



# The Thermometer Times

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

VOL. 17 NO. 8

Out of darkness . . .

August, 2005

## Dates to Remember

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### CARE & SHARE GROUPS

Clients and their guests are invited to come and participate. Professional care providers are always welcome.

**Every Saturday,  
10 am–12 noon**

Riverside County Mental Health Administration Building (see page 11 for address)

#### GUEST SPEAKER

August 20  
10:00am

Kenise Lewis

“Methods of

Mental Illness Intervention”

Please be on time.



## No Fooling – Laughter Heals

A study shows that the body’s response to humor includes expansion of blood vessels — the opposite result of stress. Laughter may not be the best medicine, but when it comes to healthy, functioning blood vessels, it doesn’t hurt. A study presented Monday shows that a few giggles help expand blood flow.

Researchers at the University of Maryland School of Medicine found that laughter seems to cause the tissue that forms the inner lining of blood vessels to relax or expand, increasing blood flow. Mental stress causes the opposite — making vessel linings constrict, and thus reducing blood flow. That finding confirmed earlier studies suggesting a link between emotional stress and the narrowing of these linings, called the endothelium.

“The endothelium is the first line in the developing of the atherosclerosis, or hardening of the arteries,” said Dr. Michael Miller, principal investigator for the study, “so, given the results of our study, it is conceivable that laughing may be important to maintain a healthy endothelium and reduce the risk of cardiovascular disease. At the very least, laughter offsets the impact of mental stress, which is harmful to the endothelium.”

Miller is director of preventive cardiology at the University of Maryland Medical Center and an associate professor of medicine. The study was presented before the American College of Cardiology’s scientific meeting in Orlando, Florida. It involved 20 nonsmoking, healthy volunteers, equally divided between men and women, with an average age of 33. All had normal blood pressure, cholesterol and blood glucose levels.

Each participant was randomly assigned to watch parts of two movies at opposite ends of the emotional spectrum — 15-minute clips from a movie like the graphic war depiction “Saving Private Ryan” or the bowling-hustler comedy “Kingpin”. At least 48 hours later, the volunteers were showed a movie intended to produce the opposite emotional extreme.

Before each screening, the volunteers fasted overnight and were given an ultrasound test to see how well a main artery in an arm responded after a blood pressure cuff was applied and then released. The same test was done again after each movie, and the researchers noted that the changes in blood-vessel reactivity persisted for at least a half-hour to 45 minutes.

There was no great difference in vessel dilation during either the mental stress or laughter phases, but there were sharp contrasts after the movies were seen. Blood flow was reduced in the artery in 14 out of the 20 volunteers after seeing the clip that caused mental stress. Beneficial vessel relaxation increased in 19 of the 20

Continued on page 2 (LAUGHTER)



**Meetings start promptly at 10 am.**

**Do yourself a good turn:**

**Be on time—**

**for announcements and other news that may**

**be important to**

**you, and to have time to greet your friends, old and new.**

#### 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

## Laughter (continued from page 1)

volunteers after they watched laughter-generating segments.

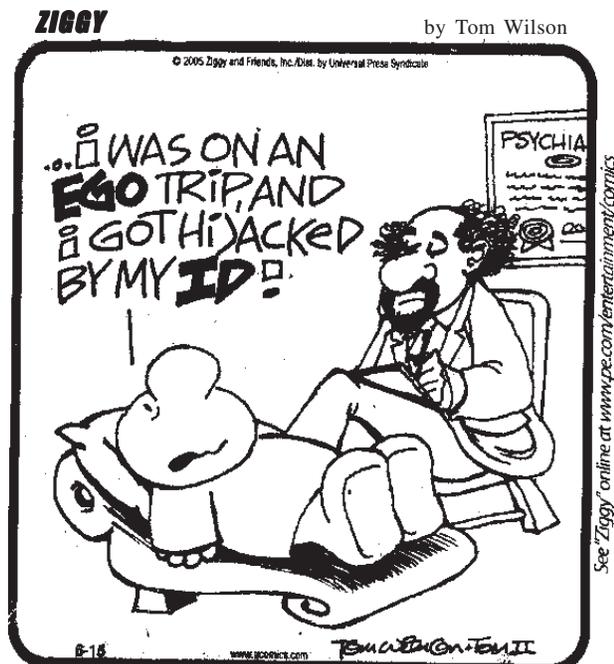
Overall, the average blood flow increased 22 percent in response to laughter, and decreased by 35 percent from mental stress. Miller said the study was not able to determine exactly how laughing benefits the blood vessels. "Does it come from the movement of the diaphragm muscles as you chuckle or guffaw, or does it come from a chemical release triggered by laughter, such as endorphins?" he wondered.

But no matter the mechanics, the study is further testament to the benefits of a positive attitude. "The magnitude of change we saw is similar to the benefit we might see with aerobic activity, but without the aches, pains and muscle tension associated with exercise." Miller said. We don't recommend that you laugh and not exercise, but we do recommend that you try to laugh on a regular basis. Thirty minutes of exercise three times a week and 15 minutes of laughter on a daily basis is probably good for the vascular system."

Robert L. Johnson, MD, FAAP, Professor of Pediatrics and Psychiatry Director, Division of Adolescent and Young Adult, Department of Pediatrics, UMDNJ — New Jersey Medical School

By Lee Bowman, Scripps Howard News Service, The Orange County Register; 3-13-05

Source: THE ROLLERCOASTER TIMES, Summer, 2005



*Conduct is more convincing than language.*

John Woolman (1720-1772)  
Clergyman and abolitionist

## Mental Health in the Emergency Room

Source: Harvard Mental Health Letter, June 2005

A new study shows that psychiatric diagnosis is neglected in emergency rooms, and racial bias or misunderstanding may be part of the problem.

The researchers examined the records of more than 33,000 adolescent and adult patients admitted to emergency rooms during a six-month period and three hospitals, including two in a city that is 71% African American. They looked for diagnoses of mood disorders, anxiety disorders, substance abuse, and schizophrenia.

About 5% of the patients had been diagnosed with a psychiatric disorder; mood and anxiety disorders were most common. Only 2.5% had a psychiatric disorder as the chief or primary diagnosis.

Out of an estimated 40 million emergency room visits for injuries in 2000, over 90% were accidental, and of the remainder, about one-third were self-inflicted. Patients with self-inflicted injuries were 40 times more likely to be given a psychiatric diagnosis than those with accidental injuries, 20 times more likely than those with illnesses rather than injuries, and nine times more likely than those with injuries inflicted by others.

The estimated rate of psychiatric disorders in the general population—20% to 25% - is far higher than the 5% diagnosed in emergency rooms. Missing psychiatric diagnoses may have been a particularly serious problem for black patients. When asked about the low rate of psychiatric diagnoses, emergency room doctors cited their lack of time and expertise. Furthermore, blacks may have gone undiagnosed because of lack of trust in the system or cultural differences.

Under a federal law in effect since 1985, everyone is guaranteed access to emergency health care, to include psychiatric disorders. The number of visits to hospital emergency rooms in the United States increased more than 20%, reaching a total of 108 million in 2000. Emergency rooms are not just for injuries and unexpected medical crises; they have become a major source of general health care for millions who lack insurance.

Source: The Initiative, Summer 2005

### *The Humor of Albert Einstein.*

"Reality is merely an illusion,  
albeit a very persistent one."

"Gravitation cannot be held responsible for people  
falling in love."

"The only reason for time is so that everything  
doesn't happen at once."

"Intellectuals solve problems,  
geniuses prevent them."



**KEVIN:  
A VERY  
TALENTED  
INDIVIDUAL**

BY  
KEVIN NENSTIEL  
(as told to the Editor)

Kevin Nenstiel was born on Sunday, May 12, 1963 at 12:55 pm on Mother's Day to Anne and Louis Nenstiel, who were God-fearing and very strict individuals. His father has since "mellowed out". Kevin was raised and lived in South Gate, CA (about 12 miles southeast of Los Angeles) for 23 years. He moved with his parents to Hemet, CA in February 1987 after graduating in May of 1986 from Cerritos College in Norwalk, CA with both a Certificate and an Associate of Arts Degree in the rapidly growing field of Word Processing. Even though Kevin was an only-child, he suffered through issues with this "old school" way of thinking that his parents deeply believed in and had established as the only right way to live. Even today, he constantly battles that narrow-minded thinking that he was subjected to on a daily basis through long-winded lectures from his mother. Kevin's mother was 50 years of age when he was born and his father was 40 years of age at that time. Even though Kevin suffered through their issues and his physical / emotional disabilities, loneliness and knowing that he was different than anyone that he knew (considered by his peers to be an outsider), family values were integrated into his daily life. Some were good, others were not so good and some were just downright bad. Kevin came to DBSA of Riverside (then MDDA) in 1988 at a time in his life when his depression became unbearable and he really needed help. This support group has been a lifesaver to him. After finding out about the group on a bulletin board at work, he went to the next meeting and has been attending ever since. When on January 1, 1992, Kevin realized that he was gay, his life began to change but it would be a long and difficult road before he would be ready to accept that he was an intelligent and a talented person and that his very low self-esteem would finally improve. He has recently, in conjunction with his roommate, started a DBSA group for those in the Gay Community who suffer from depression, manic depression and other affective disorders. Together they formed the support group, "Gays In Search of Hope". Even though his faith and religion have always been an integral part of his life, he maintains an open mind where people of all or no faiths are included in his life. He has gained much knowledge and wisdom throughout the years and is doing things he never thought were possible. After all, he was

told at a young age that "he would never amount to anything". He still fights not to believe the damaging news that he was programmed as a child to believe. If you were to have asked him 5 years ago whether he would be in any form of leadership 5 years later, he would have told you, "Absolutely NOT! I am strictly a behind-the-scenes person". Kevin is a very talented individual. He enjoys socializing with friends, getting involved in helping others with both their physical and mental well-being. He has very recently (July, 2005) been appointed by an application process to the Riverside County Mental Health Western Regional Board as a consumer member where he wishes to serve out his term helping others in any way that he is able. He hopes to someday return to work but in a different role than the one that disabled him and helped to make his life miserable. He wants to be a peer counselor. He also enjoys music - gospel, jazz and other easy listening forms of music. He is a talented pianist who plays from his heart, soul and spirit. He enjoys art, where he captures in oils a world he wishes still existed. His subject matter includes old houses and old barns, country scenes, seascapes and some still-life and of course, he just loves scenes from the mid-western part of our nation. Even though everyone who knows him thinks that he is a computer wizard, he knows and tries to inform them that this isn't the case when they call for help. Most of the time he knows nothing about their problems. He does enjoy using his computer, however in organizing his life and in graphics technology (creation of flyers, brochures, business cards, greeting cards, etc.). He has also maintained a website for his local DBSA of Riverside since August 4, 2000. Kevin is currently taking bold steps to redefine, reinvent and reprogram his life. This is proving to be both rewarding and difficult. He is currently establishing boundaries with people in his life and is going through the difficult process of weeding-out those people who have been and are taking advantage of his caring and devoted nature and therefore are a drain on his health and happiness. They somehow think that Kevin will always be there for them. He is not God and is slowly recognizing that this is not healthy for him. In summary, Kevin is a very caring person who wants everyone he meets to lead happy and healthy lives. He wants to help to make this world a better place.



If you are not getting as much from life as you want to, then examine the state of your enthusiasm.

Norman Vincent Peale (1898-1993)  
Clergyman

## Two New Clearinghouses 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).

## One-Stop Shop for Prescription Assistance

The number to call is 1-888-4PPA-NOW (1-888-477-2669) if you are seeking answers to questions on prescription assistance programs sponsored by government agencies and pharmaceutical companies. The Partnership for Prescription Assistance is a coalition consisting of the NAACP (National Association for the Advancement of Colored People), National Mental Health Association, American Academy of Family Physicians, and others. You can also visit their Web site at [www.pparx.org](http://www.pparx.org).

Source: *The Initiative, Summer 2005*

GAY, LESBIAN, BISEXUAL AND TRANSGENDERED  
FRIENDS OF THE INLAND EMPIRE  
Gay Depression Bipolar Support Alliance (GDBSA)



*Gays In Search of Hope*

<http://www.geocities.com/mddariv/gayhope.html>  
(use lowercase letters only in web address)

THIS IS A GAY, LESBIAN, BISEXUAL  
AND TRANSGENDERED SUPPORT GROUP.  
Parents, family and friends are welcome here and are  
encouraged to participate in the support group in a relaxed non-  
threatening atmosphere. Please join us!

**No One Should Suffer in Silence!!!**

**Where:** County of Riverside,  
Mental Health Administration Building  
4095 County Circle Drive, Room A  
Riverside, CA

**When:** Saturdays from 1 pm to 2:30 pm  
Call or email us for the current dates.

Kevin (951) 787-8651  
E-Mail: [gdbsa@aol.com](mailto:gdbsa@aol.com)

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our publication, date, and author or  
source. It will please the authors and  
recognize their efforts.

You may now contact us via e-mail at:  
MDDAOFRIV@AOL.COM

## Check us out on the web!

### Website for DBSA Riverside

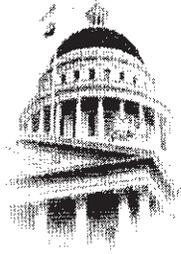
The website address for our Riverside group is:  
[dbsaofriv1@aol.com](mailto:dbsaofriv1@aol.com). And for DBSA of California go to:  
[dbsaofcal@aol.com](mailto:dbsaofcal@aol.com). <http://www.geocities.com/mddariv>

## Do you have a Medic Alert Bracelet?

Do you wear it? All the time?  
In an emergency, would others know what  
medication you are taking and why?  
Always wear your  
Medic Alert bracelet.  
It could save your life.  
If you don't have one,  
**ORDER ONE TODAY!**



(Available through most pharmacies)



# **SAVE THE DATE**

**October 28-29, 2005**

## **Mental Health, A Capital Idea**

**Depression and Bipolar Support Alliance of California**

**16th Annual Conference**

**Keynote speakers:**

**Darrell Steinberg, author of the Mental Health Services Act, former  
Assemblyman**

**Dr. Stephen Mayberg, Director, California Department of Mental Health**

**Rusty Selix, Director, California Mental Health Association**

**Donald M. Hilty, M.D., Associate Professor, of Clinical Psychiatry UC Davis**

**Featuring: Self-Help workshops, Panel Discussions, Art Show, Talent Show and  
much more**

**Location: The Holiday Inn (Downtown Sacramento)**

**For more info: 951/780-3366**

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# Drug measures sparking costly battle

**POLITICS:**Pharmaceutical firms pump millions into passing Prop. 78 and defeating Prop. 79.

BY BETH FOUHY  
THE ASSOCIATED PRESS

Gov. Schwarzenegger called a November special election last month to push several initiatives aimed at reshaping state government.

But the fall ballot's costliest political skirmish so far has nothing to do with the governor's political agenda. Two competing prescription drug initiatives one sponsored by consumer groups, the other by the pharmaceutical industry — already have attracted tens of millions of dollars.

The majority of that money has flowed in from the nation's major drug companies, which have a multibillion-dollar market in the state.

Both initiatives are designed to reduce prescription drug prices for low-income residents and the uninsured, but they differ over how many people would receive coverage and how the companies participate.

Those differences have led to an initiative campaign expected to be the costliest in state history, surpassing the \$66 million spent by Indian tribes in 1998 to legalize casino gambling.

The drug industry is pushing Prop. 78, a measure based on legislation the governor supported last year to allow residents making \$28,000 or less or a family of four earning up to \$56,000 to buy prescription drugs at a discount.

Participation by drug companies would be voluntary, but most major manufacturers have indicated they will take part.

The other measure, Prop. 79 is backed by a coalition of consumer groups and

unions. It would expand the pool of Californians eligible for the drug discounts to individuals making up to \$37,000 and families of four up to \$75,000.

Prop. 79 also would penalize companies that refuse to provide the discounts by discouraging their participation in the state's \$4 billion Medicaid program. That provision and another allowing citizens to sue drug companies for "illegal profiteering" have sparked fierce opposition from the nation's pharmaceutical industry.

"Proposition 79 is the wrong proposition for the people of California," said Jan Faiks, of the Washington, D.C.-based Pharmaceutical Research and Manufacturers Association of America. "We will spend as much as it takes to educate the voters. It is that important to us."

Source: *The Press-Enterprise*  
Riverside, California  
July 18, 2005

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## a note from the Editor

Be sure to save up for our conference coming up in October (see page 5). Brochures will be out soon with more details on workshops and presenters. It's sure to be a wonderful event. Don't miss it.

This month our "Monthly Featured Member" is Kevin Nenstiel. You can find his article on page 3.

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

We again want to solicit articles and poetry from our members for publication in the newsletter.

Articles, poetry and/or drawings can be on anything pertaining to:

\* Depression and/or Bipolar Disorder: what it is to live/cope with it; how you learned of it, what helps, what doesn't, etc., etc., etc.

\* Any other mental health issue or problem that you are passionate about.

\* Tell us about yourself and how you spend your time and what's important to you.

\* A report on a mental health event you attended or a mental health book you have read.

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:  
JoAnn Martin  
16280 Whispering Spur  
Riverside, CA 82504  
E-mail it to:  
joannmartin1@aol.com

FAX to: 909/780-5758 (if you have a problem with that FAX call JoAnn at 951/780-3366 and she will turn on another FAX machine.

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

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

Thank you.

Lynne Stewart,  
Senior Editor

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### PLEASE NOTE

The Thermometer Times prints articles from time to time which are solely the view of the writer him/herself and not necessarily ....the views of DBSA of Riverside.

**Riverside Suicide Crisis  
Help Line Call  
(909) 686-HELP (909) 686-4357  
24 hr. Hotline 7 Days a Week**

## The Health Benefits of Caring For A Pet

Mayo Clinic Staff as seen in *DBSA Dallas Newsletter, Winter 2004*

Have you experienced the unconditional love of a cat or a dog? Have you ever buried your face in a pet's soft fur and — for a delightful moment or two, felt a moment of peace and tranquility? Many people have.

But the value of a pet extends well beyond moments like these. Your pet may actually help keep you healthy.

If you already have a pet, you likely know it takes a bit of work. But the work often pays off. Dogs need regular walks which gets you out walking, too. And the health benefits of walking are well documented. On the other hand, a pet may be able to sense your moods and seek you out when you need some care, offering a warm nuzzle or, in the case of a cat, simply resting in your lap and purring.

Here's how living with and caring for a cherished animal can positively affect your health. Living with and caring for a pet may:

- Protect your heart after a heart attack. Scientists have found that people who owned dogs were more likely to be alive one year after a heart attack than were people who didn't own dogs.

- Protect your heart and blood vessels

and help you cope with stress. In comparisons of the heart rate and blood pressure of people without pets versus those of pet-owners, people with pets had lower heart rates and blood pressure levels. An added benefit was that people with pets also had less increase in their heart rate and blood pressure when put under stress. Their blood pressure also dropped faster after a stressful event.

- Help you manage your blood pressure. People being treated for high blood pressure with an angiotensin-converting enzyme (ACE) inhibitor received additional blood pressure-lowering benefits while under stress if they also owned a pet.

- Improve your mood and sense of well-being. Studies of older adults have found that those who shared their lives with pets were less likely to experience depression, were better able to tolerate living alone, and were more active than were their counterparts who didn't have pets. In people with AIDS, those who owned pets experienced less depression than did people with AIDS who didn't have pets. Pets may also reduce feelings of loneliness among nursing home residents.

Source: *DBSA Tampa Bay Newsletter*  
June-July-August 2005

## Bill introduced to cover anti-anxiety medicines

The Associated Press

WASHINGTON — Lawmakers said Friday they would seek to add to Medicare's prescription drug benefit a category of drugs commonly used to treat anxiety, insomnia and seizures.

The benefit, which begins Jan. 1, currently excludes coverage of a category of drugs called benzodiazepines. But mental-health experts say that "benzos" are sometimes the most appropriate drugs for patients, and that a sudden switch to other drugs can be life-threatening.

Xanax, Valium, and Ativan are among the most widely used benzos.

"This glitch in the Medicare law threatens the health of our beneficiaries," said Rep. Benjamin Cardin, D-Md., who is sponsoring the bill to strike the exclusion, along with Rep. Jim Ramstad, R-Minn. "The administration recognizes the problem, but it does not have the authority to fix it. Congress does, and I hope that we can pass this bill soon."

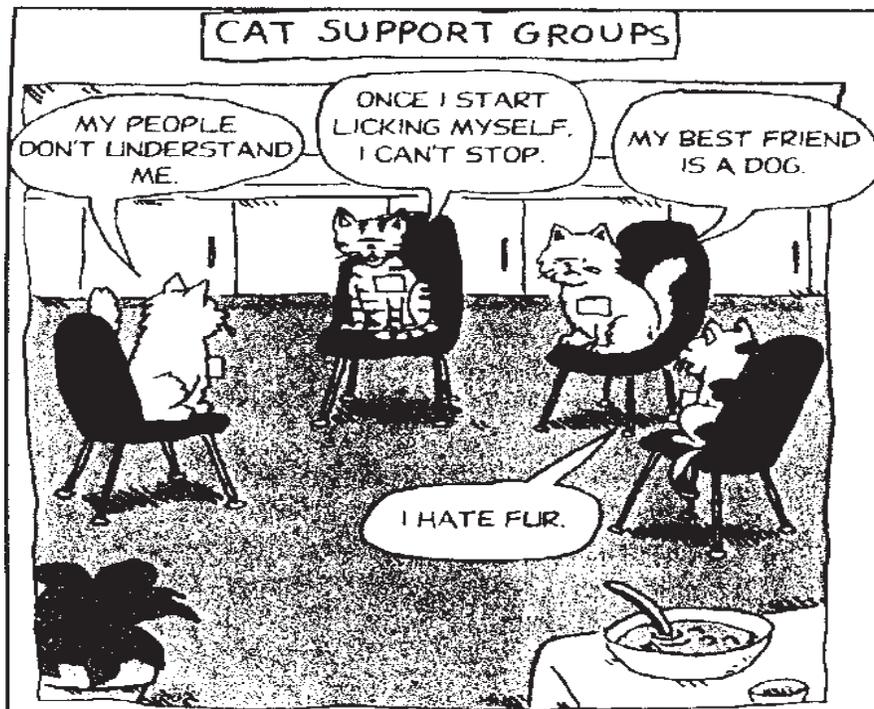
The Associated Press reported last week that the drugs were being excluded from the prescription drug benefit, prompting Cardin to take action.

Today, all states provide some Medicaid coverage for benzodiazepines, and about 1.7 million low-income senior citizens take the drugs. However, those senior citizens are supposed to get their prescription drug coverage through Medicare once the program kicks in Jan. 1. If the exclusion stands, states could decide to eliminate coverage.

Many beneficiaries who are not Medicaid eligible will be forced to pay out-of-pocket costs for their medicine, or pay for extra coverage through additional premiums.

Most states have restrictions on their coverage of benzos because the drugs are highly addictive and often used inappropriately.

Source: *The Press-Enterprise*  
Riverside, California  
July 2, 2005



# What is Bipolar Disorder

Bipolar disorder is a treatable illness marked by extreme changes in mood, thought, energy and behavior. Bipolar disorder is also known as manic depression because a person's mood can alternate between the "poles:" mania (highs) and depression (lows). The change in mood can last for hours, days, weeks or months.

What Bipolar is not - a character flaw or sign of personal weakness. Whom bipolar disorder affects - more than two million adult Americans. It usually begins in late adolescence, often appearing as depression during teen years, although it can start in early childhood or late in life. An equal number of men and women develop this illness. Men tend to begin with a manic episode, women with a depressive episode. Bipolar disorder is found among all ages, races, ethnic groups and social classes.

The illness tends to run in families and appears to have a genetic link. Like depression and other serious illnesses, bipolar disorder can also negatively affect spouses, partners, family, friends and co-workers. **Types of Bipolar Disorder:** Different types of bipolar disorder are determined by patterns and severity of symptoms of highs and lows. **Bipolar I Disorder** is characterized by one or more manic episodes or mixed episodes — symptoms of both a mania and a depression occurring every day for at least one week — and one or more major depressive episodes.

**Bipolar II Disorder** is characterized by one or more depressive episodes accompanied by at least one hypomanic episode. Hypomanic episodes have symptoms similar to manic episodes

but are less severe, and must be clearly different from a person's non-depressed mood.

**Cyclothymic disorder** is characterized by chronic fluctuating moods with periods of hypomania and depression. The periods of both depressive and hypomanic symptoms are shorter, less severe, and do not occur with regularity as experienced with bipolar I or II. These moods swings can impair social interactions and work. Many people with cyclothymia develop a more severe form of bipolar illness.

**Mania:**

- Increased physical-mental energy
- Heightened mood, exaggerated optimism
- Irritability, aggressive behavior
- Decreased need for sleep w/o fatigue
- Racing speech, thoughts and flight of ideas
- Increased sexual drive
- Reckless behavior

**Depression:**

- Prolonged sadness
- Thoughts of death
- Crying spells
- Changes in appetite and sleep patterns
- Feelings of guilt
- Anger, worry, anxiety
- Pessimism, no energy

**Treatment**

Several therapies exist for bipolar disorder and promising new treatments are currently under investigation. Because bipolar disorder is a brain disease, it is highly recommended that you consult a psychiatrist or ask your general practitioner to refer you to one. Treatments may include medication, talk therapy and support groups.

Source: THE ROLLERCOASTER TIMES  
Summer 2005

## Antidepressants and Empathy

Harvard Mental Health Letter, June 2005

A study of depression treatment by family doctors has found that patients are more likely to improve if their doctors are good communicators—but only if they also prescribe adequate medication.

More than 200 depressed patients of 18 general practitioners participated. Researchers questioned them after a visit to the doctor, assessing the doctor's empathy and support by a series of questions, showing an understanding of the patient's feelings, and showing appreciation of the patients efforts to cope. Physicians were rated on a 10-point scale for each

answer.

Three months after treatment began and again a year later, the communication skills of doctors were correlated with the outcome of the patient's depression—how long it lasted, how severe the symptoms were, and how much disability it caused.

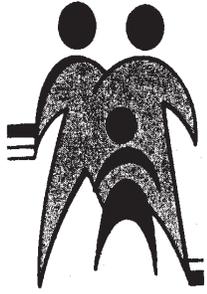
For best results, patients needed both adequate treatment (at least three months at sufficient doses) and an empathetic and supportive doctor.

Drugs improved symptoms; the doctor's empathy helped to reduce functional disability and limitations, easing the effects

of depression on daily life. Surprisingly, patients with the least communicative physicians did not get less from their medications; they were actually better off if they received no treatment at all.

Source: The Initiative,  
Summer 2005





### **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  
(909) 358-4987/1-800-330-4522

### **The Starting Point SUPPORT GROUP FOR DEPRESSIVES AND BIPOLARS**

Mesa Clinic, 850 Foothill Blvd., Rialto  
Mondays from 10:30 to 12:10  
For more info: \*82 (909) 864-4404

### **ORIGINAL MATERIAL WANTED**

Do you have a story to tell, or a poem or art work?

We welcome submissions  
to our newsletter.



If you have something you think  
we could use, please send it to:



EDITOR

DBSA P.O. Box 51597 Riverside, CA 92517-2597  
FAX 951/780-5758

## Join us for the Holidays

Picnics or dinners  
at noon at Jo Ann's

Swimming, badminton, spa, food and more...  
during summer months.

Friendly sharing during the winter  
Bring a salad, main dish,  
or dessert.

If you can't bring a dish, come anyway. Meat &  
beverage  
will be furnished.

Holidays include: Memorial Day,  
4th of July, Labor Day,  
Thanksgiving, and Christmas.  
See lower front column of this  
newsletter for directions.

## Alliance Library

DeAnza Professional bldg  
225 N. San Jacinto Ave., Ste. 8  
Hemet, CA 92543

### **NEW BORROWERS MUST REGISTER FIRST**

The public is invited to check out books,  
videos, audio tapes and materials on  
emotional disorders, their causes and  
treatments. Education and knowledge  
are powerful tools to develop  
understanding and compassion.

For further information or registration,  
please call Sue McElree  
at 951/652-2811, Ext. 5762

**OPEN WEDNESDAYS ONLY,  
2:30-4:30 P.M.**



## Phone Phriends

If you need someone to talk with, you may call one of the following members at the specified time.

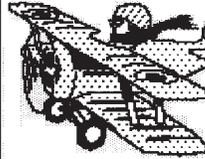
**Leroy**  
6 a.m. to 9 p.m.  
951/686-5047

**Yen**  
951/682-9519  
**Yen (cell)**  
951/315-7315

**Kevin**  
kevin2004n@aol.com

### Attention Newsletter Subscribers!!!

Those who have not renewed subscriptions to the Thermometer Times or renewed membership to DBSA- Riverside have been dropped from our mailing list. You will need to re-apply to receive our newsletter if your name was dropped. Exempt status (newsletter) persons must notify us of a desire to continue receiving the newsletter. Thank you.



## ANNOUNCEMENTS

**TEMECULA DMDA**  
Mark Monroe  
951/926-8393

**UPLAND DMDA**  
**FONTANA DMDA**  
Meet Thursday evenings  
Call David or Samantha Johns  
909/947-1307 OR  
e-Mail dmjbf@aol.com

**DBSA HEMET "FOUDATIONS"**  
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  
Contact Sheri 951/784-7402  
S1-matsumoto@sbcglobal.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  
No meeting July or August

## Calling all interested consumers!

*NAMI—In Our Own Voice: Living With Mental  
Illness*

We are looking for consumers who are interested in sharing their personal recovery stories. In Our Own Voice: Living With Mental Illness (*IOOV*) is a recovery-education program conducted by trained presenters for other consumers, family members, friends, and professional and lay audiences. Individuals need not be active in mental health advocacy at this time, but

- ▶ They have "been there."
- ▶ They are able to present professionally.
- ▶ They are in recovery.
- ▶ They have the time to be trained.
- ▶ They believe in treatment, with medication as the cornerstone 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:**

**Allison Hoover, IOOV Coordinator**  
951/ 686-5484

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

**DBSA-Riverside**

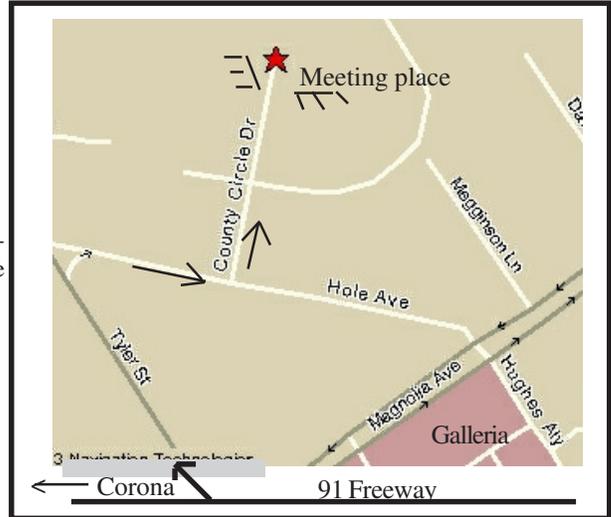
Map Legend

★ 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 Rap Group 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 Rap Group Meetings are every Saturday of every 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.