



# The Thermometer Times

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

VOL. 19 NO. 7 Out of darkness . . . July, 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  
July 7, 14, 21, & 28**

## July 4th at Jo Ann's

See below for direction's  
and page 9 for more information



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

## In therapy? Here's how to assess effectiveness

By JONATHAN ALPERT  
Special to The Times



So, you've been in therapy for several months and aren't sure if you're improving.

You seem to feel better, getting things off your mind each week, but how do you know if you're actually gaining from seeing your therapist? There's a difference between feeling better and getting better. The former usually brings immediate relief. The latter results in lasting life change that will lead to healthy behaviors and new ways of coping with stress and problems. This comes only when you acquire tools and skills you can apply beyond the immediate crisis or concern that brought you to the therapist in the first place.

In psychotherapy, regardless of the school of thought, a collaborative effort should exist in which the client and therapist both work hard to achieve the desired outcome.

One of the first things that you should do is make a list of realistic goals and what you're hoping to gain from therapy. Share it with your therapist so that a specific treatment plan can be established. Reviewing the goals every few sessions will give you and the therapist an opportunity to monitor progress.

Ideally, as insight, support, and direction are provided, you should move closer to reaching the goals with each session.

Homework should be given, as this bridges what's learned in the session with what happens in real life. It gives the patient an opportunity to develop thoughts or concepts arrived at during sessions, to try out newly acquired skills and to implement exercises.

For example, if social anxiety is the problem, then homework may be practicing relaxation techniques and an exercise in which the patient approaches others casually, asking for the time or directions. The patient should keep a written record of his or her reactions to the exercise and bring it back to a session and review it with the therapist.

As treatment continues, information learned in sessions will be more accessible when a patient is away from therapy, and come more naturally. The patient will develop a set of skills that can be applied with confidence to situations that once proved to be problematic.

Over time, the patient will find the answers and rely less on the therapist's

*Continued on page 3 (Therapy)*

a note from the Editor

We invite you to submit material for review and possible publication in the newsletter. These kinds of articles allow us to get to know one another in greater depth and to learn of the many talents, interests and assets of our members.

Articles, poetry and/or drawings can be on anything pertaining to experiences you have to share regarding depression and/or Bipolar Disorder; what it is to live/cope with it; how you learned of it, what helps, what doesn't. You may write on any other mental health issue or problem that you are passionate about. You can tell us about yourself and how you spend your time and what's important to you. You may want to write a report on a mental health event you attended or a mental health book you have read. We would appreciate that, too.

Drawings should be black and white, line or half-tone.

Your work may be submitted to JoAnn, Leroy or Lynne at DBSA Riverside meetings.

It may be mailed to: *The Thermometer Times*  
% Jo Ann Martin  
16280 Whispering Spur  
Riverside, CA 92504

E-mail it to: JoAnnMartin1@aol.com

FAX to: 951/780-5758

Materials submitted may or may not be published, at the discretion of the editors, and may be edited for length.

Get your creative juices flowing and share your knowledge and experience with your DBSA friends through *The Thermometer Times*.

Thank you.  
Lynne Stewart

**Please Note**

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

*A smile confuses an approaching frown.*



Author Unknown

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***16280 Whispering Spur***  
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***(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)**

## **THERAPY** (Cont'd from pg. 1)

guidance, and the need for sessions will be less frequent, allowing the patient to develop a sense of independence.

Be a good consumer of this personalized service and assess your progress. One way this is accomplished is to review the notes and goals that were established at the first session. This will reveal what progress has been made — or not. It's quite possible that goals *aren't* being reached but you're simply feeling better having someone to talk to. This isn't the healthiest set-up, as it could lead to becoming dependent on your therapist. An honest and skilled therapist should recognize this — and either set a new course of treatment or suggest a different therapist.

What are some signs that you should shop for a new therapist? Beyond a lack of progress toward your goals, there are some other things you should check.

Therapy is *your* time and *your* opportunity to address issues. Therefore, you should be the one to choose what's most important to work on.

You should feel respected in session and not as though your therapist's values are being placed on you or you're being judged — otherwise, you'll surely feel uncomfortable and limit or withhold valuable information.

A feeling of safety should also be abundantly available, as therapy addresses sensitive and fragile issues.

Don't just accept the therapist's methods. In fact, the talk therapy model where patient talks and therapist listens, offering an occasional, "I see" or "tell me how that makes you feel" isn't necessarily the gold standard or helpful.

Rather than being a passive participant, take an active role and question the course of treatment and outcome. After all, with a physical disorder, if the doctor prescribed medication or physical therapy and you saw no improvement, you'd probably speak up.

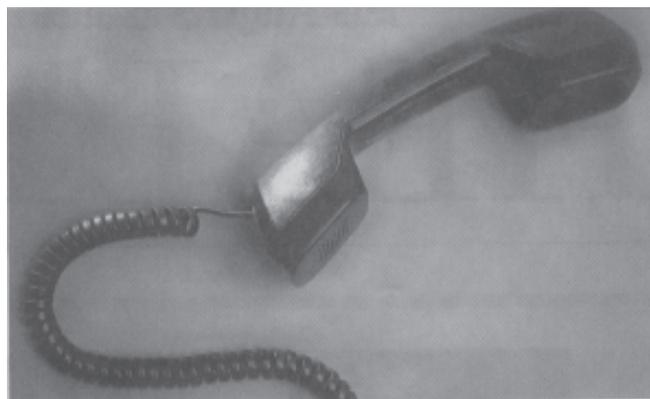
If, say, after a month of treatment for anxiety you still worry excessively, feel restless or edgy and have difficulty concentrating, then bring it to the therapist's attention. Share how you feel and don't assume it's known. A disorder such as anxiety is treatable and results are measurable. Frequency, duration and intensity of symptoms can be monitored — and there should be noticeable, if not marked, improvements after several weeks as you learn new skills and develop insight.

If you try therapy and don't feel comfortable, chances are it's just not a good fit — and not necessarily a reflection on you. It's a very personal service, and comfort has to exist. If it doesn't, keep trying until you find a therapist you click with: You'll likely know within the first few minutes. Don't give up.

Although it may be a sensitive matter, word of mouth is probably the best way to find a good therapist. If someone you know has gained from seeing one, then he or she will probably be proud to share those improvements with you and tell you about the person who helped.

*In On the Mind, Jonathan Alpert, a psychotherapist in New York, answers questions about healthy mental living. Send questions and comments to [health@latimes.com](mailto:health@latimes.com).*

*Source: Los Angeles Times  
March 26, 2007*



**CONNECTED:** *Phone therapy plus antidepressants reduced depression in patients.*

# Talk about therapeutic

By **JANET CROMLEY**

*Times Staff Writer*

FIRST-TIME antidepressant users might want to consider Ma Bell for therapy.

Depressed patients who received telephone therapy in addition to antidepressant medication were found to be less depressed after 18 months than those who received antidepressants alone, according to a report to be published in next month's *Journal of Consulting and Clinical Psychology*. The study of 393 patients enrolled with Group Health, a Seattle-based HMO, follows up on a 2004 report on the same patients that examined moods six months after therapy. At 18 months, 77% of those receiving telephone therapy (10 to 12 cognitive behavior sessions lasting 30 to 45 minutes over a one year period) reported that their depression was either "much" or "very much" improved, compared with 63% of those receiving antidepressants alone.

Lead author Evette Ludman, a clinical psychologist with Group Health, says that phone therapy is a particularly valuable tool for the depressed patient. "The nature of depression is you avoid situations that can actually improve your mood," she says — such as getting out to see a therapist. She says the biggest challenge was tracking down reticent, depressed subjects. "We kept calling until people would talk with us," she says. "Even patients who didn't return our phone calls later told us, 'It meant a lot to me that you kept calling.'"

*janet.cromley@latimes.com*

*Source: Los Angeles Times  
March 26, 2007*

## *Bipolar Disorder is Manageable*

**Dear Dr. Donohue:** Recently, my granddaughter was diagnosed as bipolar. I am very concerned. I can't find information on it.

Is it inherited? Is it possible to live a normal life? Why did it show during her teenage years? She has just finished high school and was an honor student.

Is there any support group?

— A.B.

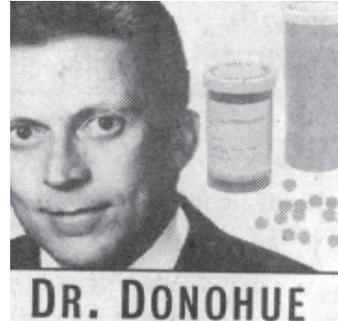
Bipolar disorder is a psychological condition that has some roots in genes, some in brain chemistry and some in life stresses.

It's a common illness, affecting between 3 percent and 8 percent of the population.

The two "poles" of bipolar disorder are emotional highs and lows. During the high periods, people need less sleep than usual. They have unbelievable reserves of energy. They are talkative and outgoing. None of this sounds bad, but in the extreme it is. During a "high" episode, people often make terrible decisions, act impulsively and take risks that can affect their health and futures. Thinking is disorganized, and hallucinations can develop.

During opposite periods — depression — all energy is gone. People take refuge in their bed and want to sleep all the time. They don't want to interact socially. Concentration is difficult. Self-esteem flies out the window. Suicidal thoughts intrude upon the consciousness.

Brain chemistry is an elusive term, but one that figures greatly in bipolar disorder. Brain chemistry refers to messenger chemicals in the brain — dopamine, serotonin and others — that activate neighboring brain cells and transmit information between brain cells.



In bipolar disorder, as in many other disorders, brain chemistry is upset. Medicines can often restore the right chemistry and keep the highs and lows on an even keel.

It's not surprising that your granddaughter developed the problem now.

It most often strikes between the years of 17 and 18. With treatment, your granddaughter ought to do just fine. Many illustrious people with bipolar disorder have been outstanding successes.

The National Mental Health Association can provide you with more information. Its toll-free number is 1-800-969-NMHA. The Web site is: [nmha.org](http://nmha.org).

Letters to Dr. Donohue can be addressed to him in care of The Press-Enterprise, P.O. Box 792, Riverside, CA 92502-0792.

NORTH AMERICA SYNDICATE

*Source: The Press-Enterprise*

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## Depression Basics

Everyone at one time or another has felt depressed, sad, or blue. Being depressed is a normal reaction to loss, life's struggles, or an injured self-esteem. But sometimes the feeling of sadness becomes intense, lasting for long periods of time and preventing a person from leading a normal life. Depression that has these characteristics is a treatable medical condition called major depressive disorder, one of a number of depressive illnesses. Types of depression include: Major depression, chronic depression (dysthymia), bipolar depression, and seasonal depression (seasonal affective disorder or SAD).

According to a report from the National Institute of Mental Health, nearly 18.8 million Americans over the age of 18 suffer from major depression. Suicide, closely linked to depression, is the third leading cause of death in 10-to 24-year-olds. Unfortunately, most people never seek treatment. Left undiagnosed and

untreated, depression can worsen, lasting for years and causing untold suffering, and possibly even result in suicide.

### **What Are the Symptoms of Depression?**

These are some of the signs and symptoms of depression that you should be aware of:

- Sadness
- Loss of enjoyment from things that were once pleasurable
- Loss of energy
- Feelings of hopelessness or worthlessness
- Difficulty concentrating
- Difficulty making decisions
- Insomnia or excessive sleep
- Stomach ache and digestive problems

*Continued on page 6 (Depression)*

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## I am...

By Claudia Verduzco



Dreaming has never been as fun as these last days!

Living in the real world can be suffocating and exhausting. However, I was able to only be part of reality when the pain was bearable, and as soon as the issues started to get complicated, I would go back to my dreaming world.

It may not be the best coping mechanism for someone that is striving to appear “normal”.

If I speak up,  
I am too confrontational.  
If I sing,  
I am hypomanic.  
If I remain silent,  
I am depressed.  
If I get angry,  
I am not taking my meds.  
If I do not sleep,  
I do not try hard enough.

THIS IS ME: The happy, the sad, the hyper and the depressed, the caring, the stubborn, the helpful and the helpless.

I love all my phases. I would not trade them because I will have to renounce to be me. “I” is what gives me strength and courage to continue through my daily chaos.

No more explaining!  
No more condescending words!  
But one resolution is for sure:  
**I AM NOT HIDING. I’M NOT WEARING ANY MORE MASKS.  
I AM WHAT I AM.  
NO MORE PRETENDING!!**



Sexual problems (for example, decreased sex drive)  
Aches and pains (such as recurrent headaches)  
A change in appetite causing weight loss or gain  
Thoughts of death, suicide, or self-mutilation  
Self-mutilation or attempting suicide

### Are There Different Types of Depression?

Although these signs and symptoms of depression are characteristic, they can occur in different patterns, like seasonal symptoms, or in association with manic features.

### Types include

Major Depression  
Bipolar Depression  
Chronic Depression or Dysthymia  
Seasonal Depression  
Psychotic Depression  
Postpartum Depression

### How Do Get Help for Depression?

If you or someone you know is experiencing symptoms of depression, seek your health care provider's advice for treatment or referral to a mental health professional.

### Warning Signs of Suicide

If you or someone you know is demonstrating any of the following warning signs, contact a mental health professional right away or go to the emergency room for treatment.

Thoughts or talk of death or suicide  
Thoughts or talk of self-harm or harm to others  
Aggressive behavior or impulsiveness

Previous suicide attempts increase the risk for future suicide attempts and completed suicide. All mentions of suicide or violence must be taken seriously. If you intend or have a plan to commit suicide, go to the emergency room for immediate treatment.

Reviewed by the doctors at The Cleveland Clinic Department of Psychiatry and Psychology.

WebMD Medical Reference provided in collaboration with the Cleveland Clinic

Edited by David H. Fram, MD on December 01, 2006  
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A goal is a dream with a deadline.

Author Unknown

## Tips for choosing a pharmacist

The following is from a brochure published by the American Pharmacists Association.

When choosing a pharmacist, many people simply look for a pharmacy that is convenient, either close to home or work. But location is only one of the things to consider when choosing a pharmacist who is the right match for you and your family.

Your pharmacist should be someone you know and trust. Pharmacists are healthcare professionals specializing in medicines and their appropriate use. Because of this, your pharmacist plays an important role in your personal healthcare.

### Consider the following tips.

- **Review your options.** Visit several pharmacies and speak with the pharmacists. Ask about the services offered, their expertise in disease management and any special needs you might have.

- **Consider your entire family's** pharmacy needs. Often a pharmacist can help you with special circumstances, such as when you are taking care of an elderly relative. You might ask, for example, if it is possible to deliver prescriptions to their home and send the bill to you.

- **Ask about payment options.** Will the pharmacy accept your insurance coverage? Does the pharmacy accept your credit cards? Is it possible to set up an account?

- **Assess the level of personal services.** It is important to choose one pharmacist with whom you can establish an ongoing relationship --- your "pharmacist of record." Just as you remember your physician's name, you should know your pharmacist's name.

Also, by choosing one pharmacy a complete record of the medicines you take is in one place, making it easier to coordinate and manage.

Your pharmacist can alert you to possible drug interactions --- particularly if you take a number of different medications --- provide information to help you make the best use of your medications, help you track refills on important prescriptions, and provide any necessary information on short notice.

Source: ASAMhs ADVANTAGE May/June 2007



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# 1st ever National Peer Specialist Conference August 16-17 in Denver

## *“Climbing the Recovery Mountain Together”*

National Association of Peer Specialists

August 16-17 Denver, Colorado

<http://www.naops.org/>

This is the first-ever national conference for peer specialists. Sponsored by the National Association of Peer Specialists (a private non-profit organization dedicated to promoting the hiring of peer specialists in mental health systems), this two-day conference will be held Thursday and Friday, August 16 and 17, 2007, at the Holiday Inn/Crowne Plaza in downtown Denver, Colorado.

Workshops will emphasize practical skills and information peer specialists can readily use to improve their practice. In addition, national leaders of the peer specialist and recovery movements will make presentations. The conference will also offer participants an opportunity to network with other peer specialists from across the country to learn about innovative recovery practices and programs. Exhibits and a literature table will be available for participants to explore before and after workshops.

This is an exciting time to be involved in the peer specialist movement. Join us to share that excitement and learn valuable skills and information to help you help others!

### Conference Registration

**Registration for the NAPS National Peer Specialist Conference:**

*Climbing the Recovery Mountain Together* is \$150 for both days (early bird discount before July 13), \$175 for both days after July 13. One day registrations are \$90. [See the “Support” page of this article for sources of possible financial support to attend this conference.](#)

Conference attendees will enjoy all conference activities, including keynote addresses, workshops, and panel discussion. A continental breakfast and two refreshment breaks will be provided for each of the two days. Other meals will be the responsibility of attendees because there are many excellent restaurants very close to the conference site and it helps reduce overall conference costs. Attendees will also be able to enjoy exhibits and a literature table filled with recovery-oriented information.

Checks or money orders should be made payable to: “NAPS” and sent to: 755 Alta Dale, Ada, MI 49301. Payment must accompany registration. All we need for registration is the name, address, and telephone of each participant. Your registration will be confirmed upon receipt. Questions should be directed to: Steve Harrington, NAPS President, (616) 676-9230 or e-mail him at: [steveh@naops.org](mailto:steveh@naops.org)

Space is limited! Don't be disappointed, make your reservations as soon as possible!

### Conference Agenda

#### Thursday, August 16, 2007

8:30-10 a.m. Continental breakfast  
10:00 a.m. Welcome and Introductions  
10:30 am. Opening keynote by Gayle Bluebird  
11:15 a.m. Break (refreshments provided)  
11:30 am. Workshops (session 1)  
12:15 pm. Lunch (on your own)  
1:45 p.m. Workshops (session 2)  
2:15p.m. Break  
2:30 p.m. Workshops (session 3)  
3:15 p.m. Break (refreshments provided)  
3:30 p.m. Workshops (session 4)  
4:15p.m. Break  
4:30 p.m. Workshops (session 5)  
5 15 p m End of conference day (dinner on your own)

#### Friday, August 17, 2007

8 30-10 a m Continental breakfast  
10a.m. Welcome  
10:15 am. Keynote by Gladys Christian  
11:00 am. Break (refreshments provided)  
11:15 am. Workshops (session 6)  
Noon Lunch (on your own)  
1:30 p.m. Panel: Peer Specialists-Where we are, where we're going  
2:15 p.m. Workshops (session 7)  
3:00 p.m. Break (refreshments provided)  
3:15 p.m. Workshops (session 8)  
4:00 p.m. Wrap up/evaluations  
5:00 p.m. End of conference

**Note:** Lunches and dinners are “on your own.” There is an excellent restaurant at the hotel and only a block from the hotel is an extensive street mall with a wide variety of restaurants. We hope you use these meals as an opportunity to meet other peer specialists and explore downtown Denver!

Exhibits will be open from 8:30 a.m. to 4:00 p.m. each day of the conference.

### Lodging

The NAPS National Peer Specialist Conference will be held at the beautiful Holiday Inn/Crowne Plaza in downtown Denver, which offers spectacular views of the Rocky Moun-

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tains. We have arranged for a special discount rate of \$119 per night plus tax (14.85 percent). These rates will be available three days prior to and three days after the conference dates. Free wireless service is available. Those wishing to take advantage of these discount rates must reserve their rooms no later than July 24. You must identify yourself as a NAPS conference attendee to take advantage of these rates.

The hotel is undergoing extensive remodeling and the conference will be first to enjoy the “new” surroundings. One block from the hotel is an extensive street mall with many gift shops, restaurants, and entertainment opportunities. Also, within walking distance are interesting sites such as the U.S. Mint, a brewery, the state capitol, and a museum. Plan to take time to explore the city!

Holiday Inn/Crowne Plaza has an outdoor pool, health/fitness center, and in-room coffee. The hotel also features a business center, gift shop, laundry facilities, newsstand, and tour services. On-site parking costs \$16 per day. Shuttle bus and taxi services are available from the airport to the hotel and back.

**Reservations can be made by calling:**  
(303) 573-1450.

**The hotel’s address is:**  
Holiday Inn/Crowne Plaza-Downtown Denver  
1450 Glenarm Place  
Denver, Co 80202  
(303) 573-1450

**Hotel link here:** [www.hoteldenver.net](http://www.hoteldenver.net)

### Transportation

The Holiday Inn/Crowne Plaza hotel is located 24 miles from the Denver International Airport. The airport is served by most major airlines with extensive flight schedules. Transportation from the airport to the hotel is available by taxi (about \$50 one way) or shuttle bus (about \$15 one way).

Note: Discount air-fares are often available if you book your flight more than 30 days in advance and stay a Saturday night.

Denver is also served by Amtrak and major bus lines. If you drive to the hotel, on-site parking is available at a daily rate of about \$16.

### Support

The need for financial support can be a vital issue for conference attendees. NAPS has attempted, and continues to seek, direct financial support for participants. No such sources of direct financial assistance have yet been identified, but there are other options possible for financial support. Here are some ideas:

- Do you work for a mental health agency? Most mental

health organizations provide financial support for staff and sometimes volunteers. Some states require continuing education units for certification. This may be a good place to start when seeking financial support.

- Do you belong to any mental health advocacy groups? State chapters of some groups, such as the National Alliance on Mental Illness (NAMI), U.S. Psychiatric Rehabilitation Association (USPRA or IAPSRs), Mental Health Association (MHA), or other organizations have funds set aside for consumer education. You don’t necessarily have to be a member to obtain support from such organizations, but it doesn’t hurt.

- Do you have a local foundation? In addition to community foundations, there are mental health foundations in some areas that make small grants to consumers for specific purposes. This may be a qualifying event.

- Support may also be available through local management entities (LME’s). They may also be called community mental health agencies or county community mental health. Such organizations may exist in your area, depending upon the structure of your mental health system. Some of these organizations also provide financial support for consumer endeavors.

When requesting financial assistance, you may wish to make the following points to boost support:

- This is the first-ever national conference for peer specialists.

- The conference will offer an opportunity to learn practical skills and information useful to your system.

- You will share information learned from the conference with other peer specialists and interested mental health personnel.

- Information gained through workshops, exhibits, presentations, and networking with other peer specialists from across the country will help you identify innovative and successful strategies and programs for your employer and/or local mental health system.

- If an organization is unable to provide complete financial support, suggest partial support as an option.

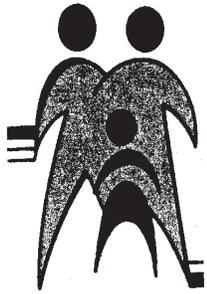
Denver was selected as the site for this conference because it is centrally located, NAPS has many members in the area, and local peer support organizations have volunteered to assist in conference planning and implementation.

- You must be the change you wish to see in the world.

- Shoot for the moon, because... even if you miss, you will land among the stars.

- Life can only be understood backwards, but must be lived forwards.

Authors Unknown



### 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 DBSA-Riverside At Jo Ann Martin's\* Wednesday, July 4th



Swimming, badminton, spa, food and more...  
Bring a salad, main dish,  
or dessert.  
If you can't bring a dish, come anyway.  
Meat & beverage will be furnished.

\*

### Check us out on the web!

Website for DBSA Riverside:

<http://californiadbbsa.org/dbsariv.html>

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

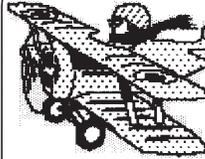
6 a.m. to 9 p.m.  
951/352-1634

### 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 1 1/2-2 hour workshops, during working hrs.



Stipends will be paid for presentations.



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

**Lisa Partaker, IOOV Coordinator**  
**(951)686-5484, ext. 102**

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

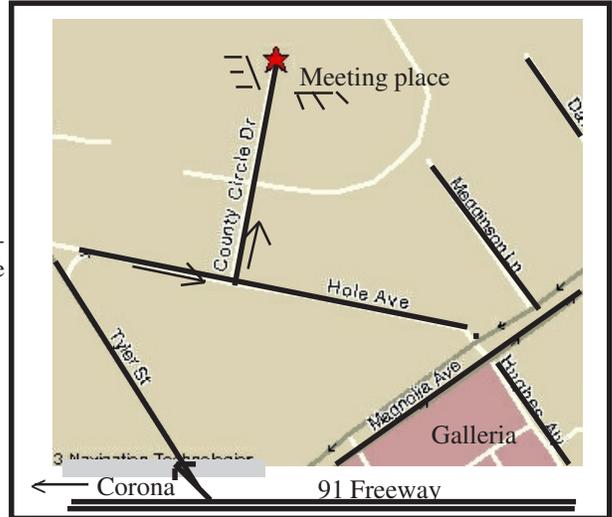
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.\* For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