



If you are BRIDGES graduates, clean and sober, and actively participating in a USH support group, USH wants you as peer mentor in a future prison grant!

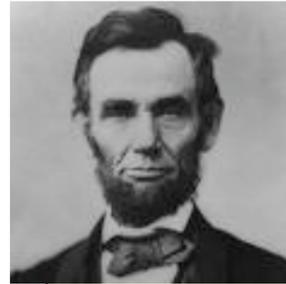
Despite budget cuts, USH continues to thrive! Yes USH is still here helping consumers. USH still has the SAMHSA Statewide Consumer network grant, and the NIMH community outreach grant. USH will sponsor in August/Sept. 2009, a new BRIDGES class and will mentor mental health consumers released from the Hawaii State Prison system. If you are a **BRIDGES graduate, belong to a USH support group**, and are interested in helping other consumers and want to participate with us, we would like to talk to you. USH is looking for individuals interested in helping incarcerated consumers to become full-fledged members of society. This is rewarding activity! There may be other opportunities to follow.

USH is also looking for several consumers to staff the newsletter and the grants committees, to facilitate support groups and to help with other activities.

The State Consumer Network is another project that USH is expanding. Join the "Consumer Power Network". Volunteer to make your voice heard in the community and in the legislature.

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"The Best President the United States ever had".



*"I'm the most miserable man living. If what I feel were equally distributed to the whole human family, there would not be one cheerful face on earth..." -Abraham Lincoln.
Lincoln had major depressive disorder. Because of the illness, he could express a lot of compassion. For that reason, historians voted him the best President we've ever had.*

STRENGTHEN OUR STATEWIDE CONSUMER NETWORK. SIGN UP NOW!

Consumers: Want stronger voice in Decision Making? Join the Statewide Consumer Network. Sign up NOW

Despite the drastic reduction of all of our state funds, USH continues to thrive. We're now earnestly working to organize all state consumers into a cohesive change-promoting network.

Why do we need an organized network of more consumers?

- **Consumers** will have more voices to express their feelings and more influence in voting for new policies.
- **Consumers** can have a consumer caucus meeting on all islands to organize and discuss issues.
- **Consumers** can be better understood with policy makers.
- **Consumers** can advocate more forcefully and have a more powerful voice.

USH has also provided a website where consumers can share feelings, and use as a resource and reference:

www.hawaiiconsumercaucus.org.

If the website doesn't work for you, let us know. You can also go to the USH website, www.unitedselfhelp.org, to get linked to it.

More details will be worked out later, but the important thing is that we need your support and name now.

If you want to be counted, sign the form attached, and encourage others too, and send it in. If they think they signed up before, have them sign again; we have a way of separating duplicates. Get it back to United Self at 277 Ohua Avenue, Honolulu, HI 96815, fax at 931-6447 or email us at director@unitedselfhelp.org. Ok, you can even call 947-5558 and it will be connected to Bud's Cell. Tell him you want to join NOW!

Warm lines are still running -

BUD always answers seven days a week from 4:30 - 9:00 p.m.

In Oahu call 947-5558.

Neighbor Islands - Toll number 1 866-866 4357

Two BRIDGES Classes graduate New one starts

Thanks to the Honolulu Chamber of Commerce new class started Tuesday, August 4th, 4-6 p.m. at Queen's outpatient. Join now!



New Bridges education class began on Tuesday August 4th; it is to continue every Tuesday until 10/06/09. The location is the Queen's Outpatient Building at Nuuanu Ave. and Vineyard Blvd.

Graduating from BRIDGES education classes not only expands the consumer's worldview in regards to mental illness. It also provides them with new opportunities, new friendships and even new careers. So far, over 350 consumers have graduated from USH BRIDGES education classes. BRIDGES grads continue their education and attend support groups, where they learn to share their feelings and help each other. They also endeavor to participate in the Nationwide Consumer Network, because they know that when they forge strong bonds, and unite, they thrive.

We have moved and we are thriving!

New grants have turned up; USH is and support groups was taken. But we still cutting expenses and continues to strive operate them with other resources, and in spite of the state's budget cuts. gained a grant to teach Bridges to Yesterday is gone, and tomorrow is a Prisoners and peer mentor them. better day. Hopefully we'll start this project in

Days after the consumer conference, the state cut out the Consumer Assessment Team, and we fired consumers, supervisor and walked away leaving United Self Help with a five year lease they encouraged us to sign. Sorry! Though angry about 100% cuts, we don't really blame anyone. The state is broke! and other agencies have bigger problems.

We moved in five days, cutting expenditures; then money for warm lines

September 2009. More Jobs for Bridges grads in support groups!
Today, USH has less money than it had ever before--\$70,000 from the feds. But so does the state. USH knows what is important to consumers, and despite the drastic reduction in income, overhead expenses, space, rent and having only one full time employee, USH continues to offer consumer the same services that they are accustomed to and deserve. Let's unite, stay with us & grow together.

Fun! Every Fourth Friday!, Waikiki Health Center Auditorium,

277 Ohua Ave. 7:00 - 9:00 p.m., Please come!

Enjoy playing bingo. Eat to your heart's content! Get some different clothing Play Bingo to prizes. Plus job counselor, psychiatrist, housing counselor, (when they remember to show up).

Regardless of the AMHD Case Management funds cuts, USH continues to strive and survive. Now MORE THAN EVER CONSUMERS NEED TO UNITE to HELP THEMSELVES the state has to save money, it may have to do it at consumers expense; in order to save \$25 millions the state to reduced consumer case management services from a 3.5 hours a day to 3.5 hours a month. Not only they cut management hours, The decision to cut case management time was based on the comparison between the time consumers spent in consultation with private providers, versus the time consumers spent in consultation at Community Mental Health Centers.

The saga continues, and for the first time in its 25-year history, the funds for Warm Lines, Support Groups, and the assessment team were also slashed. This is not the end; mental health funds continue to be slashed in order to balance the state budget. The reduction in the state's income is a direct consequence of the steep decline in tourism revenues.

So get a grip, and be aware that there will be sacrifices. Now is the time for consumers to unite, express themselves as voters, and work to help each other. Join the Consumer Network. Joining it, helps consumers thorough the whole state, to discuss issues and bring their concerns to the decision makers. Consumers all have to participate. There is no fee -- just call or email United Self Help, or better yet, sign a form in which you state your desire to participate. The idea for the network was presented at the consumer conference, but not much was done at that time, because USH was left without funds and because it had to move in a hurry. So call USH, look at the article on the middle page about benefits, & helping yourselves.

TRANSFORMATION GRANT: BRIDGES EDUCATION TO BEGIN ON NEIGHBOR ISLANDS AS WELL AS OAHU !! SIGN UP IF YOU ARE WILLING TO WORK TOO!

Thanks to the wonderful Transformation grant staff, we will be able to teach Bridges on Maui and the Big Island, providing that consumers taking the class are interested in working. The goal of the award is to promote a work oriented environment through BRIDGES and WRAP education. The award requires for at least four consumers to become employed. The emphasis is to encourage consumers attending BRIDGES education, on the Neighbor Islands, do so with the sincere desire to become employed. Consumers are to become employed, either on the full time, part-time, or temporary basis. USH is here to help consumers to find work, write resumes, and contact employers. After taking BRIDGES education USH encourages consumers to get employed and to attend support groups.

BRIDGES is a 10-week course to help consumers cope with the illness, do advocacy, learn how the brain works and to help others. BRIDGES is a requirement for participating in USH activities. To this date, more than 350 persons have graduated from the BRIDGES Education Classes on the islands.

To sign up for BRIDGES education, on Maui and Kauai, please call 1-866-866-HELP, and leave a voice message. You can also e-mail at: director@unitedselfhelp.org

The consumers, and USH are grateful to the transformation grant staff for providing the means to help mental health consumers, who sincerely want to work..

USH is also exceedingly grateful to the Honolulu Chamber of Commerce for providing the funds to teach BRIDGES education, on Oahu the past fiscal year.



Awarded Grants:

CAMHD and UH (government to government) for training care coordinators and increasing knowledge of Schizophrenia. To implement in family guidance centers.

Access Line people--(Gov. to Gov.) to facilitate statewide training for police dept. on the Neighbor Islands.

I H S- (Gov. to private) For case managers to easily determine the services consumers need.

Molokai Clubhouse (Gov. to Gov.)-- Money for vegetable garden, lunch service program, micro business, administrative service. Create a calendar to sell.

Hana Schools, (Gov. to Gov.) help students enhance self esteem. Carpentry training.

Waimanalo for a GARDEN by : e mahi ai no ke ola pono. (Gov. to OHA) Gardening is spiritual, brings clarity, peace, health, body and mind, time for

families and multigenerational employment.

Waikiki Health Center --(Gov. to non profit) let providers better promote services available. Big Island legal training, resource book, one day training conference

Prevention of Anti bullying -- 6-8 hour activities over entire school year.

Data improvement -- Better data transfer between agencies.

Training for direct care staff to intervene with youth.(Gov. to Gov.) 5-day training, opportunity for networking, in different type of interventions.)

Maui memorial, adolescent unit -- est. trauma informed care, non-coercive approach.

Queen's Trauma Informed Care -- more training, ongoing meetings on trauma informed care -- how people relapse and how others might cause it. Trained AMHD, care Hawaii, Kahi Mohala, emergency room, Queen's mental health and others.

Molokai High School (Gov. to Gov.)-- Consumer's attitudes change, how to best do it with high school students.

Maui county office on Aging (Gov. to Gov.) --Aging and Dis. Resource Center. More workshops, single entry system to give mental health services as part of long-term care.

Mental Health America -Invisible children's project.

Raising awareness training for children of parents with mental illnesses, pub info materials for distribution. Slide show available.

NAMI/Members of Kauai service area board. -- Training for consumers to teach on psychiatric directives and living wills.

Honolulu Clubhouse -- (Gov. to Gov.) New computers, peer internet training, jobs training, etc. Computer classes. Peer training for clubhouse members.

United Self Help Support Groups as of August 15, 2009

	1st and 3rd Mondays	
Central Leeward Group	9:00 – 10:00 a.m	Central Leeward Community Mental Health Center, 860 Fourth, Pearl City
Self esteem	3:00 – 4:30 p.m.	Hawaii Self Storage Conference Rm, 2909 Waialae Ave.
Depression/Bipolar	6:00 - 7:30 p.m.	Moiiliili Community Ctr.. 2535 S. King Rm 104, In Back of Down to Earth, Univ. and King.
	2nd and 4th Mondays	
Compassionate Communications	3:00 – 4:30 p.m.	Hawaii Self Storage Conference Room 2909 Waialae Ave.
Windward Group	5:30 -7:00 p.m.	Kailua- St Christopher's Church, 93 N. Kainalu
Depression/Bipolar	6:00 - 7:30 p.m.	Waikiki Health Center Lobby 277 Ohua Avenue, 205H
	Tuesdays, starts Aug. 4	
BRIDGES Class	Every Tuesday 3:30-5:30 p.m. From 8/04 until 10/06/09	Queen's Outpatient, Nuuanu and Vineyard, first floor
	1st and 3rd Wednesdays	
BRIDGES Support group	10:00 - 11:30 a.m.	Queen's Outpatient, Nuuanu and Vineyard, in courtyard
Anxiety/Depression	3:00 – 4:30 p.m.	Waikiki Health Center, USH office, 2nd floor, last room, 205H
	1st and 3rd Thursdays	
Writer's Circle	3-4:30 p.m.	Hi Self Storage Conference 2909 Waialae
	2nd & 4th Thursdays	
Schizophrenia/ Schizoaffective	6- 7:30 p.m.	Waikiki Health Center, USH office, 277 Ohua ave. 2nd floor, last room,205H
Fourth Friday Party	7-9 p.m. every fourth Fri. Except Christmas	Waikiki Health Ctr Auditorium, 277 Ohua Ave.
Saturday--Softball	2-5 p.m, day after 4th Friday	Softball field next to Nuuanu Y.
	Neighbor Islands	
Maui	Call for time &place	1-866-866-HELP
Kauai	Call Crystal for time &place	469-1987 (on Kauai)
Kona and Hilo	Hilo -- St. Joseph Church -Hilo Geneva, Suzanne, clubhouse Kathy Lewis for Kona	2nd Sat., 11:30-1 p.m., Tim, 935-7266 Hilo Clubhouse, call Geneva at 935-9161 Kona, Kathy Lewis at 322-4818