

# New BRIDGES Class-Tues. Oct. 16

And all programs continue - thanks to your support!  
BRIDGES Neighbor Islands-- if there is enough interest, participation.

## NEW SUPPORT GROUPS

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

## BRIDGES EDUCATION

Starts Tuesday, Oct. 16, Queens Outpatient, 3:30-5:30pm

## NAMI WALKS IS SATURDAY, OCTOBER 6, JOIN OUR TEAM!!!

We get 50% of proceeds our team raises. If you can't raise pledges, come anyway. Wear USH T-shirt if you are a Bridges grad 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 --In September, then many attended a WRAP CLASS by United Self Help. . 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, October 16 3:30-5:30 pm at Queen's Outpatient , Niuuanu 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 753-6400 or Bud Bowles 947-5558*

## Join us for Fourth Friday -- September 28, October 26, November 23, Softball next day

Every Fourth Friday, from 7-9 pm Waikiki Health Center (community center) auditorium, 7-9 pm. Free food, speaker, music, and play bingo for gift certificates as prizes.

It's been a great year for programs, and work for consumers 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 is paying us for teaching BRIDGES and peer mentoring parolees when we get out.

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 can have BRIDGES on your island. Call us at 947-5558 if there is any way we can help. We promise to keep the quality up and the services free.

## There is Work

for BRIDGES Graduates in support groups 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 -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 Cofacilitator -- 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
- Speakers Bureau, find and speak at our talks.
- Grant writers-- Find and help us write them.
- Advocacy workers -- Go to meetings, help us testify.
- Serve on fundraising committee
- Help develop a business run by 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, fix, help distribute, every member of a support group can receive one

**One year United Self Help gave work to more than 150 consumers -- help us help you and others. Let's stick together. Take Bridges, join a USH group.,work with us.**

## Where are the BRIDGES Hilo and Kona Support

**Groups?** Good question, the Kona group is reorganizing, Wanna help Or join -- call Susan King at 276-7523. or Naomi Crozier Lew at 280-8160. They are in charge of Neighbor island groups.

**For Hilo** call Debbie Marie at 372-9802 or Marie Plazewski at 333-4169., perhaps.

**For Kona,** call Jill MacDonald at 329-3439 perhaps. Meeting will probably be OLD A'S (old Airport), Prizes for people who are in groups. Or call Susan King or Naomi Crozier Lew.

### 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-5:30-7, 1st and 3rd Wed, 93 North Kainalu.

Writers Group --

Hilo Group--Maybe!

Kona Group--Maybe

Maui Groups--Iao Needle, Wailuku, NOW in Kihei, Upcountry , (we hope, it's up to you Maui)

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

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

Peer mentoring Group-TRAINING GRP.-TTUESDAYSTUEmentors, includes ongoing training.

GROUP	TIME AND DAY	LOCATION	CONTACT
DBSA-Depression/ Bipolar	<b>1st,3rd Mon.</b> 6-7:30 p.m.	Moilili Community Ctr. Room 104	Macey Luo, 383-2644, Bud 947-5558
Self Esteem	<b>1st,3rd Mon.</b> 3:45--5 :15p	Hawaii Self Storage (2909 Waialae Ave)	Chuck 395-5193
Compassionate Communication	<b>2nd,4th Mon.</b> 3:45-5:15 p	Hawaii Self Storage	Chuck 395-5193
DBSA-Depression / Bipolar	<b>2nd &amp; 4th Mon.</b> 5:45 - 7:15 p.m.	Waikiki Health Center (277 Ohua Ave)	Auditorium Lanai Diamond Head side or Rm 205H Mark 688-6111,
Golf Course (game-fee)	<b>Tuesdays</b> 1:00 p.m	Fort Shafter- Nagorski Course--fees	Call Kimo 738-8825
Smart Recovery Group	<b>Every Thurs.</b> 5:30-7pm	Waikiki Health Center #205H	Shaun Campbell- 388-3014
BRIDGES Education Classes	Starts Tuesday Oct.16, 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 for non-consumers too!	<b>1st&amp;3rd Wednesdays,</b> 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	<b>1st,3rd Wed.,5:30-7</b>	St. Christopher's, 93 North Kainalu, library. Kaneohe location to be announced.	Bud 947-5558
Computer Classes	<b>Thurs.</b> 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	<b>1st,3rd Wed,3-4:30pm</b>	Hawaii Self Storage (2909 Waialae Ave)	<b>Call Bud 947-5558</b>
<b>Training Group, peer mentoring, support groups, etc. different topics.</b>	<b>Tuesdays 3:30-5:30pm</b>	Queen's Outpatient Nuuanu and Vineyard, 1st Floor until Bridges Starts	<b>Call Bud 947-5558</b>
Central Leeward	<b>1st &amp; 3rd Wednesdays</b> 9:00 - 10:00 a.m.	Central Leeward Mental Health Center (860 4th Street, Pearl City)	Laurette 456-9579 Rain - 599-0740
Tennis & Lessons	<b>Thurs.</b> 10-11:30 a.m.	Call Bud FIRST,for reservations	Call Bud 947-5558
Schizo/ Schizo-Affective Group	<b>1st &amp; 3rd Thursdays</b> 6:00 - 7:30 p.m.	Waikiki Health Center (277 Ohua Ave)	Room 203 - A Above Auditorium
Anxiety / Depression	<b>2nd &amp; 4th Thursdays</b> 3:00 - 4:30 p.m.	Waikiki Health Center (277 Ohua Ave)	2nd floor, Room 205H
4th Friday Party-food,Bingo for prizes, speaker	<b>4th Friday</b> 7:00 - 9:00 p.m.	Waikiki Health Ctr.(277 Ohua Ave)	Auditorium
Softball	<b>Day after 4th Friday</b> 2:00 - 5:00 p.m.	Kamamalu Park by Nuuanu YMCA	Softball Field
Maui Wailuku Group	<b>2nd &amp; 4th Saturday</b> 10-11;30AM	Wailuku Banyan Park	Call Susan 276-7523
New-Maui Kihei Group	<b>1st,3rd Sat 10-11:30 a.m</b>	Beach, N. Kihei rd, past Maui Lu in Building next to Whale Foundation	<b>Susan 276-7523</b>
Maui Iao Group	<b>1st,3rd Sat.</b> 10-11:30am	Iao Needle	Call Naomi 280-8160
<b>Hilo Support Grp</b>	<b>call for time</b>	Call for location	Susan 276-7523, Naomi 280-8160
<b>Kona Support Group--New</b>	<b>Call for time</b>	Salvation Army Bldg.Kailua-Kona	Susan 276-7523, Naomi 280-8160



### 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 of 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--more than 20 groups).
- BRIDGES Ed Classes--will try to teach 4-6 classes this year, 20-40 students per class
- Newsletter--more than 3000 circulation to consumers, providers
- Prison peer mentoring, When consumers get out of prison we help them get set up.
- Prison BRIDGES classes-- to MH consumers in three prisons.
- Speeches on Stigma, how to stay mentally healthy --to schools, groups on all islands (we've given more than 700 to 14,000 people thus far).
- Warm Lines--only one person picks up the warm line, funds used for phone service
- 4th Friday--65-130 consumers attend for free dinner, speaker, bingo for gift certificates.
- Softball--18-50 people play the day after Fourth Friday
- Advocacy--Advocating for services for mental health consumers.
- Tennis, golf, bowling and other fun activities
- 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!)

**Bridges Education Classes, starting Tuesday, October 16, 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 or Bud at 947-5558 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.

# What have you done for United Self Help and others lately?

**Tell us and we'll help send you to Portland! Alternatives Conference, October 10 - 14.**

If you missed the deadline to apply for a partial or full Alternatives scholarship, here's your second chance.

**If you can pay to get to Portland, we'll pay for registration, food and hotel too.**

Also, United Self help is offering one scholarship to attend the 2012 conference in Portland Oregon. Only USH attendees need apply.

And there are other prizes too for helping others in Hawaii's consumer-run group organization.

To apply, submit your name, address, email address (if you have) phone --contract information along with **a summary of you or your friends involvement with United Self Help and why you feel that you deserve a scholarship.** No more than 250 words. Submit your application to : United Self Help, 277 Ohua Ave, Honolulu, HI 96815 or [director@unitedselfhelp.org](mailto:director@unitedselfhelp.org). Applications must be submitted no later than October 3. Scholarship includes round trip airline transportation, registration to conference and hotel.

Winner of the scholarship shall be contacted no later than October 5.

So if you've been involved with United Self Help in helping others, please apply, we want to thank you for it. Other prizes include: Trips to neighbor island for support group leader conferences. Dinner at restaurants, Gift Certificates, Computers, cell phones.



**PEERLINK**  
NATIONAL TECHNICAL ASSISTANCE CENTER



**ALTERNATIVES**  
2012 Honoring Our History,  
Building Our Future  
October 10-14, 2012  
Portland Marriott Downtown Waterfront  
Portland, Oregon

*The theme of Alternatives 2012 is "Honoring Our History, Building Our Future." The theme reflects the importance of honoring the efforts and achievements of our community. Our history of creating change for people with psychiatric histories is the foundation on which we build a better future for ourselves and our community. The conference will serve as a catalyst for building a better future by providing opportunities for sharing knowledge about innovative peer-delivered services, tools for mental health recovery, and systems change.*

*Peerlink is proud to host this year's Alternatives Conference in our home city of Portland, Oregon. Known for its innovative and progressive political and social climate, this a fitting location for a conference focused on building a better future. Known for its friendly people, great food, and breathtaking scenery, we are excited to welcome participants to our "green" city.*

[www.alternatives2012.us](http://www.alternatives2012.us)






Substance Abuse and Mental Health Services Administration  
**SAMHSA**  
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)  
ALTERNATIVES 2012 is funded by:  
U.S. Department of Health and Human Services  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[ www.samhsa.gov ]

**PEERLINK**  
NATIONAL TECHNICAL ASSISTANCE CENTER  
Peerlink National Technical Assistance Center  
Mental Health America of Oregon  
10150 SE Ankeny St, Suite 201-A Portland, OR 97216  
Office 1.503.922.2377 | TTY Use 711 Relay  
www.peerlinktc.org  
peerlinktc@gmail.com

Peerlink National Technical Assistance Center is made possible by grant funding from SAMHSA  
Grant #SMO59955-01

**Alternatives is the National Conference where mental health consumers come from all over the US and territories to discuss how to promote the consumer movement, and recovery.**

Speakers and groups meet to discuss how consumers can get involved in Medicaid Billing for peer mentoring services, starting a business, improve consumer participation in your area, and other topics affecting recover.

United Self Help will contribute to participation in the conference by any BRIDGES Graduate in a support group. For example, if they can get to Portland, a select few will get free registration and share a motel room at the Marriott. Call us. 947-5558

# 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, especially without prescription insurance. 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.org](http://www.unitedselfhelpfree.org) or [www.freeusadrugplan.com/](http://www.freeusadrugplan.com/)

Another , whose anti-seizure medications are not covered by his prescription insurance saves \$60 every month at Costco. Also you need to do is show your prescription with the card and tell them that it is not covered by prescription insurance. Will not work with Medicaid or other form of prescription insurance.

## Help us help more than 1000 consumers statewide through Foodland's "Give Aloha" program, now to Sept 30.

Make a donation to United Self Help at any Foodland, Sack n Save, Foodland Farms checkout and Foodland and the Western Union Foundation will make a donation to our organization too.

Our Organization Code is : **78281** --

Show your Maikai'i Card and make a donation to our organization (up to \$249 per person) at any store listed above. Foodland will match all donations up to a total of at least \$350 for all organizations combined.



## New TRAINING/SUPPORT GROUP, EVERY TUESDAY 3:30-5:30 p.m. until BRIDGES starts.

A special group has been set up after the latest BRIDGES class graduated, some members took WRAP and said that they wanted more every week. So we are having weekly meetings at Queens' Outpatient, 1st floor, Nuuanu and Vineyard until BRIDGES starts in the same room on October 16. Topics change, so does the guest speaker. The group was started by the last BRIDGES class who enjoyed training on Wellness Recovery Action Plan (WRAP) and said that they wanted more. Here is a sample of some of the subjects..

- How to run a support group
- Peer mentoring/ Peer support/Self Esteem/ Getting a job
- WRAP training --Wellness Recovery Action Plan
- The depression workbook—Mary Ellen Copeland
- Ten Days to Self esteem, by David Burns MD.

The group meets weekly from 3:30-5:30 at Queens Outpatient, first floor. Come on in!

# Q&A, and Opinions

## Questions and thoughts from Consumers.

### We have to help each other more-- here's how!!

On Maui alone, last month there were three suicides, one in the psych unit of the only hospital on Maui, and another in a group home.

Both were under the "care" of adult mental health "professionals", but they are too overburdened (and overly bureaucratic) to help everyone. How can tragedies like this be prevented?

We, as consumers, should help each other more, since others can't at times. The agency is a very caring agency, but they can't be everywhere every time, and people keep falling through the cracks.

#### Help people get out of their depression faster.

1. **Start helping others.** It's good for you too. That's why we have support groups, not only do we give each other jobs but we become friends, who care for each other.

2. **If a friend is depressed do the following:**

a. **Talk it out- listen to them.** Don't give advice unless it's asked for. "You can't say anything wrong, just be a friend", said a psychologist. But you might not say "I know how you feel" (you don't) and don't give advice without asking if they want it. You might ask what they think that they can do to make things go away.

b. **Ask them if they are thinking of hurting themselves:** If they say yes, get help fast.

c. **Advocate:** Join us, there is power in numbers. The state is messing with the insurance carriers. They keep changing the contracts, and keep switching who consumers get their services from. There is no continuity. We have to help ourselves and fight for corrections.

### My case manager doesn't give me enough service, anymore. What can I do about it?

**Understand the situation.** Unfortunately, in order to help reduce the Adult Mental Health Budget, case managers were told only to give each client 3.5 hours a month instead of as many as 3.5 hours/week. There may be exceptions but Adult mental health has to approve them. **Try to do more of the activities yourself,** or get a friend to help you. The most important person to manage your recovery is you. Don't have any friends? Join a support group where you'll meet friends to help you. Join a group, we help each other. **Complain, if it's legitimate.** Call access line or your provider to get the case manager's supervisor. If they won't help you call Randy Hack, "consumer complaints manager" at Adult Mental Health, 586-4685. A solution would be to allow consumers to peer mentor each other for about \$10/hour but that's not happening yet. (why, stigma??)

### How do I become a peer mentor/Peer Coach/ Peer specialist.

There are three programs. USH has a peer mentor program for parolees with mental health challenges who have taken BRIDGES in the prisons and get out. We help them in society and pay our consumer peer mentors. We require that persons take our BRIDGES course and be in a support group. United Self Help tries to give jobs to all members of support groups who are BRIDGES Graduates. We also peer mentor other members of a support group. We also peer mentor others outside of USH if the person is willing to make a partial payment.

Also Adult mental health has a peer specialist program. They teach it once a year (this year has already been picked). Those who were picked attend a two week 8-hour/day training and take a test. To sign up for certified peer specialist training for the future. However, many Certified Peer Specialists say that they can't find jobs- they say that the state's community health centers hire very few, but providers are required to.

Mental Health Kokua also won the "Peer Coach Grant" years ago. With it they are required to train "Peer Coaches who go and help consumers / about 4 hours/ week per consumer as employees of Mental Health Kokua. To find out about it, call Jessie Yokoyama at Safe Haven, 735-6423.

### The state created more Certified Peer specialists, isn't that a step forward.

Yes, but the state isn't hiring them. They mandate that the providers hire certified peer specialists, yet the community mental health centers, don't hire them themselves.

They spent all of this grant money to train these peer specialists, then refused them employment. One consumer was told "we can't hire you because we don't have room in here, not even for a file cabinet". Well, it's hard to compare a peer specialist to a file cabinet (hire them, find out what they can do for a fraction of the cost). Second, it's not a desk job. We're on the road. State: Set the example. --J L

**Auwe!!**

**To Maui community mental health center, for bringing someone in from the mainland to help with something that a consumer was already doing successfully.--K.S.**

# Walk with us!



## Join the USH team!

**Half our team's proceeds go to USH -- The Fifth Annual**



**Saturday, October 6, 2012**

**8:30 a.m. to 11 a.m. Walk starts at 9 am.**

Skygate park (between Municipal Building and Honolulu Hale), King and Kapiolani intersection, mountain side.

Join our team for a free framed photo from photographer Lynette Mau

Wear your United Self Help T-shirt

if you are a Bridges Graduate and didn't get a shirt let us know and we'll order you one--we'll give it to you the day of the walk, (if you are in a support group).

Prizes for all those who have gotten pledges!!!!

Other prizes for participants only.

to Register:

Linda Takai, 753-6400, [lindatakai@gmail.com](mailto:lindatakai@gmail.com) or Bud at USH: 947-5558

## Can What You Think

### Affect How You Feel?

*Effective thinking and good problem solving skills are key to overcoming adversity.*

BY: 50Plus



**Taken from Beliefnet.com: Our thoughts greatly impact our mood and behavior, says Baycrest clinical psychologist, Dr. Nasreen Khatri.**

**Effective thinking and good problem solving skills are key to overcoming adversity.**

Our thoughts greatly impact our mood and behavior, says Baycrest clinical psychologist, Dr. Nasreen Khatri. Everyone has negative and positive thoughts but most people have a balance between the two that allows them to think realistically and problem-solve effectively to meet life's challenges. Research has shown that people who are depressed or anxious think differently than those who are well. An expert in cognitive behaviour therapy (CBT), Dr. Khatri explains that it's not just a matter of turning negative thinking into positive thinking, rather we need to perceive and understand difficulties when they arise and then apply good problem solving skills to get through them. This is especially true for clinically depressed or anxious people, but anyone can use the basic premise of CBT to help them think more clearly.

CBT to help them think more

"In CBT we try to break the negative thought cycle," she says. "The first step is to become aware of your thinking and the next step is to change it and make it more adaptive. In time, people become better equipped and confident in their ability to solve problems, which in turn, makes them more positive."

"In terms of how ones thinking affects outcomes during difficult times such as illness, the effects of CBT are clear," adds Dr. Khatri. "For example, if someone is diagnosed with diabetes, how they think can greatly affect how they feel and function, in terms of managing the chronic illness. Since diabetes is impacted by self-management, if your thoughts are that you can't do it, can't manage, you will be less effective in staying on top of your blood sugar levels through diet, exercise and medications. But if your thought is that it's not great news but you will put your energy into doing what you need to stay healthy, then the outcome is more likely to be better."

adaptively to get through a difficult time. Everyone has negative and positive thoughts but most people have a balance between the two that allows them to think realistically and problem-solve effectively to meet life's challenges. Research has shown that people who are depressed or anxious think differently than those who are well.

**Clear thinking key to overcoming adversity**

"When people feel good about their ability to solve problems, they bring that attitude to whatever adversity comes their way. When they hit a bump in the road, they will usually do something healthy such as exercise, rest, call someone or plan a social activity. They re-channel in a positive way," says Dr. Khatri. "Anyone can be taught to think more effectively. Effective thinking gives a person a confident sense of self, which leads to a good attitude in life." "Clear thinking also helps a person build a coherent life, life of meaning," adds Dr. Khatri. "This is particularly important as we age, whether it's what we accomplished throughout our lifetime or what we re doing on a day-to-day basis." *Courtesy of 50PLUS.com, where you'll find thousands of articles on health, money, travel, lifestyle, work, relationships and more! 1*