

The Spiraling Times Newsletter

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GOOD-BYE 2008

What a year 2008 was. We elected our first African American President. We had the first woman run for President. The economy went into a deep dark hole of depression, the housing market took a dump, unemployment rates soared, as did the homeless rate.

Our men and woman serving in Iraq came home to a lack of mental health services for their PTSD. The suicide rate for our soldiers is on the rise at alarming rates.

The State of Nevada has left it's children and residents high and dry depleting what little services we already had and is headed for even more cuts in services.

Does anyone in Carson City realize that with the failing economy, have one of the highest foreclosure rates in the nation, and the highest unemployment rate in 23 years creates serious problems within our communities?

Suicide rates will go up for adults, the elderly and yes my friends adolescents.

Domestic Violent rates go up, alcohol and drug use rises, the divorce rates rise, children go to bed hungry and scared because their family is going to be homeless. Our homeless rate is sky rocketing and because of all the stress people will develop serious medical problems such as heart attacks, strokes, mental health problems?

Does anyone care? It seems not. No one seems to care anymore about their fellow man, woman or child.

Now is the time to help the citizens of Nevada, not destroy them. We need social services more now than ever. But those are the first things cut by our governor.

Our children's futures are being compromised even more than they were with the ridiculous cuts to education and health care services they need.

People are dying because of the lack of services and our health care, ER's are threatening to close their doors.

HOW MUCH IS TOO MUCH?

This is what happened in 2008. It is time the citizens of the State of Nevada tell the Governor and their elected officials ENOUGH IS ENOUGH!

Let them know who they work for US the citizens, not for themselves or their counterparts but US , the people of Nevada.

Let's all do our part to make sure the people of Nevada and our children aren't treated like second class citizens or worse in 2009.

One person can make a difference, let's begin a campaign to see what a mass of people can do to change the dire situation that the citizens of Nevada are facing. Call your elected officials and let them know ENOUGH IS ENOUGH!

Good-bye and Good riddance 2008. You did not do your people well at all.....let there be hope for 2009.

WHAT'S HAPPENING WITH DBSA IN 2009

DBSA Southern Nevada Board of Directors would like to wish everyone a very Happy, Healthy, and Prosperous New Year. We also want thank all of you that have supported us throughout the years and all of our new supporters. Without you there would be no DBSA Southern Nevada. Happy New Year everyone. Together we will make 2009 a very successful year.

2009 Board of Directors

Officers

Cheryl Murphy, President
Arnold Was, Vice-President
Karen Daniels, Secretary
Toni Barrett, Treasurer

Board of Directors

Olimpia Harrison
Shannon Veasey
Ron Wurstner

Welcome Board Members!!!!

The new Board of Directors are proud to announce a new and exciting program to be launched on Valentine's Day. "Hat's Off To Mental Health" Change for Change is a national program to help eliminate the stigma with mental illness. Look for our "Top Hats" in stores throughout Las Vegas.

We are planning to start four new meetings this year, check out our website for more details.

DBSA has started our yearly free community lecture series that is being co-sponsored by the West Charleston Library. A listing of speakers will be found on a separate page within this newsletter.

We will also continue to attend Community Health Fairs, to help educate the public, and get the word out about all of the great services we offer.

In October we will be celebrating our fifth year of hosting National Depression Screening Day and Teen Screen. This year's event will be in memory of a dear friend, supporter and Board member of DBSA Southern Nevada. Dr. Rena Nora passed away in November of 2008. She was instrumental in our becoming the first ever organization offering this service to our residents in the Las Vegas Valley and within the state of Nevada. Our Hat's are off to you Dr. Nora, you are solely missed.

We will also be celebrating for the sixth year our annual Thanksgiving Basket give-away. We gave ten baskets to families that have a seriously emotional disturbed child in their immediate family and to our support group members that wouldn't have Thanksgiving otherwise.

December brings our year end Holiday Party for both adults and children. Santa will be visiting us again this year, and gifts will be given at our annual holiday dinner.

This year is going to be a difficult one for all social service agencies due to the dramatic cuts in the Health and Human Services budget. People need our services now more than ever. Donations are down, grants are drying up but our Board of Directors pledge to do as much as possible to help the people of Southern Nevada who are in need of our services. All of our services are free of charge.

DBSA Southern Nevada is excited about entering our eighth year of operation and looks forward to another successful year.

With you our supporters and the Board members dedication in forging ahead with the plans laid out for 2009 we know this team effort will carry us through the tough times.

We thank all our supports old and new. We are dedicated to our cause and appreciate your support in helping us achieve our goals.

To donate to DBSA Southern Nevada please visit our web site at www.dbsa-southernnevada.org.

We look forward to serving our community for 2009.

SUPPORT GROUP WEEKLY MEETING LIST

Monday Evenings

Beginning April 20
Diagnosed Adolescents
Ages 13 thru 17

Rawson-Neal Psychiatric
Hospital

1650 Community College
Drive
Las Vegas, NV 89146

6:30 PM to 8:00 PM

Training Room 1

Monday Evenings

Beginning April 20
Parents/Guardians of
Diagnosed Adolescents
Mandatory for Adolescent to
attend support group meeting

Rawson-Neal Psychiatric
Hospital

1650 Community College
Drive
Las Vegas, NV 89146

6:30 PM to 8:00 PM

Training Room 2

Wednesday Evenings

Adult Diagnosed
18 years and over

Rawson-Neal Psychiatric
Hospital

1650 Community College
Drive
Las Vegas, NV 89146

6:00 PM to 7:30 PM

Training Room 1

Wednesday Evenings

Family and Friends
Of those diagnosed

Rawson-Neal Psychiatric
Hospital

1650 Community College
Drive
Las Vegas, NV 89146

6:00 PM to 7:30 PM

Training Room 2

Thursday Evenings

PTSD Diagnosed
Post Traumatic Stress
Disorder

Rawson-Neal Psychiatric
Hospital

1650 Community College
Drive
Las Vegas, NV 89146

6:00 PM to 7:30 PM

Training Room 1

Thursday Evenings

Co-occurring
Dual Diagnosed
Addiction and Mental
Health

Rawson-Neal Psychiatric
Hospital

1650 Community College
Drive
Las Vegas, NV 89146

6:00 PM to 7:30 PM

Training Room 2

A GLOSSARY OF MENTAL HEALTH TERMS

ADD/ADHD

Attention Deficit Disorder/Attention Deficit Hyperactive Disorder. Symptoms include inattention, impulsiveness and hyperactivity that are inappropriate for a person's age level. Usually diagnosed in children, but is also found in adolescents and adults.

ANTIPSYCHOTICS

A group of medications used to treat psychotic illnesses, first developed in the 1950's and 1960's. Newer antipsychotics developed in the 1990's are known as Atypicals and have fewer side effects such as movement disorders.

ANXIETY DISORDER

A constant chronic exaggerated worry state of mind which often has no apparent cause.

APATHY

A symptom of several mental illnesses, apathy is a lack of emotion or interest in things one would ordinarily consider important

BIPOLAR DISORDER

Formerly referred to as Manic Depression. Bipolar Disorder is a serious affective disorder, typically beginning in adolescence or early adulthood. Today we have Early On-set Bipolar Disorder for young children. Bipolar Disorder causes dramatic swings between manic 'highs' and depressed 'lows' alternating with periods of normal mood. There are four types of Bipolar Disorder according to the DSM-IV. Bipolar I (more mania's), Bipolar II (more depression), Bipolar III—Cyclothymia (rapid cycling) and NOS (not otherwise specified).

CASE MANAGERS

Health care professionals who work directly with clients, coordinate various activities, and act as the clients' primary contact. Case managers are often social workers or nurses.

DELUSION

A symptom of many mental illnesses, a delusion is an illogical belief that is held strongly, even in the face of evidence that it is false.

DEPRESSION

A spectrum of affective disorders, ranging from passing sad moods to serious, crippling disease requiring medical treatment. A common negative symptom of schizophrenia and bipolar disorder. There is Situational Depression, and Clinical Depression.

DUAL DIAGNOSIS

A diagnosis of both Addiction and a Mental Illness Disorder. Usually a Substance Abuse Diagnosis, but can be any Addiction problem co-occurring with a Mental Illness Disorder.

HALLUCINATION

A false or distorted perception of objects or events, including sensations of sight, sound, taste, smell, or touch, typically accompanied by a powerful sense of their reality.

A LEGAL 2000

The Nevada Law that is used when a person is exhibiting signs of danger to themselves or others, so they may be involuntarily admitted for care. Under this legal hold a patient can be held up to 72 hours in a hospital for psychiatric treatment. They must have a medical clearance which is usually performed at a hospital emergency room, before being admitted to a hospital. If the patient is in need of further treatment and refuses to stay the Doctor or Institute must have a court hearing to extend the hold time.

IN-PATIENT

An individual who comes to a hospital and is admitted for treatment.

MULTIPLE PERSONALITY

A generally rare personality disorder often inaccurately associated with schizophrenia. Multiple personality disorder has been found in people that have suffered severe trauma such as sexual abuse as very young

children.

NEGATIVE SYMPTOMS

Symptoms such as lack of drive or initiative, social withdrawal, and apathy. These symptoms are called 'negative' because the behavior takes away from what is considered normal.

NEUROLEPTICS

Another term for antipsychotic medications.

OBSESSIVE COMPULSIVE DISORDER (OCD)

Symptoms be feeling trapped in a pattern of repetitive thoughts and behaviors that are senseless and distressing but extremely difficult to overcome. OCD occurs in a spectrum from mild to severe, but if severe and left untreated, can destroy a person's capacity to function at work, at school, or even in the home.

OBISITIONAL DEFIANT DISORDER (ODD)

Usually diagnosed in children and adolescents. Symptoms of difficulty accepting rules or discipline, extreme disruptive behavior patterns, often argumentative, and showing difficulty relating to peers and siblings.

OUT-PATIENT

An individual who comes to a hospital or clinic for medical care but does not need to be admitted.

PANIC DISORDER

Symptoms of exaggerated fear and anxiety usually without apparent cause. abilities or may have the delusion that others are conspiring to do them harm.

CONTINUED ON PAGE 6

GLOSSARY OF MENTAL HEALTH TERMS CONTINUED FROM PAGE -4-

PARANOIA

A developing pattern of unfounded thoughts and fears, often based on misinterpretation of actual events. People with paranoia may consider themselves endowed with unique and superior abilities or may have the delusion that others are conspiring to do them harm.

POSITIVE SYMPTOMS

Symptoms such as delusions, hallucinations, disorganized thinking, and agitation. These symptoms are called 'positive' because the behavior adds to what is considered normal.

POST PARTUM DEPRESSION

Around ten to twenty percent of woman will experience major depression symptoms following the birth of their child. These symptoms--anxiety, irritability, insomnia, feelings of guilt, difficulty concentrating, persistent weepiness or sadness--are persistent and intense as compared to the milder "baby blues". Onset of symptoms is usually within the first six weeks after giving birth.. These symptoms can last a year or even longer, although three to six months is the average.

POST PARTUM PSYCHOSIS

Symptoms consists of depression and mania with psychotic features such as hallucinations and paranoia. Postpartum psychosis is most likely to occur in women who have bipolar disorder or schizophrenia, or who have a family member who has suffered from one of these.

Postpartum psychosis is rare, but is the form of postpartum depression that often receives the most attention. Women with this form of depression may suffer from delusions that their child is evil or demonic. Infant murders may sometimes be the tragic result if this form of depression is left untreated.

POST TRAUMATIC STRESS DISORDER (PTSD)

occurs as a result of exposure to a traumatic event or events -- whether a single ordeal, such as a car accident, natural disaster, or act of violence, or years of abuse or neglect. Symptoms are the re-experience of the trauma as flashbacks, a continuous state of heightened alertness, paranoia, fear and anxiety leading to headaches, stomach problems and other debilitating symptoms.

PSYCHIATRIST

A medical doctor who has specialized in psychiatry, is qualified to prescribe psychiatric medications.

PSYCHOLOGIST

A non-medical professional possessing a doctorate who is qualified to diagnose and treat mental disorders and perform psychological research, testing and therapy.

PSYCHOSIS

A group of symptoms in major mental illness that include loss of contact with reality, break-down of normal social functioning, and extreme personality changes. Psychotic episodes may be short-lived or chronic and worsening. People affected may experience hallucinations, delusions, regressive behavior, and an inability to control impulses.

SOCIAL WORKER ALSO KNOWN AS COUNSELORS

A licensed professional that does one on one counseling, group counseling and can be specialized such as Marriage Counseling, Addiction Counseling, and Mental Health Issues Counseling.

SSI

Social Security Insurance. This is based on a government approved medical diagnosed condition. The state sets the limit of a monthly payment. Medicaid insurance is awarded those on SSI if no other insurance coverage is involved.

SSDI

Social Security Disability Insurance. This is based on a government approved medical diagnosed condition. If qualified the monthly payment is based on your prior employment income and can exceed the State set rate of payment. It can also be lower that the state payment and SSI would cover the difference to bring the payment up to the state approved monthly rate.

TREATMENT

Diagnosis, application of medical procedures, application of medications, and counseling. Help in getting better.

TREATMENT PLAN

MENTAL HEALTH COMMUNITY NEWS

SPRING MOUNTAIN

PSYCHIATRIC SERVICES

Spring Mountain Treatment Center provides inpatient psychiatric treatment for adults ages 18 and older and adolescents ages 12 through 17. In addition, senior adults ages 55 and older may receive inpatient psychiatric treatment at Spring Mountain Sahara.

Spring Mountain provides free, confidential assessments for those who are seeking help for themselves or a family member or friend. Our mobile assessment team will be happy to schedule an appointment for you at either of our 2 hospitals, otherwise walk in appointments are welcome. For those who find themselves at a local emergency room, our mobile assessment staff will complete the assessment at the emergency room.

Spring Mountain accepts Medicare, Nevada Medicaid for ages 12 through 20 and those aged 65 and older, private insurance, and private pay. With the ongoing economic crisis that people are finding themselves in, our discharge planners assist patients and families in finding affordable outpatient resources.

In an effort to keep up with the demands of the Las Vegas community, Spring Mountain Treatment Center has expanded their adult inpatient services to 26 beds in addition to their 56 adolescent beds, and 30 senior adult beds.

For more information please call

702-873-2400

THE JASON

FOUNDATION

JFI Congratulates

Lynda Tanner Delgado

Representative of the Month

The Jason Foundation is proud to recognize Lynda Tanner Delgado, JFI Representative at Montevista Hospital, as the JFI Representative of the Month for March.

Lynda received a Bachelor of Arts with Distinctions in Sociology from San Diego State University and a Master in Public Administration from California State University, Long Beach. Since the inception of her career in Las Vegas, she has worked with and partnered with all aspects of the community including the Clark County School District, police departments, social service agencies, Department of Child and Family Services, Department of Family Services, juvenile justice, mental health professionals, protective services, the casino industry security, and other community organizations.

Lynda attributes her success with JFI to the support of her CEO and the Administrative Staff at Montevista. She says, "Without their support I could not do my job." Montevista CEO, Bob Marshall, shared these comments:

"Lynda has been with Montevista Hospital for over 5 years as a Community Liaison. She has been in the marketing and health field for over 30 years. Her job responsibilities include the implementation and coordination of The Jason Foundation. The Jason Foundation programs have been implemented in every high school health class of Clark County School District (the 5th largest in the nation) for the last four years. She trains all the counselors of Clark County School District annually in The Jason Foundation. It is mandatory for these

counselors to go through the training. Every nurse in the Clark County School District has also been trained. In 2008, The Jason Foundation at Montevista conducted 194 presentations and trainings and touched 39,682 lives. She is dedicated to the goals and mission of The Jason Foundation and Montevista Hospital."

JFI is proud of Lynda, the accomplishments of Montevista Hospital and the support of the entire staff at Montevista.

Lynda has served on our Board of Directors and the DBSA Southern Nevada Board of Directors 2009 would like to congratulate Lynda on a job well done.

GOSHEN

DEVELOPMENT CENTER

The Goshen Community Development Coalition's Resource Center is now open. Located at 3075 E. Famingo Rd., Suite 100A., 89121. Hours of operation are 9 AM to 5 PM Monday through Friday.

We can provide you with alcohol, substance abuse and other prevention materials. All material is free of charge.

Call us at 702-792-4357 or email us at : sbooker4goshen@aol.com

Please send us any community organization news you would like features in this column.

Hat's Off To Mental Health Lecture Series

**6:30 PM to 8:30 PM
West Charleston Library Auditorium
6301 West Charleston Blvd
Las Vegas, NV 89146**

**Co-sponsored by the Las Vegas Library District
West Charleston Library**

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**2009 LECTURE SCHEDULE**

**February 17—Dr. Barbara Parry, PhD., Automatic Negative Thoughts and How to Deal With Them.**

**March 25—Dr. Sheth, PhD., Bipolar Disorder: Every Thing You Need To Know.**

**April 29—Dr. Barbara Parry, PhD., Repeated By Popular Demand—Automatic Negative Thoughts and How to Deal With Them.**

**May 26, Melissa Kalodner, Phd. Children and Bipolar Disorder.**

**June 23, Eating Disorders, Presenter to be Announced**

**August 25, Lynda Tanner Delgado—The Silent Epidemic,. Warning signs and prevention techniques for youth suicide.**

**September 29—Cheryl Murphy. The Roller Coast Ride That Never End. What Every Parent Needs To Know About Raising A Child With Bipolar Disorder.**

**October 20—The Elderly and Mental Health Issues. Presenter To Be Announced.**

**November 17, Dr. Barbara Parry, PhD. Holiday Blues.**

**December 15, Dual Diagnosis. Presenter To Be Announced.**

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MARK YOUR CALENDARS

OCTOBER 17, 2009

National Depression Screening Day and Teen Screen. West Charleston Library, 6301 W. Charleston 12:00 Pm to 5:00 Pm.

Private and Free Testing

Individual Education Programs

Four Week Course

“Living Successfully With A Mood Disorder”

“WRAP For Veterans”

Twelve Week Course

“Pathway To Recovery”

Two Hour Presentations

“The Roller Coaster Ride That Never Ends.”

“How Does Depression and or Mental Health Disorder’s Effect Your Business”

For More Information Call Today

702-818-5634

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**DID YOU KNOW ?**

- 1 out of 5 Young Adults have a Personality Disorder
- Suicide is the 3rd leading cause of death for adolescents and young adults.

# WE WISH YOU WERE HERE

Three of our members are currently hospitalized and all of our support group members and Board of Directors wish them a speedy recovery..

Sean M—Car Accident

Ken M—Medical Problems

Toni B.—Medical Problems

Hurry and get well we miss you !!!!

We also lost a very dear friend of DBSA Southern Nevada in November. Dr. Rena Nora.

Dr. Nora was instrumental in bringing mental health programs to our state and also awareness of Co-occurring Disorders and was a Professor at the UNLV School of Medicine. She had been a long time

supporter of DBSA Southern Nevada and served on our Board of Directors for the past two years. We miss you Dr. Nora.

**WE WISH YOU WERE STILL HERE WITH US!!**

Our Condolences are with all of her friends and family.

A beautiful woman that enhanced the world around her. We truly lost a gem.

## DID YOU KNOW?

- People that attend support group meetings, see their doctors regularly and take their medication as prescribed on a daily basis can live a 98% happy, normal, healthy life?
- Depression is a treatable illness? You aren't alone and you will make it through the difficult times. Support groups give you that added extra support from people that have been where you are.
- 1 out of every 5 people have some kind of mental health diagnosis, mainly Bipolar Disorder.
- Lack of mental health insurance coverage costs businesses billion of dollars yearly
- Family members who care for those with untreated severe mental illnesses face tremendous burdens.
- One third of family members have to give up leisure time, making them isolated and often prevents them from having company and friends of their own.
- One fifth have to give up their employment.
- Family members of patients with bipolar disorder and major depression incurred health care expenses three times that of other families.
- Families also face the very real risk of violence.
- An average of 32% of relatives have been struck on at least one or two occasions.
- Verbal abuse, threats, and temper outbursts are a regular occurrence.

**DEPRESSION AND BIPOLAR SUPPORT  
ALLIANCE SOUTHERN NEVADA**

3941 Copperhead Hills St.  
Las Vegas, NV 89129

Phone: 702-255-4003

Fax: 702-255-0423

Email:

[dbsasouthernnevada@yahoo.com](mailto:dbsasouthernnevada@yahoo.com)



**Depression and Bipolar  
Support Alliance**

*You Are Not Alone, We've Been There, We  
Understand, We Care, We Can Help*

*We are on the web  
[dbsa-southernnevada.org](http://dbsa-southernnevada.org)*

## Membership—Donation Application

NAME:

\_\_\_\_\_

MEMBERSHIP

Individuals \$15.00 \_\_\_\_\_

ADDRESS:

\_\_\_\_\_

Family Membership \$25.00 \_\_\_\_\_

Professional Membership \$100 \_\_\_\_\_

CITY:

\_\_\_\_\_

Quarterly Newsletter \$25.00 \_\_\_\_\_

Number of Subscriptions: \_\_\_\_\_

STATE:

ZIP:

\_\_\_\_\_

Donation Only \$ \_\_\_\_\_

PHONE:

(\_\_\_\_) \_\_\_\_\_

Please Make Check Payable To:  
DBSA Southern Nevada

Mail To:

DBSA Southern Nevada  
3941 Copperhead Hills St.  
Las Vegas, NV 89129

EMAIL:

\_\_\_\_\_

Membership, Subscriptions and Donations are tax deductible up to the fullest extent of the law. A receipt will be mailed to you at the address provided for your tax purposes.

Donations at meetings are greatly appreciated but not necessary for support group attendance. You do not have to be a member to attend our Support Group Meetings.

Your donations help support all of the free services we offer within our community such as:

- Printed Informational Material
- Community Lecture Series
- Special Educational Services
- Advocacy
- Resource Information
- Speakers Bureau
- 24-Hour Information Hot Line
- Quarterly Newsletter
- Six weekly support group meetings

