



# The Thermometer Times

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

**VOL. 19 NO. 4**      *Out of darkness . . . April, 2007*

## Dates to Remember

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### CARE & SHARE GROUPS

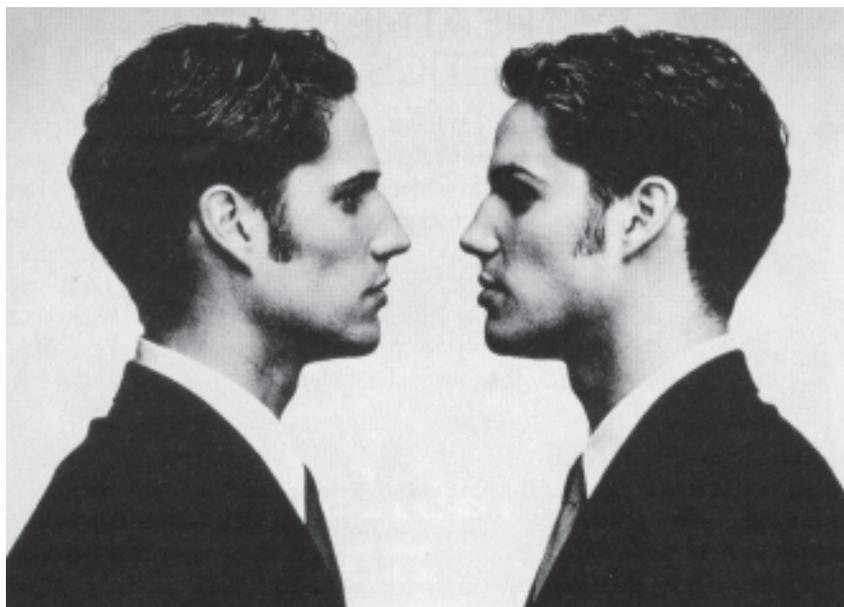
Clients and their guests are invited to come and participate. Professional care providers are always welcome.

Riverside County Mental Health Administration Building  
(see page 11 for address & map)

**Every Saturday  
10 am-12 noon**

*April 7, 14, 21 & 28*

*Spring*



## Inside Voices

### When Hallucinations Don't Disturb

**DESPITE THEIR ASSOCIATION** with mental illness, auditory hallucinations don't always torment those who hear them. In fact, only one out of every three so-called "voice hearers" requires psychiatric help. The other two don't experience difficulties and may even consider their voices supportive or inspiring.

"My voices know me better than anyone else, and they also protect and comfort me," says Jacqui Dillon, head of a London support group for voice hearers. She and other group members report that voices can alert them to oncoming cars and suspicious passers-by, provide encouragement during stressful times, and offer reminders to pick things up at the grocery store.

Whether they threaten or soothe, auditory hallucinations usually begin after trauma: Seventy percent of people who hear voices first detect them following physical or sexual abuse, an accident, or the loss of a loved one. "The emotion they feel about their trauma complicates how they interpret the voices," says Sara Tai, a psychologist at the University of Manchester in England who studies why some hallucinators thrive while others end up in psychiatric care. Typically, the greater the trauma, the more likely voices will sound threatening. Researchers haven't pinpointed the specific neural mechanisms at work, but brain scans show that areas of the brain that process sound and store memories appear more active

*Continued on page 3 (Inside Voices)*



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 note from the Editor

Depression and Bipolar Support Alliance of  
Riverside and *The Thermometer Times*

### **Anonymous Writing Contest!**

We are interesting people. We have experienced the depths and the heights of humanity. Our "illness" teaches us lessons on tolerating, coping and serenity that philosophers write books about. As recipients of mental health services and other public services and as citizens in the community we live with stereotyping and stigmatizing attitudes that affect our ability to get what we need and want. But we overcome and live successful, useful and meaningful lives.

We have enduring relationships, trusted friends and significant endeavors. We go on surviving and living good lives.

No, we do not "recover" and become the person we were before we were ever diagnosed. We are forever changed. There is a new kind of strength and a new kind of hope. This new strength and hope is from the knowledge that we can overcome and utilize what we have learned to make our lives richer and brighter.

Each of us has had a struggle to get where we are now. Each of us has had to overcome obstacles and demonstrate feats of strength and hope to be the person we are today.

This strength and hope to overcome obstacles is what the writing contest is about. It is about your story, your experience.

#### **Contest Rules**

- To enter the contest write about your experience as suggested above.
- The winning article will be published in *The Thermometer Times* and the winner will be awarded a \$50.00 Gift Card to a retailer to be agreed upon.
- Submissions should be 1-2 pages long, typed or word processed, double spaced in 12-point font and no more than 500 words. It may be legibly hand written.
- Submit your entry to Writing Contest  
%The Thermometer Times  
16280 Whispering Spur  
Riverside, CA 92504

•Deadline for submission: postmarked no later than  
June 30, 2007.

**See Contest Flyer Insert in this Newsletter!!!**

**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**  
**Riverside, CA 92504**  
**(951) 780-3366**

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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](http://www.suicidepreventionlifeline.org)**

## INSIDE VOICES (Cont'd from pg. 1)

during auditory hallucinations, as if previous experiences were being replayed.

For those terrorized by voices, anti-psychotic drugs help in only 30 percent of cases. Audrey Reid, a 35-year-old who hears seven different voices, says that five years of medication silenced her friendly, positive polyphony, but not the intimidating chatter. "The negative voices had more room to attack and bullied me even more," she says, recalling how they made sexually demeaning comments and criticized how she made coffee.

Self-help groups such as the Hearing Voices Network favor an alternative approach. Members view voices as a normal part of life, not a mental illness, and use coping strategies to help manage voices without necessarily eliminating them. Contrary to most psychiatrists' advice, HVN members believe people should engage with their voices.

Reid credits this approach with her ability to live comfortably with her voices. She has become so accustomed to their company that their temporary absence last year startled her: "I felt bereft and a bit lost without them."

—William Lee Adams

### [CASE STUDY]

#### Audrey Reid, 35, of Dundee, Scotland

Reid believes that internal utterances improve her quality of life by:

- **HELPING HER ASSESS PEOPLE.**

Reid says her voices can accurately judge a person's character, which has been essential to starting and ending romantic relationships.

- **REDUCING ANXIETY.**

She often becomes nervous before speaking at conferences. Her voices force her to breathe and to relax.

- **PROVIDING ENTERTAINMENTS.**

Her voices have different personalities, and Reid enjoys listening to them argue with one another. Sometimes she laughs out loud at their snide comments and running commentary on the outside world.

- **HELPING MAKE DECISIONS.**

Reid says they analyze her options and advise her after reaching "group decisions"

- **ENCOURAGING SPIRITUALITY.**

The voices provide a moral compass and warn her when actions may harm her or others.

Source: *Psychology Today*  
January/February 2007

*Pessimism wilts everything around it.*

Michael Levine

## Options Open to Stop Cutting



### Annie's Mailbox Kathy Mitchell and Mary Sugar

**Dear Annie:** I want to be a brave 15-year-old girl and try to stop all the others from doing this.

I am a cutter. I've been cutting myself for about two years. It scares me because sometimes I cut too deep and it bleeds so much.

There are times I do it just to see myself cry, to be in pain or to see blood. When I look in the mirror and see my body all cut up, I feel ashamed and proud at the same time.

My mom and I were watching a movie where there was a girl cutting herself. Mom said it was disgusting and she couldn't see how people could bring themselves to do such a thing. At the same time she was saying that, I was grabbing a blanket to cover up my arms.

I've only told four people that I cut. They are all my close friends, and they also cut, except "Brittany." When I showed Brittany my arms, she told me I needed help.

She made me realize I have to stop or I'll end up killing myself. I try thinking about that every time I cut. I feel I'm betraying my family, my friends, God and myself. I really need help, Annie. — Killing Herself in 'Bama

Dear 'Bama: First, understand that cutting is an unhealthy coping mechanism. You are trying to deal with pressure, stress or strong emotions, and cutting is how you express your pain — but it is dangerous and can become compulsive.

We're glad you have taken the first step: admitting you do this. Now you have to figure out what is triggering your cutting response. This usually involves counseling, so please talk to your parents, the school counselor, a trusted adult or your doctor.

In the meantime, here are some suggestions from kid-shealth.org when you are tempted to cut: Call a friend and talk about something different; walk, run, bike or dance; play with a pet; drink a glass of water; listen to soothing music; do yoga; draw on paper with a red pen; write down your feelings; compose songs or poetry to express yourself; rip up some paper; squeeze a rubber ball or handful of clay; wear a rubber band around your wrist and snap it gently.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please e-mail your questions to [anniesmailbox@PE.com](mailto:anniesmailbox@PE.com) or write to Annie's Mailbox % The Press-Enterprise, Box 792, Riverside, CA 92502-0792.

Source: *Riverside Press-Enterprise*  
December 10, 2006

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## You MATTER

by Lydia Theon Ware i

As I was chanting today, I realized that I matter. That I have space. I realized that I am a presence that is positive and Hopeful... I MATTER.

I Matter. You Matter. The inner potential we possess can get us through all of the hardships that we face.

Chanting helps me tap into my inner potential; my internal chi of power of my spirit within the Universe.

What do I Chant? I repeat over and over again the words,  
“Nam Myoho Renge Kyo”.

What does this chant mean?

The chant

“Nam Myoho Renge Kyo”

translates into: “I devote my Life to the Mystic Law of Cause and Effect”

What is the Mystic Law of Cause and Effect?

For every Cause, (Thoughts, ideas, words, actions), there is an outcome, a positive or negative outcome that affects your Life, and your outlook on Life.

Chanting Nam Myoho Renge Kyo has changed my Life. I used to be outside, without an address, without a home. After finding and living in a small box of a studio, I was introduced to Nam Myoho Renge Kyo. I chanted for CHANGE. I now live in a one bedroom apartment with a full kitchen and dining room. I went six years without reliable transportation. I chanted for positive CHANGE. I now have a car. I used to not have friends. I chanted for CHANGE, I now have a best friend and several close friends. I used to have self-doubt and fear. I chanted for positive CHANGE. Now I matter. Now I am a whole human being that loves life and I respect myself. I recognized these “hidden” truths while chanting Nam Myoho Renge Kyo. Chanting Nam Myoho Renge Kyo is creating a vibration of sound that is repeated throughout the Universe. This is why the chant works. Every star every atom every sun vibrates with the sound of

Nam Myoho Renge Kyo.

Chanting is a positive cause that brings positive outcomes into your Life.

Nam Myoho Renge Kyo.



The chant  
“Nam Myoho Renge Kyo” is a  
Buddhist chant, Buddha means Awakened  
One, or Teacher.

You MATTER.

Tap into your own inner potential. Bring forth your Enlightened Nature. CHANGE. You MATTER! Believe in your own power. You are in control. You are in Universe. The power to create positive words, positive thoughts, and positive actions is within you.

Create CHANGE. Create confidence. Create Movement. Create a positive Life.

To create CHANGE, try chanting.  
Try chanting Nam Myoho Renge Kyo.

You MATTER. I MATTER. Touch your inner beauty. Live an Awakened Life. Everyone is a Teacher. Everyone is a Buddha,

If interested in learning more about Nam Myoho Renge Kyo, please attend the next Women’s Division Meeting which will be held at the SGI-USA Riverside Community Center located at: 1120 Palmyrita Aye, (cross-street Iowa), at 1pm this Saturday and Sunday, February 17th and 18th. For more information please call (951) 683-8760 or (951) 786-3986. Or go online at SGI-USA.org.

**You Matter.** Remember, Causes create Effect. Believe in yourself. Try chanting Nam Myoho Renge Kyo. It is pronounced: “Namm Meeoho Renngay Keeyoh”.

## What is Bipolar Disorder

Bipolar disorder is a treatable illness marked by extreme changes in mood, thought, energy and behavior. Bipolar disorder is also known as manic depression because a person's mood can alternate between the "poles:" mania (highs) and depression (lows). The change in mood can last for hours, days, weeks or months.

What Bipolar is not - a character flaw or sign of personal weakness. Whom bipolar disorder affects - more than two million adult Americans. It usually begins in late adolescence, often appearing as depression during teen years, although it can start in early childhood or late in life. An equal number of men and women develop this illness. Men tend to begin with a manic episode, women with a depressive episode. Bipolar disorder is found among all ages, races, ethnic groups and social classes.

The illness tends to run in families and appears to have a genetic link. Like depression and other serious illnesses, bipolar disorder can also negatively affect spouses, partners, family, friends and co-workers. **Types of Bipolar Disorder:** Different types of bipolar disorder are determined by patterns and severity of symptoms of highs and lows. **Bipolar I Disorder** is characterized by one or more manic episodes or mixed episodes — symptoms of both a mania and a depression occurring every day for at least one week — and one or more major depressive episodes.

**Bipolar II Disorder** is characterized by one or more depressive episodes accompanied by at least one hypomanic episode. Hypomanic episodes have symptoms similar to manic episodes but are less severe, and must be clearly different from a person's non-depressed mood.

**Cyclothymic disorder** is characterized by chronic fluctuating moods with periods of hypomania and depression. The periods of both depressive and hypomanic symptoms are shorter, less severe, and do not occur with regularity as experienced with bipolar I or II. These moods swings can impair social interactions and work. Many people with cyclothymia develop a more severe form of bipolar illness.

**Mania:**

Increased physical-mental energy  
Heightened mood, exaggerated optimism  
Irritability, aggressive behavior  
Decreased need for sleep w/o fatigue  
Racing speech, thoughts and flight of ideas  
Increased sexual drive  
Reckless behavior

**Depression:**

Prolonged sadness  
Thoughts of death  
Crying spells  
Changes in appetite and sleep patterns  
Feelings of guilt  
Anger, worry, anxiety  
Pessimism, no energy

**Treatment**

Several therapies exist for bipolar disorder and promising new treatments are currently under investigation. Because bipolar disorder is a brain disease, it is highly recommended that you consult a psychiatrist or ask your general practitioner to refer you to one. Treatments may include medication, talk therapy and support groups.

*Source: THE ROLLERCOASTER TIMES  
Summer 2005*

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### What is Generalized Anxiety Disorder (GAD)

*Generalized Anxiety Disorder* is diagnosed when anxiety persists for at least a month but is not accompanied by the specific symptoms that characterize other Anxiety Disorders. Thus, one would not diagnose Generalized Anxiety Disorder in the presence of pronounced phobias, panic, obsessions, or compulsions. If the anxiety is caused by a medical disorder such as asthma, anemia, or hyperthyroidism, or by a mental disorder such as depression, the diagnosis of Generalized Anxiety Disorder is not made. Major symptoms include muscle tension, hyperactivity of many body functions (heart beat, breathing, stomach, bowels, and bladder), apprehension about an unrecognizable fear, and excessive vigilance.

People with Generalized Anxiety Disorder often complain of mild depressive symptoms and may abuse alcohol or sedative drugs to quell their anxiety. While distress may be substantial, impairment of important functioning is usually mild.

*Source: Anxiety and Its Treatment,  
John H. Greist, M.D., James W. Jefferson, MD,  
& Isaac M. Marks, MD*

### What is the Treatment For Generalized Anxiety Disorder

More than 50% of those with generalized anxiety disorder are also diagnosed with having a mood disorder. Treating it along with bipolar or unipolar depression can be very helpful.

Treatment may involve medication with a sedative (sleep-inducing) or calming effect. Other drugs such as antihistamines, which have the favorable side effect of reducing anxiety, may be used. A common class of anti-anxiety medications, benzodiazepines, are used with caution because they can impair judgment and have a high potential for addiction.

Two kinds of therapy have been effective in treating GAD: behavioral therapy uses relaxation training (asystematic relaxation of the major muscle groups in the body) and cognitive behavioral therapy helps patients identify cogniton—thoughts—that contribute to anxiety.

Caffeine and other stimulants can make anxiety worse and should be reduced or eliminated.

*Source: www.mentalhealthmatters.com  
As seen in DBSA Fox Valley NEWSLETTER  
Winter 2007*

January 16, 2007

### But I am

By Claudia Verduzco

Closed wounds can get reopened easily  
and in a flash I vividly recalled  
the turmoil  
like the most winning awards Hollywood movie.  
My skin feels as sensitive  
as a burn victim.  
I know I have the skills  
to endure pain  
that's how I developed  
my survival skills  
and at the end the reward  
would be greater  
I am a survivor,  
I am a fighter,  
I am a loving human being,  
I am a creative persona,  
I am a great friend  
I am a caring daughter  
I am a supportive sister  
but mostly I am God's child.  
\*\*\*\*\*

Feb. 08, 2007

### Untitled

By Claudia Verduzco

Feelings are so powerful  
emotions cascading out of my body  
but that's all I have.

One cannot live through emotions  
One cannot expect others to understand  
One cannot be so open about them  
One must hide.

In hiding, I find reason  
In reasoning, I find despair  
In despair, I feel dark  
In darkness, I find myself.

In peace, I find God  
In God, I find love  
In love, I find emptiness  
In emptiness, I find myself.

### My Thoughts On Being Bipolar

By Cathy Waechter

Oh No, not again, here they come around again, those  
feelings, these feelings, they drive me to my grave.  
Up and down, up and out, around and around, the racing  
thoughts, the feeling down.  
Help me, forgive me, I am sorry I caused you harm, get  
me out of here, just kill me, I cannot make it until dawn.  
Bipolar, go away, I don't want you anymore, Bipolar  
please leave me, can't live this way no more.  
Medicate, mediate, call a spade a spade, it's hell being  
aware of what game is being played.  
Medicate, mediate, I do the best I can, someone please  
help me, forgive me if you can.  
I am a loving person no matter how I feel, a laughing  
loving mother a mom in my own field.  
My kids, my kids, oh my God they've seen it all, I hope  
they will be alright and never lose their voice and call.  
My husband, my husband, my God what have I done,  
can I ever forgive myself for all that has gone on.  
Yes I can, yes I can, forgive myself I do, the wisest  
choice for my sweet voice to say to me and you.  
Bipolar, Bipolar you don't have to go away, perhaps the  
best decision I make is to live with you each day.  
I'll embrace you, love you and give you a voice to be  
heard, a reason and a purpose and there is cause for you  
I'm sure.  
Stay with me until you must and do not be afraid, I will  
give you all I can and must, until you feel Ok.

My symptoms of Bipolar began before pre-school and  
went undiagnosed until age 36. I wrote this poem at age 48.

\*\*\*\*\*



The Patient

Paco Engels  
created this piece  
while in therapy  
during a traumatic  
time in his life.  
This and other works  
became symbols of  
freedom and also  
a celebration of his  
new direction in life.

[www.pacoengelsfineart.com](http://www.pacoengelsfineart.com) ~ (630) 513-1430

# Ten things I love about myself

BY CATHY WAECHTER

*“Learning to love yourself is the greatest love of all.”-- Whitney Houston song*



Photo by Jo Ann Martin

I began to learn to love myself 11 years ago when I got clean and sober with the help of AA and my sponsor, Mardi. I was diagnosed with bipolar disorder with borderline tendencies, about a year and a half before I quit drinking. My borderline symptoms disappeared completely when I quit drinking and my bipolar episodes have been less frequent for the last two and a half years. I attribute this to getting sober, working my program and to the education I received from the University of Santa Monica.

In the past I thought people would think I was bragging if I said positive things about myself. Now I see it as self-supporting and affirming. Let me tell you the ten things I love about myself.

1) I am compassionate. It wasn't always that way. In the past I had a very difficult time caring about myself or any one else. Once I learned to have compassion for myself it was easy to have compassion for others. I learned compassion for myself through the example of compassion others had for me while attending support groups.

2) My tenacity. In the past I was labeled hard headed, aggressive, pushy and difficult to deal with. I learned through my support groups and spiritual psychology training how to use my tenacity and use it as an asset without harming others or myself.

3) My willingness to grow. Even during very difficult times I have been willing to see my issues as an opportunity to grow. This has meant fearlessly looking at myself and my outlook on life and admitting when I was wrong. Which leads me to my next point...

4) My willingness to apologize. I have learned that apologizing is not the embarrassing or humiliating experience that I feared it would be. As a matter of fact, my willingness to apologize has helped me feel better about myself. People have accepted my apologies gracefully. Because I've done the work to know why I'm apologizing, I can do so with sincerity..

5) My willingness to learn. My willingness to learn has taken me through psychotherapy, AA, Alanon, Church, Celebrate Recovery, the University of Santa Monica and DBSA. Willingness to learn requires effort in reading, self examination, change and discipline.

6) My willingness to accept myself and others as we are. In the past I judged myself and others and felt at odds with the world as a result. I didn't want to be in it and had suicidal thoughts daily. As a result of accepting myself and others as the Serenity Prayer\* suggests, I am more at peace and more in love with the people that I get to know, and even those I don't know.

7) My willingness to forgive myself and others. My willingness to forgive has made the difference from being sad and mad to happy and glad. Forgiving people for the harm they've given me hope that I can be forgiven for the harm that I have caused others.

8) I am intuitive. I can intuit. I am in-tu-it. In other words, I get it. The dictionary describes intuition as "the direct knowing or learning of something without the conscious use of reasoning; immediate understanding", which leads me to the ninth thing I love about myself.

9) My ability to empathize. I was abused as a child, but I would not have the capacity to empathize as deeply as I do had it not been for my experiences. I love it when I connect from the heart with another human being.

10) I am honest with myself and others about what is going on inside me. Some have found my honesty frightening. And some have found my honesty refreshing. I have found my honesty a critical part of my recovery.

In conclusion, I would like to invite you to join me in thinking about the things you like/love about yourself. Judgments come so easily to us; why not take the higher road and feel more at peace?

The DBSA - Riverside is a wonderful place to get the support and accepted and understood. I personally am grateful for and appreciate this group.

*\*Serenity Prayer*

*God grant me the serenity to accept the things I cannot change ;  
The courage to change the things I can;  
And the wisdom to know the difference...  
~Reinhold Neibuhr~*

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# Jefferson Transitional Programs Announces A New Program: PEER SUPPORT AND RESOURCE SERVICE CENTER

## Resource Center

Jefferson Transitional Programs' Peer Support and Resource Service Center has a resource center where participants can access information on:

- Housing Options
- Employment Opportunities
- Educational Possibilities
- And more...

Housing and Vocational staff will be available for one on one help, but participants are encouraged to use the resource center to find information according to their own needs and goals.

Computers with Microsoft Office and internet access will be available for further research, on-line applications, resume writing, or other needs.

The Resource Center will be open during normal operating hours of the Peer Support and Resource Service Center.

## Education

Classes will be offered daily at the Peer Support and Resource Service Center. Classes will be offered in the following five Development Tracks:

- Wellness
- Personal Development
- Employment Preparedness
- Change/Adaptivity
- Community Reintegration

Participants will be presented with certificates of Completion for each Development Track they complete, and upon completion of all five Development Tracks, participants will be eligible for graduation from the program.

Opportunities to participate in elective Enrichment classes will be offered on a periodic basis in such areas as first aid, photography, acting, drawing, writing and music appreciation.

Interests such as public transportation use, financial management, self-advocacy, and benefits will also be addressed in periodic workshops and trainings.

## Community Activities

Our ultimate goal at the Peer Support and Resource Service Center is to see each participant achieve a greater level of independence and involvement within the community.

Each month there will be opportunities to participate in community events with other peers from the center for little or no cost. These activities will include such events as:

- Sporting Events
- Concerts
- Local festivals
- Museums

- Theater
- And more...

Our hope is to provide opportunities for participants to express personal interests and to introduce new experiences and activities that will expand and enrich the lives of each participant as they become involved.

## Who Can Use The Peer Support and Resource Service Center?

- Current TAY and adult consumers with Riverside County Department of Mental Health
- Consumers who are looking to move towards more independent Lifestyles
- Consumers who are interested in skill building and education
- Consumers and their families
- Consumers who have a desire to be involved in and actively contribute to the community

For More Info. Contact:  
*Jefferson Transitional Programs*  
3839 Brockton Avenue  
Riverside, CA 92501  
Phone: 951-686-5484

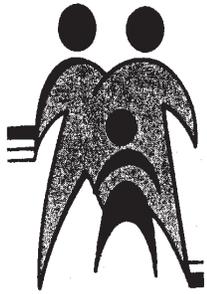


**Amber Marleen Partaker**, 16, of Yucaipa, passed away March 3rd in an auto accident. She is survived by her parents Fred and Lisa Partaker of Yucaipa, her brothers Christopher Partaker of Yucaipa and Joshua Kastner of New York.

Lisa has presented to our DBSA group on the work she does at Jefferson Transitional Programs called "In Our Own Voice". She has also attended our Holiday get togethers at Jo Ann's with her children.

DBSA Riverside and California have made generous contributions to the Partaker family. Anyone wishing to contribute can send donations to DBSA earmarked for Fred and Lisa Partaker and we will pass it on to them.

*DBSA - Riverside*  
16280 Whispering Spur  
Riverside, CA 92504



### 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, DBSA of Riverside, 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 page 1, lower left column of this  
newsletter for directions to  
Jo Ann Martin's.

#### Check us out on the web!

**Website for DBSA Riverside:**

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

*E-mail addresses:* DBSA, Riverside: [dbsaofriv1@aol.com](mailto:dbsaofriv1@aol.com).

DBSA, California: [dbsaofca1@aol.com](mailto: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

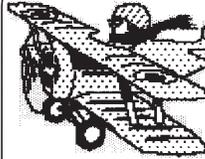
6 a.m. to 9 p.m.  
951/352-1634

### Yen

951/315-7315

### Kevin

knenstiel@sbcglobal.net



## 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 - meets 1st & 3rd Saturday, Room # D-4. 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 a component 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—



### Gays In Search of Hope Online Support Group

Gays In Search of Hope is a Depression and Bipolar peer support group (Yahoo Group) for the Lesbian, Gay, Bisexual, Transgender, Intersexual and Questioning Community (LGBT). Please Check our website for more info and resources.

Gays In Search of Hope Website:  
<http://geocities.com/gayhope1/index.html>



Kevin, Founder and Moderator  
E-mail Address: [gays4hope@yahoo.com](mailto:gays4hope@yahoo.com)  
Phone: (951) 359-0739

I am available by phone from 8am to 10pm. If I am unavailable, please leave a message and I will return your call as soon as possible.

**DBSA- Riverside**

Map Legend

★ Meeting Location

TTTT = Parking

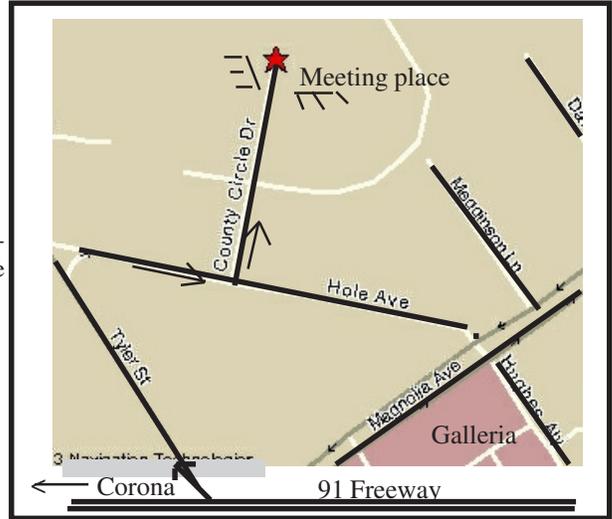
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.\* For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