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SERVING WESTERN RIVERSIDE COUNTY:
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Jurupa Valley, Moreno Valley
and Mira Loma

**NAMI Western Riverside
GENERAL MEETING**

Monthly meetings are held the
first Monday of each month,
except for holidays
(No General Meeting in July)

ATTENTION

Due to New Year's Holiday
**JANUARY'S
GENERAL MEETING DATE
CHANGED TO**

**Thursday, January 5, 2017
RIVERSIDE POLICE DEPARTMENT**
10540 Magnolia Avenue,
Riverside, CA 92505

7:00-8:30pm

TOPIC:

Wellness City Programs

Presented by

Karen Hudson

Recovery Services Administrator I
RI International

FEBRUARY GENERAL MEETING

Monday, February 6, 2017

Topic: Sunrise Recovery Ranch

Presented by

Lacretia Ghazarian

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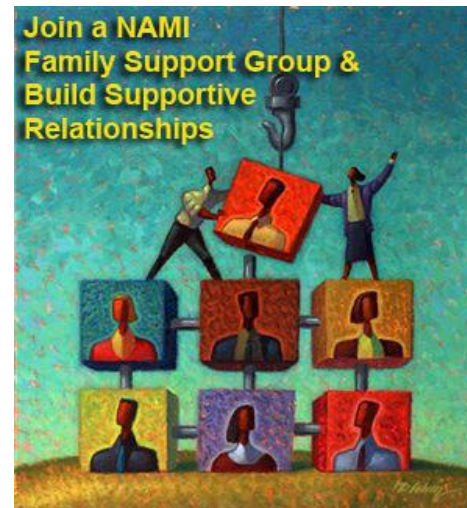
NAMI Western Riverside is a non-profit
501c3 affiliate of NAMI National, the
largest grassroots mental health
organization dedicated to improving
the lives of families as well as persons
living with mental illness.

Bipolar Romantic Relationships: Dating and Marriage

**Whether you or your loved one has
bipolar disorder, you can learn to
make the relationship work.**

BY STEPHANIE WATSON

Navigating any romantic relationship -- whether it's dating or marriage -- can be a tricky endeavor. Add bipolar disorder with its roller-coaster ride of emotions into the mix, and relationships become even more challenging.



See Page 3 for support group information.

When Jim McNulty, 58, of Burrillville, Rhode Island, got married in the 1970s, everything seemed fine at first. "It was an absolutely normal courtship," he recalls. "We got along well."

Then the mood swings began. During his "up" or hypomanic states, he would spend huge sums of money he didn't have. Then he would hit the "down" side and sink into the depths of depression. These wild swings put stress on his marriage and threatened to run his family's finances into the ground. He eventually signed the house over to his wife to protect her and his two young children. Finally, he says, "She asked me to leave because she couldn't live with the illness anymore."

THE BIPOLAR RELATIONSHIP

When people get into a relationship, they're looking for stability, says Scott Haltzman, MD. Haltzman is clinical assistant professor in the

Continued on page 2



1st Annual NAMI Western Riverside Evening of Recognition Dinner & Dance

Saturday, January 14, 2017

6:00 PM – 10:00 PM

Marriott Riverside at the Convention Center

3400 Market Street, Riverside, CA 92501

Join us for the 1st Annual NAMI Western Riverside "Evening of Recognition" Dinner/Dance. This year's event honoree is Steven Steinberg, Director Riverside University Health System – Behavioral Health (RUHS-BH). The guest speaker will be the honorable Judge Mark Johnson, Riverside County Veterans Mental Health Court.

NAMI's "Evening of Recognition" is an opportunity for you and your friends to:

- Dine and dance in celebration of our honoree and the RUHS-BH's dedication and accomplishments in the field of mental health for Riverside County.
- Introduce a new NAMI education program for Veterans and their families called NAMI Homefront.
- Support NAMI Western Riverside's education programs, training events and mental health awareness activities for the community!

**Order tickets and/or make donations securely online at
www.FirstNamiRecognition.eventbrite.com**

For more information call: (951) 369-2721 or (951) 570-2181



Educate, Empower Engage

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in

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June 28 – July 1, 2017

See more at:

nami.org/Convention



NAMI CALIFORNIA CONFERENCE

Newport Beach, CA
August 25-26, 2017

See more at:

namica.org/conference

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Dating and Marriage

Continued from page 1

Brown University department of psychiatry and human behavior. He's also medical director of NRI Community Services in Woonsocket, R.I. and author of *The Secrets of Happily Married Men* and *The Secrets of Happily Married Women*. He tells WebMD that bipolar disorder can seriously complicate a relationship. "The person, particularly if untreated, may be prone to changes in their mood, their personality, and their interactions that can threaten the consistency that is the framework of a relationship."

He adds that not everyone with bipolar disorder experiences the distinct mood phases of mania and depression. But when those episodes do occur they can wreak havoc on a relationship.

During the manic phase, a person can lose his or her sense of judgment. That means spending money recklessly, becoming promiscuous, engaging in risky behaviors like drug and alcohol abuse, and even getting into trouble with the law. "When you have a spouse with bipolar disorder who gets in a manic phase," he says, "it can be extremely detrimental to the relationship because they may be doing things that endanger you or may endanger you financially."

On the other side of the curve is depression. Depression can cause the person to withdraw completely from everything -- and everyone -- around him or her. "If you're a partner with someone, it's very frustrating," Haltzman says. "That's because you want to pull them out of their shell and you don't know how to do it."

DATING WITH BIPOLAR DISORDER

Bipolar disorder can become an issue from the very start of a relationship. When you first meet someone you like, it's natural to want to make a good impression. Introducing the fact that you have bipolar disorder may not make for the most auspicious beginning. There is always the fear that you might scare the person off and lose the opportunity to get to know one another. At some point, though, you will need to let your partner know that you are bipolar.

"I don't think it's necessary to introduce your psychiatric problems on the first date," Haltzman says. "But once you sense that there's a mutual attraction and you decide to become more serious with this person, when you decide that you want to date this person exclusively, I think at that point each partner needs to come clear with what the package includes."

Knowing what triggers your cycles of hypomania, mania, and depression and watching out for warning signs that you're entering one or the other phase of the cycle can help you avoid uncomfortable situations in your new relationship. "I think the more the person knows what their cycles are, the better they might be able to be in charge of them," says Myrna Weissman, PhD. Weissman is professor of epidemiology and psychiatry at the Columbia University College of Physicians and Surgeons. She is also chief of the department in clinical-genetic epidemiology at New York State Psychiatric Institute. Warning signs, she says, can include disturbed sleep and changes in activity level.

BIPOLAR DISORDER AND MARRIAGE

Any number of things, from work stress to money issues, can lead to arguments and put strain on a marriage. But when one partner has bipolar disorder, simple stressors can reach epic proportions. That may be why as many as 90% of marriages involving someone with bipolar disorder reportedly fail.

McNulty watched not only his own marriage fall apart, but the marriages of others with bipolar disorder as well. "I've been running a support group for almost 19 years," he says. "I've seen dozens of couples come through the door with their marriage in tatters." Bipolar disorder "puts a huge additional strain on a relationship, particularly when you don't have a diagnosis."

HEALING A TROUBLED RELATIONSHIP

Having a relationship when you live with bipolar disorder is difficult. But it's not impossible. It takes work on the part of both partners to make sure the marriage survives.

The first step is to get diagnosed and treated for your condition. Your doctor can prescribe mood stabilizing medications, such as Lithium, with antidepressants to help control your symptoms. Therapy with a trained psychologist or social worker is also important. With therapy you can learn to control the behaviors that are putting stress on your relationship. Having your spouse go through therapy with you can help him or her understand why you act the way you do and learn better ways to react.

"I think the more a partner can learn about these things, the better role he or she can play," Haltzman says. "Being involved in treatment can really help make the treatment for bipolar disorder a collaborative effort. And it will actually increase the sense of bonding."

Continued on page 3

Dating and Marriage *Continued from page 2*

Though you may want to crawl into your self-imposed cocoon when you're depressed, and feel like you're on top of the world when you're manic, it's important to accept help when it's offered. "I think," Haltzman says, "it sometimes helps to have a contract." With this contract, you can decide ahead of time under which circumstances you will agree to let your partner help you.

For the spouse of the bipolar person, knowing when to offer help involves recognizing how your partner is feeling. "You really have to work at it to understand what the other person is going through," McNulty tells WebMD. "And you have to be alert to their moods." McNulty is now remarried to a woman who also has bipolar disorder. When one of them notices that the other is starting to slide into depression, he or she will ask, "How do you feel?" and "What do you

need from me?" This gentle offering helps keep both partners on track.

Here are a few other ways to help relieve some of the stress on your relationship:

- Take your medication as prescribed. And keep all of your appointments with your health care provider.
- Take a marriage education class.
- Manage your stress in whatever way works for you, whether it's writing in a journal, taking long walks, or listening to music. Try to balance work with more enjoyable activities.
- Stick to a regular sleep cycle.
- Eat healthfully and exercise regularly.
- Avoid alcohol and caffeine.

If you ever think about hurting yourself or committing suicide, get help immediately.

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Registration is *Now Open*

NAMI Family-to-Family and Peer-to-Peer participants receive current information on serious mental illness, learn about proven treatments, develop problem-solving skills and communication techniques, explore local community support services and much more. Class space is limited.

Registration is required to attend a Family-to-Family or Peer-to-Peer class.

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Peer-to-Peer
A Free Peer Education Program

10 Week Course

Western Riverside

JOIN A NAMI SUPPORT GROUP

NAMI Family Support Group
For family members and caregivers of individuals with mental illness.

2nd Tuesday of Each Month
6:30 pm - 8:00 pm
KAISER PERMANENTE MEDICAL CENTER
27300 Iris Ave., Moreno Valley, CA 92555
Conference Room 1st Floor

----- AND -----

2nd Saturday of Each Month
10:00 am - 11:30 am
PACIFIC GROVE HOSPITAL
5900 Brockton Ave. Riverside, CA 92506

NAMI Connection
A Peer-led recovery support group program for adults living with mental illness.

2nd Saturday of Each Month
10:00 am - 11:30 am
PACIFIC GROVE HOSPITAL
5900 Brockton Ave. Riverside, CA 92506

NAMI WESTERN RIVERSIDE
Support Group Info: (951) 377-1181
Voicemail: (951) 369-2721
P.O. Box 4145, Riverside, CA 92514
Email: NAMI@NAMIWesternRiverside.org
Website: NamiWesternRiverside.org

**NAMI understands mental illness challenges and
has a caring group of supporters! YOU ARE NOT ALONE!**

MENTAL HEALTH & CRISIS SERVICES IN RIVERSIDE COUNTY

CRISIS NUMBERS

Adult Services:

Western Region 951.358.4705
951.738.2400
Mid-County Region 951.791.3300
Desert Region 760-863-8455
951.849.7142
760.921.5000

Mental Health Numbers

Western Region:

Blaine Street Clinic 951.358.4705
Children's Treatment Services 951-358-4549
FACT of Corona 951.273.0608
Jefferson Wellness Center 951.955.8000
Main Street Clinic 951.738.2400
Tyler Village for Mature Adults 951.509.2400

Mid-County Region:

Hemet Clinic 951.791.3300
Lake Elsinore Adult Services 951-471-4645
Mt. San Jacinto Children's 951.487.2674
Perris Mental Health Clinic 951.443.2200

Desert Region:

Banning Clinic 951.849.7142
Blythe Clinic 760.921.5000
Cathedral City Older-Adult Services 760.863.8455
760-773.6767
Children, Adult, Crisis & Residential Services 760.773.6767

Emergency Treatment

Services (ETS) 951.358.4881
951.358.4882
951.358.4883

Inpatient Treatment Facility (ITF) 951.358.4700

Oasis Rehabilitation Center (OCS) 760-863-8600

CARES Line (Community Access, Referral, Evaluation & Support Line) 800.706.7500

Public Guardian 951-955-1540

24 Hours Detox Referral Line 800.499.3008

Patient Rights 800.350.0519

Family Advocate Program 800.330.4522

Adult Protective Services 800-491-712

Helpline, Suicide Crisis 951.686.4357

Child Protective Hotline 800.422.4453

National Suicide Prevention Lifeline 800.273.8255

Family Services Association 951.686.3706

NATIONAL ALLIANCE ON MENTAL ILLNESS

NAMI California 916.567.0163
Riverside 951.369.2721
Coachella 888.881.6264
Temecula 951.672.2089
Mt. San Jacinto 951.765.1850

California Department of Mental Health 800.896.4042

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National Alliance on Mental Illness

Learn more about NAMI Western Riverside online at NAMIWesternRiverside.org

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If you cannot attend the NAMI /Ranchito Fundraiser, go to NAMIWesternRiverside.org/donate to make a donation online! Thank you in advance!

Shop at AmazonSmile and Amazon will make a donation to: NAMI Western Riverside

Support NAMI Western Riverside

JOIN or DONATE TODAY

NAMI is engaged in a variety of activities to create awareness about mental illness and promote the promise of recovery. We ask that you make a commitment to support NAMI Western Riverside by becoming a NAMI member and/or making a cash donation. Your generosity will make a difference in our community by allowing us to continue in our work.

Please complete this Membership/Donation Form and return it to NAMI Western Riverside. **Credit Card payments and donations can be made online at www.NamiWesternRiverside.org. Thank you in advance for your support!**

NAMI Membership & Donation Form (Please Print)

<p>When you join now, you become a member of your NAMI Affiliate, your NAMI State Organization and the NAMI National organizations.</p> <p>Yes, I want to: (please check one)</p> <p><input type="checkbox"/> Join NAMI</p> <p><input type="checkbox"/> Renew membership for one year</p> <p>Dues</p> <p><input type="checkbox"/> \$35 Regular Membership</p> <p><input type="checkbox"/> \$3 per Family Member (with 1 Reg. Member in same household)</p> <p><input type="checkbox"/> \$3 Open Door Membership</p> <p>Member benefits include NAMI's flagship magazine, the <i>Advocate</i>, as well as NAMI's monthly e-newsletter, <i>NAMI Now</i>, if you subscribe at www.nami.org/subscribe. All members receive the same benefits. NAMI membership is valid for one year.</p>	<p>DONATE TO NAMI</p> <p>NAMI Western Riverside County needs your support. Your gift will help continue the support and education services for everyone affected by mental illness</p> <p><input type="checkbox"/> \$ 25</p> <p><input type="checkbox"/> \$ 50</p> <p><input type="checkbox"/> \$ 75</p> <p><input type="checkbox"/> \$ 100</p> <p><input type="checkbox"/> \$ 125</p> <p><input type="checkbox"/> \$ 200</p> <p><input type="checkbox"/> \$ _____</p> <p>NAMI Western Riverside County is a tax exempt, non-profit organization. Donations are tax deductible to the extent allowed by law.</p> <p style="text-align: center; font-weight: bold;">PLEASE DONATE TODAY!</p>	<p>Mail Membership Payment & Donations to: NAMI Western Riverside P. O. Box 4145, Riverside, CA 92514</p> <p>Make Online Credit Card Payments and Donations at: www.namiwesternriverside.org</p> <p>Title: <input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Dr.</p> <p>Primary Member Last Name: _____</p> <p>Primary Member First Name: _____ Middle: _____</p> <p>Address: _____</p> <p>City: _____ State: _____ Zip: _____</p> <p>Phone: _____</p> <p>Email: _____</p>
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<p>Credit Card Payments and Donations are made online at: www.namiwesternriverside.org</p>		
<p>For Office use only: <input type="checkbox"/> Check \$ _____ <input type="checkbox"/> Cash \$ _____ Date: _____ Rcv'd by: _____</p>		