



# United Self-Help

## Hawaii's Self-Help News

2525 S. King St. Ste. 303 • Honolulu, HI 96826 • Phone: 947-5558 • Fax: 947-5002 • director@unitedselfhelp.org— April-June 2007



*Our 2nd King St. Bridges Class Graduated recently. These graduates (,From left) - Mali B., Eric I. , Kaleolani K, and Mary B. These people earned Gift Certificates, a graduation lunch, and can now work at United Self Help. Congratulations!*

### Work Works at United Self-Help

Work works! was the title of this years 4<sup>th</sup> Annual Best Practices Conference, that focused on one of the six evidenced best practices—Supported Employment. United Self-Help was pleased to send 19 consumers to learn more about Supported Employment. So, what is Supported Employment and why is it so important?

According to the Adult Mental Health Division, Supported Employment is based on six key principles: 1) zero exclusion (everyone CAN work!), 2) integrating mental health services with vocational rehabilitation, 3) access to competitive employment, 4) rapid job searches, 5) time unlimited job support, and 6) focus on consumer’s job preferences. Basically, Supported Employment recognizes the needs of mental health consumers and helps them to obtain AND keep jobs in the community!

That’s important. Research by the National Institute of Mental Health shows that “about 70 percent of adults with serious and persistent mental illness want to work, but only about 15 percent are employed.” For example, only 10-20% of individuals living with schizophrenia only 10-20 have a competitive job (NIMH, 2005). However, with supported employment—approximately 40 percent of those with schizophrenia can obtain competitive employment, usually on a part-time basis.

This all sounds great, but how do consumers feel about work? Here are some quotes from United Self-Help employees: *“I like to fix things and solve problems, working here gives me that opportunity,” — David, Office and Computer Specialist* *“Working feels great! It gets me out of my head.” —Alika, Support Group Facilitator and Peer Specialist*

If you are a BRIDGES graduate who is interested in work, contact United Self-Help today!

### Join the new Bridges Classes Now! 2525 S. King St. on Wed.; Ewa Beach on Tuesdays

United Self Help now has Bridges Classes. One at our office Wednesdays at 6:00 PM - 7:30 PM; and one in Ewa on Tuesdays from starting May 15, 5:30-7:30 at West Loch Elderly Village Community Center, 91-1472 Renton Road. Call Leona at 681-3050 for more information on Ewa Beach. We now have more than 350 graduates in the program. These graduates received Foodland gift certificates, a graduation lunch, and a job at United Self Help on warm lines, peer mentoring, newsletter preparation, support groups, warm line, and other areas. The next class has just begun and you can join now, in the United Self Help office, 2525 S. King St. (above Down to Earth). Other classes will start later at Queen’s outpatient , and Ewa Beach. Call for information. See you there!

### 4th Friday Meetings Fri, May 24, June 28

Waikiki Health Center Auditorium, 277 Ohua Ave. 7 pm to 9 pm.

Enjoy a feast on us, plus guest speakers. And .... playing bingo.

Steadfast job and housing counselors will be around to offer suggestions and answer questions. And there will be a free psychiatrist, compliments of Lydia Hardie and Hawaii Psyc Med.Assn. Enjoy a free dinner, snack and door prizes. Join us every month, same time, same place, compliments of United Self-Help, with help from the Weinberg Foundation and SAMHSA. Free for consumers and their family & friends. See you there!

### Need to Talk to Someone?

Call us at  
**Warm Line**  
4:30pm -9pm Seven days  
a week .

**947-5558**

or for Neighbor Islands  
**1-866-866-HELP**

## Want more activities in your area. Get on a Service area board, State Council.

At the recent "Work Works" conference April 3-5, many consumers asked about whether more support groups, Bridges Classes, Fourth Friday activities, could be in their area. There were wishes for more activities outside of services that we offer too. You can get them, but you have to get involved in planning.

The key to success is getting on the Service Area Board in your island. They are always looking for consumer representation. Join and tell them what you want.

We have a great opportunity to serve on the service area boards for each island. Take advantage of it.

There are many ways to speak up for what we need. In fact, we are looking for consumer members for the Governor's State Council. Call us at 947-5558 if you are interested or call members of the Consumer Dept. at Adult mental health (Bill L. Randy or Ellen) at 586-4688.

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## New Activities:

### Wally Amos (Famous Amos) helps with Self Esteem --

Monday, May 21, Self Esteem group, 3pm, 2525 S. King St. Rm 303. Come see famous Amos and get inspired.

### Leeward Bridges Class--Ewa Beach -

Every Tuesday from May 15 until Sept. 4, 5:30-7:30 at West Loch Elderly Village Community Center, 91-1472 Renton Road. Call Leona at 681-3050 for more information.

### Beach Party at Bellows in June--

June 25, 26, and 27. Free food, miniature golf, from 9 AM -1PM, stay longer if you like, support group members only. Pick your day!

### Help us improve our web site

Want to learn how a web site is made? Have any artwork or design ideas? Call Jimbo at 947-5558.

### Fun Bunch Support group plus Waianae, Kapolei Bridges Class

Call if you are interested.

## Calendar of Opportunities

**Jobs for Bridges Graduates or those taking Bridges--** Training for Consumer Assessment Team, Interviewing consumers (good pay) . Call Ester at 947-5558 for training. Also Bridges Instructors, support group leaders, Warm Line operators, Newsletter workers, or other jobs.

•**Peer mentors needed, for CBI wrap.** \$10 an hour, but the state pays you direct so it is a bit of a bureaucratic nightmare, but the money is good. You must be a Bridges Graduate or currently taking Bridges.

•**Golf**—every Thursday 9 am. Free for BRIDGES graduates if they are an active regular member of a support group. If not, come anyway and pay full price – Just \$9 plus clubs and pull cart rental. Call 947-5558 for reservations.

•**Fourth Friday, The fourth Fri. of every month, 7-9pm**  
**Waikiki Health Center auditorium.**

•**Softball** – 2 PM-5pm, always the day after the fourth Friday (Saturday) every month, Kamamalu Park, next to Nuuanu YMCA.

•**Free Karate** – Every Wednesday, 5:30-6:30pm at Hon Clubhouse, by SENSEI Bernie. Free for all members of United Self Help or Clubhouse. Dress comfy.

•**Free Computer Classes** for Support group members at McKinley Community School for Adults, 634 Pensacola St, Room 218. Call David 947-5558 if interested. USH support group lend computers as long as that person is a member.

•**State Council Meeting** – Second Tuesday of every month, 9:30 am-noon, at Queen Liliuokalani Children's Ctr. Call Judy Crockett at 586-4688.

•**Chief's Round Table Meeting** – Third Monday of each month, call Randy Hack at 586-4688.

•**Oahu Service Area Board meeting**, 3rd Monday of Month, 6pm Kalihi Palama Mental Health Center . Get involved with the changes being made. Consumer input is needed.

•**Hawaii Psychosocial Rehab Association (HIPRA used to be IAPSPRS)** Next meeting is ??? to be announced, at Queens Day treatment Center, Kaheihimalie Building, 1374 Nuuanu Avenue, Honolulu, HI 96817. Call MIC at 539-3939. Free for members of United Self Help Support Groups.

## Batter Up...Come "Play Ball" with USH!!!

always the day after 4th Friday (Saturday) from 2 PM - 5:30 PM @ Kamamalu Park, next to Nuuanu YMCA-fun and free Pizza.



# United Self-Help has a Support Group you'll enjoy

A few Benefits of being in a USH Support Group:

- Sharing with others who have the same challenges, Sharing of information
- Helps us solve our problems
- Training given on coping & problem solving
- Guest speakers
- Refreshments
- Tapes on mental illness
- We help each other with support throughout the week
- It's a great way to socialize
- There are special activities that people in support groups are invited to
- There are job opportunities that people in support groups get offered
- There's a social every quarter, wherever the support group wants to go.

## More Perks

- *You must be a continuing member of one of the Support Groups to the right, not counting the 4th Friday Group.* Contact the USH office, 947-5558, to see if you qualify for or if you would like more information on the following:
- **Computers on loan or for purchase** - Linux, Windows or Mac. You need to attend our free training sessions on how to use the computer, and make your own arrangements to pick it up.
- **'Cheap Rentals' Book** - Produced by Paul Stephens, it lists cheaper rentals throughout the islands. The book is available at all Support Groups for reference use, and at the USH Office. Also on the web at [www.unitedselfhelp.org/resources.htm](http://www.unitedselfhelp.org/resources.htm)
- **Medic Alert Bracelets** & engraving - purchase it and you get a \$50 reimbursement if you are in a support group.
- **Free Notary Service** - By Randy Hack

*Those who bring sunshine to the lives of others cannot keep it from themselves. --James Mathew Barrie*

## • Consumer-Run Self-Help Support Groups Offer •

### Free Mental Health Support & Education Throughout Hawai'i

#### O`ahu Support Groups

##### Are you Isolating?

- **Anxiety & Depression Support Group**  
Every 2nd and 4th Thursday of the month at 3pm, 2525 S. King Street, Rm. 303.
- **Depression Support Group**  
1st & 3rd Fridays each month, 5:00 - 6:30 P.M. 2525 S. King St., Rm 303
- **Central Leeward** - 1st and 3rd Monday, 9:00am-10:00am. Central Leeward Community Mental Health Center, Pearl City, 860 4th St. (Next to District Court), Room 222
- **Depression and Bi-Polar Support Alliance (DBSA) Support Group-now 4 times a month.**  
--1st & 3rd Monday, 6-7:30 PM, 2525 S. King St., Ste. 303, Conference Room. Ph. 947-5558.  
--2nd & 4th Mondays, 6-7:30 pm, Waikiki Health Center lobby, 277 Ohua Ave. 947-5558
- **Self-Esteem Group** - 1st & 3rd Mondays, 3-4:30 pm plus light snack. 2525 S. King St., Ste. 303, Conference Room. A support group and self esteem class. Call Mike at 521-3269.
- **Kailua Windward Oahu** - 2nd & 4th Mondays, 5:30-7 pm, St. Christopher's Church, 93 N. Kainalu Drive. Call 947-5558.
- **Queen's Bridges Support group** - 1st & 3rd Wed., 10-11:30 am, on first floor at Queens outpatient, Kaheheimalie Bldg, Nuuanu and Vineyard.
- **Schizophrenia and Schizoaffective Support Group** - RESUMES!! 1st and 3rd Thurs, 6 - 7:30 pm. NEW LOCALE: 2525 S. King St. Call 947-5558
- **Survivors/Writers Group** - in Kahalu'u, Windward Oahu. Call Bishop Peace at 239-5664 for meeting times.
- **Wahiawa Bridges Support Group** - Every Monday, 6-7 pm, Wahiawa General Hospital, 1st floor. 128 Lehua Street. Call Sue at 626-3941.
- **Writers Workshop** - Every Friday, 4 pm call Sharon at 941-7662. They meet at Coffee Talk in Kaimuki or United Self Help office at about 4pm.

#### BRIDGES Education Classes

- **NEW• Leeward Bridges Class--Ewa Beach** -Every Tuesday starting May 15 5:30-7:30 at West Loch Elderly Village Community Center, 91-1472 Renton Road. Call Leona at 681-3050 for more information.
- **Hawaii State Hospital** - call 947-5558 for reservations.
- **Kailua-Kona** - Call Sally at 322-0135.
- **Queens Day Treatment** - they just graduated, starts again in summer. Wednesday 8:00 - 10:00 am., First floor, Kaheheimalie Bldg., Corner of Nuuanu and Vineyard. Call 947-5558.
- **United Self Help Main Office** - Started Wednesday. May 2 6:00 PM - 7:30 PM at 2525 S. King St., Room 303, call 947-5558.
- **Wahiawa** - Mondays at Wahiawa General Hospital, call Sue 626-3941.

#### Neighbor Island Groups

##### MAUI

- **Kahului** - NEW GROUP -- 1st & 3rd Thursdays 6-7:30 on Kahului Union Church, Room #15, corner of Kamehameha and Lono in Kahului. Call Marian A. 877-9011.

##### KAUAI

- **Kapaa** - on hold. Anyone on Kauai want a group, fun, pay for co facilitators, free trips to Honolulu? Call us 1-866-866-HELP.

##### HAWAII

- **Hilo** - Every Tuesday, 9:30-11am, at the Hale 'Oluea Clubhouse, 1045B Kilauea Avenue. For more information call Steve M at 935-9332.
- **Hilo -- NEW Group** -- Bridge to Health - A Faith based support group, 1st and third Saturday, 11:30-1 library at St. Joseph's Church 935-9913
- **Kona** -- 1st and 3rd Wednesday, 1pm, Care Hawaii, Call Darralyn 936-9091, or Carol at 325-0711
- **Kealahou** - 2nd & 4th Thursdays, 1-3pm, Nani Olu, in Kealahou down hill from the National Guard Armory. Call Sally 328-8143 or Kathy 322-4818.

## More Support Groups

*Not necessarily affiliated with United Self-Help. Call for more information, or if you would like to be a trained Facilitator of a USH Support Group, 947-5558.*

### MENTAL HEALTH SUPPORT GROUPS

•**Anxiety Support Group**– Queen's Counseling Services, corner of Nuuanu and Vineyard. 1st & 3rd Fridays, 6-7:30 pm. Call 262-5873 or just show up.

•**NAMI (National Alliance on Mental Illness) Support Groups for Families** - 4 Support Groups on O`ahu; 1 each in Kona, Hilo, & Kaua`i. Consumers can attend too. 591-1297

•**Diamond Head Family Support groups.** - First and Third Tuesday of each month, 6:00 PM - 7:30 PM Diamond Head Health Center (3627 Kilauea Ave), Room 408. It's Free and Confidential and is facilitated by a psychiatrist, psychologist, and/or social worker. For more information, call 733-9260 Monday-Friday, 7:45am-4:30pm.

- ACOA (Adult Children of Alcoholics) 521-4477
- Alzheimers Support – 591-2771
- Al-Anon (people living with substance abusers) 593-3977; Oahu 935-1071, Kauai 246-1116; Maui 242-0296
- Alcoholics Anonymous (lesbian & gay groups available) 946-1438
- Anorexia & Bulimia Centre of Hawaii 540-1001
- Co-Dependents Anon (CODA) (relationship problems) 589-2632
- Dual Diagnosis Anonymous-Tuesdays, 2:30 PM - 3:30 PM & Friday 2:30 PM - 3:30 PM, Queens Outpatient, Kaheihimalie Bldg., Nuuanu and Vineyard.
- Gamblers Anonymous 595-8838
- Hawaii Families as Allies (parents of kids with emotional challenges) 487-8785
- Helping Hands Hawaii 536-7234
- Obsessive-Compulsive Disorders 261-6987
- Sex and Love Addicts Anonymous 926-0166
- Survivors of Suicide (SOS) 440-3823 or 440-3861
- Teen Peer Listeners O`ahu: 521-TEEN; toll free Neighbor Islands: 1-877-521-TEEN

**ACCESS LINE--  
832-3100 --24 hours**

**OR NEIGHBOR ISLANDS 1-800-75-ENTRY. For Crisis calls or access to State Mental health Services -- 24 hrs, 7days a week**

## Other Support Groups

- Adoption Circle of Hawaii-591-3834
- ALS (Lou Gehrig's Dis., clients, support) 548-0588
- American Cancer Society (24-Hrs for local support group) 1-800-ACS-2345, www.cancer.org
- Brain Injury Association of Hawaii 454-0699
- Breast Cancer support group 547-4742, 537-7353
- Caregivers support (Parents of injury disabled young adults) 221-9311
- Castle Medical Center Bereavement Support Group 263-5343 or 263-5344
- Child and Family Service 521-2377 or 681-3500
- Compassionate Friends (loss of a child) 792-0204
- Compulsive Eaters Anonymous 674-0617
- Chronic Fatigue Syndrome, Ray 955-7144
- Eldercare Hawaii Death, Dying Group 722-3000
- Emphysema Support Group- 10 -11am every Thursday, Harris United Methodist Church
- Epilepsy Support Group 528-3058
- Family Peace Centre (domestic violence) 832-0855
- Gay support & discussion grp, 848-2964
- Grieving Persons Support Group 949-0022, or Ann 261-1669
- Hawaii Down's Syndrome 949-1999
- Hawaiian Humane Society (grieving a lost pet)946-2187
- HelpCats (Hepatitis B & C monthly support group) 221-6204
- Hina Mauka-anyone affected by addiction of family member or friend 236-2600
- Kako O Ohana Pa ahao (families,current or ex-inmates) 696-4261
- Legal Line (info, referrals only) 537-9140
- Learning Disabilities 536-9684 info, no support groups
- Life Foundation (gay resources/AIDS info/anonymous HIV testing and counseling) 521-2437
- Lung Disorder 536-2236
- Lung Disorder Hui-547-9532.
- Make Today Count (life threat. illness, family and friends) patients 455-3467; others 455-3242
- Memorial Society (funeral planning info) 589-2884
- Multiple Sclerosis, 532-0811
- NA (Narcotics Anon - Drug problems) 734-4357; Friends, relatives 230-2084, 247-3191
- Nicotine Anonymous - Mondays, 5 - 6 pm. Val 593-7973
- Overeaters Anonymous 737-3469
- Parents without Partners 262-6442
- Pet Bereavement Support Group 946-2187 ext 217
- P Flag (Parents and Friends of Lesbians and Gays) 672-9050
- Parentline (questions on parenting) 526-1222
- Parkinsons 528-0935
- PWA (People With AIDS) Coalition Hawaii (by and for people with AIDS) 942-7922
- Sex Abuse Treatment Centre-24 hr Hotline 524-7273 or 535-7600 office hours
- Single Again 235-4486
- The CENTER (for Lesbians/Gays/bisexuals/transgenders) 951-7000.

## Be Part of a study Get paid, get good care!

Hawaii Clinical Research Center is now accepting volunteers with certain mental health conditions for research studies. Volunteers are compensated for their time and travel. Hawaii Clinical Research Center is a research facility devoted to the development of new medications. HCRC plays a role in ensuring that there are medications available to properly address those needs.

Hawaii Clinical Research Center is currently conducting outpatient studies involving: Schizophrenia, Bipolar Disorder, Adolescent Schizophrenia,

Child/Adolescent Bipolar, Sleep disruptions in Alzheimer's Disease and Insomnia.

HCRC conducts both outpatient studies (the individual meets with us to receive medication) and inpatient studies (the individual stays with us at Hale Ekahi through the duration of the study). Hale Ekahi (ha-lay-eh-ka-he) is a modern 30-bed residential unit, designed with the comforts of home, for the conduction of inpatient study trials. HCRC is dedicated to safety, efficiency and the highest quality of patient care.

Dr. Denis Mee-Lee established the Hawaii Clinical Research Center in 1989 to conduct specialized research within the diverse ethnic population of Hawaii.

Since its onset, the center has conducted more than 200 clinical trials covering a wide range of physical and mental health areas.

For More Information: call 808-949-4977 or visit us on the web at [www.hawaiiclinicalresearch.com/Hawaii](http://www.hawaiiclinicalresearch.com/Hawaii)

**“False beliefs can become an obstacle to your self esteem, only if you let them stand in your way”** --Wally Amos, from his book, “The Power of Self Esteem” coming to United Self Help, May Monday, May 21, 3pm, (Self esteem group) 2525 S. King. St.

## Free Computer Program Tackles Anxiety

Introducing *Fearfighter*, a Computerized Cognitive Behavioural Therapy program designed to guide you in tackling your problems.

Introduced by United Self-Help and the University of Hawaii, Fearfighter is a self-help program to help you learn to cope with and overcome fear & anxiety. Fearfighter is an eight to twelve-week course of therapy delivered to you at any computer with internet access.

Are you eligible?

Professor Cynthia Stuhlmiller, UH Department of Nursing, will offer up to an hour screening to United Self-Help Members or referrals.

Please register with Cynthia at 728-2443

Enrolment is limited so hurry to assure your screening.

## More fish oil, Less fatty acids will help fight depression, inflammation.

**COLUMBUS , Ohio -- A new study suggests that people whose diets contain dramatically more of one kind of polyunsaturated fatty acid than another may be at greater risk for both clinical depression and certain inflammatory diseases.**

The report, published online this week (March 27) in the journal Psychosomatic Medicine, suggests that we need to balance out our intake of omega-6 and omega-3 fatty acids.



The current typical American diet contains 20 times more omega-6 than omega-3, a ratio that researchers say should be lowered to 4-to-1, or even 2-to-1. This is the most recent in a long series of experiments Ohio State University researchers have conducted on the links between psychological stress and immunity.

Current recommendations allow up to two servings each week of cold-water fish - the best source of omega-3 - such as salmon or trout. This would not apply to pregnant women, she said, where concerns are greater about the heavy metal contamination such fish might contain. Omega-3 is also available as nutritional supplements "This study has shown that even in people who did not take supplements, maybe just a little bit more omega-3, could help reduce their markers for both stress and depression," Belury said.

"The important message for consumers is that they don't have to take mega-doses of omega-3 to have some impact. It might not take a whole lot to have a significant clinical impact," Belury said. The research was supported in part by the National Institutes of Health. Written by Earle Holland, (614) 292-8384; [Holland.8@osu.edu](mailto:Holland.8@osu.edu). [ | E-mail Article ]

"It now appears that diet is a very important variable in the equation as to how people respond to depression and stress."

"The data suggest that higher depression and a poorer diet in terms of omega-3 can work together to promote inflammation. Other researchers have shown that clinically depressed people -- those with more severe depression -- often have lower omega-3 levels in their blood, and several studies have shown that supplementing diets with omega-3 improves depression,"

**Work News: 60% of consumers can be successful at working when using supportive employment. and 70% of consumers want to work. Call us if you are interested, we can refer you to the right place- or Call Steadfast Employment --See them at Fourth Friday or call 599-6273**

## PDMI Where art Thou? By Catherine Dodge

I used to live on Kolo Place, in the UH quarry, at PDMI, in what some people might call a “bad” neighborhood. I had a little apartment at the Ewa end of the first floor. I helped my roommate take her shower in the morning, clean her doo doo off the floor if she couldn’t get them into the toilet (I didn’t mind). Once I had to grab a spoon out of her right hand, and a 2.8 pound container of orange-flavored Metamucil out of her left hand. I never knew how much she had eaten before I stopped her.

PDMI, I didn’t even know what those letters stood for until last week—Physically Disabled, Mentally Ill. It’s like all the other things that you just know by the letters—SOS, ER, TLC, ASAP and DSM IV. PDMI, the letters, the people and the place were a part of me. Angel the nurse, was a real angel, and David Berggren made me think and behave in certain ways when I didn’t know why – until I did know why.

In March 2004 my mother and stepfather picked me up from PDMI and brought me to my new room in my new home. I am well-fed, warm, and safe, have a little dog and a tv to watch. When, 16 or so enemies what taunt me, start their harassment and frighten me (the voices), my mother and stepfather are there to talk to. I used to sleep on the floor beside their bed. I have a bus pass, spending money and I contribute to housecleaning and getting dinner. My life is good.

Last month, at the bus stop I heard a lot of yelling that sounded like nonsense. I looked over and saw the noise was coming from a man, barefoot, in rags, and soiled from toe-to-toe. His face was so full of confusion, I thought I should buy him something to eat. Then recognition kicked in – he and I had lived at PDMI at the same time 3 \_ years ago. He had been so together then; so nice, so happy... so clean.

That vision returns to me in waves. My heart hurts when I look back at PDMI and the licensing requirements that PDMI supposedly didn’t meet.

The office of Health Quality Assurance told them “to cease and desist services that require licensure.” In a Star Bulletin article dated Feb. 23, 2004, it says 37 former PDMI clients were transferred to “other facilities” and “10 have deteriorated... another is missing.”

When I put together the fuzzy puzzle pieces that make the collage of those years of my life there, the image of “Miko’s” peering out the window of the social worker’s car on her way to another facility, the image is very vivid. She is being taken away from PDMI, away from me, to a place that has the proper license.

The inspiration and energy within PDMI are gone, both of them are gone. Angel and David died of cancer. Though 37 residents probably did go to other facilities as the paper said, there are probably at least 10 of them, still out there, homeless, soiled and hungry.

Wearing my new pants suit, with sterling silver jewelry, I feel my former PDMI friend and neighbor a bowl of vegetarian chili and rice, before I caught the next bus to Chaminade, where I would make a presentation, showing the “together”, happy, and clean side of schizophrenia. The chili and rice were only one small meal for my friend, a snack to be forgotten amongst years of hunger, a snack from me, so privileged now, but facing at any turn of disadvantage, the same streets on which he exists. I shall then desperately need PDMI again.

Will there be such a place with all the proper licensing?

## Free Wahine Wear, and Now for MEN!

Now For Men and Women in United Self-Help Support groups or women in recovery. Do you have a job interview, court appearance or JUST CLOTHES? To find out about an outfit to wear at no cost... Call Mattie at 853-1733.

You can also see the selection at our fourth Friday Meeting. Bless your heart Mattie!

### “TO LOVE ONESELF IS THE BEGINNING OF A LIFE LONG ROMANCE

Oscar Wilde -- from J. Marrone’s talk at Work Works conference.

## United Self-Help

*People helping people  
help themselves*

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mailing list? Let us know by  
using the contact info above.  
Submissions due by the 5th of the  
month.*