

*Published by:*  
**United Self-Help**

*People helping people  
help themselves*

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*Newsletter paid for from a  
grant given by the Weinberg  
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*Let us hear from you! Want  
to write a letter or a book  
report? Have some Mental  
Health information to  
share? Longs Gift  
Certificates given for some  
articles used.*

*Find an error in a previous  
newsletter? Want to be on  
our mailing list? Let us  
know by using the contact  
info above. Submissions due  
by the 5th of the month.*

## 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 for the Mentally Ill) 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, 6:30pm, 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.

•**Windward MHC Family Support Group**-- second Tuesday of each month at 7-9pm Windward Oahu Community Mental Health Center, 45691 Keaahala Rd., Kaneohe. free and confidential, facilitated by a psychologist and a nurse. For more information, call 233-3775.

- 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, 2:30-3:30pm, Queens Outpatient, 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

-Teen Peer Listeners O'ahu: 521-TEEN; toll free Neighbor Islands: 1-877-521-TEEN

## 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 926-0741

- 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.

**ACCESS LINE-- 832-3100 OR  
NEIGHBOR ISLANDS 1-800-75-  
ENTRY. For Crisis calls or access to  
State Mental health Services--24 Hrs.**



# 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— Sep -Nov. 2006

## Our First King Street BRIDGES Class Graduates



From left to right: Doug, Nancy, Lee, Keoni, Marian and Matthew.

Our first class from our wonderful new King Street office has graduated, and is shown enjoying their feast at Pagoda Restaurant, complete with exuberant instructor Doug Y. The group has become close and now can work as peer specialists, warmline operators, teaching Bridges class, getting and presenting speeches, or any of the other jobs we have. Plus they got a more insight on how to have good mental health.

*Continue on Page 6*

### 4th Fri Meetings

October 27 and November 24

Waikiki Health Center Auditorium, 310 Paoakalani St. 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!

### Warm Line Sets Another Record

Under the direction of Emily Wilkenson and her smiling group of Warm Line Listeners, our Warm Line has set another record in the number of calls it has received. More than 600 calls were taken last month from hundreds of people, so if you are lonely and want to talk, call them.

**Call 947-5558**

**or for Neighbor Islands 1-866-866-HELP (4357)**

## Hawaii's 21<sup>st</sup> Annual Consumer Conference Nov. 16 & 17

*By Emily Wilkinson*

“Recovery Now!” is the theme for this year’s conference, which will be held at the Bellow’s Air Force beach in their new training facility, located about a mile past the military security gate. Come and join us for some fun in the sun at this beautiful military resort. Campout on the beach, barbecue, hike, swim, and learn the latest information on recovery.

The conference is open to all mental health consumers so tell your friends. Everything will be provided (for those of you who plan to camp over night you’ll need to bring your bedding.)

Registration is required. **Forms will be mailed out on October 14 along with the conference agenda. Registration forms will be available through your clubhouse, support group facilitators, case manager, and social worker or you can call the United Self-Help office at 947-5558 and we will send one to you.**

**So complete your form and mail it in or drop it off with Emily or Mei at the United Self-Help Office as soon as possible! Our address is 2525 S. King St. Rm. 303, Honolulu, HI 96826.**

If you have any questions or need help filling out your form please feel free to call us here at the office **947-5558**.

See you at the conference!

Want to help us plan the conference? We’d love to have you join the committee. Meetings are held every Friday at 9:30am in the United Self-Help Office. Help us plan the best conference ever!

## Free Wahine Wear!

For Women in United Self-Help Support groups or women in recovery.

Do you have a job interview, court appearance or important event? To find out about an outfit to wear at no cost... Call Mattie 853-1733,

Bless your heart Mattie!

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## Free Psychologist or Psychiatrist

If you are in a support group, and can't find one, we have volunteers again, very limited times, but great people. Call us IF YOU ARE IN A SUPPORT GROUP. We had this once, and we're building it up again. Have a nice volunteer retired psychologist and are looking for the old list or others, if you can help, Please call.

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## Coming Soon. Nan and Bud's Self Esteem Class --

Written by Mary Ellen Copeland and others from SAMHSA It will be on Fridays, probably, or Thursdays... Complete with a Self Esteem Workbook. Call to sign up now! 947-5558.

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# Three new Bridges Education Classes forming soon!

Join the fun, get a sandwich after every session, get a gift certificate, have a party at a nice restaurant, then you can get a job from us. That's what Bridges is all about. You'll

Now in Session -- Queen's Outpatient, Nuuanu and Vineyard. Wednesdays, 8am-10am by veteran teacher Eric Martin -- Now in progress to November 15, Drop in Now! Next class starts in January

Waikiki Health Center, Tuesdays from 6-7:30pm, Starts Tuesday, December 5. By Sharolyn B. and her friends.

United Self Help Main office, 2525 S. King, #303 on Wednesdays, 6-7:30pm, starting November 29. By Joyce Shigekuni and her friends.

## 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. Work in a nice place!

**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. Saturdays 12:30 PM - 2 PM at McKinley Community School for Adults, 634 Pensacola St, Room 208. Call David 947-5558. 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 ????, Tuesday, 5:30-8pm, 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.

### Dual Diagnosis Halloween Party

**Tuesday, October 31, 3:30-6pm, Queens Day Treatment, 1374 Nuuanu.**

Plenty of food, everyone is welcome -- Call Linda if you would like more info 533-6400. You don't have to Be a Dual Diagnosis member to come, and Dress up in Halloween only if you want.

### Statewide 21st (almost)

**ANNUAL consumer conference - Nov. 16-17.**

Want to help? Call for committee. Join us and help Plan the best conference ever. Every Friday, 9:30am. 947-5558

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

**The Saturday after 4th Friday, 2 PM - 5 PM @ Kamamalu Park, next to Nuuanu YMCA**



# 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/](http://www.unitedselfhelp.org/resources/)
- **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

## • Consumer-Run Self-Help Support Groups Offer • Free Mental Health Support & Education Throughout Hawai'i

### O`ahu Support Groups

- **Anxiety and Depression Class** - on hold, call 947-5558
- **Art Class support group** - call 947-5558
- **Central Leeward meets weekly!** - Every Monday, 9:30-10:30am. 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. 2nd & 4th Mondays of each month, 6-7:30 pm, Waikiki Health Center lobby, 277 Ohua Ave. 947-5558
- **New Location for 1st & 3rd Monday, 6-7:30 PM, 2525 S. King St., Ste. 303, Conference Room. Ph. 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, Kaheihimalie Bldg, Nuuanu and Vineyard.
- **Schizophrenia and Schizoaffective Support Group** - on hold, call 947-5558
- **Wahiawa Bridges Support Group** - Every Monday, 6-7 pm, Wahiawa General Hospital, 1st floor. 128 Lehua Street. Call Sue at 626-3941.
- **Writers Group** - Every Friday, call Sharon at 941-7662. They meet at Coffee Talk in Kaimuki or United Self Help office at about 4pm.

**Goals allow us to control the direction of change in our life --- Brian Tracy, from 1st book of life skills, Larry James.**  
Learn more about goal setting at our consumer conference.

### BRIDGES Education Classes

- **Hawaii State Hospital** - call 947-5558 to sign up.
- **Kailua-Kona** - Call Sally at 322-0135.
- **Ocean View** - Care Hawaii Ocean View Group Home. Open to all. Call Sally 322-0135.
- **Queens Day Treatment** - Wednesday 8:00 - 10:00 am., First flr, Kaheihimalie Bldg., Corner of Nuuanu and Vineyard. Call 947-5558.
- **United Self Help Main Office** - Wednesdays 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.
- **Waikiki Health Center** - Tuesdays, 6-7:30, 277 Ohua Ave.

### Neighbor Island Groups

#### MAUI

- **Kahului** - NEW GROUP -- 1st & 3rd Thursdays 6-7:30on Kahului Union Church, Room #15, corner of Kamehameha and Lono in Kahului. Kehau 298-5413, 244-6960 or Julia at 344-5737.

#### 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, 9:30-11 am, at the Hale 'Oluea Clubhouse, 1045B Kilauea Avenue. For more information call Cindy Frye at 968-8858.
- **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
- **Ka'u** - on hold? Fridays, Punaluu Beach Park 10am-12:30 pm. Call Ruth at 928-9004.
- **Kealakekua** - 2nd & 4th Thursdays, 1-3pm, Nani Olu, in Kealekekua down hill from the National Guard Armory. Call Sally 328-8143 or Kathy 322-4818.

# SAMHSA Issues Consensus Statement on the Principles of Mental Health Recovery

The Substance Abuse and Mental Health Services Administration today unveiled a consensus statement outlining principles necessary to achieve mental health recovery. The consensus statement was developed through deliberations by over 110 expert panelists representing mental health consumers, families, providers, advocates, researchers, managed care organizations, state and local public officials and others.

“Recovery must be the common, recognized outcome of the services we support,” SAMHSA Administrator Charles Curie said. “This consensus statement on mental health recovery provides essential guidance that helps us move towards operationalizing recovery from a public policy and public financing standpoint. Individuals, families, communities, providers, organizations, and systems can use these principles to build resilience and facilitate recovery.”

## The 10 Fundamental Components of Recovery include:

**. Self-Direction:** Consumers lead, control, exercise choice over, and determine their own path of recovery by optimizing autonomy, independence, and control of resources to achieve a self-determined life.

By definition, the recovery process must be self-directed by the individual, who defines his or her own life goals and designs a unique path towards those goals.

**. Individualized and Person-Centered:** There are multiple pathways to recovery based on an individual’s unique strengths and resiliencies as well as his or her needs, preferences, experiences (including past trauma), and cultural background in all of its diverse representations. Individuals also identify recovery as being an ongoing journey and an end result as well as an overall paradigm for achieving wellness and optimal mental health.

**. Empowerment:** Consumers have the authority to choose from a range of options and to participate in all decisions-including the allocation of resources-that will affect their lives, and are educated and supported in so doing. They have the

ability to join with other consumers to collectively and effectively speak for themselves about their needs, wants, desires, and aspirations. Through empowerment, an individual gains control of his or her own destiny and influences the organizational and societal structures in his or her life.

**. Holistic:** Recovery encompasses an individual’s whole life, including mind,body, spirit, and community. Recovery embraces all aspects of life, including housing, employment, education, mental health and healthcare treatment and services, complementary and naturalistic services (such as recreational services, libraries, museums, etc.), addictions treatment, spirituality, creativity, social networks, community participation, and family supports as determined by the person. Families, providers, organizations, systems, communities, and society play crucial roles in creating and maintaining meaningful opportunities for consumer access to these supports.

**. Non-Linear:** Recovery is not a step-by step process but one based on continual growth, occasional setbacks, and learning from experience.

Recovery begins with an initial stage of awareness in which a person recognizes that positive change is possible. This awareness enables the consumer to move on to fully engage in the work of recovery.

**. Strengths-Based:** Recovery focuses on valuing and building on the multiple capacities, resiliencies, talents, coping abilities, and inherent worth of individuals. By building on these strengths, consumers leave stymied life roles behind and engage in new life roles (e.g., partner, caregiver, friend, student, employee). The process of recovery moves forward through interaction with others in supportive, trust-based relationships.

**. Peer Support:** Mutual support-including the sharing of experiential knowledge and skills and social learning-plays an invaluable role in recovery. Consumers encourage and engage other consumers in recovery and provide each other with a sense of belonging, supportive relationships, valued roles, and commu-

nity.

**. Respect:** Community, systems, and societal acceptance and appreciation of consumers -including protecting their rights and eliminating discrimination and stigma-are crucial in achieving recovery. Self-acceptance and regaining belief in one’s self are particularly vital. Respect ensures the inclusion and full participation of consumers in all aspects of their lives.

**. Responsibility:** Consumers have a personal responsibility for their own self-care and journeys of recovery. Taking steps towards their goals may require great courage. Consumers must strive to understand and give meaning to their experiences and identify coping strategies and healing processes to promote their own wellness.

**. Hope:** Recovery provides the essential and motivating message of a better future- that people can and do overcome the barriers and obstacles that confront them. Hope is internalized; but can be fostered by peers, families, friends, providers, and others. Hope is the catalyst of the recovery process.

The National Consensus Statement on Mental Health Recovery is available at SAMHSA’s National Mental Health Information Center at [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov) or 1-800-789-2647.



## “If the Earth is Bipolar, Why can’t I be?”

Crystal Choate, Peer Advocate from Alaska.

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*Continued from Front Page*

Three more Bridges classes will be starting shortly (see Page 2). Or you can join the exciting Bridges Class at Queen’s Outpatient which is going on now through mid November from 8-10am. You will love the class, the friends you make, the food, and the opportunity to get new insight.

## New Support Group Locale and Format

Manic? Depressed? Well, so are we! So you'll fit right in at our Bipolar/Depression Support Group. Come join our group and be with people who really understand what it's like to be us and learn more about how we can all recover together. Who? Well, the group is made up of a wide variety of wonderfully different and interesting people (so you'll fit right in) and is facilitated by Sharon Rohner and Emily Wilkinson (that's me!)

What do we do? Lots of different things to help each other on our path to recovery through sharing our personal experiences, art projects, introspective topics, guest speakers, interesting take home handouts, aaaand... we all know it wouldn't be a United Self-Help support group without a free Subway sandwich of your choice! When? Every 1<sup>st</sup> and 3<sup>rd</sup> Monday of every month from 6:00pm to 7:30pm.

Where? At the new United Self Help office located right above Down to Earth. **2525 S. King St, third floor room 303.**

Why? To make friends, form a support network, learn more about ourselves, our illness and how to cope, talk about new ideas, vent our feelings, share our different insights, problem solve, free computer loans, all kinds of things but most of all to have some fun doing it!

Call the USH office at 947-5558 Monday thru Friday from 8:30 am to 4:30 pm. Ask for me, Emily or leave a message.

## Questions from Readers: Response from Bud

**Question:** I want to do CBI wrap but I hear that no one gets paid, is that true?

**Response:** Absolutely not, everyone is paid \$10 an hour -- but since the State is involved, it takes awhile to get paid and may seem complicated. They love paperwork!

CBI wrap is a little bit of a mess because the bureaucrats are involved, but doing the work is worth it --you make good money and can really help your fellow consumers who need a friend. Except you have to wait to get paid and sometimes reapply because you are not working for United Self-Help, they just got you the job, you are working for the case manager who is supposed to be tracking you, and you are paid directly by Adult Mental Health. Because Case Managers have such a heavy load, they sometimes get the wrong authorization number on the form, or wait to send the form in.

In some cases you fill the form out wrong and the CPA firm kicks it back to you. They could call the case manager first and get it straight, but now, they'd rather mark up the paper and send to the worker =Auwe!

But you will get paid, promise, if you got an OK from a case manager== \$10 an hour. All you need to be is responsible and a Bridges Graduate, and turn in your paperwork.

You can watch someone with a mental illness and help them, take them to a movie, whatever the case manager recommends (the expenses are yours and the clients, though, CBI wrap doesn't pay for movies.

You have your own business --you get a general excise tax license and you can work for each individual case manager.

**HERE'S WHY IT IS A MESS:**

The government is involved and they are only good at pushing paperwork. The timesheet has to go to the case manager, then it is signed by the manager, who puts an authorization number on it and sends it to an accounting firm, who compares the time authorized and authorization number with the

Here is what you need to do to get \$10 an hour for CBI WRAP PEER MENTORING.

You watch the client, and have him sign your time sheet saying that you have watched him. Then you take the time sheet to the case manager and have him sign off on it and put the authorization number on it and send it to the accounting firm who writes you a check directly.

Here's why it is screwed up: often times, the wrong authorization number is put on the form, and the accounting firm wants it perfect. Instead of calling the case manager to get it straightened out, they send the rejection back. Sometimes, the peer mentor fills out the form wrong. The State also says they'll fix it.

## Hilo, Maui Has New Support Groups!

Bridge to Health - A Faith based support group, has begun in Hilo, and you are invited. It is held on the 1st and third Saturday, from 11:30am -1pm at the library at St. Joseph's Church. There are already a nice group meeting there. We set them up and trained them and you'll love Jim and Carol and all the loving members there. Call Jim at 935-9913 in Hilo for more information.

## Kahului, Maui Has A New Group

It meets the 1st & 3rd Thursdays from 6-7:30 pm Kahului Union Church, Room #15, corner of Kamehameha and Lono in Kahului, Lynn or Kehau 298-5413, 244-6960 or Julia at 344-5737. Thanks Gang.

## Have Something for Our Newsletter?

Whether it's poems or new information about mental illness, send submissions to [director@unitedselfhelp.org](mailto:director@unitedselfhelp.org).

Submissions due by the 5th of the month.

**Want to Talk!**

**Warm Line every day  
4:30-9pm**

**947-5558**

**or for Neighbor Islands 1-  
866-866-HELP (4357)**

**or Access Line** (for Crisis

or adult mental health access )

**-24 hours, other services too!**

**832-3100, or 1-800-75 Entry**