don’t know well enough to know what’s best for them,” he said. But he stressed that people shouldn’t let this attitude scare them away. “Consumers that are trying to be on boards with pro-

professionals shouldn’t be intimidated. Understand that we’re not trying to replace professionals in the field of mental health care; we’re trying to work with them.”

Many consumers have reported overcoming tokenism, but many have also taken reserved seats on advisory bodies that ultimately had little influence.

Judi Chamberlin, veteran activist and author of “On Our Own: Patient-Controlled Alternatives to the Mental Health System,” has served on many boards and advisory bodies since she took her first such position more than 20 years ago. She sat on a protection and advocacy council for Massachusetts that was required by federal law to be made up of at least half consumers and family members of consumers. Her particular group worked very well with her state mental health authority, she said, but this is not always the case.

“For a lot of people, it’s an exercise in frustration to be on an advisory council when you do all this work and then people can just ignore you,” Chamberlin said. However, she added that committees and other entities such as task forces, which may be established to accomplish short-term goals, sometimes have “real power.”

“It depends on the law or executive order that brings them into existence,” she said. “You have to look at the documents and see if they have power.”

SETTLING IN

Some boards, committees and other entities offer orientation sessions or materials to help new members assimilate. Some even provide mentors. This is the ideal situation, but the fact is that many of these bodies don’t formally orient new members, instead leaving them to learn through observation and their own homework. Consumers who’ve done due diligence before joining the group may feel well-prepared to take their seats when their terms begin. Still, some aspects of the job may take getting used to.

Burke said he had trouble sitting through long meetings at first, but that this is no longer a problem. “The meetings run from like 8 a.m. to noon,

then from like 1 to 5,” said Burke. “It does make for a long day, but I’m more used to that now... because I’m able to participate and I’m not just sitting there just being a sponge; I’m able to offer things.”

Some consumers also said they struggled to learn parliamentary procedure. Many groups use the strict “Robert’s Rules of Order,” which provides very specific guidelines for running a meeting. Other groups follow rules that echo Robert’s but are much less stringent.

Sylvia Caldwell, who took a seat in early 2006 on the board of directors of the Alaska Mental Health Consumer Web, a drop-in center in Anchorage, said that, long meetings aside, she’s excited about the opportunity to understand more about the board’s business. For instance, she’s eager to learn about the grant-writing process and how non-profits work in general. For now, her duties include planning a fundraising car wash and working one-on-one with the people who visit the drop-in center.

Before she took her place on the Web’s board, Caldwell, who is African-American and has been diagnosed with bipolar disorder, served on the boards of several civic organizations, including Blacks in Government, but didn’t stay on those long. She credits this enthusiasm for the Web’s work with fueling her interest in learning about the nuts and bolts of the board’s business.

“I decided that, because of my mental illness, this was an area where I would be much more able to give something back...” she stated. “It’s been very important to me to have minorities have a face out there.”

Burke said he was grateful for some of the knowledge he’s gained so far, too. For example, he came to the table as one person on a mission to serve people who have been diagnosed with mental illnesses, and he’s learned to increase his power through networking. “When you advocate,” he said, “never go alone. Go with somebody.”

Asked what she would tell consumers new to the world of boards and committees, Chamberlin offered some words of inspiration.

Continued on page 4 (Committee)

"It can be a lot of work," she said, "but it can also be very rewarding. Certainly, people need better services... We've really got to push those changes along. Who cares more about recovery than us? It's our lives. Otherwise it's just going to be so much more talk."

If you're the only consumer, or one of the only consumers, on a board or advisory body, you're likely to have opinions that differ from other members'. Some advocates recommend thinking like an educator rather than an adversary. Offer personal accounts, introduce other consumers to the board, and present information from additional sources to bolster your position. By not focusing on attacking other members' proposals but pointing out positive alternatives, you're more likely to accomplish your goals.

RESPECT AND RESPONSIBILITY

The lure of serving on boards can be strong for people who have traditionally been defined mainly by their disabilities. For example, someone who has been labeled "schizophrenic" for 20 years might welcome the prestige of sitting on the board of directors for a state mental health agency.

This can lead to a situation some experts call "co-optation," in which consumers begin to identify less with the consumers they represent and more with a board or committee on which they serve.

Chamberlin, who became an advocate after she was forcibly committed to a psychiatric hospital in the 1970s, said this seems natural.

"That's kind of easy to understand when we live in a world where if you say that you're an ex-mental-patient people say, 'Ooh, is this person going to attack me?'" she explained. "It's kind of easy to start identifying with the more powerful people. Certainly, there are people who get into a position where they can be seen as something other than a consumer and they will do anything not to be seen as a consumer."

Still, she stressed that representatives should remember to serve consumers first and foremost.

"That gives you a responsibility not just to make yourself important, but to make things better for all consumers."

And that, she said, includes fighting the stigma and discrimination that make consumers so vulnerable to co-optation in the first place.

Search the Clearinghouse Directory of Consumer-Driven Services at www.cdirectory.org for organizations near you that may need representatives.

Source: *The Key Assistance Report*
from *The Clearinghouse, National*
Mental Health Consumers'
Self Help Clearinghouse

New Online Depression/Bipolar Support Group

Depression Group: <http://www.DailyStrength.org/depression>

DailyStrength brings together people with a similar life challenge to share their experiences, treatment information, stories and support each other through the hard times. They have over 500 groups ranging from brain cancer to parenting a toddler and everything in between. They say, "the online groups are a great complement to the real-world support groups you may be involved in now."

Joshua DeFord, the contact person for the groups, says, "I worked with my two partners at Yahoo! creating some of the biggest online communities on the web. We know how to make successful online communities that are safe and anonymous. We're excited to offer <http://www.DailyStrength.org> to the world. I would be eternally grateful if you'd come check out our site, let us know your thoughts, and share this resource with others whom it might help." He can be reached at: Josh@DailyStrength.org with any thoughts you might have.

Source: *Dbsaofriv1*
10/10/06

St. John's Wort Questionable

St. John's Wort is a wildflower whose bloom extract is used as a mild antidepressant. Two meta-analyses have been published in the last two years. One, covering 18 studies, finds that it has "less effect than previously assumed." Another, covering 37 trials with about 5,000 patients, including 26 comparisons with a placebo and 14 with antidepressant drugs, finds that St. John's Wort is as effective as standard antidepressants. But the researchers add that several recent comparisons have shown little effect and suggest that the evidence is "inconsistent and confusing."

Another problem in the United States, is that herbal medicines are not subject to FDA regulations. The contents of a preparation may vary from brand to brand and batch to batch. Commercial products may contain more or less than the amount listed on the label, and there may be contaminants. This uncertainty about the purity, potency, and consistency of St. John's Wort products can only reinforce uncertainty about its effectiveness.

Source: *Edited from Harvard*
Mental Health Letter Jan 06,
via SFVAMI Newsletter, March 2006

Just Relax!

BY FREDERIC LUSKIN

Cut stress in minutes using these five simple techniques.



When you visualize beautiful things in life, your brain releases soothing chemicals that counteract stress.

STRESS IS YOUR BODY'S NORMAL response to a threat of any kind, and the "danger" does not have to be huge:

It can be running late for a meeting or having an argument with a friend or colleague.

Even if the danger is small, our bodies release chemicals that have a galvanizing effect on every cell. Many Americans today—facing long hours at work, financial pressures and problems with spouses and children—constantly are under stress. Even childhood is not as simple as it once was, and adolescents have a full vocabulary of stress.

But it doesn't have to be this way. You can learn simple techniques to keep a clear head, reduce your stress and put less strain on your body.

1. Take a deep breath or two

The most direct way to de-stress is to take two or three slow, deep breaths whenever you notice that you are anxious or under strain. That is not as easy as it sounds, because when you experience a threat, the center of your breathing moves from your belly to your chest, and your breathing becomes quicker and shallower. Your body then sets in motion the sympathetic branch of your nervous system, which releases the stress hormones and suppresses the parasympathetic branch, which triggers the flow of chemicals that have a calming effect.

The good news is that, by paying attention to your breathing, you can switch off the stressed part of your nervous system and return to a state of calm. As you inhale, imagine that your belly is a balloon and you are slowly filling it with air. As you exhale, make sure your belly stays relaxed as it lets the air out.

2. Think of the good stuff

Since stress is the body's way of dealing with threats, a simple way to de-stress is to use your body's response to good things to your advantage. A few moments spent

thinking how lucky you are to be alive or how grateful you are to be loved or how in awe you are of nature's beauty all send a chemical message that life is good throughout your body. Though we react to threat in a 10th of a second, it takes longer for the "all-clear" to sound. We have to spend six to 10 seconds appreciating our good fortune for our body to relax. But if you can produce a genuine smile, then your body cannot feel stressed at all.

3. Slow down

When you "multi-task"—by talking on the phone while driving, for example—your body and mind require more energy. When you slow down, you relax your body and reduce the demands on your mind. So, when feeling stressed, do a common activity slowly, carefully and with focused attention. Even getting up from your desk slowly gives your nervous system a break.

4. Change the tape

Sometimes, all we need to do to de-stress is change the tape that runs in our heads. Most of us have a habit of making problems worse by saying things to ourselves like, "This is terrible," or, "I have really screwed up." Instead, say supportive and positive things to yourself; such as, "I can deal with this" or, "I deserve success and good fortune."

5. Let it go

There are occasions in life when you need to recognize that you cannot change the situation. In those cases, you can make a conscious decision not to stress yourself out over something that you can't make different or better.

Frederic Luskin, Ph.D., is the author of "Stress Free for Good: 10 Scientifically Proven Life Skills for Health and Happiness" and "Forgive for Good."

*Source: PARADE Magazine
September 24, 2006*

Disabled sue SB County

They call five courthouses 'inaccessible'

By Robert Rogers
Staff Writer

They sat side by side in wheelchairs, flanked by attorneys, the Central Courthouse in San Bernardino in the background, claiming in aching tones that they had been denied their rights in the halls of justice.

"It is ironic," said Ruthee Goldkorn, a 52-year-old Moreno Valley woman who has used a wheelchair since 1991 because of multiple sclerosis, "that the justice system itself is inaccessible."

Goldkorn was among a group of men and women with disabilities joined Tuesday by Los Angeles-based lawyers in front of San Bernardino Superior Court, where they announced the filing of a class-action law-suit alleging the county has for years flouted federal laws that ensure disabled people access to public places.

The suit was filed in U.S. District Court in Riverside by the Disability Rights Legal Center, a nonprofit legal advocacy organization aimed at promoting the rights of Americans with disabilities. The class-action suit names five disabled plaintiffs and seeks an injunction against San Bernardino County that would require immediate physical modifications to five court-houses — those in San Bernardino, Rancho Cucamonga, Chino, Redlands and Victorville.

The suit, which names the county and the Superior Court of the State of California as co-defendants, claims violations of at least six federal and state laws, including the Americans with Disabilities Act, the California Rehabilitation Act and the First, Fifth and 14th amendments to the U.S. Constitution.

Attorneys for the plaintiffs said at the 10 a.m. news conference that they hoped to get their day in federal court next year.

"We are seeking injunctive relief, basically a court order to fix the problem," said Shawna Parks, the lead attorney on the case. "It's safe to say the county and the courthouse have had a good 13-plus years to get their act together, but instead this issue of basic equality, of access for people with disabilities, has always fallen to the bottom rung."

County spokesman David Wert said the county has moved ahead with major renovations of the Central Courthouse that will render the complaints about it moot.

The 80-plus-year-old building will close in early 2007 for renovations, and part of the work will be to bring the facility into compliance with federal ADA regulations, Wert said.

"The county has worked very hard to get together funding and planning to renovate the building, and those plans are on the eve of fruition," Wert said. "It's hard to see what the lawsuit would bring about other than publicity."

Wert added, "If the lawsuit is intended to bring about ADA compliance, the county is already taking care of that."

But attorneys and plaintiffs on Tuesday said the county's efforts are too little, too late.

The plaintiffs told horror stories on the front walkway of the Central Courthouse, recounting ordeals at the various courthouses involving restrooms unsuited to their needs and curbs and grades that pose constant danger.

Some jury boxes are impenetrable to wheelchairs, they said, and parking at the courthouses is inadequate.

One plaintiff, an attorney, said he had to file motions to transfer cases to other courthouses because his wheelchair was all but immobilized in certain courtrooms at the Central Courthouse.

Another woman spoke of having

an "unpleasant situation" when she realized while she was on jury duty that the Central Courthouse was not equipped to meet her needs.

Goldkorn said that after 13 years of getting trapped in restrooms and thwarted by heavy, one-way doors, the county for too long had denied her "fundamental rights."

"We know now that nothing short of full-blown legal action will work," Goldkorn said. "I have a message for San Bernardino County: Let me and my people in!"

Contact writer Robert Rogers at (909) 386-3855 or via e-mail at robert.rogers@sbsun.com

*Source: The Sun
October 18, 2006*

New online seminar for professional development on research issues for mental health consumers

The Center for Psychiatric Rehabilitation at Boston University has a professional development program called "Research issues for mental health consumers/survivors" that can be accessed online. The program is designed to help participants become aware of the various roles that consumer/survivors can play in a research study and their rights in the research process. For more information, refer to the following webpage at: www.bu.edu/cpr/training/distance/seminars/researchissuesdescription.html. Or, you can call Sue McNamara at 617/358-2574.

*Source: ADAMhs ADVANTAGE
September/October 2006*



Season's Greetings!

*Everyone Welcome Christmas Day
Monday, December 25th, 12:00 noon
at Jo Ann's
Come and Share*

**Enjoy a Prime Rib dinner with all the trimmings.
Bring a dish if you wish, but it is not necessary.
Don't spend Christmas alone. Bring a loved one.**

Directions: Exit the 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 92504)

You Can Handle Holiday Stress

Coping with the holidays can take some doing, especially with the commercially-driven belief you can buy happiness. Here are some tips to try out this season, and use year around to help reduce tension, pressure and frustrations that cause stress:

- * Set priorities—first things first! Ask yourself, ‘What am I doing that doesn’t have to be done?’
- * Don’t plan to do more in a day than time and energy will allow;
- * Learn to share responsibilities with other family members and don’t feel guilty about it;
- * Avoid being a perfectionist or a super individual. No one should be expected to do everything;
- * Recognize what can be changed and what cannot, and don’t worry about the latter,
- * Remember that attitudes and habits are deeply embedded and hard—often impossible—to change;
- * Be realistic about the demands and expectations you place on yourself and others;
- * Develop a hobby or diversion to get your mind off things that bother you;
- * Allow time for yourself each day, private time to do personal things not tied to others or a time table;
- * Enjoy the holidays in new and creative ways.
- * Remember, you are a special person, so make it the special holiday you deserve with less stress by planning and involving others. Those with whom you share duties and experiences, even if they do not know it, can be your personal, private support group.

*The holiest of all holidays are those
kept by ourselves in silence and apart;
The secret anniversaries of the heart.*

HENRY WADSWORTH LONGFELLOW
“Holidays”

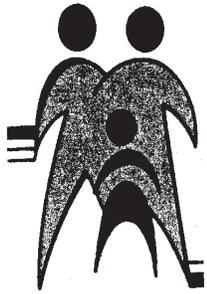


"NO MATTER HOW EARLY I START, IT'S ALWAYS AN INSANE RUSH AT THE END."

Victoria Roberts



After just one session,
Santa finds out he's Bipolar!



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
951 / 358-4987 or 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 on
CHRISTMAS DAY
Monday, December 25th
12:00 noon at Jo Ann's

MERRY CHRISTMAS



Feliz Navidad



Prime rib and all the rest will be provided.
Bring your favorite side dish.
Or just bring yourself.

Joie Noël

FELIZ NATAL

Come have a warm and friendly holiday with us!



(See front page, lower left column of this newsletter for directions to Jo Ann's)

Check us out on the web!

Website for DBSA Riverside:

<http://www.geocities.com/mddariv>

E-mail addresses: DBSA, Riverside: dbsaofriv1@aol.com.

DBSA, California: dbsaofca1@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)





Phone Phriends

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

Georgia

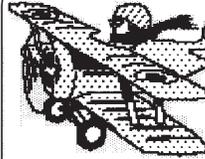
6 a.m. to 9 p.m.
951/352-1634

Yen

951/315-7315

Kevin

kevin2004n@aol.com



ANNOUNCEMENTS

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 19900Grove Community Drive (off Trautwein) Riv. 92508 951/571-9090 - mts. 1st Sat. only
Contact Sheri 951/565-8131 smatsumoto@sbcglobal.net

TEMECULA DMDA

Mark Monroe
951/926-8393

UPLAND DMDA

Meet Thursday evenings
Call David or Samantha Johns
909/944-1964 OR
e-Mail dmjbf@aol.com

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

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—

GAY, LESBIAN, BISEXUAL AND TRANSGENDERED FRIENDS OF THE INLAND EMPIRE



Gays In Search of Hope

<http://www.geocities.com/gayhope1/index.html>

THIS IS A GAY, LESBIAN, BISEXUAL AND TRANSGENDERED DEPRESSION AND BIPOLAR 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 93503



Kevin: (951) 359-0739
E-Mail: gdbsa@aol.com

Flyer Updated 1/7/2006

Gays In Search of Hope will be meeting on December 9th.

DBSA-Riverside

Map Legend

★ Meeting Location

TTTT = Parking

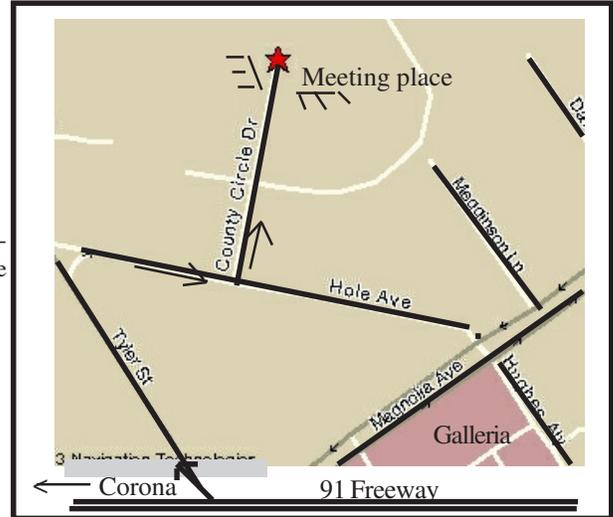
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.* For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