



The Thermometer Times

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

VOL. 24 NO. 7 *Out of darkness . . . July 2011*

Dates to Remember

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)

Saturday 10:00 am - 12 noon
June 4, 11, 18 & 25

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.

Web Site for DBSA, Riverside:
<http://DBSAtoday.com>

E-mail for DBSA, Riverside:
DBSAtoday@yahoo.com

E-mail for DBSA, California:
DBSAtoday@yahoo.com

Please include your phone #

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

Securing Your Ticket to Independence: How the SSA Can Help You Find Employment

By Brendan McLean, Communications Coordinator

Started in 1999 as a part of the Ticket to Work and Work Incentives Improvement Act, the Ticket to Work (TTW) Program has helped hundreds of thousands of individuals living with disabilities secure employment and gain financial independence and greater self sufficiency.

TTW is a voluntary program that assists more than 12 million people in locating jobs, vocational rehabilitation and other forms of support. The program is open to all individuals between the ages of 18 and 65 who receive Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI).

The TTW program helps connect recipients of the tickets with service providers known as an Employment Network (EN). An EN is an agency or organization of a state, or a private organization that forms a partnership with the Social Security Administration to provide the actual employment services. ENs can choose which services they wish to provide and to whom. In the same way, beneficiaries can contact any EN to decide which fits them best.



Continued on page 2 (Securing)

**We had a great turnout on the 4th of July at Jo Ann's!
Over 60 people showed up! Join us again next time.**



A Note From the Editor

As always I invite you to submit your stories, poetry and/or drawings for review and possible publication in the newsletter. Your articles allow us to get to know you in greater depth and to learn of your accomplishments and your many talents, interests and assets. They also contribute to our readers' well being and recovery.

Your work may be submitted to Jo Ann, 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

I look forward to your contribution. Share your wisdom and experience with your DBSA friends through *The Thermometer Times*.

Thank you.

Lynne Stewart, Sr. Ed.

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

Continued from page 1 (SECURING)

Once an individual and an EN decide to work together, a plan will be put in place that works right for the new employee. The plan outlines personal goals in the workplace, which may include salary. The plan also will state exactly what services the employment network will provide.

Upon enrollment in TTW, individuals receiving disability benefits will not automatically lose their benefits. A trial work period allows one to feel out his or her ability to work for nine months. During this trial period, one can still receive full SSDI benefits regardless of how high his or her income might be. By providing this, an individual need not worry about the possibility of not immediately flourishing at a new found job.

As one transitions into work, he or she can still access other SSA programs and work incentives. And if benefits are suspended, one can easily return to receiving benefits if he or she discontinues working.

However, even with programs and incentives encouraging individuals to get a ticket, trying to decide how to proceed when attempting to move away from receiving benefits can be quite stressful. To help provide support in this process, the SSA has established the Work Incentives Planning and Assistance (WIPA) Program. WIPA's main goal is to assist SSA's beneficiaries with disabilities to make informed choices about their work.

Source: <http://www.nami.org/>
(800) 950-NAMI;
info@nami.org

As Seen In: NAMI Tulare County
June 2011

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

Publisher & Editor in Chief
Jo Ann Martin

Senior Editor
Lynne Stewart

Proof Reading
Leroy Merrill

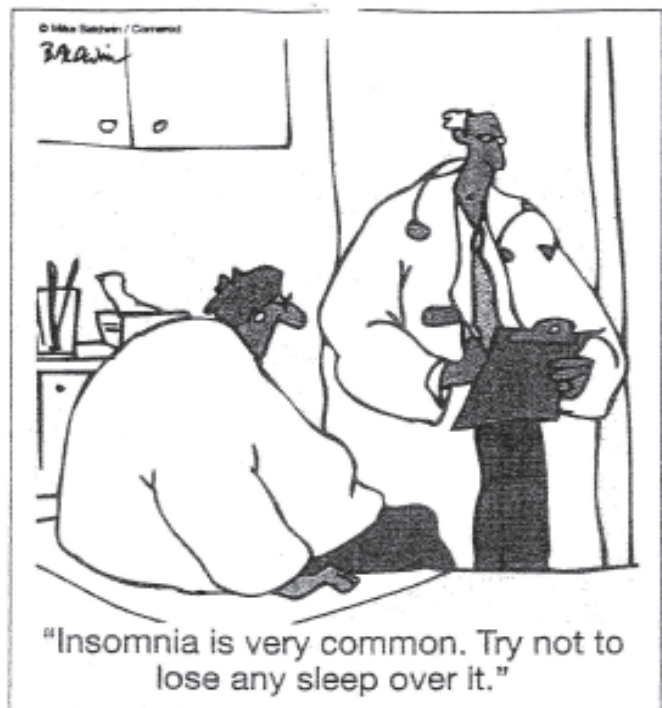
Kathi Stringer - Jo Ann's Assistant

Associate Editors
Nelma Fennimore
Karen Cameron

Medical Advisor
Andrew J. Rooks, M.D.

Child, Adolescent & Adult Psychiatry
American Board of Psychiatry
and Neurology

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.



Sleep Better Tonight

A few small changes can make a big difference when it comes to getting a restful slumber. Jamie Lillie, Ph.D., a licensed clinical psychologist, board certified in sleep disorders medicine, and associate professor of psychology at Argosy University in Schaumburg, Illinois offers several tips for sleeping better tonight:

Cut back on screen time - Televisions, computers and PDA's make it harder to wind down at night. Turn off all electronics at least an hour before bed.

Take a hot bath - A hot bath (or shower) raises body temperature. It's the drop in body temperature after soaking in the tub that causes sleepiness.

Steer clear of stimulants - Cut out all caffeine, alcohol, and nicotine at least six hours before bed. Stimulants can make it harder to fall asleep.

Close the blinds - The best environment for sleep is a cool, dark room. Open the window, close the blinds, and prepare for a good night's sleep.

Eat a light snack - The old wives tale about drinking a glass of warm milk before bed has some merit. Milk contains tryptophan, an amino acid that acts as a natural sleep aid. Foods like oatmeal and bananas are also high in tryptophan.

Source: Dr. Jamie Lillie, PhD
Argosy University
2011

As Seen In: The Rollercoaster Times
Summer 2011

Stopping Depression Relapse With Mindfulness-Based Cognitive Therapy

Mindfulness-based cognitive therapy appears to be similar to maintenance antidepressant medication for preventing relapse or recurrence among patients successfully treated for major depressive disorder. Patients in this type



of therapy learn to alter their automatic reactions associated with depression by examining their thinking patterns when they feel sad. Patients complete daily homework that includes guided exercises on raising awareness of their thoughts and feelings, learning self-compassion and developing strategies for responding to any signs of depression relapse. Studies have shown that both medication and cognitive behavioral therapy are effective at preventing relapse.

Source: JAMA: Archives of General Psychiatry
December 2010

As Seen In: The Rollercoaster Times
Summer 2011

Dating and Bipolar Disorder



A FOX News story about disclosing a health condition to a romantic prospect has some useful tips. If you are considering sharing information about bipolar disorder or past addictions:

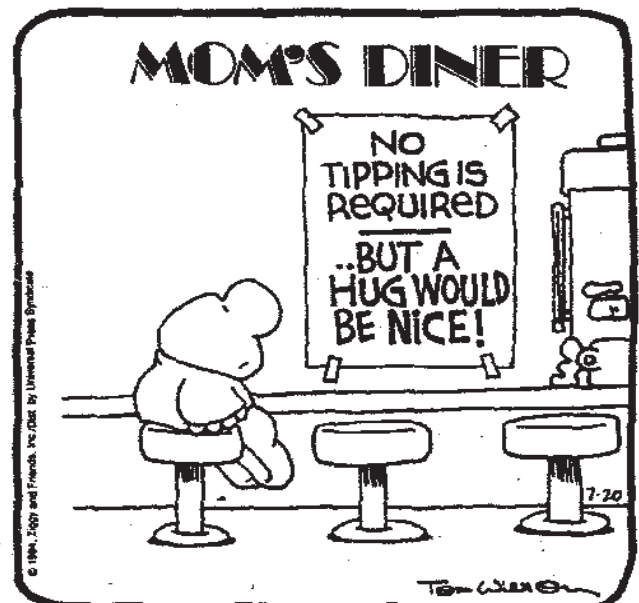
- **Consider the timing**—never on the first date, but before you decide to spend your lives together.
- Rehearse what you'll say with someone you trust, using a written script if necessary.
- **Pick a neutral location** (not bed, for example) for the discussion, and adopt a matter-of-fact manner.
- **Allow the other person some time and space** to digest your news. If things don't work out, remember what online dating expert Laurie Davis told FOX—"they rejected your health condition, not you. At the end of the day, it means that they were not the one."

Source: bp Hope & Harmony Headlines
April 7, 2011

As Seen In: The Rollercoaster Times
Summer 2011

Ziggy

By Tom Wilson



Personal Journeys and Quests

My Feelings

By Susie Phillips

Is this why I love the sea?
I watch it swell and rise, bow, then crash.
And it expresses something for me.

The anger and frustration
I let build within me.
I push down hard with arms shaking with fear,
Stored for years, I feel it rumble and quake.

Fear of expressing my true feelings Fear of
letting the waves
Crash and pound
Pound hard
Pound with power

But I watch the sea
And let the sight, sound, and scent of it take
me.
The sea's power is my tool.
And my feelings have been spent

And I know forgiveness
I lay gratified and serene
And feel the waves
Gently wash over me
And know God's healing care.



I do not want your pity
Nor do I want your tears
Just smile at me and listen too
When I tell you of my years

The telling of my story
Helps to make me smile
It helps me feel that I matter too
If only for a little while

Show interest in me as a person
Please don't look away
Can you understand that I'm so lonely
It's so hard to feel this way

My Prison Without Bars

By Judy A. Lindmeier

When you see me, please pray for me
That I will soon be set free
Of this prison of my body
That's made a captive of me

I remember, back in my youth
When I did laugh and sing
Life, to me, was so beautiful then
I could do most anything

I didn't think much about getting around
It just happened so naturally
I never thought that the day would come
When my body made a prisoner of me



I didn't plan for my life to be like this
I thought that I'd always be happy and
free
I didn't know that the day would come
When my body made a prisoner of me

Don't take your life for granted
No matter what you do
Because you don't know if the day will
come
When your body makes a prisoner of
you!

How to make your doctor listen

After a patient of mine had an arthroscopic partial knee replacement, he found that his pain was worse than ever. He went back to his orthopedist, who ordered an X-ray and assured him that everything was fine. But when the patient returned to the surgeon and said that he was still in severe pain, he was stunned to hear the doctor respond, "That's not possible." So the patient sought a second opinion and after undergoing a total knee replacement was told that his pain had come from a stress fracture in the femur, a rare complication of the first operation.

No one likes to be blown off, but when you're concerned about your health, more than feelings are at stake. Here are five steps you can take in a doctor's office to make sure that the physician is really listening to you.

Get right to the point

Doctors get distracted when you give them a lot of superfluous information. ("I was on my way to the supermarket because we were all out of eggs, and my husband said he wanted an omelet that morning...") Lead off with your main problem: for example, "I'm here today because I've had abdominal pain for the past week." Doctors call it your "chief complaint" and it helps them ask the right questions.

Focus on one issue at a time

Regular office visits, as opposed to new-patient visits and annual physicals, are usually scheduled for 5 to 30 minutes. So it's often difficult for doctors to discuss multiple medical issues without getting behind and keeping other patients waiting. Try to address one problem at a time and characterize it thoroughly. If there are several issues you want to address, tell the receptionist in advance that you might need a longer

time. Or at your appointment ask your doctor if he or she has time to delve into another problem. If not, schedule another visit.

Use clear, descriptive language

When rock singer Bret Michaels suffered a subarachnoid hemorrhage, he reportedly characterized the experience as feeling as if he'd been "hit in the head with a baseball bat over and over again," which probably led doctors to focus on the thunderclap headache that is characteristic of the hemorrhage. Be prepared to describe to your doctor how long you've had the problem, how often it occurs, how long it lasts, and how severe it is.



Don't embellish

The patient who always uses superlatives to explain symptoms risks being labeled as histrionic. Doctors listen more to someone they know to be levelheaded when he or she says

that the pain is "the worst of my life" than someone who always, describes symptoms as most severe.

Speak up!

Let your doctor know if you feel that something important has been ignored. Nothing gets doctors' attention more quickly than a direct statement such as, "I feel like I'm not getting my point across to you, doc." They might be distracted by worries about a patient in the emergency room waiting to be seen or a patient they saw earlier in the day with a terminal illness. But most of them would rather hear what you're thinking than have you leave the office angry or frustrated.

*Source: Consumer Reports
July 2011*

Nurtured By Nature

SMALLEFFORTS REAP big rewards when it comes to experiencing nature's therapeutic benefits. Here are a few first steps to try:

Start a mini-garden. Begin at a level you can sustain, such as herbs in a container (rosemary, mint and thyme can easily find their way into meals) or a patch of perennials you can cut and bring indoors. "It's really hard to get into a cycle of negative thought when you're concentrating on a plant," says Aimee Taylor, a horticultural therapist in Vancouver.

Notice the details. Stop to smell a flower, or take a moment to face the wind instead of rushing to get out of it, suggests Cindy Mayhew, a wildlife photographer and recovery support specialist from Illinois. "Wherever you are and

whatever you're doing, take a moment just to experience nature," she says.

Roll down the windows. Simply feeling the sun and air on your face as you drive can make you feel more alive. Not only is fresh air invigorating, but it has been shown to reduce stress.

Eat alfresco. A picnic can lift spirits—even in the middle of a hectic work day. If there is a patch of grass or pleasant bench nearby, take your lunch outside to enjoy a break from recirculated air, bland walls and the hum of fluorescent lights. As a bonus, take your time walking back to the office.

*Source: esperanza
Spring 2011*

Cuts hurt jail mental health care

RIVERSIDE COUNTY: The sheriff says he agrees with the findings by the grand jury.

BY DUANE W. GANG

THE PHESS-ENTERPRISE

Budget cuts are taking a toll on the mental health care provided to inmates in Riverside County's jails, a new grand jury report concludes.

The 14-page report found that the cutbacks have caused delays for inmates who need to see mental health specialists and receive medication.

The Sheriff's Department runs the county's five jails, but mental health care is overseen by the Department of Mental Health. More than a fourth of the county's nearly 3,700 inmates receive some type of mental health care, according to the report, made public late last week.

Like other county agencies, the mental health department has had to deal with significant budget cuts in recent years. According to the grand jury report, the department had the equivalent of 62 full-time staff members for the jails in fiscal 2007-2008. That is down to 35, according to the report. Among its conclusions, the grand jury found:

- Because of budget cuts, mental health personnel are not available to screen inmates when they are booked into jail. Correctional officers may not recognize mental health problems.
- After booking, some inmates must wait two weeks or more to receive a mental health evaluation. In addition, jail inmates have no confidential way to request care.
- Some inmates need medication several times during the day and at bedtime. "However, medications are distributed only once or twice in a 24-hour period," the report found.
- When a psychiatrist prescribes medication over the phone, county policy requires that a jail psychiatrist evaluate the inmate in person in a timely fashion. But the Blythe jail has no psychiatrist, and those at the other four jails are not full time.

The report did not cite any specific cases in which an inmate's care or safety was compromised because of the budget cuts.

The grand jury recommended that mental health professionals be on hand when inmates are booked into county jails to provide initial assessments. In addition, staffing should be available at each jail on a 24-hour basis to provide adequate care, the grand jury advised. Mental Health Director Jerry Wengerd said Thursday that he could not comment on the grand jury report until the county prepares its formal reply. The official response is required by Aug. 12.

But in a March interview, Wengerd said his department took a 19 percent budget cut last year. That has had an effect, he said.

"There are times when people have to Wait," Wengerd said. "Before we started cutting back, waiting times to see a psychiatrist was probably one day. Now, it is over two weeks."

In March, Sheriff Stan Sniff told supervisors that cutbacks in mental health care could increase his department's liability. Sniff, who ordered an independent review, asked supervisors to increase funding.

On Thursday, Sniff released a department statement on the report. The statement agreed with the report's findings and stated that the grand jury provide a "fair and balanced assessment" on mental health services in the jails.

"We share in the concerns reported and I believe that it underscores the critical situation that our jail system is facing through insufficient staffing and service levels being provided by County Mental Health Department Services," the statement read.

Reach Duane W. Gang 951-368-9547 or dgang@PE.com

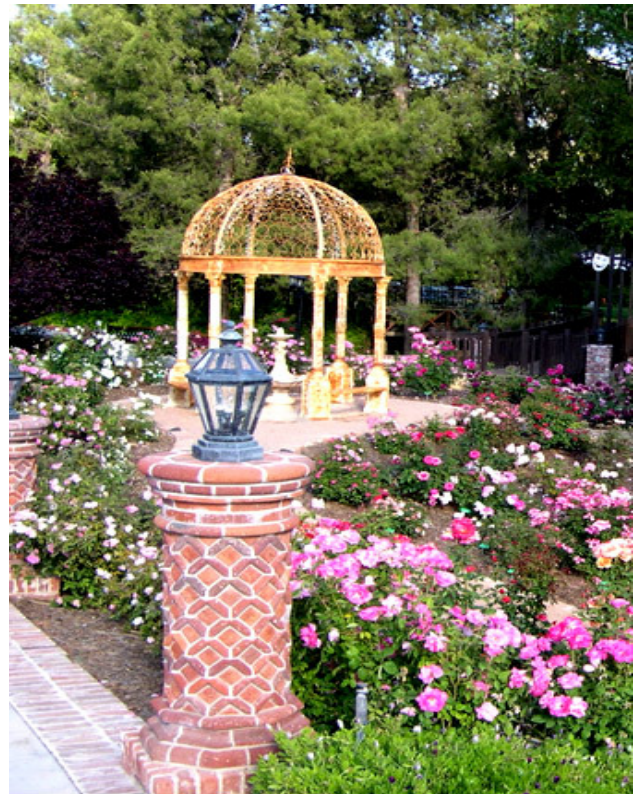
Source: *The Press-Enterprise*

May 20, 2011

The fruit of silence is prayer,
the fruit of prayer is faith,
the fruit of faith is love,
the fruit of love is service,
the fruit of service is peace.

Mother Teresa,
Indian missionary, humanitarian
(1910-1997)

Franklin Park
Rose Garden at Jo Ann's



Did You Know...

A healthy diet may be linked to mental health

Women who suffer from anxiety and depression may want to take a better look at what they're eating. According to a study published online Jan. 4, 2010 in the *American Journal of Psychiatry*, mood disorders may be more common among women who eat primarily processed, refined, and high-fat foods.

Researchers assessed the diets and mental health of 1,046 Australian women over a 10-year period. At study completion, a total of 925 women were free of mood disorders, and 121 suffered from depression and/or anxiety. The experts found that a Western diet high in foods such as hamburgers, white bread, pizza, potato chips, and high-sugar foods was associated with more than a 50 percent increased likelihood of developing depression or anxiety.

On the other hand, women who ate diets high in vegetables, fruits, lean beef, lamb, fish, and whole-grain foods were about 30 percent less



likely to suffer from depression and anxiety disorders. The associations remained even after researchers adjusted for factors such as age, weight, education, physical activity level, drinking habits, and economic status. The research suggests that women suffering from mental health problems may want to discuss their eating habits with their doctors.

Source: *Women's Health Reporter*
August 2010

**Faith is the daring
of the soul to
go farther than
it can see.**

William Newton Clarke,
American clergyman
(1841 - 1912)

'Significant' benefits found for therapeutic gardening groups



Taking part in group gardening appears to offer substantial benefits for people with clinical depression, a new study has found.

Researchers from Norway, Sweden and Denmark looked at psychological distress and social participation in adults diagnosed with clinical depression during and after participating in a therapeutic horticulture program involving groups of three to seven people.

The study found "substantial" improvements in mental health, and found that nearly 40 percent of participants reported increased social activity.

The study, from the *International Journal of Mental Health Nursing*, was entitled "A prospective study of group cohesiveness in therapeutic horticulture for clinical depression."

Source: *esperanza*
Spring 2011

Treatment with antidepressants leads to better long-term outcomes

March 17, 2011, EDMONTON, AR— Taking antidepressants appears to have a long-term benefit for people with major depression, a new study suggests.

Canadian researchers said most studies on the effects of antidepressant treatment for major depression have focused on short-term outcomes meeting very specific criteria, and said until now there has been limited knowledge about long-term outcomes associated with antidepressant use in the general population.

They looked at nearly 500 adults with depression and studied the impact of antidepressant therapy over an eight-year period. The study found that people who reported treatment with antidepressants had better long-term outcomes than people not taking antidepressants.

The study, which appeared in the *Journal of Psychiatric Research*, was entitled "The association between antidepressant use and depression eight years later: A national cohort study."

Source: *esperanza*
Spring 2011



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
951 358-4987/1-800-330-4522

Phone Phriends

If you need someone to talk with:

Leroy 951 / 686-5047

6 a.m. to 9 p.m.

Andie (Amanda) 909 / 824 - 5385

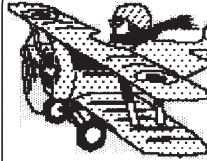
9:30 am to 7:30 p.m. (youth)

Yen Cress 951 / 315 - 7315

9 pm - 6 a.m. & Weekends

Cathy Waechter 951 / 529 - 8586

5 pm to 9 pm



ANNOUNCEMENTS

TEMECULA DMDA

Mark Monroe
951 / 926 - 8393

Rancho Cucamonga DMDA

Meets 1st and 3rd
Wednesdays evenings
Contact: David or
Samantha Johns
909 / 944 - 1964 OR
e-mail: dmjbf@aol.com

DBSA - Loma Linda

909 / 327 - 6178

HEMET SUPPORT GROUP

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

THE UPLIFTERS

(Christian emphasis) meets at
The Grove Community Church
19900 Grove Community Drive
(off Trautwein) Riv. 92508
meets Mondays 7 pm
Contact Ken Sharum
951 / 368 - 7713

DBSA (Christian Emphasis)

Lake Hills Christian Center
12500 Indiana Ave
Tuesdays 6:30 - 8:30 PM
(951) 368-7713 (Ken)

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

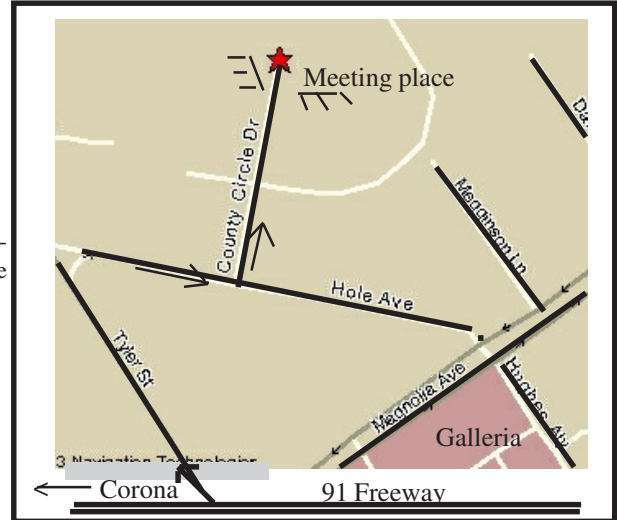
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.* For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

DBSA OF RIVERSIDE
16280 Whispering Spur
Riverside, CA 92504

HELP US KEEP COSTS DOWN

We're using a computer mailing list

Please help us keep costs down by

making sure your name and address
are correct. If there is an error or if

you are receiving more than one
newsletter, please let us know.

Print legibly so that mistakes can be
avoided.

Your help and patience are greatly
appreciated.