

New Bridges Class-Tues. July 3

And all programs continue - thanks to your support!
Also on Neighbor Islands-- if there is enough interest and participation.

NEW SUPPORT GROUPS

Over 20 groups to choose from island wide. Make friends, get support, help others

BRIDGES EDUCATION

Starts Tuesday, July 3, Thanks to Sony Open Charities, Honolulu Chamber of Commerce, Weinberg Foundation and private donations.

VISIT CALIF. PIZZA KITCHEN , JULY 16

We get 20% of proceeds, you get a free framed photo.

Help us by looking at our framed photo sale. Free framed photo with any donation starting at \$15.

FOURTH FRIDAY AND SOFTBALL SATURDAY.

7-9pm every fourth Friday. Next day is softball 2-5pm at Kamamalu Park. Fun and easy.



The latest graduates from Oahu's last BRIDGES Ed class -- graduated in March. Members of this class were allowed to take BRIDGES ONLY if they joined or started USH support groups -- class was taught by the national BRIDGES standards, by the book. Next class starts Tuesday, July 3, 3:30-5:30 at Queen's Outpatient , Nuuanu and Vineyard, 1st floor, and lasts for 10 weeks, plus there may be a WRAP class for a few extra weeks. Join the fun, learn how to cope, and qualify yourself for a job at United Self Help. Call Linda Takai 643-7500 or Bud Bowles 947-5558 or just stop in-- we'll have room.

United Self Help programs are strong.

thanks to Donors!!!

It's been a great year for programs, thanks to many people who have held us up. Just recently we received a Weinberg Achievement in Management award, and Sony Friends of Hawaii Charities for our programs. And the Dept. of Justice /Hawaii Prison Authority paid us for teaching Bridges for March 2011 to December.

350 people attended BRIDGES classes this past year, 600 plus attended our 20 support groups and more than 100 graduates then took the opportunity to secure part-time work including

teaching BRIDGES at the prisons and peer mentoring prisoners upon release. Programs and jobs within USH are supported by donations from people like you. Thank you! We thank the others for helping us continue programs: Honolulu Chamber of Commerce, SAMHSA, National Institute of Mental Health, Movie Museum, Denis Mee-Lee, Bureau of Justice , Hawaii prison system, Honolulu Rotary Club, Weinberg Foundation and other private donors.

Free: Discount Drug Cards (even for your pet)!

Save big on FDA prescription drugs -- especially if you don't have drug coverage -- with a FREE drug discount card from United Self Help. A customer walked into a store and showed his prescription. It would have been \$64, but with the drug card it was only \$15! Help us

distribute it. (We'll pay for distribution) M. K saved \$60 on a drug that wasn't covered on his health Plan.



This is one fundraising activity that you can participate in by passing out the drug cards to doctor's offices, health centers or anywhere there are people. These enable the holder to get BIG discounts on drugs if they have no insurance. You can make some money passing

them out. Using the card has saved many people hundreds of dollars --even for their pet -- on FDA approved Drugs. To get the card call United Self Help, or order the card, you can even print it by going to www.unitedselfhelpfree drugcard.org or www.freeusadrugplan.com/u74

Join us at California pizza Kitchen - Kahala Mall, July 16! 20% of purchases go to USH if you give them our coupon! Show us your receipt and get a free photo while they last.

Thank you California Pizza Kitchen for helping us while our supporters have a great time at no added cost. Use the attached coupon and give it to them on the date. Copy one and give to your friends. When you eat, drink, order takeout at the California Pizza Kitchen on Monday, July 16, and give them the coupon, they will donate 20% of these proceeds to us, at no additional cost to you. So get a great meal at their regular prices and help us.

To these Donors and more....Thanks to you for allowing us to continue: Feel free to come in and pick up your free framed photo at no charge, for your past donation!

Thanks for allowing us to stay strong with your contribution

Substance Abuse Mental Health Services Administration
National Institute of Mental Health
NAMI (also for collaboration)
Weinberg Foundation
Mental Health America - Maui (for exceptional collaboration.)
Dept. of Justice, Prison System
Honolulu Rotary Club
Office of Hawaiian Affairs
MH SIG (Mental Health Transformation State Incentive Grant)
Optum Health
Hawaii Community Foundation
Nagel Foundation
Friends of Hawaii Charities
Hawaii People's Fund
Movie Museum
Denis Mee Lee
Manning and Sarah Richards
Richard C. Palma
Carolyn Sakai, Phd.
Tom Hester
Concetta Dileo
Lynette Mau

Ann Chipchase
Grace Yoshioka, Ruth Viafara, (and other wonderful volunteers)
Wonderful Interns.
Concetta Dileo
Jeffrey Akaka, MD
Aloha United Way contributors
Foodland and contributors
Robert Cunningham
Dr. Porter
Mark Stitham, MD
Geoff and Linda Woods
Stan Luke, Phd
Sue Bergeson
Loretta Dubin
Catherine Allan
Dan Allan
Gary Blaich
David, Diane Burton
Robert Cunningham
Kate Hammett, Kirsten Nakamura
Greg Farstrup
Diane, Nelson Fujio
Dave and Suzanne Enerson
Linda Takai

Yu Fuwa Choi
Richard/Francine Hagstrom
Cheri/Mark Nissen
Gary Hayes
Cheryl Ho
Dennis Lind, MD
Russell Loo
Joseph, Elizabeth Mastrantonio
Jane Kaufmann Rich
Gina Leong Samala
Russell Loo
Kim Meyer, PhD
Rick Mossr
Nick Nagelp
David Nakamoto
Norita Nelson
Brandie Northcutt
Jim Reed
Carol Silva
Doug Smith, MD
Michelle?
Mr. Pahk
And to the many volunteers
And others who prefer to remain anonymous



Bridges Education Classes, starting Tuesday, July 3, offers information, support, Hope needed for Recovery! Thanks to a grant from Weinberg Foundation , Honolulu Chamber of Commerce and Sony Open charities, we can continue these and other programs again.

“It changed my life” said one consumer. Others met friends that they’ll have for life, for love support. And there are more opportunities : Pay for work at United Self Help, and a whole new world can open up. Graduates get a diploma and gift certificates after they join United Self Help support groups.

The classes last for ten weeks, from 3:30-5:30 p.m. every Tuesday. Here’s the schedule; Class 1-Getting to know you; Class 2. --Mood Disorders, Class 3, Thought Disorders, Class 4-Anxiety Disorders, Class 5 Personality Disorders, Class 6 Dual Diagnosis, Class 7 Medications and the Brain, Class 8, Communication, Class 9 Spirituality, Class 10, Social Security/work incentives; Class 11 Wrap , Class 12 Wrap (WRAP is optional).

Please call Linda Takai at 753-6400 if you are interested in attending and want to guarantee a seat. Attendance at seven classes is required for graduation. Please bring a three-ring binder to class.

Also on Neighbor Islands, call Susan King at 276-7523.

Free framed photo with any donation. Some frames alone are worth hundreds. Framed or Matted photos donated by renowned photographer Lynette Mau.

Given with a tax deductible donation-- you receive a photo with a donation. Some are in Koa frames. For a donation as little as \$25 you can have a matted print.

Call for appointment to see the selection, 947-5558 We will use all donations for our continuing programs:

**Support groups
Bridges Ed Classes
Newsletter
Prison peer mentoring,
Bridges classes
Warm Lines
4th Friday
Softball
Advocacy
Tennis**

Help us help you!!

More than 975

consumers use our services every year, let us grow to help more consumers -with more Bridges classes, support groups, advocacy, events.

(if you are on disability and can’t afford a donation --we don’t expect one, your participation is enough!)

Q&A

Questions from Consumers, You ask, we'll find answers

I'm confused about health insurance and how to find it. Can you give us some direction? SURE , HERE'S WHAT SAMHSA SAYS:

Hawaii Health Insurance Consumer Help

Many states offer help to consumers with health insurance problems through Consumer Assistance Programs*. They provide residents with direct help with problems or questions about health coverage, by phone and email.

Hawaii does not operate a Consumer Assistance Program under the Affordable Care Act. The new consumer protections and benefits of the law still apply to you, however.

The agencies listed below can help you take advantage of some of these new protections and benefits. They can answer your questions about different types of coverage.

If you need health insurance, be sure to check out [HealthCare.gov's Plan Finder](#). It will help you find and compare health care coverage options in your area. If you have questions about insurance you bought for yourself and/or your family or you have insurance provided by an employer who does business only in Hawaii, contact: **Hawaii Department of Commerce and Consumer Affairs** Hawaii Insurance Division, Health Insurance Branch
PO Box 3614
Honolulu, HI 96811
(808) 586-2790
(808) 586-2799
<http://hawaii.gov/dcca/insurance>

If you have a hard time affording health coverage and you have questions about eligibility or current Medicaid benefits, go to: MedQUEST (Hawaii Medicaid Program and Children's Health Insurance Program)
Department of Human Services
Med-QUEST Division
1390 Miller Street, Room 209
Honolulu, HI 96813
(808-524-3370)
dhs@dhs.hawaii.gov
<http://www.med-quest.us/>

U.S. Department of Labor
Employee Benefits Security Administration
200 Constitution Ave., NW
Washington, DC 20210
(866) 4-USA-DOL (866-487-2365)
http://www.dol.gov/ebsa/consumer_info_health.html

If you are on Medicare and have a question, or if you have a disability or end stage renal disease and want to enroll or find out if you are eligible for Medicare, contact:

Sage PLUS
Toll Free: (888) 875-9229
Local: (808) 586-7299
<http://hawaii.gov/health/eoa>

If you have been denied health insurance by private insurance companies because of a pre-existing condition, you may be eligible for a Pre-Existing Condition Insurance Plan (PCIP). Go to:

PCIP
National Finance Center
Pre-Existing Condition Insurance Plan
P.O. Box 60017
New Orleans, LA 70160-0017
(866) 717-5826
<http://www.healthcare.gov/law/provisions/preexisting/states/hi.html>

If you are a veteran and have a question or concern about veterans' health care benefits, go to:

US Department of Veterans Affairs
(877) 222-VETS (8387)
<http://www1.va.gov/health/>

If you have questions about your health insurance that are not covered by the above resources, call the Health Insurance Assistance Team of the U.S. Center for Consumer Information and Insurance Oversight at (888) 393-2789.

I've heard a lot of complaints about our mental health system in Hawaii, what are they? A: Here are a collection of thoughts from a variety of people! Thoughts are of those surveyed and not necessarily United Self-Help!!

Perhaps Everyone is trying their best;with classes for consumers, trainings, travel, computer programs to write their WRAP , research on recovery. However, these comments complaints continually arise... Can we fix them by working together?

1. You can't get a psychiatrist or a psychologist who takes Medicaid because it doesn't pay as much, there is too much paperwork, and payment is too slow. --from many consumers and doctors.

2. Some medicines are not insured, and some of us who are unemployed are "not sick enough" to get coverage through Quest.

3. "There aren't enough services in the community" top State Hospital Nurse professional".

4. It's hard to find housing, dental, apply for disability coverage, quest, food stamps.

5. My case manager doesn't get back to me, many AMHD people don't return phone calls or emails.-16 people.

6. I can't survive on disability, but if I work I will lose my Quest.

7. "Adult Mental Health seems vindictive at times. I'm afraid to say anything; I have 50 mouths to feed." Professional Care provider.

8. When I applied for disability, they turned me down.

9. I need a peer mentor and can't get one immediately from an agency, they are the only one with the contract. Why can't consumers run peer mentoring too.--20 consumers

10. Too political, sometimes? " I had an idea of how to provide better services and save money. I told the Governor (former governor) that I had a few suggestions. The former governor agreed to see me but only if her behavioral health director, my boss and a political appointee, were present. It would put my job in jeopardy, so I didn't." Former top Psychologist at AMHD.

11. There is no division of grant money to create competition. All are given to one agency, in some cases, despite limited service, and it never changes. Competition creates efficiency -- split the grant money up.

12. In order to get someone into the State Hospital you have to commit a crime. And some of these

people could have gotten out much earlier had they just plead guilty and served time. They have been in here for years -- many times because we can't find housing"--former top official at Hawaii State Hospital.

13. There's more emphasis on the medical model than Psycho-Social Rehabilitation.

14. Of the \$150 million dollar budget for the state, 1/3 is for the state hospital, with 200 patients. \$300,000/patient? Why so much?--6 consumers, 16 taxpayers

15. Hawaii is one of the few states where Clubhouses are controlled by the state, therefore they can't function as a true clubhouse since they follow state standards.

16. Government officials have spent government funds to compete with what other organizations are now doing.

17. Consumer operated programs are the first to get cut, though they are the least expensive, but often them most effective.

18. You are discouraged on offering criticism, or suggestions at provider meetings -- Top psychologist and provider.

19. Money is spent in the wrong areas

20. The current benefits system is a disincentive to work. "My case manager said I'd have to make \$38,000 in order to equal what benefits I have now."--consumer advocate.

21. We've been working on Medicaid Buy-in bill for years, and are one of the few states that doesn't have it. Why???

22. Mental Health agencies ask for bids, turn them down and performed the services themselves, at 10 times the cost. Costs are higher, results are not. Collaboration is better. --Three top non profits

23. In the past when a non-profit was awarded a grant George Fujioka, an AMHD social worker, would visit agencies once a week to assist or answer questions. Now we don't see anyone until we turn in the final report. Collaboration is nice.

24. Many are compelled to "do things for consumers" instead of giving them projects and guidance on how to do the projects themselves --

allowing empowerment and providing useful lessons.

25. "Ask us what we want, don't tell us what we need." If you have an idea, ask us first. -- consumer panel

26. "In Hawai'i, the mental health field is dominated by the Department of Health's Adult Mental Health Division. While this may not be the norm throughout the country, it's what we have to deal with either through direct services or services from an organization under contract to the state.

Theoretically, all of the state-run agencies should operate similar to the same type of agencies throughout the state. Unfortunately (fortunately), this is not the case. Consumers in Hawai'i do NOT get equal treatment because the insurance companies that the state awards their Medicaid contracts to lack the various services that mental health consumers need.

It is the Medicaid contracts that tell the consumer what services they will receive. What type of services the consumer needs never enters the picture.

Consumers that reside in care homes are told they must leave the premises for up to 7 hours each day and attend some sort of psycho-social rehabilitation program.

Many consumers go to a program that offers them little or nothing in the way of rehabilitation. They end up sitting in a corner because no one has time for them and/or the services that their program offers, don't fit with what the consumer needs to aide in their recovery.

It really saddens me to see this happening, when a different PSR may have just the type of program that a consumer might benefit from.

Maybe it would benefit those who our state-run Community Mental Health Centers serves to have a more progressive form of intake and allow clients to obtain services that would be a benefit toward their recovery, and silo consumers according to their needs and not according to their insurance card."--: Top Neighbor Island advocate

**Comments, contributions?
-- we'd love to hear from you.**



Kona and Hilo BRIDGES Graduates signed agreements to form Bridges support groups . - After a few delays they have started again.

To make a tax deductible donation visit our website at www.unitedselfhelp.org or mail to United Self-Help, 277 Ohua Ave., Room 205, Honolulu HI 96815

Jobs for consumers at United Self Help -- all for pay!
And we'll help you find another! Jobs are part of recovery!!!! And the money doesn't hurt either -
Should be a Bridges graduate and a member of a USH support group. And we can teach BRIDGES in many areas now, as long as participants promise to join or form support groups.
We'll train you at each of these positions:

- Support group** -- for all islands, and areas on each island.
- Bridges instructors**--for all islands
- Warm Line operators and assistants**--on all islands
- Peer mentors** --for released Parolees with mental illness, or for our other mentors of support groups.
- Newsletter production** --writing, folding, laying out, stamping, etc.
- Newsletter writers - Especially Articles from our Writers Group**
- Distribute Drug Cards to Doctors and organizations**
- Speakers Bureau, find and speak at our talks.**
- Grant writers-- Find and help us write them.**
- Advocacy workers** -- Go to meetings, help us testify.
- On fundraising committee**
- Help develop a business for consumers**
- Build the USH statewide consumer network**--get others to join, now we have more than 1800 members,
- Deliver Discount Drug Cards.** --To doctors, hospitals, emergency care facilities.
- Computer Assistance** -- on each island, teach, get computers from others, etc

United Self Help, 277 Ohua Ave, #205H, Honolulu, Hi 96815, 808-947-5558 , www.unitedselfhelp.org director@unitedselfhelp.org 2

Bridges Graduates from Maui , Kona, Honolulu, Hilo have their banquets, and promise to form/ join Support groups!

More than five groups in Maui and Hawaii and other islands are starting, running or reorganizing support groups, and they are looking for you. Yes there are services on the Neighbor Islands, but you have to participate.

The key to this success is you!

We hope you continue to join these groups and shape them to be just what you want for your recovery

Next year we plan to have more BRIDGES classes, peer mentoring and consumers advocating in these psycho-social rehabilitation programs.

Call us at 948-5558 if there is any way we can help. We promise to keep the quality up and the services free.

Thank you for your Support!

NEW GROUPS

WINDWARD, WRITERS, NEIGHBOR ISLANDS

In an effort to help those who have requested it, we have a number of new groups;

Windward Group

Writers Group

Hilo Group

Kona Group

Maui Groups--lao Needle, Wailuku, Soon to Kihei, Upcountry , (we hope, it's up to you Maui)

Kauai and Molokai-- Soon as we get their commitment.

Waianae, Makaha, Wahiawa, Waipahu- up to you, show your interest!

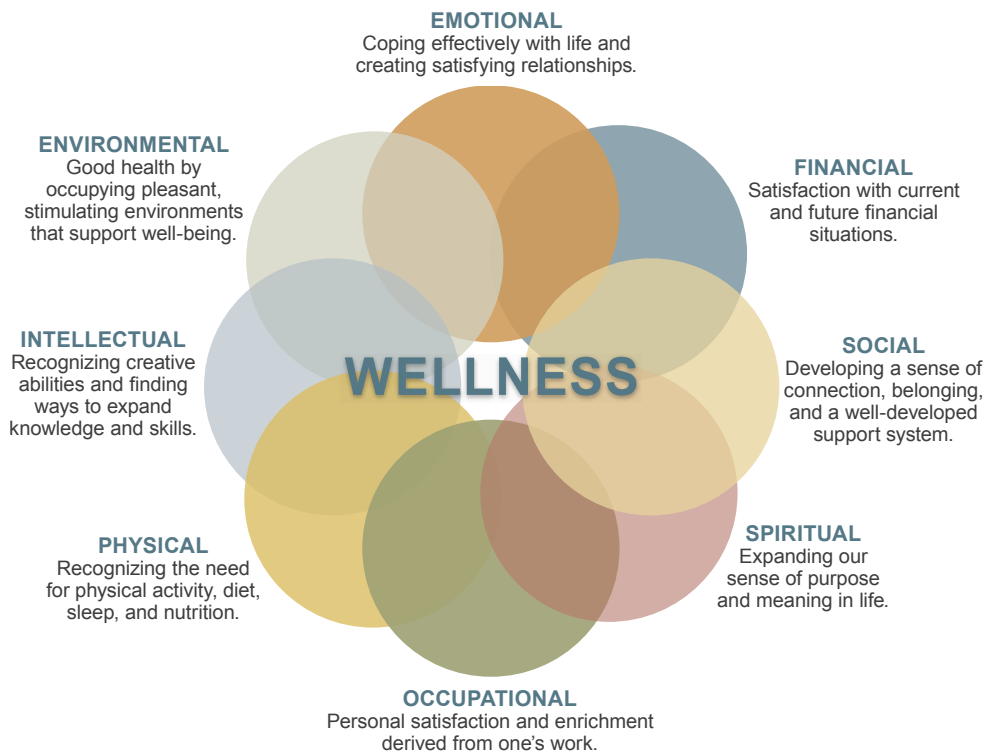
Peer mentoring Group--for peer mentors, includes ongoing training.

United Self Help Programs as of 6/15/2012 Just show up for all groups unless indicated--Free! Any problems, call us 808-947-5558

| GROUP | TIME AND DAY | LOCATION | CONTACT |
|--|--|--|---|
| DBSA-Depression/ Bipolar | 1st,3rd Mon. 6-7:30 p.m. | Moiliili Community Ctr. Room 104 | Macey Luo, 383-2644 |
| Self Esteem | 1st,3rd Mon. 3:45--5 :15 pm | Hawaii Self Storage (2909 Waiialae Ave) | Rain 599-0740 |
| Compassionate Communication | 2nd,4th Mon. 3:45-5:15 p.m | Hawaii Self Storage | Rain 599-0740 |
| DBSA-Depression / Bipolar | 2nd & 4th Mon. 5:45 - 7:15 p.m. | Waikiki Health Center (277 Ohua Ave) | Auditorium Lanai Diamond Head side or Rm 205H Mark 688-6111,Isaac 352-5024 |
| Golf Course (game-fee) | Tuesdays 1:00 p.m | Fort Shafter- Nagorski Course--fees | Call Kimo 738-8825 |
| Smart Recovery Group | Every Thursday 5:30-7pm | Waikiki Health Center #205H (277 Ohua Ave) | Call Shaun Campbell- 388-3014 |
| BRIDGES Education Classes | Starts Tuesday July 3, 3:30-5:30 pm --10 wks | Queen's Outpatient Nuuanu and Vineyard, 1st Floor | Linda Takai, 753-6400 or Bud 947-5558 |
| Attitudinal Healing | 1st&3rd Wednesdays, 6:30-8 p.m. | Harris United Methodist Church Corner of Nuuanu and Vineyard | Diane Wolfe 455-5651 (home) or 561-5651 (cell) |
| Windward (Kailua) Support | 1st,3rd Wed.,5:30-7 | St. Christopher's, 93 North Kainalu, library. Kaneohe location to be announced. | Bud 947-5558 Chuck McKeon, 395-5193 |
| Computer Classes | Thurs. 10:30 a.m. | Waikiki Health Ctr, 204H-free for USH support group members. All others, fee from \$3 | Call David 852 -0154 |
| Writer's Group | 1st,3rd Wed,3-4:30pm | Hawaii Self Storage (2909 Waiialae Ave) | Call Bud 947-5558 |
| Waianae Group | Coming soon | Coming soon? in Makaha? | Call Bud 947-5558 |
| Central Leeward | 1st & 3rd Wednesdays 9:00 - 10:00 a.m. | Central Leeward Mental Health Center (860 4th Street, Pearl City) | Laurette 456-9579 Rain - 599-0740 |
| Tennis & Lessons | Thurs. 10-11:30 a.m. | Call Bud FIRST,for reservations | Call Bud 947-5558 |
| Schizo/ Schizo-Affective Group | 1st & 3rd Thursdays 6:00 - 7:30 p.m. | Waikiki Health Center (277 Ohua Ave) | Room 203 - A Above Auditorium |
| Anxiety / Depression | 2nd & 4th Thursdays 3:00 - 4:30 p.m. | Waikiki Health Center (277 Ohua Ave) | 2nd floor, Room 205H |
| 4th Friday Party-food,Bingo for prizes, speaker | 4th Friday 7:00 - 9:00 p.m. | Waikiki Health Ctr.(277 Ohua Ave) | Auditorium |
| Softball | Day after 4th Friday 2:00 - 5:00 p.m. | Kamamalu Park by Nuuanu YMCA | Softball Field |
| Maui Wailuku Group | 2nd & 4th Saturday 10-11:30AM | Wailuku Banyan Park | Call Susan 276-7523 |
| New-Maui Kihei Group | Coming soon | Call for location | Susan 276-7523, |
| Maui Iao Group | 1st,3rd Sat. 10-11:30 | Iao Needle | Call Naomi 280-8160 |
| Hilo Support Group--New! | 2nd,4th Wed. 2-3:30 pm | Call for location | Susannah7471413,Naomi 2808160 |
| Kona Support Group--New | Call for time | Salvation Army Bldg. Kailua-Kona | Susan 276-7523, Naomi 280-8160 |

SAMHSA'S WELLNESS INITIATIVE

Eight Dimensions of Wellness



Communication among mental health consumers, professionals, and primary care providers about health information is essential to overall wellness.



Through its Wellness Initiative, SAMHSA pledges to promote wellness for people with mental and substance use disorders by motivating individuals, organizations, and communities to take action and work toward improved quality of life, cardiovascular health, and decreased early mortality rates.

To learn more and sign the Pledge for Wellness, visit <http://www.samhsa.gov/wellness>.

For information, contact: SAMHSA's Wellness Initiative
1 Choke Cherry Road
Rockville, MD 20857
E-mail: wellness@samhsa.hhs.gov

*Source: Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 3311-3314.



HHS Publication No. (SMA) 12-4568
Substance Abuse and Mental Health Services Administration
First printed 2010. Revised 2012.