



# Heard It through The Grapevine

**The Vision of The  
Grapevine Center,  
Inc.**

**Blending good  
people with better  
choice for the best  
recovery.**

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**Published By Consumers**

CONSUMER HEALTH COALITION

THE ACADEMY OF EMPOWERED CONSUMERS

*Treat all of me: Mind, Body, and Spirit*

Our Textbook: **How To Be A Proactive Patient Guidebook**  
Sally Snyder

**ALL CLASSES ARE HELD FROM 9 am—NOON @ ST. PETER'S SOCIAL HALL**

The dates of the Academy

**Tuesday, 21 September 2010: Developing a Proactive Attitude**

**Thursday, 7 October 2010: For the Health of it**

**Tuesday, 16 November 2010: Lead ON and Graduation**

## Upcoming Events

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September 7th, 2010 Jennings Environ-  
mental Center 11 AM  
September 8th, 2010 Community/Volunteer  
Meeting 2 PM  
September 9th, 2010 Wal-Mart 11:30 AM  
September 10th Western CSP 9 AM  
September 12th Amy Stickle Meal  
September 14th, 2010 Pool Tournament  
2PM  
September 16th, 2010Frick Fine Arts Build-  
ing 4 PM  
September 17th, 2010 Conference Chestnut  
Ridge 7 AM  
September 19th, 2010 Jenny Stickle Meal  
September 20th, 2010 Grapevine Board  
Meeting 5:30 PM  
September 20th, 2010 Grapevine Board  
Meeting 5:30 PM

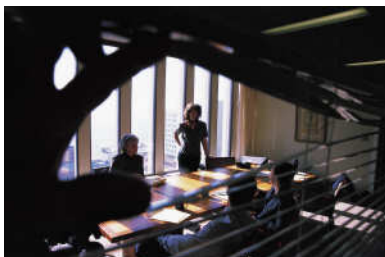
September 21st, 2010 Butler CSP 12-2 PM  
September 21st, 2010 Developing a  
proactive Attitude 8:45 AM

September 22nd, 2010 Pool Tournament 2  
PM  
September 24th, 2010 Community Meeting  
September 24th, 2010 Community Meeting 2  
PM  
September 24th, 2010 SW Stakeholder Sep-  
tember 25th, 2010 Regional Mini-Summit on  
social change 8 AM  
September 26th, 2010 Nancy Reeder Meal  
September 27th, 2010 Pool Tournament 2  
PM  
September 28th, 2010 Drop in Coalition Meet-  
ing Clearfield  
September 28th, 2010 Crafts 2 PM  
September 30th, 2010 Birthday/Bingo

## REPORT ON PMHCA CONFERENCE

A group of ten people traveled to Valley Forge, in Philadelphia to attend the annual Pennsylvania Mental Health Consumer Association (PMHCA) conference. The PMHCA is the recognized statewide association of current and former recipients of mental health services. The association is a 501 ©(3) organization that was founded in 1986 by consumer advocates who recognized the need for the consumer voice in all aspects of the mental health system's program and policy development, implementation, and monitoring. Additionally, the organization was founded to provide individual and legislative advocacy, as well as, education and support for consumers throughout the Commonwealth. This was the 22nd annual conference.

What follows are reports from the individuals who attended the PMHCA Conference: **Glenn Troutman** attended two workshops; one on Drugs Prescribed for Off Label use and one on Embracing Wellness through Mindfulness. Glenn thought the conference was well organized, insightful, and generally interesting. He also enjoyed the meals and sleeping accommodations. **Barbara Swartzwelder** wrote that the day she went to the conference she learned about storytelling from Gina Calhoun and learned many stories on recovery from others with mental illness. She also learned about peer support **Jenny Stickle** wrote the following: "I went to the PMHCA Conference in Valley Forge from June 14th-17th, I went to two workshops while I was there; the first was given by Dr. Loren Crabtree. He told a story about a man who went to heaven. The man noticed that everyone had a wooden spoon attached to their arms and could not feed themselves; but to get food, other people fed them. Dr. Crabtree said that this story is a metaphor for recovery. This workshop was interesting, but some of the things we talked about went over my head. The next workshop I attended was on Bipolar disorder. The presenter talked about the symptoms of bipolar disorder and the warning signs that precede an episode. We also talked about things we could do to prevent an episode from occurring. This was a very interesting and informative workshop, although I was already familiar with much of what the presenter discussed. I also went to a caucus on trauma based services. In the caucus we talked about how trauma services could be better, as well as what is working. The most important point that was made, in my opinion, was that there was a lack of therapists trained in the trauma therapies, such as EMDR. daughter has endured while suffering from OCD.



**Amy Stickles:** Amy was very impressed with the "Bipolar Illness From The Inside Out" workshop. The speaker here was Cathi Myers, a registered nurse who chronicled her own professional and personal experiences. Amy also praised the workshop given by Dr. Loren Crabtree. This was called "The Tale Of The Wooden Spoon", which used an ancient story to illustrate many of the obstacles to recovery that we encounter, and how to surmount these obstacles.

**Patty Strobel:** Patty also strongly recommended the Bipolar Illness workshop. She praised the great food and entertaining activities.

**Ken Norris:** Ken was very impressed with the Keynote speaker Gina Calhoun and her presentation of the "Power of Storytelling". He very much liked the "Bridging Communities Through Cultural Competency" workshop. Ken also praised "The Peer Specialist Initiative workshop and the "Creating Communities of Wellness" workshop.

**Jim Coyne:** JIM ESPECIALLY ENJOYED THE SWIMMING POOL AND TRIPS TO THE LOCAL MALLS. He had a great time socializing with people from other drop-in centers.

**Barb Kress:** Barb's great experience was the documentary film "The Obsessive Compulsive, Major Depression, Bipolar, Asperger's Movie". The movie director chronicles his own personal struggles with these illnesses. Barb was greatly moved by the film, because the directors struggles with Obsessive Compulsive Disorder gave her fresh insight into the pain her

Her daughter has endured while suffering from OCD.

**Bette Peoples:** Bette was also very impressed with this same documentary film. Bette's highlight was her participation in the workshop concerning PA Coalition of Drop-in Centers and Peer Resource Center. Bette was on the panel as one of the five representatives of the coalition. She and other members of the panel enabled participants and attendees to learn about the importance of the coalition and its many benefits to consumers.



## Poetry Corner

A Sports Fairy Tale

By

Jack Ferguson

I wish that I might someday see  
An end to all free agency  
And athletes jumping year to year  
From team to team their whole career

A Yankee team whose salaries yet  
Do not exceed the national debt  
A pitcher who would stand his ground  
When irate hitters charge the mound

A clean-up hitter so sublime  
To not strike out two hundred times  
Not boasting with unholy glee  
That he once hit .263

A tackle who would bust his tail  
Because his drug test did not fail  
A running back avoiding jail  
A tight end not requiring bail

A safety and a corner give  
An effort not to be a sieve  
No letting wideouts have all day  
To make a simple routine play

A flanker did, I do recall  
Just once refused to spike the ball  
His touchdown dance he did eschew  
For once a brawl did not ensue

A forward passing up a dunk  
Not talking trash or other junk  
Complaining to the referee  
About a call he didn't see

A boxer who would have the class  
To cease to brag and not be crass  
To have a chin not made of glass  
And not to quit when out of gas

I think that they should drug-test me  
I've lost touch with reality

“dedicated without thanks to George Steinbrenner,  
Mark Gastineau, Pac-Man Jones, Keyshaun Johnson,  
Albert Belle, Dave Kingman, Dennis Rodman,  
Darryl Dawkins, and Roberto Duran  
( No Mas)

Have you ever?

By

Kayla McDade

Have you ever lived my life, spent one minute in my shoes?  
If you haven't then tell me why, you judge me as you do.

Have you ever woken up in the morning, wondering if this  
was your last day on Earth?

Have you ever left your house, unsure if you'd return?

Have you ever seen your friend get stabbed, outside his  
favorite store?

Have you ever seen a friend die, from drugs he'd never  
used before?

Have you ever seen your mom get beat up, by your step  
dad, messed up on booze?  
Have you ever had an unwanted pregnancy, forcing you to  
choose?

Have you ever sat beneath the stars, hoping God will hear?  
Have you ever seen your friend drive away, after way too  
many beers?

Have you ever had a friend, experiment with weed?  
Have you ever covered up guilt, by doing a good deed?

Have you ever considered suicide as the only way?  
Have you ever tried to hide yourself behind things you say?

Have you ever wanted to protect your friends and everyone  
in sight?

Have you ever felt such pain that you cried yourself to  
sleep at night?

Have you ever lived my life, spent one minute in my shoes?  
If you haven't then tell me why, you judge me as you do.



## Poetry Corner Continued

Island Of Dreaming  
By  
Phillip Galli

On a castle island of circular concentric walls resisting  
the crashing sea;  
Stands a house where higher emotional reason rescued  
me.

I in a boat lost on the dark ocean alone and hidden in  
emotion.

Until I was propelled on a gossamer beam of light across  
the sea across the night.

A light house shown in thoughts of four;  
I in a boat landed on the shore.

I climbed upon the rocks smashed by the sea and en-  
tered the house at night with a lantern to all the floors  
and rooms I did see.

When dawn upon the castle had first awoke  
I remember the voice of reason that spoke:

I am the sound of the word onward she spoke

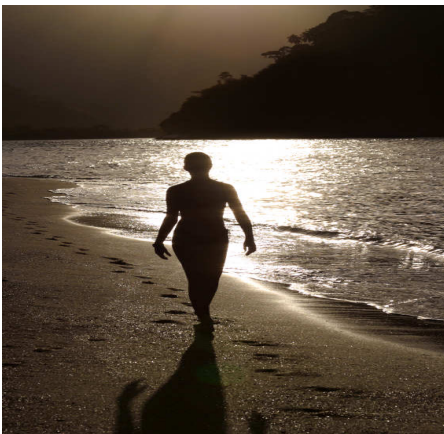
With your thoughts you cannot remain  
Separate nor flee from every emotion  
That you have turned around to see

And with your new turned emotions you cannot under-  
stand every thought like every grain of sand

So on these two planes reason cannot just remain;

So know that from innocence shall return  
Knowledge that wisdom does yearn

on the castle green you'll learn



Again  
By  
Kayla McDade

If when you wake me up in the morning,  
And the hurting is so great.  
You don't want to get out of bed,  
And face a world of hate.

If everything in life goes wrong,  
And nothing you do seems right  
You just try a little harder,  
And soon you'll see the light.

For every person who has put you down,  
And filled your life with pain,  
You must thrive to achieve greatness,  
And show them you can win.

For every disappointment,  
For the time you are let down,  
There will be a better moment,  
And your life will turn around.

Because everyone feels heartache,  
And everyone feels pain,  
But only those who have true courage,  
Can get up and try again.

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Angels and Eagles  
By  
Phillip Galli

I fold my eyes in angels wings where the birds of perception in  
the winds to sing;

Circling through the air making rings of fire there.

Rings of fire cut holes in the wind,  
And that is where the ocean pours in.

Through ignorance unknowing clouds dispense  
Where self knowledge does commence.

My angels eyes unfold and awake sleeping dreams

Where higher emotional centers behold a place  
Where angels and eagles fly

A place where ignorant thoughts cannot remain in the sky.

**Poetry Corner Continued**

The late Late Show

By

Jack Ferguson

A Friday or a Saturday so grand  
To stay up late, a joy supremely felt  
Anticipation sweet as honey poured  
The late late show, I savor this delight

A movie never seen but keenly sought  
Will fill my youthful eyes and ears tonight  
The actors and the actresses I watch  
Like friends who greet me with a warm embrace

My childhood days in theaters so dark  
With popcorn buttered rich as liquid gold  
And velvet draperies melting to the touch  
And carpets plush, in which no footfalls sound

A whispering audience waiting for the start  
A movie that we all had hoped to see  
Now gasping at a danger unforeseen  
Then sobbing while the leading lady cries  
And names I know I never will forget:

Wendell Corey, Peter Lorre

Trevor Howard, Noel Coward

Mary Astor, Burt Lancaster

Mary Pickford, Charles Bickford

Mastroianni, Belafonte

Richard Burton, Richard Conte  
Lewis Stone and Everett Sloane  
Janet Leigh and Frances Dee  
Joel McCrae and Doris Day  
Goldie Hawn and Wallace Shawn

Immortal faces cast in celluloid  
Their voices ringing in my memories





## You Can Start Feeling Better: 8 Important Things to Do About Depression

### Fears and Facts About Antidepressants

By Mary Anne Dunkin

Reviewed By Brunilda Nazario, MD

Along with counseling, antidepressants are a common part of treatment for depression. And they are usually effective. Six out of 10 people treated with antidepressants feel better with the first one they try. If the first antidepressant medication doesn't help, the second or third often will. Most people eventually find one that works for them. Yet many people who could benefit from an antidepressant never try one, often because of fears and misconceptions about them, experts say.

Here are eight common fears about antidepressants, as well as facts that can help you decide if an antidepressant might be right for you.

**Fear: Antidepressants make you forget your problems rather than deal with them.**

**Fact:** Antidepressants can't make you forget your problems, but they can make it easier for you to deal with them. Being depressed can distort your perception of your problems and sap you of energy to address difficult issues. Many therapists report that when their patients take antidepressants, it helps them make more progress in counseling.

**Fear: Antidepressants change your personality or turn you into a zombie.**

**Fact:** When administered correctly, antidepressants will not change your personality. They will help you feel like yourself again and return to your previous level of functioning. (If a person who isn't depressed takes antidepressants, they do not improve that person's mood or functioning.) Rarely, people experience apathy or loss of emotions while on certain antidepressants. When this happens, switching to a different antidepressant may help.

**Fear: Taking an antidepressant will make me gain weight.**

**Fact:** Like all drugs, antidepressants have side effects, and weight gain can be a common one of many of them. Some antidepressants may be more likely than others to cause weight gain; others may actually cause you to lose some weight. If this is a concern, talk with your doctor.

**Fear: If I start taking antidepressants, I'll have to**

**Take them for the rest of my life.**

**Fact:** Most people who take antidepressants need to take them continuously for six to nine months—not necessarily a lifetime. Once an antidepressant gets depression under control, you should work with your doctor to decide when to stop your medication and then decrease your dose gradually. Discontinuing them suddenly may cause problems such as headaches, dizziness, and nausea.

**Fear Antidepressants will destroy me sex life.**

**Fact:** Antidepressants can have an effect on sexual functioning. The problem is usually an inability to achieve orgasm rather than a lack of desire. But because depression itself decreases libido, a medication that eases depression may improve your sex life. As with other side effects, certain antidepressants may be more likely than others to cause sexual problems.

**Fear: Antidepressants are expensive and aren't covered by insurance.**

**Fact:** Antidepressants are usually covered by insurance plans with prescription drug coverage. The cost of antidepressant therapy varies widely, depending on the dosage, the drug you are taking, and whether it is available as a generic. Even without insurance coverage, it is possible to purchase a generic antidepressant for as little as \$15.00 per month.

**Fear: Taking an antidepressant is a sign of weakness.**

**Fact:** Like medical conditions such as diabetes or high cholesterol, major depression is a condition that often responds to medication. When depression interferes with your ability to function normally, seeking treatment is not a sign of weakness. It's a sign of good self care.

**Fear: Antidepressants increase the risk of suicide.**

**Fact:** Studies in recent years have raised concerns that antidepressants may raise the risk of suicide among children, adolescents, and young adults. For example, a 2009 review in the British Medical Journal (BMJ) analyzed 372 studies involving nearly 100,000 people who were taking antidepressants. It found that compared to placebo, use of antidepressant drugs was associated with a small increased risk for suicidal thoughts in some children and young adults, have no effect on suicide risk among those 25 to 64, and reduce risk in those 65 and older. In 2004, the FDA required manufacturers of antidepressants to revise their labels to

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**We're on the Web;  
[grapevinecenter.org](http://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

### Blonde Brownies

- 2 C Flour
- 2 t Baking Powder
- 1/2 C Butter
- 2 C Packed Brown Sugar
- 2 Eggs
- 1 t Vanilla
- 1 C Chopped Walnuts

**Directions:**

**Grease a 13x9x2 inch Baking Pan**

**Combine Flour, Baking Powder & 1/4 t salt. Melt Butter, remove from heat. Stir in the Sugar. Add Eggs & Vanilla, stir until combined. Stir dry**

**Ingredients & Walnuts into Sugar mixture. Spread into pan. Bake at 350 oven for 20 to 25 minutes. Cut into bars while warm. Makes 48 bars.**



# Pool Tournament Results

June 15, 2010



Tammy G.  
\_\_\_\_\_Bob N.  
Bob N.

Shirley B.  
\_\_\_\_\_Shirley B.  
Mary H.

Larry G.  
\_\_\_\_\_Larry G.  
Sue S. \_\_\_\_\_Larry G.

Anita M.  
\_\_\_\_\_Adam B.  
Adam B. \_\_\_\_\_Larry G., Champion

Kayla M.  
\_\_\_\_\_Mark D.  
Mark D. \_\_\_\_\_Mark D.

John B.  
\_\_\_\_\_John L.  
John L.

Dalton B.  
\_\_\_\_\_Dalton B.  
Joe M.



The Prayer of St. Francis

Lord, make me a channel of thy peace,  
 That where there is hatred, I may bring love;  
 That where there is wrong, I may bring the spirit of forgiveness;  
 That where there is discord, I may bring harmony;  
 That where there is error, I may bring truth;  
 That where there is doubt, I may bring faith;  
 That where there is despair, I may bring hope;  
 That where there are shadows, I may bring light;  
 That where there is sadness, I may bring joy.  
 Lord, grant that I may seek rather to comfort than to be comforted;  
 To understand, than to be understood;  
 To love, than to be loved.  
 For it is by self-forgetting that one finds.  
 It is by forgiving that one is forgiven.  
 It is by dying that one awakens to eternal life.

Pool Tournament Results

June 30, 2010

Mark D. \_\_\_\_\_ Adam B..  
 Adam B. \_\_\_\_\_ Dalton B.  
 Dalton B. \_\_\_\_\_ Dalton B.  
 Tammy G.  
 Steven J. \_\_\_\_\_ Ken F.  
 Ken F. \_\_\_\_\_ Ken F.  
 Victor S. \_\_\_\_\_ Anita M.  
 Anita M. \_\_\_\_\_ Earnest M.,  
 Champion  
 Robert W. \_\_\_\_\_ Robert W.  
 Audrey \_\_\_\_\_ Earnest M.  
 Shirley J. \_\_\_\_\_ Earnest M.  
 Earnest M.

I have had only three assets: I was keenly interested, I accepted every challenge and every opportunity to learn more, and I had great energy and self discipline.

Eleanor Roosevelt



Continued from page 6

To include a black box warning statement about these risks.

Other studies paint a different picture. A 2006 study published in PLOS Medicine suggests that the use of antidepressants has saved thousands of lives. Data show that the U.S. suicide rate held fairly steady for 15 years prior to the introduction of the widely used antidepressant Fluoxetine (Prozac) and then dropped steadily over 14 years while sales of Prozac rose. The research team found the strongest effect among women.

The bottom line: Regardless of your age or sex, it's important to see a doctor immediately if you have suicidal tendencies or witness them in others.

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