



Heard It Through the Grapevine

March 2011

The Vision of The
Grapevine Center,
Inc.

Blending good
people with better
choice for the best

recovery
Grapevine Board
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Nancy Nicklas

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Gail Steck

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Published By Consumers



UPCOMING EVENTS

March 4, Pool Tournament 2PM
March 6, George Neigh Meal 2 PM
March 7, Pool Tournament 2 PM
March 8, Bowling 11:30 AM
March 11, Western Region CSP 9 AM
March 13, Sunday Meal 2 PM
March 15, CSP Meeting
March 15, Medicare prescription program
2:30 PM
March 16, Pool Tournament 2 PM
March 20, Sunday Meal 2 PM
March 21, GV Board Meeting 5:30 PM
March 22, Pool Tournament 2 PM
March 22, NAMI Connection 6 PM
March 24, Personal Care Seminar, Men 1-2
PM, Ladies 2-3 PM

March 25, Community 2 PM
March 27, Sunday Meal 2 PM
March 29, Air Hockey Tournament 2
PM
March 30, Birthday Bingo 2 PM
March 31, Pool Tournament 2 PM

Poetry Corner

Shattered Spirits By Wyatt McCauley

As I sit here gazing, wondering what is next
I bite my fingernails and loose control of
What mind I have left it is unforsaken of
What my spirit can handle it shakes it
Shatters why am I so cold. I've been
Through so much, no one sees the clues
No one wants to talk, life is so bleak
So drawn so miserable want to drink
Or possibly drug who knows so scared
Of what might happen. Oblivion awaits
For all of us but we fight for what we
Need to do, but process to long loosing fight,
Faith, and reality all we have left is
Our.....shattered spirits.



Fallen Angels By Wyatt McCauley

Dedicated to all the people who have suffered.
You are the true fallen angels.

We suffer, we are in torment, we cannot
Take it anymore, we are falling into a
Bottomless pit with no chance to escape
Who are we, we have become
Fallen angels.

A little hope, but not much we
Don't know where to go. Feel trapped in
our minds, purgatory
Somewhat, walls crashing in
Who are we.....fallen angels.

Despair surrounds us, are we
Outcasts to be shoved off
To the side, or just plain
Angels to be forgotten. I don't
Know who to turn to but
For now we are....fallen angels.



Member's Tales

Overcoming Past

I wish there was some wonderful place
called Land of Beginning Again
Where all of our past mistakes and heart-
aches, and all of our poor selfish grief,
Could be dropped like a shabby old coat at
the door
And never be put on again.

Rules for Happiness

Don't blame others for making you un-
happy. Take responsibility for making your-
self happy.

Give yourself permission to make yourself
happy—even if in so doing, others make
themselves unhappy.

Make time for yourself to do things which
bring you pleasure and enjoyment in the
short-term.

Do things for others and your community
without expecting anything back in return.

Sacrifice short-term pleasures and put up
with short-term discomforts in order to
achieve longer-term gains.

Accept the fallibility of others and yourself.

Don't take things personally.

Take a chance even when you might fail at
things in your life whether it concern a per-
sonal relationship or trying to advance your-
self in some way.

It doesn't matter so much what people think
about you and what you are doing.

See uncertainty as a challenge/
opportunity—do not be afraid of it.

Putting The Past Behind You

What is past is all said and done. What remains to be seen is
what I can bring to my present and future.

Better for me to concentrate on what I'm doing today rather
than on what I did or didn't do yesteryear.

Better to do in the present than to stew about the past.

The past isn't going to get any better!

Poor decisions made in the past do not have to be repeated in
the present.

Because something once happened doesn't mean that it has
to continue to happen.

No matter how bad any event was, I do not have to allow it to
continue to have a negative influence on my life.

I cannot rewrite history and change what has already
happened.

Whining and screaming about the injustices and unfairness of
the past will only take a bad situation and make it worse.

I don't have to be the one person in the universe to have been
treated with total fairness and kindness—and I don't have to
moan and groan about the fact that I wasn't.

I'm going to put more money down on what can yet be made to
happen than on what has already happened.

Having been treated unfairly in the past is all the more reason
to treat myself fairly in the present.

Now that I have been shown how not to treat people, I can have
a better start on how to treat them.

I don't have to take the unkindness of the past and turn them
into insults in the present.

I can use what did not kill me in the past to make myself
emotionally strong in the present.

Continued on next page

Putting The Past Behind You Continued

I may have suffered deprivation in the past, but I have not been degraded or demeaned by it. Demeaningness is a state of mind that only I can give myself, and I've got better things to do than rake myself over the coals.

People's treating me like dirt in the past does not mean that I am dirt.

Feeling sorry for myself, angry toward others, guilty, or ashamed for getting the short end of the stick in the past will only continue to keep me from achieving happiness in the present and future.

I am an active stewing-in-my-own-juices participant in my present victimization and can choose instead to make plans to move forward with my life.

What I tell myself today is much more important than what others have told me in the past.

Past experiences do not represent me. Rather, they represent things I have experienced; they do not make me into a better or worse person.

The enemy is not my past; the enemy is my way of thinking about my past.

Going on an archeological dig of my past in an effort to explain my present difficulties is like trying to find a needle in a haystack and will only divert me from present problem-solving.

Everything that has happened in my life happened. Therefore, I'd better get off my high horse and stop pigheadedly demanding that it should not have occurred, when in truth it did occur.

What has happened to me is not nearly as important as what I decide to do with it.

I will try to be successful in putting my past behind me by changing my thoughts and feelings about it, but I don't have to put myself down if I fall short of the put-it-behind-me mark.



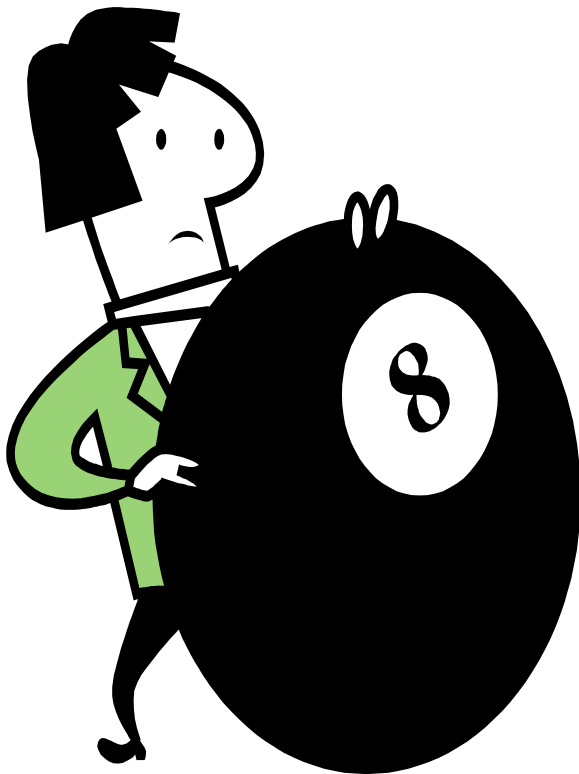
Poetry Corner Continued

Survival Of Problems

By
Wyatt McCauley

Dedicated to everyone

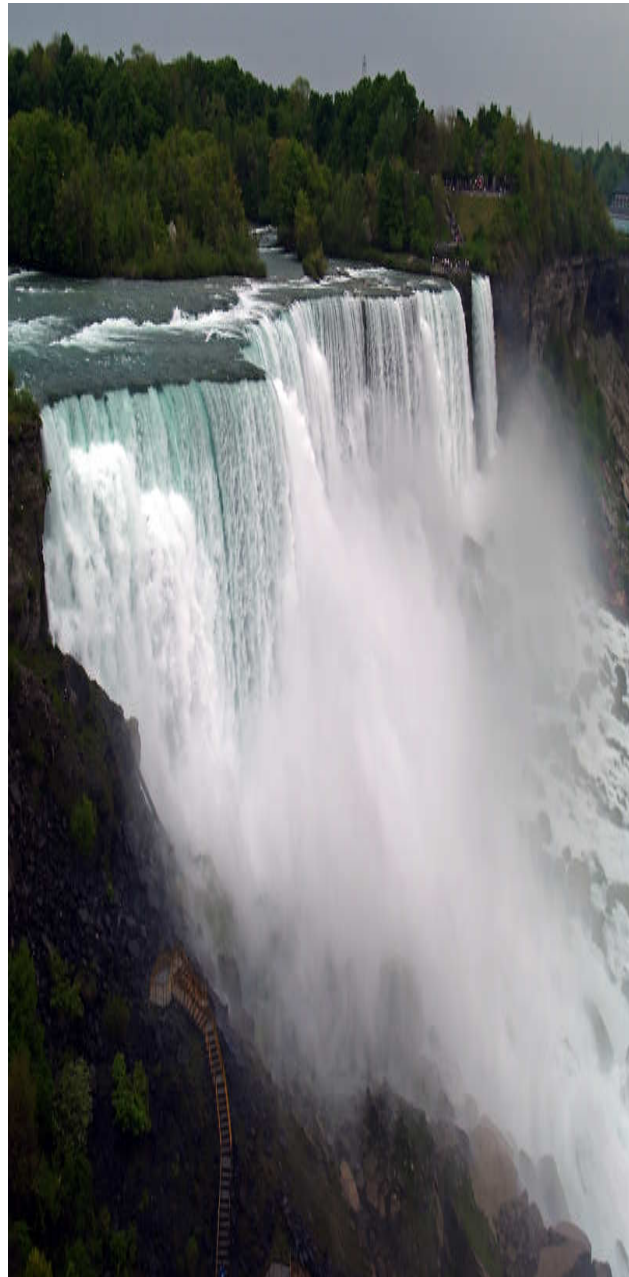
We all live in our nightmares,
Despairs and our circumstances
Of disasters but we must all
Realize what breaks us down
Only makes us stronger.
We are survivors and no one
Can take that away from us,
We can survive anything
That comes our way. We
Have to dig down and fight
Like no other we have to
Wake up in the morning look
In the mirror and not be
Ashamed for who we are
.....survival of problems.



Niagara Falls

By
Mary P. Gallagher

Surging through seas of turmoil
Escaping bubbling cauldrons
Enjoying the freedom of the open road
Fighting the fierce wind
Kicking up leaves to unearth secrets
Feeling the power of the mighty water
Matching the intensity of my volcanic spirit
Searching for the calm of the water
Trying to restore some semblance of peace to my soul.



What Kind Of World Is This ?

**By
Dave McBride**

What kind of world is this ?
Where we can't see all our old friends.

What kind of world is this?
Where every fact is refuted by some other fact.
What should we believe?

What kind of world is this?
Where "education" is packaged and sold to the gullible.

What kind of world is this?
Where they don't recognize the heroes and the hardships
Others endured to allow us to be free.

What kind of world is this?
Where there are no neighbors, only people who live near
you.
Who are they?

What kind of world is this?
Where the spirit of giving is measured by the total money
spent.

What kind of world is this?
Where "crack" is king.
Do you support the king?

What kind of world is this?
Where there are no Americans,
Only groups of different origin.
I am an American.

What kind of world is this?
"I am dropping out."
Where can I go?



Hey, You

**By
Dave McBride**

If I walk around
Full of joy,

Is that illegal?

I mean I want to share
It with everyone.

Does that make more joy?

I think there are some joys
That I don't want to share.

Is that wrong?

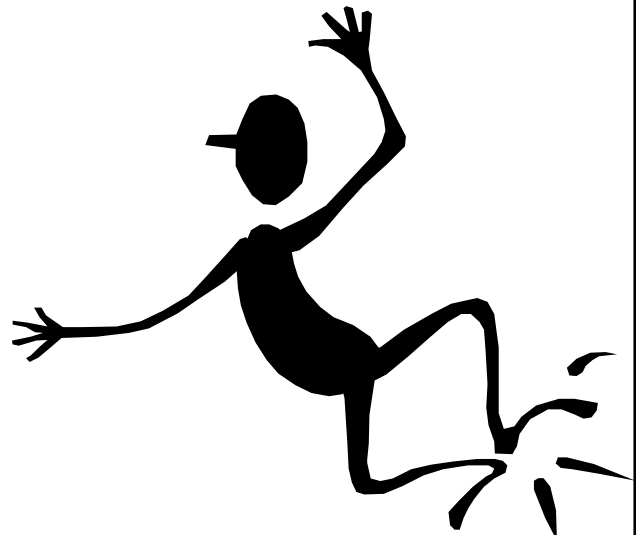
I think it's important
To take care of number one.

Does that make me selfish?

If you don't look out for you,
Who does?

My doctor loves me.
(As long as I his "cashcow").

My Grapevine friends love me.
They're too poor to help.



**GRAPEVINE
CENTER
INC.**

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grapevine@zoominternet.net

**We're on the Web;
grapevinecenter.org**

Dear Betty



Betty will answer questions submitted to her through her mailbox. You may submit any type of question.

Question:

Reply:

Question:

Reply:

Mary Lou's Corner

Potato & Ham Steak Soup

Ingredients:
3 medium potatoes, peeled and finely chopped (2 cps)
1 cup chopped celery
1 medium onion (1/2 cp)
1 can chicken broth
1/4 cup butter/margarine
1/3 cup flour
2 1/2 cups milk
1/8 tsp black pepper
1 lb. ham finely chopped

Directions:
Combine potatoes, celery, onions & broth in large saucepan. Bring to boil over high heat. Reduce heat to medium-low; simmer 15 minutes or until vegetables are tender, stirring

occasionally. Add ham; cook another 2 minutes. Melt butter in medium saucepan over medium heat. Add flour; cook and stir 1 minute. Gradually stir in milk. Cook 5 minutes or until thickened, stirring constantly. Season with pepper, and add to hot soup; mix well.



Panic Disorder

Panic disorder is different from the normal fear and anxiety reactions to stressful events in our lives. Panic disorder is a serious condition that strikes without reason or warning. Symptoms of panic disorder include sudden attacks of fear and nervousness, as well as physical symptoms such as sweating and a racing heart. During a panic attack, the fear response is out of proportion for the situation, which often is not threatening. Over time, a person with panic disorder develops a constant fear of having another panic attack, which can affect daily functioning and general quality of life.

Panic disorder often occurs along with other serious conditions, such as depression, alcoholism, or drug abuse.

What Are the Symptoms of Panic Disorder?

Symptoms of a panic attack, which often last about 10 minutes, include:

- Difficulty breathing
- Pounding heart or chest pain
- Intense feeling of terror
- Sensation of choking or smothering
- Dizziness or feeling faint
- Trembling or shaking
- Nausea or stomachache
- Tingling or numbness in the fingers and toes
- Chills or hot flashes
- A fear that you are losing control or are about to die



Beyond the attacks themselves, a key symptom of panic disorder is the persistent fear of having future attacks. The fear of these attacks can cause the person to avoid places and situations where an attack has occurred or where they believe an attack may occur.

What Causes Panic Disorder?

Although the exact cause of panic disorder is not fully understood, studies have shown that a combination of factors, including biological and environmental, may be involved. These factors include:

Family history. Panic disorder has been shown to run in families. It may be passed on to some people by one or both parent(s) much like hair or eye color can.

Abnormalities in the brain. Panic disorder may be caused by problems in parts of the brain.

Substance abuse. Abuse of drugs and/or alcohol can contribute to panic disorder.

Major life stress. Stressful events and major life transitions, such as the death of a loved one, can trigger a panic disorder.

How common is Panic Disorder?

Panic disorder affects about 2.4 million adult Americans. Panic disorder most often begins during late adolescence and early adulthood. It is twice as common in women as in men.

How is Panic Disorder diagnosed?

If symptoms of panic disorder are present, the doctor will begin an evaluation by performing a complete medical history and physical exam. Although there are no laboratory tests to specifically diagnose panic disorder, the doctor may use various tests to look for physical illness as the cause of the symptoms.

If no physical illness is found, you may be referred to a psychiatrist or psychologist, mental health professionals who are specially trained to diagnose and treat mental illnesses. Psychiatrists and psychologists use specifically designed interview and assessment tools to evaluate a person for panic disorder.

The doctor bases his or her diagnosis on reported intensity and duration of symptoms, including the frequency of panic attacks, and the doctor's observation of the patient's attitude and behavior. The doctor then determines if the symptoms and degree of dysfunction suggest panic disorder.

POOL TOURNAMENT
January 4, 2011

Anita M.
-----Bob N.
Bob N.

Dalton B.
-----Sean K.
Sean K.

Joe M.
-----Joe M.
Shirley B.

Kayla M.
-----Kayla M.
Adam B.

Dave W.
-----Dave W.
Carla S.

Rod T.
-----Rod T
Eric S.

Dave G.
-----Dave G.
Sue S.

Frank W.
-----Larry G.
Larry G.

WINNER: Bob Niedzielski

POOL TOURNAMENT

January 12, 2011

Jimmy R.
-----**Rod T.**

Rod T.

Jason S.
-----**Anita M.**

Anita M.

John R.
-----**Kayla M.**

Kayla M.

Winner: Anita McDade

Shirley J.
-----**Shirley J.**

Ray C.

Dalton B.
-----**Sean K**

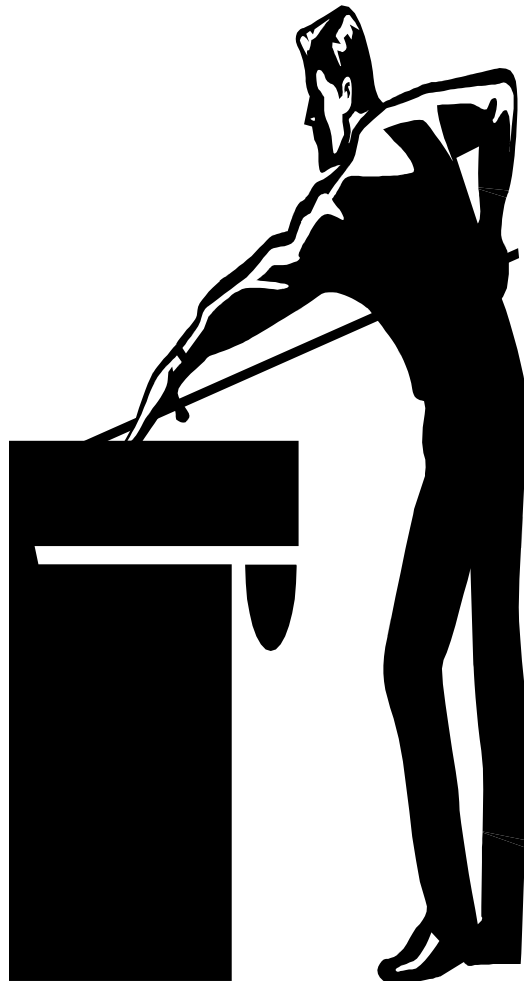
Sean K.

Lance D.
-----**Adam B.**

Adam B.

Jerry M.
-----**Jerry M.**

Frank W.



Book Review of ON OUR OWN By Judi Chamberlin

Book Review by Jack Ferguson

“On Our Own” is the first person account of Judi Chamberlin’s journey through the mental health system. This account tells of her deep suffering that she experienced with mental health services, and of her eventual triumph.

Judi was one of the pioneers in the Peer Support Movement. She worked tirelessly for the creation of patient controlled services throughout the country. Perhaps more than any other individual, she is responsible for the creation of Drop-In Centers on a national level. It was her vision and her efforts that led to the results we see today. All of us here at the Grapevine are indebted to her.

During the 1960’s Judi spent time in six different institutions, and she came to be very disillusioned in the mental health system. I will summarize some of her personal philosophy.

Power and control, not illness or treatment, is what the mental health system is all about. People who want real help with their problems are badly served by a system of coercion that masquerades as treatment. Once inside an institution all patients, voluntary or involuntary, are treated similarly. Patients who expect to find advice and counseling get psychotropic medication instead.

Mental illness is less a medical scientific term than it is a judgment that the person so labeled has behaved improperly. People who are labeled mentally ill become part of a system that deprives them of control over their own lives, as part of their treatment. A natural consequence of being subjected to this “treatment” is a feeling of depersonalization. The whole experience of mental hospitalization promotes weakness and dependence, and is antitherapeutic in nature.

Mental hospitals are similar to prisons—they exist to contain various kinds of unwanted people. The reality is that mental hospitals are cold, dehumanizing places.

Situations that often end in mental hospitalizations involve emotional conflict, and it is the weakest participant in these conflicts who risks ending up as a mental patient. A diagnosis of mental illness lets family members and mental health professional off the hook—the “illness” of the weakest participant is responsible for whatever difficulties have been occurring.

The casual disregard for individuals that is commonly displayed by mental health professionals communicates this unspoken message; good patients are patients who know their place. The process of psychiatric diagnosis and hospitalization continues to be about control and power.

Judi was a great admirer of radical psychiatrist Thomas Szasz. Szasz contended that institutional psychiatrists are the agents not of patients, but of the people who would lock them away. What most psychiatrists would term “mental illness”, Szasz referred to as “problems in living”. Szasz was harshly critical of conventional psychiatric hospitalizations.

Judi Chamberlin was highly in favor of mental patient consciousness—raising groups. She believed that there was an important first step in former mental patients growing awareness. This step is the realization that a person has suffered at the hands of a mental health system that was supposed to have helped him/her. These persons would discover that the dissatisfactions in their lives were not necessarily the “symptoms of mental illness”. These persons struggling to define themselves and their lives faced a very hostile environment in mental hospitals.

Judi advocated that troubled individuals, looking to get their lives in order, are best served by alternative facilities rather than the traditional mental health system. People who are motivated to make changes in their lives do not need the mindless routine of a mental hospital. In alternative facilities, people come willingly because they are seeking help. Here there is no deadening institutional routine or abuse of power.

There were two alternative services that the author visited, and believed merited special noteworthy attention. These were the two alternative facilities during the 1970's that gave her the inspiration to see what the future of peer support services might become. The Mental Patients Liberation Project in New York City and the Mental Patients Association in Vancouver, were these inspiration.

The author considered there to be three alternative service models. In the partnership model, professionals and nonprofessionals work together to provide services. There is a clear distinction between those who give help and those who receive help. At the time of the writing of this book, most of the alternative services followed the partnership model. The author considered this model to be an alternative in name only, and not a legitimate option.

In the supportive model, mental health professionals are excluded. Membership is open to nonpatients and expatients, who are considered as equals. In the separatist model, professionals and nonpatients are excluded. Expatients plan the service and are actively involved in running it.

The author believed that the separatist model promoted the greatest degree of expatients confidence and competence. A service run by expatients illustrates that expatients can be successful without supervision or control. She believed that an alternative service should always follow the lines of the separatist model. The presence of nonpatients could make it difficult for expatients to talk frankly about their experiences in a mental hospital. Expatients might hesitate to express their beliefs around nonpatients, who might be influenced by mental illness stigma and stereotypes.

Judi thought that alternative services following the separatist model should always provide certain specific elements for its consumers. First the service must provide help with needs as defined by the consumers. Second, participation in the service must be voluntary. Third, consumers must be able to choose to participate in some aspects of the service without being required to participate in other aspects. Fourth, help is provided by consumers to one another, and may also be provided by others selected by the consumers. Fifth, overall direction of the service is in the hands of consumers, including policy decisions. Sixth, the responsibility of the service is to consumers, and not to relatives or treatment institutions. Information about consumers must not be transmitted to other parties, without the consent of the individual consumers.

It can be seen in hindsight that the author was laying down principles that would become the fundamental basis of Drop-In Center philosophies.

Judi believed that real change is impossible in a system that continued to transform people into mental patients. Alternatives needed to be provided in which people could help one another and reach out to one another. As Judi stated, "By replacing so-called professional expertise with human concern, and by replacing psychiatric labeling with the recognition of our shared humanity, we create the opportunity for all of us to change and develop."



POOL TOURNAMENT

January 27, 2011

Kayla M. ----- **Sean K.**
Sean K.

Jim H. ----- **Jim H.**
Jonica H.

Jerry M. ----- **Jerry M.**
Jason S.

Lance D. ----- **Lance D.**
Shirley J.

Dalton B. ----- **Dalton B.**
Frank W.

WINNER : Dalton Best

Anita M. ----- **Anita M.**
Jim R.

Adam B. ----- **Rob R., Jr.**
Rob R., Jr.

Rob R., Sr. ----- **Rob R., Sr.**
Wyatt M.

