

United Self Help's Newsletter

“People Helping People to Help Themselves...”

... Through education and Support. A consumer run agency helping others with mental health challenges... depression, anxiety, schizophrenia, bipolar and other mental health challenges.

A Quarterly Newsletter, 277 Ohua Ave, Honolulu, HI 96815, 808-947-5558, toll free -1-866-866 Help (also warm line) ,May 2011 - July 2011

New Jobs for members **New Bridges Classes**

As long as you are taking Bridges or a BRIDGES graduate and in a support group. In Kona, Hilo, Maui, and Oahu, support and help afterwards. Thanks to MHTSIG and OHA. we will have work. Call or email director@unitedselfhelp.org

New Prison Mentoring grant

We teach BRIDGES to Prisoners with mental health challenges soon to be paroled, then peer mentor them when they are released. Do something meaningful and get paid for it.

Speakers Bureau

We pay consumers to find groups and answer questions, at groups and schools, thanks to Honolulu Rotary. OHA, Hawaii peoples fund

Support Groups

Thanks to the Honolulu Chamber of Commerce for partial funding. More than 25 to choose from. More groups are needed: in Leeward Oahu, East Oahu, Kauai, Maui and Big Island locations. Help us start one.

Warm Line

thanks to OptumHealth for partial funding!! Call us at 4:30pm -9pm if you want to talk 947-5558, or 1-866-866-HELP (4357) toll free. (only one person).

For more information go to www.unitedselfhelp.org, Call us 947-5558 or email at director@unitedselfhelp.org,

New Bridges Classes

Bridges Classes, a 12 week course (including WRAP) on how to reduce stress and cope with your illness start now in Hilo, Kona, Kauai, and Molokai. You'll learn how to cope, meet new friends, and be eligible to work. Get involved, improve your life. Call us now to sign up for this exciting free course with refreshments a graduation, banquet, gift certificates, and a chance to work at United Self Help afterwards. Thanks to the Mental Health Transformation State Incentive Grant and the Office of Hawaiian Affairs for funding for this opportunity.

In addition there are new part time/periodic jobs for graduates who are in support groups: Peer mentors for our new prison grant, newsletter contributors, Drug Card distributors, Support Group

leaders, Bridges Instructors, office workers.

Haleiwa, Waianae, Maui Bridges Classes Graduate and new ones start again in June in Hilo, and Kona. Classes start June 7 in Honolulu.

Bridges Graduates from Haleiwa celebrate at their Banquet. Similar banquets were held for graduates in Waianae, Maui and soon in your Neighborhood. "Bridges changed my life." said one graduate. Let it change yours! Classes start elsewhere soon, including Honolulu June 7.

BRIDGES Class Schedules:

Honolulu, Tuesday, June 7, 3:30-5:30 Queen's Outpatient, Nuuanu and Vineyard.

Kona -- in June, Call Kimberly Monfore, 331-1771 or Susan King 276-7523 to register.

Hilo --in June. Call USH office to register, 1-866-866 HELP or Susanna Broad, 854-9678 or 327-9530

Molokai, Kauai -- when or if they get interested enough in June to find at least 20 people who want to take the class.

Our thanks to the Mental Health Transformation State Incentive Grant for making Big Island and Maui Support groups possible. and OHA for all of the others.

FOURTH FRIDAY, May 27, June 24, July 22 7-9 p.m.

Waikiki Health Community Center Auditorium, 277 Ohua Ave. Free Dinner, Bingo, Gift Card Awards, Music, Exchange Table, Fun **SOFTBALL Saturday after each fourth Friday, 2011, 2-5p.m.**

Kamamalu Softball Field, day after 4th Friday, next to Nu'uuanu YMCA --Papa John's Pizza to follow game

**We need more emails and addresses. If you know of a consumer or provider not receiving this newsletter, please send their email information to USH. We have thousands reading our mailed addition, 500 emails & want more. Send or call to director@unitedselfhelp.org or 277 Ohua Ave, Honolulu, HI 96815, 947-5558

NEW PRISON GRANT PEER MENTORING JOBS HELP EVERYONE--SIGN UP NOW!

Bridges Graduates can experience the supportive and rewarding experience of helping prisoners with Mental Health Challenges who are minor offenders, and soon to be paroled (and you get paid for doing so). We teach them Bridges (or part of it) in the prisons and the rest when they are released. We will also peer mentor them: become their friend, help them find services.

"These people are amazingly nice but have experienced unfortunate circumstances in their lives. This is our opportunity to turn it around by becoming their friends. And they are nice people" said one person teaching Bridges.

The peer mentoring when they are released is one of the most important things we can do. Mentors can become their friends, help them get housing, food, bus pass, meetings with parole officer, and social worker or others.

The department of Justice and Hawaii Prisons have given us this opportunity, as they realize that a good peer mentoring program can reduce the amount of people re-entering the prison system if they have people who are their new friends and who help them.

Peer mentoring and Bridges classes are now at Oahu Correctional Facility and will soon be at Halawa and the Women's Correctional Facility in Kaneohe.

R.E.A.C.H. Workshops

One of our consumers, Chrys Rosen, who has her master's degree in counseling psychology, developed this workshop to help others reach for their potential, fulfill dreams and goals and learn to function well in mainstream society.

She is currently offering the program to mental health consumers on a donation only basis. Please call Chrys 457-9541 to reserve a place.

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 department 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 Bridges G Another 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 deep discounts on drugs if they have no insurance. You can make some money passing them out. Customers can save 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

Get involved-- Advocate-- attend Chief's Round table, Service Area boards and other policy committees! Help with change!

Want to change things. Unite and get involved. now consumers do not have a choice as to what psychosocial rehab center they can go to. Many have been kicked out of the clubhouses, and told to go somewhere else because they have private insurance, or checked the wrong box.

There are several ways of executing change:

State council on Mental Health; meets once a month, usually the second ? Tuesday. actually one of the Governors advisory boards.

Service Area Boards: Monthly on every island.

Chief's Roundtable -- for consumers. usually the last Monday of every month at the Dept of Health board room on Punchbowl. Call Randy Hack 586-4685.

United Self Help Advocacy Committee--call Grayson Wideman at United Self Help, 947-5558

For information on who to contact call Randy Hack at 586-4685.

Consumer / Family / Youth Conferences on all Islands.

2011 Oahu Consumer, Family, & Youth Alliance Conferences will be held on all islands. Consumer , family, youth members are encouraged to attend. United Self Help is supporting the attendance of the conferences. In most cases the conferences begin with registration at 9 am and conference lasts from 9:30-2:30 pm and includes lunch.

Oahu - Honolulu Community College Thursday, Thursday, July, 21st, 2011, Contact Scott Wall,

Maui-- Wednesday, August 3, 9:30-2:30, Registration at 9 am, University of Hawaii -- Maui Campus, Contact Susan King, susanking421@gmail.com or 808-276-7523

Kauai--Monday, July 18 Kauai Community College, registration 9 am conference ends at 2:30, Contact Crystal Aguinaldo, 469-1987

Hilo -- Tuesday, July 26, Hilo Community College, Debbie Marie, dmarie@hawaii.edu

Kona, Thursday, July 28, Kealakekua, University of Hawaii --West Hawaii center. contact person yet.

Kaunakakai, Molokai, Monday, August 1 Kualana Oihi, Contact Joe Childs joseph.childs@doh.hawaii.gov

For more information Call Tercia Ku at 453-6688 or Carol Medina, 453-6618 at MHTSIG.

Change your outlook, change your life, meet new friends, make it easier to live and work.

Graduating from Bridges and being in a support group has BENEFITS!! For one, you can get paid to volunteer your time. Plus, you get the satisfaction of accomplishing something. Have the enjoyment of time with friends while having some good fun too. Here is a sample of the Honolulu Time schedule with Linda Takai and the Classes everyone takes:

United Self Help Bridges Class
Building Recovery of Individual Goals and Dreams through Education and Support
 June 7 - August 23, 2011
 Queen's Day Treatment, Kaheihimalie Building
 1374 Nuuanu Avenue, 3:30-5:30 pm

June 7, 2011	Class 1 - Introduction
June 14, 2011	Class 2 - Mood Disorders
June 21, 2011	Class 3 - Thought disorders
June 28, 2011	Class 4 - Anxiety Disorders
July 5, 2011	Class 5 - Personality Disorders
July 12, 2011	Class 6 - Dual Diagnosis
July 19, 2011	Class 7 - Medications and the Brain
July 26, 2011	Class 8 - Communication
Aug. 2, 2011	Class 9 - Spirituality
Aug. 9, 2011	Class 10 - Social Security Work Incentives
Aug. 16, 2011	Class 11 - WRAP
Aug. 23, 2011	Class 12 - WRAP/ Graduation / lunch or dinner/ gift certificates.

Please call Linda at 753-6400 if you would like to sign up in Honolulu. Attendance at 9 classes required for graduation. Please bring a 3 ring binder to class.

Positions available to BRIDGES graduates in support groups:

- **Bridges Instructors**
- **Support Group Leaders**
- **Distributing Discount Drug Cards**
- **Persons to start new support groups in areas where needed.**
- **Various positions on Maui/Big Island**
- **Arrange and speak at speeches,**

Yes, we take interns and volunteers, as well as donations. Thanks to all of you for helping us.

- **Newsletter production, writing**
- **Prison grant peer mentoring.**
- **Peer mentors for other support group leaders.**
- **Office work**
- **Transportation**
- **Fundraising, Grant apps & research**
- **Peer mentoring other support groups members when needed.**

Thanks to the following groups for funding us.

After the State cut ALL of our funds: (only \$31,000 for a warm line that gave 28 consumers part time work, and \$40,000 for support groups reaching more than 300 people), we continued despite our best judgement. We are so grateful to you.

Mental Health Transformation State Incentive Grant for funding BRIDGES ed classes and support groups on Maui and the Big Island

The Office of Hawaiian Affairs for giving us an opportunity to reach Hawaiians and others with Bridges, Speeches and support groups.

Honolulu Rotary Club for grant to speak to High School students around the state.

Weinberg Foundation - for their Achievement in Management award to USH for successfully responding to state budget cuts

The Federal Justice and Local prison authorities for chance to teach prisoners Bridges and peer mentor them when they are released.

SAMHSA for their continuing support for Infrastructure

Optum Health for funds to continue partial warmline services, by one person, and pay for phone equipment.

Chamber of Commerce for partially funding support groups.

Hawaii People's fund for giving us the opportunity to finance travel to speeches to clubs after the state said no -- then started their own at 10 times the cost.

National Institute of Mental Health for choosing us to be their Hawaii Outreach partner.

Private Citizens and foundations -- BLESS YOU ALL!

All donations are tax deductible

Waianae Bridges Class--thanks to OHA

Got Creativity?

By Chrys Rosen

Many famous people of past and present showed both mental health challenges and creativity.

Various studies over the last 20 years have been done trying to find out what links the two. Why do so many creative people have mental health problems and vice versa? Genetics, brain chemicals, environments, and personal traits are a few of the areas that have been studied to find a connection between creativity and mental illness.

Consumers may actually have a creativity gene. Some research has suggested that there is one single gene responsible for creativity and MH disorders similar.

Some proof may be found in the sheer numbers of famous people, past and present that have showed signs of depression, bipolar and schizophrenia (ex. Van Gogh, Abraham Lincoln).

In present times there have been many people who have come out publicly. This is a partial list of famous people known to have a mental health diagnosis: <http://tinyurl.com/4hckv4c>

Surprising results came from research comparing the creativity of grad students (art majors) with MH consumers. A standard test for creativity was given to both groups. Guess who scored higher? Did you say grad students? Wrong! The consumers scored higher in creativity than the art majors.

Similarity in personal traits has been studied. Consumers and creative-types have more openness to new experiences and higher spontaneity than others. Openness can present challenges to MH consumers because it can leave you vulnerable to outside stimulus (ideas, feelings, images, voices, etc). If there is too much going on, it can be overwhelming and confusing; it may even cause more symptoms.

An artist can more easily filter out the unnecessary stuff and keep only the information they need to be creative.

Consumers need to have mental filters, like the artists do to protect from overload. Then openness

Maui Bridges Class --thanks to MHTSIG

becomes more valuable and creative and less fearful.

Awareness can help. When too much stuff starts getting into your head at the same time, you can ask yourself, "what can I use and what can I discard?". Then let the junk stuff go.

Whether you choose pen and paper, or brush and canvas, you have creativity. Maybe even more!

Advocate for what you believe in! An editorial---

Aloha Governor Abercrombie,

As a mental health consumer on the island of Maui, I would like to let you know some of the problems we face every day. First, the Lingle administration cut back funding across the board with the Dept. The Maui Adult Mental Health Division went from bad to worse. Oahu has many choices for psychosocial rehabilitation programs, Maui now has two. Hale o Lanakila Clubhouse and the PSR run by A.P.S. Both are excellent programs

but consumers are being forced into participating in a program that does not fit their needs and in a few cases, services to consumers have been dropped completely because of their private insurance.

Mental health recovery isn't decided by what type of insurance plan you have or don't have, recovery comes from the help we get from our psycho social rehabilitation centers, like Clubhouse and APS. Clubhouse on Maui has been stripped to the bare bone.

We no longer have a social recreation program because staff can't get flex time to work one or two times per month on a weekend or evening. We used to celebrate holidays such as Thanksgiving and Christmas on the actual day, but now the Clubhouse must close on these days because the State will not staff for these and other holidays. We turn people away who have been members because of their private insurance, even though the International Center for Clubhouse Development states that "once a member, always a member." We try to put members back to work in highly supported programs known as Transitional Employment Placement (TEP) but we can't encourage members to return to even part time, temporary work because we only have three staff people and two

Honolulu Bridges Graduates--thanks to OHA

must remain in the Clubhouse whenever our doors are open.

These are just a few of the problems that the outer island communities face and now I'm hearing that there will be more cutbacks in mental health. As a consumer and a constituent, I voted for you because we need change.

I have also tried to implement change in my community by having support groups meet every time DOH must take a furlough Friday off, leaving consumers without help for up to four out of seven days. Unfortunately, mental illness doesn't take any days or holidays off. We don't know when we will be in crisis.

Don't even mention the ACCESS line for a crisis. Consumers on Maui have been told that unless they're suicidal, they won't help. They just hang up on you. United Self Help had a statewide warm-line, now the director of USH handles the calls because funding has been cut.(and cost only \$31,340 to help 600 people/month, 7 days/week and giving jobs to 14 consumers).

Everything seems to be getting cut but not replaced with any alternative solutions. I would love to become a Peer Mentor/Coach, but programing for training keeps getting cut or offered on Oahu with no scholarships for us to help those who are close to us. We don't want those of us suffering with our mental illness to end up in jail or prison, just so we can get services. And we don't want services cut in our correctional facilities across the state. There are high functioning people living with mental illness in all of our communities across the state, who are willing to help.

Each island has started an alliance known as the Consumer, Family and Youth Alliance. We are dedicated to helping EVERYONE who has been touched by a mental illness, be it themselves, a family member or the ever growing number of youth who are being diagnosed with a severe, persistent, mental illness.

We want to be a part of the solution, end stigma and play vital roles in our communities. As our youth say, "**should be nothing about us, without us.**" Let our voices help make a difference.

Mahalo,
Susan King

National Institute of Mental Health News ---

[Combination Antidepressant Therapy May Not Improve Odds of Remission Among Chronically Depressed](#)

A combination of two antidepressants may not be any more effective in treating chronic major depression than a single antidepressant, according to an NIMH-funded study published online ahead of print May 2, 2011, in the *American Journal of Psychiatry*.
Background

When treating depression, doctors sometimes prescribe a second antidepressant medication if a patient does not improve after several weeks.

[Depressed Teens with History of Abuse Less Likely to Respond to Combination Treatment](#)

Science Update • April 04, 2011

Adolescents with treatment-resistant depression who have a history of abuse—especially physical abuse—are less likely to respond to combination treatment than to medication alone, according to data from the NIMH-funded Treatment of Resistant Depression in Adolescents (TORDIA) study. The new study was published in the March 2011 issue of the *Journal of the American Academy of Child and Adolescent Psychiatry*.
Teen Brain Less Discerning of Threat vs. Safety, More Vulnerable to Stress

Science Update • April 28, 2011

Teen brains rely on early-maturing brain structures that process fear differently than adult brains, according to an NIMH-funded study. As a result, teens may have more difficulty than adults in differentiating between danger and safety, leading to more pervasive stress and anxiety. The study was published online ahead of print on February 23, 2011, in the *Proceedings of the National Academy of Sciences*.

[Nurturing Newborn Neurons](#)

Sharpens Minds in Mice Also Lifts Mood When Combined with Exercise--NIH funded study

Press Release • April 04, 2011

Adult mice engineered to have more newborn neurons in their brain memory hub excelled at accurately discriminating between similar experiences – an ability that declines with normal aging and in some anxiety disorders. Boosting such neurogenesis in the adult hippocampus also produced antidepressant-like effects when combined with exercise, in the study funded by the National Institutes of Health.

Science Update • December 30, 2010

[Case-managed Care Improves Outcomes for Depressed Patients with Multiple Medical Conditions](#)

People with diabetes or heart disease plus depression fare better if their medical care is coordinated by a care manager who also educates patients about their condition and provides motivational support, compared to those who receive care from their primary care physician only, according to an NIMH-funded study published December 30, 2010, in the *New England Journal of Medicine*.

SAMHSA's Vision

A future in which people with mental health problems pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources.

The early mortality rates of people with serious mental health problems—with decades of life lost—have recently received much-needed attention. This disparity in life expectancy is unacceptable. People with serious mental health problems deserve to live as long and healthily as other Americans.

Wellness means overall well-being. It incorporates the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life. Each aspect of wellness can affect overall quality of life, so it is important to consider all aspects of health. ¹ This is especially important for people with mental health problems, because wellness directly relates to the quality and longevity of your life.

Wellness incorporates [many dimensions of health](#). According to Dr. Sarah R. Linde-Freucht of the U.S. Department of Health and Human Services, "health relates broadly to how an individual functions in one's life, the quality of one's relationships, and how one

adapts to change and copes with difficulties" (National Wellness Summit for People with Mental Illnesses, 2007).

The new focus on wellness highlights the importance of recovery from mental health problems. By pursuing wellness, we can reduce the disparity in early mortality for people with mental health problems, which is far greater than for any other population.

The Eight Dimensions of Wellness

Social - developing a sense of connection and a well-developed support system

Physical - recognizing the need for physical activity, diet, sleep, and nutrition while discouraging the use of tobacco, drugs, and excessive alcohol consumption

Emotional - developing skills and strategies to cope effectively with stress, challenges, and conflict

Spiritual - searching for meaning and purpose in human existence

Occupational - deriving personal satisfaction and enrichment from one's work

Intellectual - recognizing creative abilities and finding ways to expand knowledge and skills

Environmental - fostering good health by occupying pleasant, stimulating environments that support well-being

Financial - feeling satisfied with current and foreseeable future financial situation

¹Dunn, H.L. (1977). What high level wellness means. *Health Values* 1(1), 9-16.

²Swarbrick, M. (2006). A wellness approach.

Psychiatric Rehabilitation Journal, 29,(4) 311- 314.