



The Thermometer Times

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

VOL. 26 NO. 7 Out of Darkness . . . July 2013

Dates to Remember

Weekly Support Group Meetings
No Cost

Saturday 10:00 am - 12 noon
July 6, 13, 20 & 27

Meetings start promptly at 10 am.

Do yourself a good turn:

Come EARLY. Snack and visit with
friends BEFORE ten a.m.

If you come late, please enter quietly.

See Page 9 for location & map

Guest Speaker

Saturday, July 20 at 10:00 am

JULIE DISCENZA, MFT Intern

from Cal Baptist University
She will speak on the topic of

MOTIVATION

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

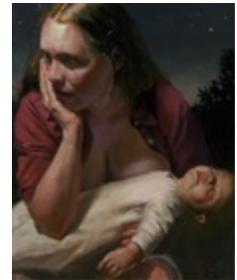
Exit 91 Frwy at Van Buren. Go south
4.2 miles on Van Buren to
Whispering Spur. Turn left.



2nd
driveway
on the right

16280 Whispering Spur
Riverside, CA 92504
951 / 780-3366

Depression in Families: Treating Mothers, Helping Children



Myrna M. Weissman, Ph.D.

Depression appears to run in families. To examine this tendency and its significance for preventing and treating depression, Dr Weissman and her colleagues have been conducting a long-term study of parents, mostly mothers, with moderate to severe depression, and the effect of their illness on their children and grandchildren. The major finding of this 30-year investigation, now extending into the third and even the fourth generation, is that offspring of depressed parents have a two- to six-fold greater risk of developing depression and anxiety disorders than the offspring of non-depressed parents.

A more recent phase of research that Dr Weissman led is the children's portion of a study conducted at 7 sites across the country exploring the question of whether children of depressed mothers benefit from a remission of the mother's depression. Not surprisingly, when this research was initiated, it was observed that a third of the children of the families participating in the study were actively ill with a brain and behavior disorder at the time of recruitment and half had a lifetime history of mental illness.

All the mothers in the study were treated with the antidepressant citalopram (trade name Celexa). After three months, about a third of them experienced at least a 50 percent reduction in symptoms, and when the mothers remitted, there was an 11 percent overall decrease in the children's diagnoses. Children of the mothers who did not get better had an 8 percent overall increase in illness. Of the children who were ill at the time of entry in the study, 33 percent got better if their mothers got better, but only 12 percent of those children whose mothers did not remit got better. All the children without a diagnosis at baseline remained well if their mothers got better, but 17 percent got ill if their mothers did not improve. A follow-up study using three different antidepressants yielded the same results.

While depression is generally believed to have a genetic base, the genes involved are as yet unknown. However, as Dr. Weissman's findings have helped to demonstrate, environment is critically important in triggering symptoms. The research she and her group conduct is providing clinical data for identifying the offspring of depressed parents as a particularly vulnerable population. The research also provides the encouraging information that if a family can be kept in remission, its offspring have a better chance of staying well.

Source: Quarterly
Brain & Behavior Research Foundation
Winter, 2013
As Seen In: NAMI Tulare County
May 2013

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

(951) 780-3366

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Please feel free to reprint any of our articles. However, please acknowledge our publication, date, and author or source. It will please the authors and recognize their efforts.

Veterans groups lose appeal to compel immediate care

January 7, 2013, WASHINGTON, DC—The U.S. Supreme Court on Monday refused to reconsider a case in which military veterans charged that delays by the Department of Veterans Affairs in processing combat-related mental health claims contributed to veterans' despair and suicides, Reuters reports.

The decision not to hear the case lets stand an appeals court ruling from May 2012 that concluded the VA did not break any laws by letting some veterans' health care claims stagnate for several years. That reversed a previous finding in which the VA was ordered to ensure that suicidal veterans are seen immediately.

*Source:
esperanza
Winter 2013*



Military suicides at record high

Suicides in the U.S. military surged to a record 349 last year, exceeding American combat deaths in Afghanistan.

Pentagon figures obtained by the Associated Press show that the 349 suicides among active-duty troops were up from 301 the year before and exceeded the Pentagon's own internal projection of 325.

Last year's total was the highest since the Pentagon began closely tracking suicides in 2001. It exceeds the 295 Americans who died in Afghanistan last year, by the Associated Press's count.

*Source: Los Angeles Times
January 15,
2013*

Legislators warn medical board

By LISA GIRION
and SCOTT GLOVER

In an unusual display of concern, lawmakers overseeing the Medical Board of California have threatened to dissolve the agency unless it “shows significant progress” in protecting patients from dangerous doctors.

In a letter, state Sen. Curren Price (D-Los Angeles) and Assemblyman Richard Gordon (D-Menlo Park) called on the board to be more aggressive in monitoring the state’s 100,000-plus physicians.

Price said Thursday that the letter reflected the consensus of the 11 lawmakers who sit on the committee charged with evaluating whether the board should be reauthorized or allowed to expire, or “sunset.” The lawmakers want action — not just assurances, Price said.

“The board needs to be more responsive,” he said. “We want to see some positive steps.”

The letter, addressed to Medical Board President Sharon Levine, cites a Los Angeles Times investigative report that detailed cases in which doctors continued to practice despite having prescribed drugs to multiple patients who fatally overdosed. In some instances, the deaths occurred as the doctor was under investigation by the board and the inquiry dragged on for months or years.

“When the [board] finds such issues, it is imperative that [it] take swift and certain action,” the April 1 letter states.

Price and Gordon also criticized the board for failing to make better use of so-called interim suspension orders through which it can ask a judge to halt a doctor’s prescribing immediately in egregious cases.

“Clearly it is troubling that the board does not seek more ISOs, given the great potential for [patient] harm,” the lawmakers stated in their letter.

They said that if they did not “receive firm commitments from the board” showing significant progress in these and other areas, it would be dissolved as of Jan. 1 [2014].

Lawmakers rarely make concerns about consumer boards so public.

“This is quite unusual,” said Julianne DAngelo Fellmeth, a public interest lawyer who has monitored the board on behalf of the Legislature.

Fellmeth said the letter makes clear the committee’s frustration at the board’s failure to implement reforms imposed



by the Legislature in the past and its failure to hire enforcement officers after the committee “went to bat” for the funding amid the state’s budget crisis

The legislators criticized the board’s hiring record in the face of “major enforcement problems.” That’s a signal, Fellmeth said, that the committee considers protecting patients from dangerous doctors as the board’s highest mission.

“When it doesn’t work,” she said, “people die.”

The lawmakers also asked board officials to explain their policy on “stipulated settlements” with doctors accused of misconduct.

The request was prompted by an Orange County Register article that revealed that doctors were routinely able to negotiate lighter penalties than board disciplinary guidelines called for, even in cases in which patients were

killed or seriously injured

The letter from Price and Gordon follows a hearing in Sacramento in March that was dominated by emotional testimony from parents of victims of prescription drug overdoses. Many wore matching T-shirts with the word “ENOUGH” on the front. They criticized the board for doing little or nothing to stop doctors recklessly using their prescription pads.

At the hearing, Levine faced tough questions from lawmakers regarding the agency’s enforcement efforts.

Price and Gordon said patients “deserve a proactive Medical Board that places patient protection and interests first, ahead of physician interests.”

Levine did not respond Thursday to requests for comment.

“There are some very serious problems at the medical board,” Gordon said in an interview Thursday. “We wanted to get their attention.”

lisa.girion@latimes.com

scott.glover@latimes.com

Source: Los Angeles Times

April 12, 2013



Researchers Gain Ground on Antipsychotic Side Effects

Experts proclaim that approximately 14.4 million Americans take an antipsychotic medication. The drugs are typically prescribed for bipolar disorder, schizophrenia, or a number of other behavioral disorders — making them among the most prescribed drugs in the U.S.

Unfortunately, despite their widespread use, most of the medications are known to cause the metabolic side effects of obesity and diabetes.

Naturally this presents a significant dilemma to individuals as they weigh a choice between improving their mental health and damaging their physical health.

A new paper in the journal *Molecular Psychiatry*, discusses the biochemical changes triggered by the antipsychotic drugs.

The medications interfere with normal metabolism by activating a protein called SMAD3. The SMAD3 protein, in turn, is an important component of a cellular conduit termed the transforming growth factor beta (TGFbeta) pathway.

The TGFbeta pathway regulates many biological processes, including cell growth, inflammation, and insulin signaling.

In the current study, all antipsychotics that cause metabolic side effects activated SMAD3, while antipsychotics free from these side effects did not.

What's more, SMAD3 activation by antipsychotics was completely independent from their neurological effects, raising the possibility that antipsychotics could be designed that retain beneficial therapeutic effects in the brain, but lack the negative metabolic side effects.

“We now believe that many antipsychotics cause obesity and diabetes because they trigger the TGFbeta pathway. Of all the drugs we tested, the only two that didn't activate the pathway were the ones that are known not to cause metabolic side effects,” said Fred Levine, M.D., Ph.D., senior author of the study.

The TGFbeta pathway also plays an important role in metabolic disease in people who don't take antipsychotic medications.

“It's known that people who have elevated TGFbeta levels are more prone to diabetes. So having a dysregulated TGFbeta pathway - whether caused by antipsychotics or through some other mechanism - is clearly a very bad thing,” said Dr. Levine. “The fact that antipsychotics activate this pathway should be a big concern to pharmaceutical companies. We hope this new information will lead to the development of improved drugs.”

Source: Sanford-Burnham Medical Research Institute

As Seen In: Life in Balance

February-March 2013



Mental Health Risks Increased By Childhood Trauma

January 1, 2013, WINNIPEG, MB— Enduring bad experiences in childhood seems to contribute to several mood and anxiety disorders in adults, a new study of active military personnel has found.

Canadian researchers studied the impact of childhood physical or sexual abuse, exposure to domestic violence, parental divorce or separation, parental substance abuse problems, being taken into custody by child protective services, poverty, or being hospitalized.

After adjusting for the effects of traumatic experiences related to their military deployment, the soldiers who had a history of adverse childhood events reported significantly higher rates of mood or anxiety disorders in the last year, the study found.

The researchers said intervention strategies to prevent mental health problems among soldiers should take childhood traumas into account.

The study, which appeared in the journal *Psychological Medicine*, was entitled “Adverse childhood experiences in relation to mood and anxiety disorders in a population-based sample of active military personnel.”

Source: esperanza

winter 2013

Winners of Creative Writing Contest in celebration of “May is Mental Health Month”

The Coachella Valley Arts Center in Old Town Indio hosted a creative writing contest and Art Show for mental health consumers, family members and community members residing in Riverside County to submit and exhibit art and writing skills. The show remained open to the public for viewing through Sunday, May 26. The contest was sponsored by Riverside County Department of Mental Health-Desert Region, Desert Region Mental Health Board and the Coachella Valley Arts Alliance.

Cash prizes were awarded to 11 artwork and creative writing winners. The first and second prize winning creative writing entries are published below:

Relapse

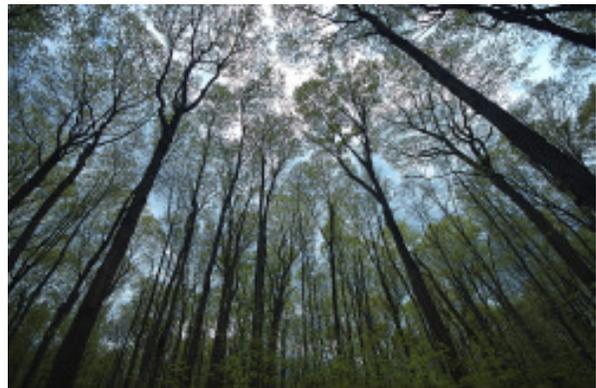
She's proud of herself but she won't tell you why
it's been almost a week since she last even tried
but the voices won't stop and today they won
will she go for a razor or pick up a gun
after hours of crying and arguing with herself
she gives in and opens the box on her shelf
overwhelmed with emotions she selects her blade
oddly delighted with the choice that she's made
so once again she takes a razor to her vein
with out even flinching or feeling the pain
well there is pain but it's mistaken for praise
she is lacking in judgment because of the daze
she sits emotionless, blood pouring from her wrist
giving into the feeling that so long she's resist
a smile crosses her face as it spills down her arm
she's caught up in the evil we know as self harm
~ASHLEY TANNER 2013

Recovery

She's proud of herself but she won't tell you why
it's now been a month since she last even tried
the voices don't stop but today she has won
she put down her razor and put down her gun
after hours of thinking silently to herself
he goes and picks up her old friend from the shelf
overwhelmed with emotions she picks up her blade
and disposed of the evil and drops the charade
for the first time in a while her lips crack a smile
it won't be easy, but it will all be worthwhile
her cuts turn to scars and those scars will fade
but this makes her feel stronger, she's no longer afraid
she sits there aware the dark cloud has lifted
she can see a future, she knows that she's gifted
with a smile on her face she looks at her arm
she's defeating the evil we know as self harm
~ASHLEY TANNER 2013

We Are Unique

Take a stand, tall and proud
Don't be afraid to stand out in a crowd
God put us all in this world for a reason
Through good and bad times, whatever the season
Each of us unique in our very own way
Our very own struggles from day to day
Some of us need a hand of hope
To help us step back and learn ways to cope
When society shuns don't you fret
There's someone who cares, it's not over yet
We all have the same feelings as you
And I'm sure that you all have struggles too
So before you form judgment take a second glance
I have a lot to offer if given the chance
Don't be tricked into the worldly hypnosis
We are all the same, I just have a diagnosis
We can triumph or crumble, we have a choice
To remain in silence or to use our voice
Stability doesn't come from riches and wealth
True happiness comes from good mental health
Seeking help does not make us weak
It's just apart of what makes it unique
MELISSA CASTRO
April 17, 2013



Deal averts deep cuts in home care

An 8% cut in service hours for elderly and disabled is approved; 20% had been sought.

By **CHRIS MEGERIAN**

SACRAMENTO — Gov. Jerry Brown will no longer seek steep cuts in home care for the elderly and the disabled, ending a prolonged court battle spawned by the state's persistent budget crisis.

The Brown administration reached an agreement with unions and social service advocates to allow an 8% cut in service hours, less than half the 20% reduction the state tried to enact last year.

State funding for workers' salaries will not be reduced, and Sacramento will not further restrict qualifications for receiving the services under the settlement — two changes originally sought by Gov. Arnold Schwarzenegger in 2009.

Over the years, courts have blocked these cuts in the program, known as In-Home Supportive Services, which pays for 350,000 workers to provide hygienic and other personal care, housecleaning, grocery shopping and other forms of aid to 448,000 Californians who might otherwise have to live in nursing homes.

"Today's agreement represents a significant compromise for all sides and preserves access to this important benefit," said a statement from Toby Douglas, director of the California Department of Health Care Services.

Activists and unions also hailed the accord, which resolves two lawsuits, as a victory for workers and the people they serve.

"This looming cloud of huge cuts is gone," said Melinda Bird, litigation director for Disability Rights California. "It helps everybody move forward."

All parties involved said they plan to ask that the lawsuits be dismissed and to pursue legislation to finalize the agreement.

The lawsuits, emblematic of California's budget crisis, were among several filed to block cuts sought by Schwarzenegger and Brown when the state faced ballooning deficits.

Brown planned the 20% cut in service hours in January 2012 after tax revenue fell short of projections, but the move was blocked by a federal judge in Oakland.

The governor was still able to slice 3.6% from the program in the current budget, which expires June 30. The new agreement will extend that reduction and add a 4.4% cut, for a total 8% reduction.

The average recipient will get roughly one hour less in assistance each week. The cut will be reduced to 7% next year.

Officials also agreed to seek a new, unspecified fee from providers to help restore money to the program. Such a fee, which would qualify California for more federal matching funds, would need to be approved in Washington.

The legal settlement will allow the state to save \$160 million in the next fiscal year, rather than the \$180 million assumed in the budget Brown has proposed, according to H.P. Palmer, spokesman for the state Department of Finance.

Rebecca Malberg, home care director for SETU-United Healthcare Workers West, said the agreement will be a relief for Californians who count on the program for critical assistance.

"They have been living with a massive amount of fear and uncertainty for the last four years," she said.

The lead plaintiff in one of the lawsuits was David Oster, who has been diagnosed with autism and schizophrenia. Restrictions proposed by Schwarzenegger would have cut him off from home aid because he has mental, not physical, disabilities.

He relies on a woman who lives in his Torrance apartment complex to help him with meals and cleaning.

Without her, he said, "I'd be lost"

chris.megerian
@latimes.com

Source: Los Angeles Times



Latinos' cultural beliefs must be considered by practitioners

January 1, 2013, NEWARK, NJ— Mental health professionals need to be sensitive to the cultural context of Latino patients with depression, according to a new study.

American researchers interviewed Dominican, Colombian and Ecuadorian immigrants receiving primary care, using a scale that identifies beliefs about what causes depression. They found that even when the patients cited life stresses as contributing to depression, the meaning of those stressors was filtered through religious and supernatural beliefs, as well as cultural values.

The researchers said it's important for practitioners to discuss a patient's belief system, interpretation of depression and expectations of treatment.

The study, which appeared in the *Journal of Transcultural Nursing*, was entitled "Cultural influences on causal beliefs about depression among Latino immigrants."

Source: esperanza
Winter 2013

Independence Day

Come Join Your Friends

At Jo Ann Martin's
Franklin Park

Thursday,

July 4th

Tour the grounds!



Picnic at 12:00 Noon

Bring a salad, main dish or dessert, if you can't bring a dish, come anyway.



Make it a family day!

JULY 4th

Fun!

Swimming, badminton, spa, food and more...

*** Directions**

Jo Ann Martin's home

Exit 91 Freeway 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

Enjoy a day on the lawn

Or take a swim in the pool!



Have a hotdog or burger while hanging out with friends

See You There!



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

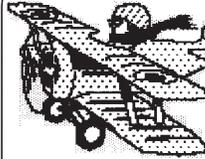
If you need someone to talk with:

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

Mike Clark @ 951 / 551-1186

Rancho Cucamonga DBSA

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

DBSA Hemet

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

NAMI Recovery Support Group

(Various Mental Illnesses)
951/361-2721

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
951/571-9090

For Family Support People: NAMI

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)
951/369-2721

RECOVERY INNOVATIONS

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 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

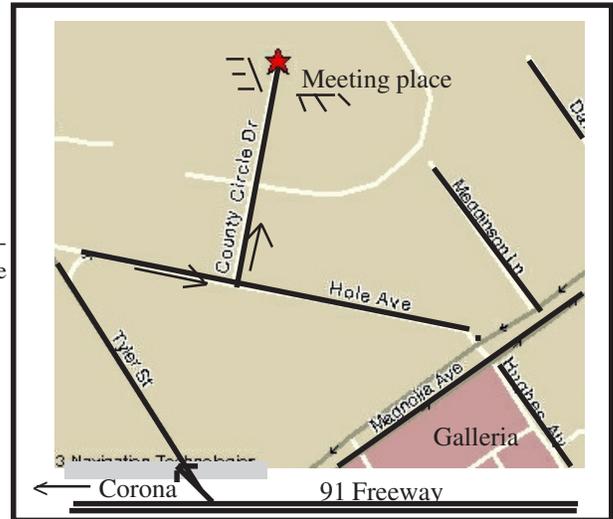
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.* For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

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.