



# The Thermometer Times

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

VOL. 26 NO. 3 Out of Darkness . . . March 2013

## Dates to Remember

\*\*\*\*\*

Saturday 10:00 am - 12 noon

March 2, 9, 16, 23 & 30

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.

See Page 9 for Details

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



## How bipolar interrupted my art career and I recovered



Mia Sarosi lives for art. Bipolar disorder threatened her aspirations. She describes her successful battle.

### LOOKING BACK TO SUMMER 2003



Mia Sarosi: 'I'm going to be an artist again.'

**I HAVE ALWAYS** loved art. Throughout my life, a creative drive would at times build up so intensely it was like being caught up in a tornado. In hindsight, those were probably the hypomanic times: like the euphoric summer of 2003 when all hours of the day were devoted to painting canvas after canvas in an inspired haze. These memories are bathed in unrelenting sunshine and blissful feelings of effortless, endless pleasure with my work.

Everything was imbued with rich, sensuous significance and meaning. Colorful thoughts and ideas would fall into my mind like a shower of bright glass beads. They'd roll and bump into one another, sparking off patterns and ideas, forming luminous galactic nebulae inside my head. I had boundless energy and the confidence to believe I could make an outstanding success of my new business as a ceramic artist and portrait painter. I could throw a hundred pots a day on the potter's wheel and could single-handedly promote my work at the giant trade fairs I booked to attend.

I could have sold sand in the desert and ice at the poles, so it felt at those times. If only they'd lasted.

### INSIDE AUTUMN 2004

The cold, grey eight-ounce clay ball lands with a moist thud onto the potter's wheel and commences a slow, hypnotic spin. I bring both hands down tenderly,

Continued on page 2 (Bipolar Interrupted)

## 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.

## *The Thermometer Times* 16280 Whispering Spur Riverside, CA 92504

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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.**

### **BIPOLAR INTERRUPTED** (Continued from Page 1)

thumbs linked and fingers stretched loosely, right over left. With elbows resting on the rim of the splash tray, I gently increase the wheel speed with my foot and a fine spray flies out between my fingers, coating the blue splash tray and the front of my apron.

Applying steady pressure, I bring the clay into the centre as if I were folding a small bird into my palms. I press my thumb into the middle of the clay, as soft as cream cheese. Firming the base with a spiral motion, I open out the cylinder before bringing the thumb and index finger together to pinch the wall. The clay rises up obediently and minutes later it's finished. Drying my fingers, I wire through the base and offer up the pot to the shelf in front of me...

Later that day I stand up and stretch the stiffness out of my back and arms, admiring the neat rows of cylinders laid out on the boards and trestles. I realize I have been temporarily lost in a soothing, rhythmical, elemental world of earth and water.

Aching quietly from the physical effort, my body has been spun to the centre, bringing my increasingly troubled mind with it in the process. I am calm and focussed — a rare feeling these days.

Tomorrow I will fettle and dry the pots, ready for the first kiln firing. In a week or two I will glaze them and paint their little bodies with brushwork herons and dragons in soft tones of cobalt blue pigment. Destined for a London high street grocery shop, after the final firing they



will be wrapped in tissue paper and bubble pack and be sent on to sell - filled full of fine teas and mustard, sweet jams and honey. I feel proud that with my hands I can transform a humble lump of mud into something fit for the Queen,

Yet despite this productivity, I also have an ominous, twisted feeling in my stomach and the world seems to have slowed to the speed of pouring treacle. Daily, the world is turning ever more grey and claustrophobic.

The walls of my workshop seem damp and oppressing and at times there does not seem to be enough oxygen in the air. Each morning I discover a half eaten biscuit and an abandoned cup of tea lying on the workbench, stone cold and tasteless.

The last trade show I attended in late January has not gone well and I remember feeling overwhelmed and confused by all the hustle and bustle there, when before I had taken it all in my stride and thrived on the buzz.

*Continued on page 3 (Bipolar Interrupted)*

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## BIPOLAR INTERRUPTED (Continued from page 2)

### WINTER 2004

I experience my first admission to hospital for severe depression, and for much of the next few years my studio remains closed while I battle with madness. The damp settles in and the clay grows mouldy.

The times I am able to visit the workshop I can do no more than muster up a cup of tea and then sit in the cold for a few empty hours, staring vacantly into space. I'll return home having produced nothing.

### LOOKING BACK TO SPRING 2008

The blue and white jar on the mantelpiece caught my eye instantly as I entered the room. Setting down my cloth and polish, I wiped my hands on my apron and smiling, approached the little ceramic as if it were a dear long lost friend.

I embraced it warmly. I rolled it back and forth affectionately, studying form and decoration before setting it back down gently and returning to my dusting.

I was working as a cleaner at the time. The company's contracts included salubrious millionaires' houses and a team of us had been dispatched to spring clean this mansion from top to bottom. Being new, I was still anxious about the job and very unsure of myself around 'normal' people. It was my first paid job in a while — well beneath my capabilities on paper, but in reality I felt too inadequate to face anything more demanding.

During the years of being seriously ill with bipolar episodes, I felt as if I'd been endlessly pacing the galaxy, trying to get out. I was 38 and my belief in recovery at that time was still very fragile.

Later that morning I was assigned to clean the master bedroom en-suite. I was very grimy and sweaty by then, having worked at full pelt: the agitation and restlessness of the current slight high mood was being well serviced by the amount of physical activity required for the job.

The medication I was on made me desperately dry-mouthed and light-headed and I had begun to feel a bit dizzy. Coincidentally then, just as I was on my knees scrubbing the poshest toilet bowl I'd ever seen, I heard a well-spoken voice say,

'Would you like a cup of tea?'

I looked up to see a very elegantly dressed woman standing in the doorway looking down at me. She had perfectly manicured fingernails and a string of pearls around her neck. I concluded that she must be the client, so I stood

up and nodded my head respectfully,

'Yes please.'

'Milk and sugar?' she said, turning to stare out of the window behind her. She must be too polite to show me her nose wrinkling in disgust, I thought to myself. When I look back on it now, it was the kind of thought that represented how stigmatized I felt. A bit disorientated and perhaps trying to salvage some self-esteem, I suddenly found myself blurting out, 'You know, I am the artist who made the pot in your living room!'

Immediately I felt the color rise into my face and I kicked myself inside, but what happened next is indelibly etched onto my memory. The woman's eyes widened and her mouth dropped open. There was a very long silence in which we both stood looking deep into each other's eyes. A few drips splashed loudly onto the floor off the end of the toilet brush that was clutched tightly in my fist. She shook her head in disbelief, and raising her eyebrows, said,

'So what on earth are you doing this job for?'

### AND NOW: 2012

She had a point and I have held onto it ever since — mostly by fingernails — but it has taken me a very long time to feel like I deserve to be an artist again.

I can't say I am fully recovered because accepting a diagnosis of bipolar disorder for me excludes, a priori, this possibility.

Perhaps though, if recovery means managing things, then I am not doing too badly. There are still good days and bad days and taking medication continually raises many mixed feelings, but despite everything I have to admit that it does help me stay functioning. Over the last few years I have dabbled tentatively at my art-borrowing a friend's studio and doing the odd craft show or portrait commission. Dabbling hurt at first - like stepping into ice water. I could hardly breathe when I was reminded so vividly of all that I lost but it's easier now, and the time is right to pick up where I left off.

'I'm going to be an artist again,' I say to myself, and it feels as comfortable as old slippers. With all I have learnt about managing this condition and from the ongoing support of friends, family and professionals around me, I am doing just that.

Source: *Pendulum*  
Summer 2012



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# Lifeline for worried parents

## Resource helps cut through the mental health care labyrinth

STEVE LOPEZ

Lynn Goodloe saw her son's grades begin to fall as he developed a knack for getting into mischief at a private West-side high school. Was it a phase, drugs or something more troubling?

Harold Turner didn't know what to make of his daughter's disorganized thinking and erratic behavior at Loyola Marymount University. Was her high level of stress typical of the college experience, or was something wrong?

"Being a teenager is by definition a crazy time," said Turner, so it can be hard for parents to know whether to be patient or persistent.

The eventual diagnosis for Goodloe's son and Turner's daughter was severe mental illness, and both are now in treatment. And for the past several years, Goodloe and Turner have devoted themselves to helping others identify mental health problems and begin the daunting task of figuring out how to get help!

I checked in with Goodloe and Turner because readers asked me to write about the lessons of the elementary school massacre in Connecticut. It's unclear what emotional or psychiatric issues the killer might have been dealing with, but as readers point out, mental illness has played a role in a number of unfathomable mass killings.

Of course, it's important to remember that the vast majority of people with a mental illness do not commit crimes. And the way I see it, the greatest insanity in this country is our irrational love of guns, their easy accessibility and the cowardly refusal of elected officials to address the issue.

You want crazy? Consider the NRA CEO's cowboy call for a national posse, with armed volunteers in every school. If the NRA had its way Big Bird would patrol Sesame Street with an assault rifle.

But none of that means we should ignore mental illness. So let me get back to some practical advice from Goodloe and Turner, as well as from Dr. Mark DeAntonio, a UCLA psychiatrist for children and adolescents.

DeAntonio said parents should take note if a child suddenly becomes less communicative or more isolated.

"When you have a 16-year-old .. who's enthusiastic about school, and then in the sophomore or junior year doesn't want

to do anything but sit in his room and play games on the internet, that's a concern," said DeAntonio. "You want to see them engaging with friends, thinking beyond high school and developing plans, schemes, ideas."

So how does a parent know the difference between a computer addiction, a bad week and a mental or emotional disorder? Try to keep communicating, said DeAntonio, and take to heart the observations of adults you trust who come into contact with your child. Not that those observations are as easy to come by as they once were, he added, because schools have dealt with budget woes by getting rid of nurses, librarians, music instructors, counselors and coaches.

"These people can offer a different viewpoint because they're seeing different parts of kids," said DeAntonio. "When you get down to the bare minimum for efficiency, a lot gets lost in the social fabric of a school and it's easier to fall through the cracks, absolutely."

Nearly eight years ago, when I befriended a man who'd been diagnosed decades earlier with schizophrenia, I didn't know what I was getting myself into or where to turn for help. The same was true for Goodloe and Turner, who eventually found their way to the nonprofit National Alliance on Mental Illness, an education and advocacy group that helps families navigate the system to find help for their loved ones.

"It was NAMI that saved us. It wasn't a psychiatrist or a psychologist," said Goodloe, a medical doctor who was flummoxed by the byzantine and fragmented mental health system, even with help from her daughter, a lawyer. "We decided that if this was happening to us, it must be happening to thousands of others, so we started our own chapter."

Goodloe and the late author Bebe Moore Campbell were among the founders of Urban NAMI Los Angeles. Ten years later, Goodloe is the board president and Turner is programs director, and they're expanding their reach through connections at churches and community centers.

A vast array of new mental health services was made possible in California by a 2004, voter-approved tax on millionaires. But Goodloe says mental health "continues to be the stepchild" of the American health care system, and her chapter is flooded with pleas for help from people whose loved ones are on waiting lists for treatment. Many of the callers are among the working poor, she said, and they either have no health insurance or their policies don't cover mental health services.

Urban NAMI offers counseling and referrals to clinics, psychologists and psychiatrists. Its signature program is a free, 12-week family-to-family course that offers indispensable

*Continued on page 5 (Lifeline)*

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# Keep Anxiety from Controlling Your Life

Everyone worries and feels anxious at times. But if you suffer from severe anxiety, it can threaten to take over your life.

If you are suffering from depression and anxiety, seek medical help—depression is a disease that needs to be treated. Psychotherapy and medications or both can help control anxiety—but a healthy life-style is important, too.

## Tips for Managing Anxiety

Help keep anxiety under control:

- **Make time for sleep.** Most adults need at least seven to eight hours of rest a night.
- **Exercise.** Spend about 150 minutes a week working out.
- **Eat well.** Eat healthy, balanced meals and snacks each day.
- **Watch what you drink.** Alcohol and caffeine can heighten anxiety.

### LIFELINE (Continued from Page 4)

training and support from group leaders who have already been through “the whole shebang,” as Goodloe puts it.

That’s important, Goodloe said, because in the United States, mental illness is often criminalized, with jails and prisons filled with people whose underlying and often untreated issue is a mental illness.

Turner came to understand that intimately after his schizophrenic daughter stabbed her sister, and prosecutors were far more interested in obtaining a criminal conviction than in trying to understand the young woman’s well-documented, 10-year struggle with mental illness.

What are the lessons of Connecticut?

Too many guns, not enough mental health support.

NAMI’s national director wrote to President Obama after the shooting, advocating for improved early identification and intervention for those with a mental illness, more school-based mental health services and true mental health parity in healthcare plans.

If you have concerns about a loved one, contact your physician or your county mental health department. If you don’t get immediate help, call (800) 950-NAMI (6264) or go to [www.nami.org](http://www.nami.org), a great resource for information on symptoms and treatments of all mental disorders, as well as a link to the NAMI chapter nearest you.

One thing you’ll learn, Turner said, is that although “you’re in it for the long haul,” with proper help, many mental disorders can be managed and lives can be improved.

“There’s hope,” he said. “You can’t do this if you think it’s hopeless.”

[steve.lopez@latimes.com](mailto:steve.lopez@latimes.com)

Source: *Los Angeles Times*  
December 30, 2012

## Explore Relaxation Techniques

Stay calm when you feel the effects of anxiety

- **Breathe deeply.** Concentrate on feeling the stress leave your body.
- **Embrace humor.** Enjoy an amusing DVD or YouTube video.
- **Talk with a friend.** Friends or loved ones can help you put worries in perspective.
- **Meditate.** Focus by repeating a mantra or looking at an object or on your own slow breathing.
- **Relax your muscles.** Tense each set of muscles for several seconds, then release them.
- **Step away.** Listen to soothing music, do yoga, or get a massage.

## Change Your Thinking

Take control over your anxious thoughts:

- **Limit your worrying.** Designate a time to think about the things that are causing you anxiety. Then, put those thoughts aside.
- **Practice dealing with anxiety.** Visualize a situation that makes you feel anxious and plan how to take control of it.
- **Be realistic.** You can’t be perfect all the time. Be comfortable with what you can accomplish.
- **Taking care of yourself,** emotionally and physically, can help you keep anxiety in check.

Source: *Wellbeing*  
Feb - Mar 2013



from *Bits & Pieces*

*When you awaken love and laughter in your life, your mind lets go of fear and anxiety, and your happy spirit becomes the healing balm that transforms every aspect of human existence.*

JESSE DYLAN

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## Forgiveness, Depression, and Suicidal Behavior Among a Diverse Sample of College Students.

A study of college students suffering from depression found that students who are more capable of forgiving themselves and others after stressful life events or interpersonal problems have lower rates of suicidal behavior than their peers who are less able to forgive. The authors of this study point out that other research demonstrates that interventions that boost levels of forgiveness can increase self-esteem, hopefulness, positive emotions toward other people, and perceived self control while reducing levels of depression, anxiety, and drug use. They suggest that therapies and public health interventions promoting forgiveness may help prevent suicidal behaviors and associated risk factors among college students.

The research indicated that the ability to forgive others was directly related to lower levels of suicidal behavior regardless of the effects of depression. The authors propose that the ability to forgive others may help students move beyond emotionally stressful experiences as well as reconcile relationships injured by these events. In contrast, the impact of the ability to forgive oneself on suicidal behavior appeared to be mediated by depression - that is, greater forgiveness of self was associated with lower levels of depressive symptoms, which in turn were associated with lower rates of suicidal behavior. Additional research by the authors of this study found that forgiveness of self also moderates the association between anger and suicidal behavior.

The authors suggest that the impact of forgiveness may stem from its character as a coping process that replaces negative with positive cognitions, behaviors, and attitudes, its association with reduced levels of stress and a greater sense of personal self-control, and its contribution to reestablishing social relationships (and social support) that have been disrupted by life events or interpersonal problems.

The research used a racially and ethnically diverse sample of college students, 78 percent of whom were female. Forty-two percent of the sample had severe depression; the rest were suffering from at least mild depression. Almost half had a history of suicidal ideation or attempts, while 37 percent had suffered from ideation in the past year. Forgiveness was measured using three questions about each subject's ability to forgive him or herself, ability to forgive others, and belief that God forgives them. A belief in forgiveness by God was not found to have an impact on suicidal behavior.

Hirsh, J., Webb, J., & Jaglic, E. (2011). Forgiveness, depression, and suicidal behavior among a diverse sample of college student a *Journal of Clinical Psychology*.

Source: *Suicide and Prevention Newsletter*  
*The Weekly Spark*  
Friday, April 20, 2012  
As Seen In: *NAMI Tulare County*  
February 2013

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## Scrutiny of doctors is called lax

Consumer Watchdog says new laws are needed to reduce drug overdose, deaths.

BY LISA GIRION

A consumer advocacy group Wednesday called for new laws to improve the state's monitoring of doctors who prescribe dangerous narcotics.

Consumer Watchdog said reforms were needed to reduce surging prescription drug overdoses and to rein in incompetent and corrupt physicians.

"We call upon you to convene hearings immediately to deal with this crisis and consider appropriate solutions," the Santa Monica-based group wrote in a letter to Gov. Jerry Brown and lawmakers.

The letter was prompted by Times reports that exposed the role of physicians' prescriptions in overdose deaths.

The group called for measures that would require regulators to routinely search the state's vast database of narcotics prescriptions to identify and stop doctors who are prescribing recklessly.

The database, known as CURES, "should be data-mined," Jamie Court, the group's president, said.

The U.S. Centers for Disease Control has called on states

to use such databases to identify dangerous prescribing. At least six other states do so; California does not.

If lawmakers fail to take action, Court said, his organization was prepared to make a run at getting a slate of patient safety reforms on an upcoming ballot.

Prescription drugs — primarily narcotic painkillers such as hydrocodone and oxycodone — cause or contribute to more deaths than heroin and cocaine combined.

In seeking to reduce the death toll, authorities have focused largely on how addicts

and drug dealers obtain prescription narcotics illegally. Recent Times articles, however, showed that many overdoses involved patients who were prescribed the medication by their doctors.

Consumer Watchdog said "an overhaul of the doctor disciplinary system is in order."

The group also urged random drug testing for physicians, citing a Times report Saturday about the medical board



Continued on page 7 (Scrutiny of Doctors)

**SCRUTINY OF DOCTORS** (Continued from page 6)

agreeing to restore the license—after a one-year suspension — of Nathan Kuemmerle, a West Hollywood psychiatrist who pleaded guilty to felony drug dealing and admitted to using methamphetamine.

Assemblyman Richard Gordon (D-Menlo Park), the chairman of the Assembly committee that oversees the medical board, said all of the issues raised in the group’s letter will be considered at a previously scheduled hearing March 11.

“Everything ought to be on the table,” he said.

State Sen. Curren Price (D-Los Angeles), who chairs the Senate oversight committee, said the consumer group’s input was welcome and showed that “overdose deaths and overprescribing of drugs is something everyone realizes is a real public health issue now.”

Gov. Brown “will closely consider any bills that reach his desk,” said Chief Deputy Press Secretary Elizabeth Ashford Davis,

The California Medical Assn. said in a statement that it supported efforts to reduce drug overdoses but declined to address specific proposals.

[lisa.girion@latimes.com](mailto:lisa.girion@latimes.com)

Source: *Los Angeles Times*  
February 7, 2013



## Phone Therapy Eases Depression.

Fewer people dropped out of cognitive-behavioral therapy when it took place over the phone compared with in-person sessions, according to a three-month study of 325 people with depression. But those who stuck with the in-person sessions were less likely to have relapsed after six months. The findings were published in the June 6, 2012, *Journal of the American Medical Association*.

Source: *Consumer Reports on Health*  
September 2012

## National debate in U.S. looks at gun control, mental illness



January 7, 2013, ALEXANDRIA, VA — Mental Health America (MHA) sent a letter to members of the U.S. Congress and

President Barack Obama urging action in response to the fatal shootings at a Connecticut school in December.

The organization’s proposals include restoring funding for community mental health and addiction services, public service campaigns emphasizing the value of treatment, and passage of the Mental Health in Schools Act to expand early intervention. MHA also asked that mental health consumers be consulted by the presidential task force formed after the tragedy.

MHA joins other mental health and substance abuse groups and the American Academy of Pediatrics in calling on the president to promote mental health care and gun control. In addition, advocates are protesting media reports that demonize people with psychiatric disorders.

Michael J. Fitzpatrick, executive director of the National Alliance on Mental Illness, said in a statement that national levels of violence owe little to mental disorders and increased stigma would discourage more individuals from seeking help.

Source: *esperanza*  
winter 2012

## U.S. Billionaire Funding Center for Brain Research

December 17, 2012, New York, NY--Real estate mogul Mort Zuckerman has pledged \$200 million toward research into new therapies and potential cures for a range of mental health disorders, reports *Forbes* magazine. The billionaire is endowing a Mind Brain Behavior Institute at Columbia University, which will be named after him.

Zucherman, the son of a Montreal tobacco and candy seller, said the new institute would explore “vital questions about diseases of the brain, especially as we age.”

Source: *esperanza*  
winter 2012





## 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

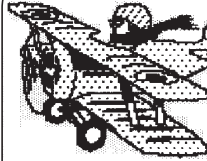
If you need someone to talk with:

### Leroy

951 / 686-5047  
6 a.m. to 9 p.m.

### Ms. Carly Jenkins

951 / 522 - 3500  
10 am to 8 pm



## ANNOUNCEMENTS

### **DBSA Temecula**

Mark Monroe @ 951 / 551-1186

### **DBSA Hemet**

Trinity Lutheran Church  
Mondays, 5 to 7 pm.  
Lyla @ 951 / 658 - 0181

### **Rancho Cucamonga DBSA**

Meets Thursdays  
Contact: Gena Fulmer  
909 / 367 - 8944 OR  
e-mail: genafulmer@yahoo.com

### **DBSA Rialto**

Keith Vaughn  
909 / 820-4944

### **Stigma Reduction and Suicide Prevention**

AdEase/Riv.Cou.Mental Health:  
Julia Sullivan 619 / 243 - 2290  
www.adeaseonline.com

### **DBSA Riverside (Uplifters)**

Grove Community Church  
Mon 7:00 pm. Room B8  
Janie Doles @ 714 / 585-5363

### **For Family Support People:**

Riverside County Mental Health Administration Building  
4095 County Circle Dr. (off Hole Ave. near Magnolia)  
7:00 pm, 1st Monday each month  
800 / 330 - 4522 (se habla espanol)

## Jefferson Transitional Programs

Invites you to

# AFTER WORKS!

**AFTER WORKS** is a FREE art social event that takes place at Art Works Gallery on Fridays from 5-7 PM. The goal of the program is to bring local professionals, artists, peers and families together in a relaxing environment to create and to learn a new arts skill. Past programming included artist and exhibition receptions, poetry readings, as well as workshops such as mixed media collage, zine-making, and drumming. No experience required!

For more information, visit  
[www.jtpfriends.org](http://www.jtpfriends.org) or call Art  
Works at (951) 683-1279.

Art Works Gallery  
3741 Sixth Street  
Riverside, CA 92501





## DBSA - Riverside

### Map Legend

- ★ Meeting Location
- TTTT = Parking

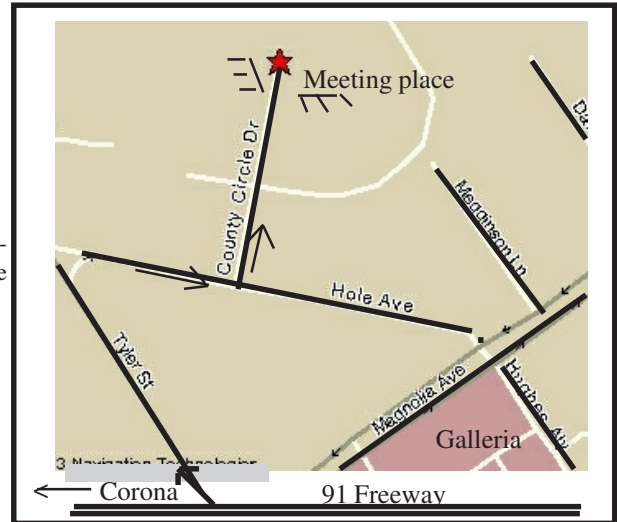
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.\* For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



### 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.



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.

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