



# The Thermometer Times

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

VOL. 21 NO. 11 Out of darkness . . . November 2009

### Dates to Remember

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Saturday 10:00 am -12 noon  
November 7, 14, 21 and 28

### CARE & SHARE GROUPS

Clients, guests and professionals are invited to come and participate.  
Riverside County Mental Health Administration Building  
(see page 9 for address & map)

## Thanksgiving

see page 8

Web Site for DBSA, Riverside:

<http://californiadbsa.org>

E-mail for DBSA, Riverside:

[dbsaofriv1@aol.com](mailto:dbsaofriv1@aol.com)

E-mail for DBSA, California:

[dbsaofca1@aol.com](mailto:dbsaofca1@aol.com)

Meetings start promptly at 10 am. Do yourself a good turn: Be on time...visit with friends before the meeting. If you come late, please enter quietly.



### 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

## UCLA Study: Test Might End Medication Guessing Game

Updated 5:14 AM PUT, Mon. Sep 14, 2009

UCLA researchers have discovered a way to measure brain waves that can match which drugs can be successfully used on individuals diagnosed with depression, the school announced Sunday.

The test will reportedly eliminate a major problem for clinically-depressed persons and their doctors, who often must play a guessing game to find an effective anti-depressant from the dozens of drugs available.

Medical workers will be able to use brain patterns that can be measured outside the body to predict within a week how effective a drug will be, researchers announced.

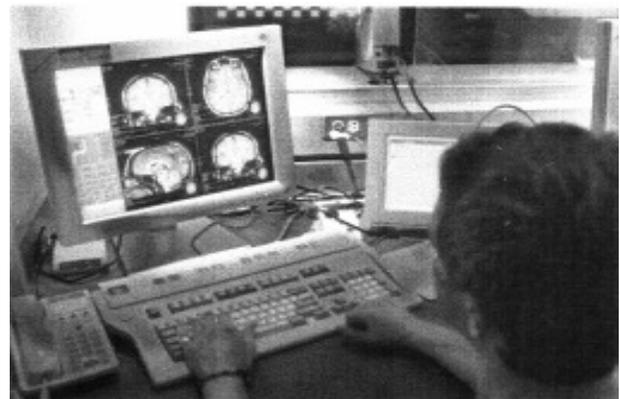
The method, called the Biomarkers for Rapid Identification of Treatment Effectiveness in Major Depression (BRITE), was described in the journal *Psychiatry Research* by a team of four UCLA doctors. It measures changes in brain-wave patterns using quantitative electroencephalography — a non-invasive, computerized measurement that recognizes specific alterations in brain-wave activity.

Researchers said these changes precede improvement in mood by many weeks and appear to serve as a biomarker that accurately predicts the effectiveness of a given medication.

“Until now, other than waiting, there has been no reliable method for predicting whether a medication would lead to a good response or remission,” said lead author Andrew Leuchter, a UCLA psychiatry professor, in a news statement. “And that wait can be as long as 14 weeks. So these are very exciting findings for the patient suffering from depression.

“The BRITE results are a milestone in our efforts to develop clinically useful biomarkers for predicting treatment response in MDD (major depressive disorder).”

According to UCLA, major depressive disorder is a leading cause of disability, costing society in excess of \$80 billion annually; approximately two-thirds of these costs reflect the enormous disability associated with the disorder. An estimated 15



Continued on Page 7 (UCLA Study)

## a note from the Editors

We invite you to submit material for review and possible publication in the newsletter. Your 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 your personal experiences with depression and/or bipolar disorder; what it is to live and cope with 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: joanmartin1@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.

The Editors

### **MOVIE NIGHT AT JO ANNS\***

2nd and 4th Tuesday of November

6:30 PM

**Tuesday, November 24**  
**"UP"**

**A hilariously uplifting adventure where  
the sky is no longer the limit!**

**Carl Fredricksen, a retired balloon  
salesman meets Carl Russell, an 8 year  
old and travel trough an amzaing  
adventure.**

# 1 animated Film of the Year....

Enjoy pizza and friends!

\*See page one, left lower corner for directions to Jo Ann's home.

## ***The Thermometer Times*** ***16280 Whispering Spur*** ***Riverside, CA 92504*** ***(951) 780-3366***

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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)**

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# *How To Begin (Changing Your Life)*

By Forrest Church

Let me share with you 10 simple hints on beginning—on how to re-boot your spiritual life, if it has become automatic or stale. Getting your soul in shape may lead to awe-inspiring mystical encounters some day. Yet how to begin (or begin anew) isn't the least bit mystifying. Here are 10 simple thoughts to launch you on your way.

1) **Begin here.** How deeply you would long for all the things you take for granted, if suddenly you lost them. So much of what we want we have already, so want what you have. Begin here.

2) **Begin now.** You have everything you need. Everything. Plus the bonus of today, one day more than you will have if you wait until tomorrow. Begin now.

3) **Begin as you are.** At your fingertips is a treasure trove of memories and dreams. Put one good memory together with one good dream and you are ready to begin. (Good memories are memories that make you feel good about yourself. Good dreams are the stuff of which tomorrow's good memories are made.) Begin as you are.

4) **Begin by doing what you can.** No more, but also no less. Don't throw yourself against the wall. Walk around it. You can't do the impossible, but so much is possible. So many of the things you haven't tried you still can do. To get around the wall, you can set out in either direction—the wall has two ends. The important thing is to start walking. Begin by doing what you can.

5) **Begin with those who are closest to you.** They can cheer you on only if you let them. Invite them to give you a hand and bow. And to lend you a hand—ask. And to take your hand—no one can take your hand, if you bury it in your pocket. You say they won't cheer you on, help you out, or take your hand? Maybe not, but how will you know without asking? Begin by asking.

6) **Begin by turning the page.** Today you can open a new chapter of your life. If you are trapped in your story (stuck in place, botching the same old lines), revise the script. Practice a new line or two. When reading a book, we sometimes reach the bottom of a page only to realize we have been glossing its words without registering their meaning. We haven't been paying attention. We don't have the faintest idea what we've just read. So we go back to the top of the page and try to concentrate. It happens again. Sentences dissolve into words. Words into sounds. The books of our lives are no different. Resist the temptation to wallow over some dark passage until you know exactly what went wrong. You never will. Besides, perfection is not life's goal. Neither is unnecessary pain. If you are stuck, open a new chapter. Turn the page.

7) **Begin by cleaning up your slate.** Don't erase the past. File it by experience, to keep it handy should you need it. But don't obsess over it. Ticking off a growing list of grievances gets you nothing from life's store. As for the things on your "To Do" list that you'll probably never do, place them under a statute of limitations. When they serve no longer to inspire but only to haunt you, x them off. Not only is there no reason to carry over unnecessary indictments from one day to the next, but you'll also never reform the things you can about yourself, until you stop trying to reform the things you can't. Begin by cleaning up your slate.

8) **Begin by looking for new questions, not old answers.** Answers close doors. Questions open them. Answers lock us in place. Questions lead us on adventures. Socrates boasted himself the most ignorant man in Athens. Each new insight raised a dozen questions, extending the compass of his ignorance. Yet beyond every ridge he climbed there lay a wider vista. The more questions we have, the farther we can see.

9) **Begin with little regard for where your path may lead.** Destinations are overrated. And never what we imagine. Even should we somehow manage to get where we are heading, we won't end up there. Until life ends, no destination is final. In fact, the best destinations are those we look back upon as new beginnings. Good journeys always continue. So don't be driven by desire (that empty place within you), never to rest until you reach your goal. Invest your joy in the journey.

10) **Begin in the middle.** Our lives will end mid-story, so why not begin there? Don't wait around for the perfect starting pistol. Or until you are ready. You may never be ready. No reason to wait in the grandstand for some official to guide you to the gate. Jump the fence. Enter the race in the middle. Here. Now. As you are. By doing what you can. With those who are closest to you. By turning the page.

Cleaning up your slate. Looking for new questions, not old answers. And with little regard for where your path will lead.

Finally, before you begin, a bonus suggestion—Begin small. Dream possible dreams. Set out to climb a single hill, not every mountain. Soul work needn't be strenuous to be high impact. You can begin transforming your life with a single phone call. Or by writing a kind letter. Or by opening your blinds to let the sun flood in. Don't say it's nothing. It's everything. For you have now begun.

Source: <http://forrestchurch.com/writings/otherfeatured/thoughts-for-summe-day.htm>

## UC RIVERSIDE STUDY: Researchers believe the shift from Mondays may be because of work.

BY DAVID OLSON

THE PRESS-ENTERPRISE - July 13, 2009

Suicide in the United States is now most common on Wednesdays, not Mondays, as had been the case for decades, UC Riverside researchers have found.

The shift may be due to increased job insecurity and less pleasure on the job, said Augustine Kposowa, a professor of sociology at UC Riverside. Kposowa conducted the study with graduate student Stephanie D'Auria.

The study analyzed U.S. suicides from 2000 to 2004. Kposowa said he believes the trend has probably deepened in recent months, as the severe recession increases job loss and fear of layoffs.

"With less job security there are more stresses," he said.

In the past, people typically worked for the same company for many years and did not worry as much about losing their job, he said. Fewer people today can take their jobs for granted, Kposowa said.

If work-related issues are increasingly a reason for suicide, it makes sense that more people would take their lives on a Wednesday than on a Thursday, which is the least likely day for someone to commit suicide, he said.

"There's a better feeling on Thursday because the weekend is coming, whereas Wednesday is right in the middle," he said. "Wednesday is the hump, and some people feel, 'I've had it.'"

On Mondays, people are more likely to feel some of the glow of the happiness they may have enjoyed away from work during the week-end. The study found that nearly 25 percent of suicides were on Wednesdays, compared to a little more than 11 percent on Thursdays and Fridays.

Kposowa also found that highly educated people are more likely to commit suicide than people with less education. He surmises that work is more likely to be a factor in the decision of a highly educated, middle-class person's decision to commit suicide, because that person is more invested in a job.

Dr. James Billings, associate director of the counseling program for Catholic Charities San Bernardino/Riverside, said that many low-income people see jobs primarily as a way to survive, and they may jump from one field to another as they seek work. Many middle-class people's view of themselves is tied closely to their jobs, he said.

"In their mind, they have a career," he said. "That becomes part of their identity."

Low-income people are also more likely to have coping mechanisms to deal with depression, because they have spent their lives struggling through adversity, he said. A middle-class person is less likely to be able to deal with the shock of a job loss or instability, he said.

The study excluded suicides that did not occur in the victim's home state, to better study regional differences. It appears in the journal *Social Psychiatry and Psychiatric Epidemiology*.

Reach David Olson at 951-368-9462 or [dolson@PE.com](mailto:dolson@PE.com)

## 1 in 10 Americans taking antidepressants

The number of Americans taking antidepressants doubled to 10.1 percent of the U.S. population in 2005 compared with 1996, increasing across income and age groups, a study found.

An estimated 27 million U.S. people ages 6 and older were taking the drugs by 2005, while their use of psychotherapy declined, according to Columbia University research published in the August issue of the *Archives of General Psychiatry*.

The surge in antidepressant use propelled that class of treatments to become the top-selling U.S. medicines in 2005, surpassing blood-pressure prescriptions, the study said.

Rising use of the drugs "may involve the introduction of new antidepressants, the increase in the direct-to-consumer advertising, lessening stigma with seeking mental health care" and more Americans acknowledging they are depressed, said lead author Mark Olfson, a professor of clinical psychiatry at Columbia University and New York State Psychiatric Institute in New York.

The trend fueled sales of such antidepressants as Eli Lilly & Co.'s Prozac, Forest Laboratories Inc.'s Celexa and Pfizer Inc.'s Zoloft. The research found more growth in the class of antidepressants known as selective serotonin reuptake inhibitors and a decline in tricyclic antidepressants.

The results also showed a jump in the use of antidepressants across demographic groups, with the exception of blacks. The rate of use of the medicines among blacks in 2005 was 4.5 percent, less than half that of whites. The rate for Hispanics increased to 5.2 percent in 2005 from 3.7 percent in 1996.

Olfson said it's unclear if more people are depressed or if more people are just taking antidepressants. Other studies have found diagnoses of major depression in adults increased from 3.3 percent in 1991-1992 to 7.1 percent in 2001-2002.

Source: *Daily Herald*  
9/14/2009

### 'Tis the Season

For many people, the holidays can bring on feelings of sadness and loneliness. Here are things you can do to stay positive and enjoy the holiday season this year

**Be kind to yourself.** Taking on too much responsibility or saying yes to too many things can cause stress.

**Make this season special.** Make new holiday traditions with your friends and family. Bake cookies together. Take a stroll around your neighborhood and admire the lights.

### How to Keep Your Holidays Healthy

Share the workload. Establish priorities. Be less elaborate this year. Relax your housekeeping and holiday preparations. Continue to exercise. Eat healthy foods and limit your consumption of high-fat holiday treats.

Source: *Loma Linda University Medical Center*  
*A Healthy Tomorrow*  
November 2009

# Personal Reflections

## The Hope of Tomorrow

By Barbara Ulloa 10/7/2004

Today is the day  
I wake up anew,  
And ask God for strength  
To help me get through.

Let me feel peace  
and joy once again,  
Be grateful for life.  
For my family and friends.

Though I struggle each day  
With pain and sorrow  
I cannot lose sight of  
The hope for tomorrow.



## Don't simmer, shimmer

I simmered for a year in my own juices  
I wallowed in my fear  
My despair bubbled as my life evaporated.  
So I was blessed when madness struck up  
Shocked my spirit into re action  
Finally boiling over  
It was messy  
But there was meaning  
Explosion, expansion, expunging.

And from the debris  
fractured shards reflecting  
New life, healing grew.

Source: *Surviving Psychosis*, <http://survivingpsychosis.wordpress.com/2008/04/26/wonder-madness/>

## A thought about suicidal feelings

By Cathy Waechter

First let me start out by telling you all I am feeling really good right now. I am grateful that even though I am challenged with this and that I am calm and sure everything will be all right. I am writing this commentary because it has come to my attention that others, like myself in the past, feel suicidal. I wanted to share in case anyone loves someone who is suicidal or feels so themselves. I want to invite anyone who is challenged with this issue to feel free to call me or write.

Something I know about wanting to die is this; it is not that I really wanted to die, it was that I felt so out of control with my feelings and the circumstances I was living with that I did not want to live. Sometimes it was a chemical imbalance that was happening in my brain because of too much stress or too much sugar or other foods that trigger me chemically, sometimes I just did not feel enough love. I knew in those moments of temptation that I needed to wait and see if the next day or the next moment would feel different. It always did. I have thought many times on those days, "Oh my God, if I had done it this time I would not be here to see this beautiful moment."

I had another thought recently: what if after I died, I had to watch the pain and anguish of others that really loved me go through the grieving process and not be able to do a thing about it because I was dead!! What if to escape my pain I amplified it 100 times!

That thought alone rid me of the idea of ever thinking suicide was an option. I have had the thought of suicide as an option for my whole life, well, not anymore with that idea in my head. Someone once told me from the reincarnation perspective that being Bipolar was my way out and that I had my kids to keep me in. Well, it worked: I have stayed for 51 years growing and learning and seeing the beauty after the storm. Sometimes the beauty is so stunning I have to throw my hands up toward heaven and cry, then I put my hands over my heart and with such reverence I say thank you, thank you, thank you.

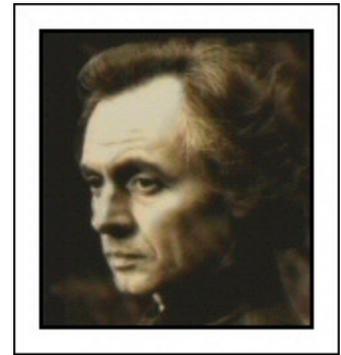
To all of you who have been a part of my life and seen me through my tough times and good times I say, thank you, thank you, thank you.

Love and Strength of Heart,  
Cathy Waechter  
Phone: (951) 529-8586 or  
E-mail: Clsykatt@aol.com

# R D Laing: The celebrity shrink who put the psychedelia into psychiatry

R D Laing was idolised by 1960s hedonists and demonised by conservatives. A new film will tell his extraordinary story

By Jonathan Brown  
*Monday, 29 December 2008*



He was the celebrity psychiatrist to swinging London who swapped the sterile wards of post-war mental hospitals for showbusiness parties where he rubbed shoulders with troubled rock stars, actors and artists eager to share their problems with him.

But by the time of his death on a Riviera tennis court in 1989 at the age of 61, R D Laing's reputation was at an all-time low, dismissed as the drunken high priest of failed Sixties hedonism, a fallen icon of the sex, drugs and rock'n'roll generation and wrecker-in-chief of traditional nuclear family values.

A new film telling the life and times of the radical Scots-born therapist considered to be Britain's answer to US psychedelic guru Timothy Leary is to be brought to the screen next year. Among those considered to be his most celebrated admirers at the height of his influence in the 1960s when he was a regular feature on television were the Beatles, Jim Morrison, Sylvia Plath and Ted Hughes.

His fellow Glaswegian Robert Carlyle, himself brought up in hippie communes, is in talks to play the role of the maverick doctor who turned medical convention on its head by searching for the roots of mental illness in the stresses within the family and other close relationships.

Carlyle, who made his name starring in the film *Trainspotting* and was last month cast in a leading role in a major new US series of *Stargate Universe*, is a long-time admirer of Laing's ideas, intrigued by his larger-than-life personality. "For the past 10 years I have wanted to play Laing in a film," he has said.

Much of the movie, to be shot on location, will be centred on Laing's work at Kingsley Hall in east London, now home to the Gandhi Foundation, where he devoted himself to a radical experiment in which mentally ill patients and their doctors lived together, offering a humane counterblast to the electro-shock and drug therapies made notorious in Ken Kesey's *One Flew Over the Cuckoo's Nest*.

But it is for his work with celebrities and his troubled private life for which he has been most recently remembered. Among his most famous patients was a young Sean Connery, then struggling to come to terms with his new-found superstardom after appearing as James Bond in *Goldfinger*. Connery's first wife Diane Cilento recalled how the actor was persuaded by Laing to take the powerful and at that time legal

hallucinogenic LSD to deal with the stresses of his career and the anxieties left from his strict working-class upbringing in Edinburgh.

Laing accompanied Connery on the psychedelic trip, taking a smaller dose of the drug. Ms Cilento later described how the meeting came about. "[Laing] demanded a great deal of money, complete privacy, a limo to transport him to and from the meeting and a bottle of the best single malt scotch at each session," she said. As well as suffering from bouts of alcoholism and depression Laing fathered 10 children by four women.

But he became a hero to the counter-culture despite his much-publicised personal shortcomings. Laing's official biographer, Bob Mullan, who is securing finance for the film, described discussions with Carlyle over starring in the production. "As an actor, he has that same mixture of charm, sharp intelligence, sexiness, vulnerability and utter malevolence that is suited to the role. Indeed, depending on your point of view, Ronnie Laing was either a seductive saint or the devil," the author said. Hayley Atwell, who recently starred alongside Keira Knightley in *The Duchess*, has also been approached to play Laing's second wife Jutta, Mr Mullan added. Today Laing's views, based as much along European existentialist philosophical lines as conventional psychiatric ones — his approach is often characterised as Sartre meets Freud via Karl Marx - have endured. There are several major institutes, including one in Canada and another in Switzerland devoted to studying the principles which informed his ideas, made famous in books such as *The Divided Self* and *The Politics of Experience*.

His charitable organisation, the Philadelphia Association, founded in 1965, continues to run residential households as well as training courses and lectures.

Scholars now believe much of Laing's pre-occupation with the family dates back to his own troubled upbringing. Brought up in a repressed Presbyterian family in Glasgow in the 1930s, violent scenes were regularly played out between his father and grandfather while his mother, said to have stuck pins in an effigy of her son, destroyed his toys and burnt the family's rubbish in the grate rather than reveal the contents of their bin to the outside world.

Yet Laing was so devoted to his work that he was accused

**R. D. Laing** (*Continued on page 7*)

# Carrie Fisher takes her tell-all show to Broadway

September 23, 2009, NEW YORK, NY— Carrie Fisher, one of Hollywood’s cultural icons and an outspoken mental health advocate, has taken her one-woman show *Wishful Drinking* to Broadway. The self-created show is directed by Tony Taccone, artistic director of the Berkeley Repertory Theatre, and is running a limited engagement at Studio 54 through January 3, 2010. Fisher has never been shy about exposing the traumas of her less-than-perfect childhood and adult life. In this show, she lays bare her tumultuous existence with wry humor, snarky wit, and a couple of handy visuals. She is the life of her own party, giving the audience a ride through her highs and lows, and some sense of resolution as well.

A memoir based on the show, also titled *Wishful Drinking*, was published last year and is now out in paperback from Simon & Schuster.

The daughter of Debbie Reynolds and Eddie Fisher, Hollywood’s darling couple of the 1950s, Carrie Fisher grew up in the glare of publicity. Her parents were involved in a scandalous divorce when she was only 2 years old. She first performed at age 12 with her mother in a Las Vegas show.

She left high school to follow a career in film, beginning with a role in the 1975 movie *Shampoo*. A year later came her star-making role as Princess Leia in the Hollywood block-buster *Star Wars*.

Fisher has struggled openly with alcohol, drugs and bipolar disorder for much of her life, experiences she drew on for several best-selling books before *Wishful Drinking*. Fisher’s willingness to talk about those challenges has made her one of North America’s most prominent and visible stigma-fighters and a powerful proponent of mental health.

To learn more about her Broadway show, **or to purchase tickets**, visit [www.round-abouttheatre.org](http://www.round-abouttheatre.org). ~

—Nancy Tobin



Carrie Fisher, whose solo show opened in New York City last month, is shown performing in 2006 at the Berkeley Repertory Theatre. Berkeley was the first and final stop of a three-city, six-city national tour before heading to Broadway.

Source: *bp Magazine*  
Fall 2009

## R.D. LAING (Continued from page 6)

of neglecting the emotional needs of his own family. This year, Adam, 41, the eldest son from his second marriage, was found dead surrounded by empty bottles in a tent on the Balearic island of Formentera. Adam’s half-brother, Adrian, a successful London lawyer said: “When people ask me what it was like to be R D Laing’s son, I tell them it was a crock of shit.”

But the 50-year-old lawyer welcomed news of the film and particularly casting Carlyle. “He has the Celtic fury about him that captures what my father was about,” he said.

Problems mounted for Laing after the closure of Kingsley Hall in 1970. He suffered money pressures

and was forced to exploit his fame exploring fringe issues such as shamanism, running rebirthing sessions and travelling to Sri Lanka and India. In 1987 he gave up his licence to practise amid accusations of



drunkenness and assault and died two years later, a man bitterly out of step with the changed times.

Source: *The INDEPENDENT*  
December 28, 2008

## Hope

The important thing is not that we can live on hope alone, but that life is not worth living without it.

~HARVEY MILK~

## Experience

It is always self-defeating to pretend to the style of a generation younger than your own; it simply erases your own experience in history.

~BENATA ADLER~

## (UCLA STUDY Continued from Page 1)

million people in the United States experience a depressive episode each year, and nearly 17 percent of adults will experience major depression in their lifetime.

“BRITE study results suggest that the AIR biomarker could potentially provide the greatest clinical benefit for those patients who might be receiving a medication that is unlikely to help them,” Leuchter said. “Our results suggest that it may be possible to switch these patients to a more effective treatment quickly. This would help patients and their physicians avoid the frustration, risk and expense of long and ineffective medication trials.”

Source: *NBC Los Angeles*  
September 13, 2009



## Come Join Your DBSA Friends

At  
Jo Ann Martin's\*

Thursday, November 26  
at 12:00 Noon

Turkey & beverage will be furnished.  
Bring a salad, main dish, or dessert.  
If you can't bring a dish, come anyway.



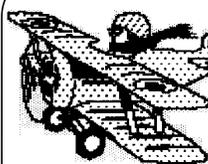
### \*Directions to Jo Ann Martin's home

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

### Phone Friends

If you need someone to talk with:

**Leroy**  
6 a.m. to 9 p.m. 951 / 686-5047  
**Roger and Lorraine**  
daytime 909 / 980 - 3692  
**Andie (Amanda)**  
9:30 a.m. to 7:30 p.m. 909 / 824 - 5385  
**Yen Cress** (951) 315-7315  
9 p.m. - 6 a.m. & Weekends



## ANNOUNCEMENTS

### 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

### DBSA - Rancho Cucamonga

Roger or Lorraine  
909/980-3692

### DBSA - Loma Linda

(909) 327-6178

### 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  
19900 Grove Community Drive  
(off Trautwein) Riv. 92508  
- meets 1st & 3rd Saturday,  
Room # D-4.  
Contact Sheri 951/565-8131  
S2-smatsumoto@charter.net

### For Support People:

**NAMI** - Riverside Mental Health Administration Building  
4095 County Circle Dr. (off Hole Ave. near Magnolia)  
7:00 pm, 1st Monday each month 951/369-1913 - Rosanna

## Calling all interested consumers!

*NAMI—In Our Own Voice:*

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:

**Angela Sandoval, IOOV Coordinator**  
**(951)686-5484, ext. 120**

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

**DBSA- Riverside**

Map Legend

★ Meeting Location

TTTT = Parking

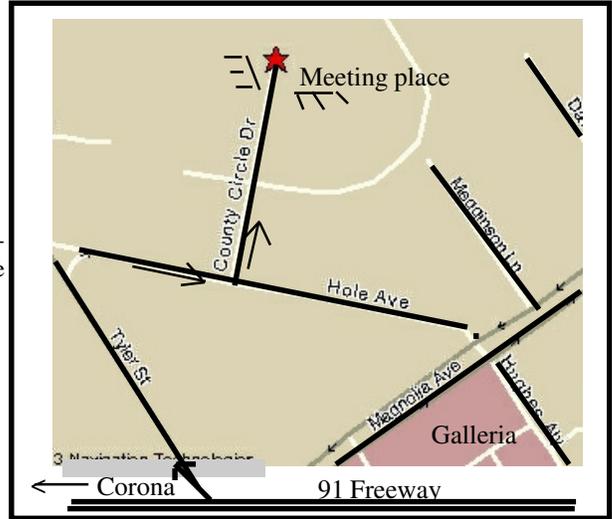
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.\* For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

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

## About DBSA-Riverside

DBSA of Riverside is a support group for people who have depression or bipolar (manic-depressive) disorder and who have sought or are seeking treatment for their illness. DBSA is totally patient run, which means we need volunteers like you to help with mail-outs, telephoning and planning. A work time

is held at the home of JoAnn Martin on the Saturday afternoon following the last 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.