




# JUST BETWEEN FRIENDS

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## Message from the Chair

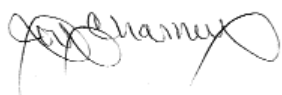


What a remarkable time this is for the Women's Council! Our numbers continue to grow as we reach more women throughout San Diego County. We continue to offer programs which raise awareness and increase the understanding of mental health issues.

In March, we enjoyed an incredible turnout of over 600 women and men at our luncheon "Women and Depression." Our speaker, the noted Kay Redfield Jamison, Ph.D., is recognized for her work in mental health treatment, patient support and advocacy and public awareness of psychiatric disorders, as well as for her continued research on bipolar disorder and other mood disorders.

I invite you to join us on September 18th when Harriet Lerner will speak on "Strengthening Key Relationships." Dr. Lerner is the author of *The Dance of Anger* and *The Dance of Connection—How to Talk to Someone When You're Mad, Hurt, Scared, Frustrated, Insulted, Betrayed or Desperate*.

I hope you will continue to attend our luncheons featuring informative topics and outstanding speakers. The Women's Council is dedicated to providing women of this community a forum to learn more about mental health. Each of us can begin to remove the stigma surrounding mental illness as we become better informed.



## "A BRIGHT FUTURE FOR MENTAL HEALTH"

by Mark Chenven, M.D.

It is a very special privilege to be asked to write an article for the Women's Council—a broadly educated, highly motivated and active group. Council members come in all sizes and shapes: parents and professionals, mental health providers and patients, young folks and older folks, and a wide variety of other good Samaritans. Some, like myself are even men. Many of us wear several of these hats, however, all of us are folks concerned with mental health treatments and illness prevention. We are well aware of the complexities that frame our understanding of mental health issues, yet we continue to struggle with questions about what goes on when things go wrong and what to do to make the best of our lives and those of our families and friends. We care about our community and know that the answers are complex and multidimensional, but we know that seeking and providing help is well worth the effort.

These are times of exciting evolution and revolution in the mental health field with vastly improved treatment options, decreasing stigma and an expanding awareness that mental health and substance abuse treatment and prevention services truly work. Employers are increasingly aware that productive workers at times need care for themselves and for family members; educators clamor for mental health promotion and intervention programs in the schools; and, though the general public still snickers at times about the mentally ill out of fear and/or bewilderment, the events of this past year have touched us all with common experiences of anxiety, depression and psychological trauma as part of our everyday lives since last September. Mental health interventions are requested everywhere: in preschools and seniors programs, by police departments and courts, from the media and in all walks of private life where the challenges of living and loving and balancing the demands of our lives are ever present. Substance abuse

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## Mission Statement

*As women of today we want to improve the lives of women of tomorrow by increasing awareness and knowledge of mental health issues. We wish to remove the stigma of mental illness by educating the public. It is also our goal to empower women through increased awareness of mental health issues and encourage a holistic approach to mental health care which acknowledges everyone's physical, mental, and spiritual needs.*

## To Become A Member

For information and to receive a membership brochure, please call Linda at 858-514-5153.

*Just Between Friends* is published twice a year by the Friends of Vista Hill Foundation, 9555 Chesapeake Dr., Suite 203, San Diego, CA 92123.

The Vista Hill Foundation is a 501(c)(3) not-for-profit system dedicated to providing excellence in behavioral health care for the people of San Diego County.



**COMING SOON . . .**

Wednesday, September 18, 2002  
Hilton La Jolla Torrey Pines

**“The Dance of Connection . . . Strengthening Key Relationships”**

featuring Harriet Lerner, Ph.D.

Harriet Lerner is a world-renowned expert on women and family issues. She is the author of nine books, including the New York Times bestseller, *The Dance of Anger*, which is now a psychology classic that has transformed millions of lives. With humor, wit and wisdom, she will show us how to speak up to the most difficult people, and how to navigate our most important relationships with courage, clarity and joyous conviction.

Thursday, February 13, 2003  
Hyatt Regency La Jolla at Aventine

**“Every Woman is a Daughter”**

featuring Martha Manning, Ph.D.

Recommended to Vista Hill's Women's Council by Dr. Kay Redfield Jamison, Martha Manning will help us explore the developmental stages of mothers and daughters from infancy to old age. For all of us who will always be a mother, daughter, or both, Dr. Manning will inspire us to make the connections and develop the empathy we need to succeed in these relationships. Her newest book is *The Uncommon Thread: Mothers, Daughters and the Power of Empathy*.

Anxiety is a common human emotion, a moderate amount of which can be helpful in motivating you to pursue important goals. When persistent and unrealistic worry becomes a habitual way of approaching situations you may be experiencing an anxiety disorder.

# Anxiety or

23 million, only 25% seek treatment while the other 75% suffer in silence unaware of the availability of successful treatments. Anxiety disorders can usually be treated successfully through targeted psychotherapy, medications or a combination of the two.

Conditions classified as anxiety disorders include post traumatic stress disorder, panic disorder, phobias and generalized anxiety disorder.

**Symptoms to look for include:**

**POST TRAUMATIC STRESS**

- Avoidance
- Emotional numbing—intense and/or unpredictable feelings
- Inability to cope
- Disrupted thought and behavior patterns

**ACUTE ANXIETY**

- Feelings of fear or dread
- Trembling, restlessness, and muscle tension
- Rapid heart rate

**GENERALIZED ANXIETY**

- Inability to relax
- Easily fatigued
- Sleep disturbance (difficulty falling or staying asleep)

If you feel that you are suffering from an anxiety disorder, consult your personal physician or a psychiatrist to get an in-depth evaluation for possible medical factors causing your symptoms. There are various other medical problems that can cause significant anxiety symptoms and may mimic an anxiety disorder.

**For more information:**

Anxiety Disorders Association of America  
[www.adaa.org/](http://www.adaa.org/)

National Institute of Mental Health  
[www.nimh](http://www.nimh)

Twice as many women as men suffer from anxiety disorders, with a total of over 23 million Americans diagnosed. Of those

# Anxiety Disorder?

- Irritability
- Change in sleeping and/or eating patterns
- Re-experiencing a traumatic event through nightmares
- Physical symptoms such as headaches, backaches and stomach distress

- Lightheadedness or dizziness
- Perspiration
- Cold hands/feet
- Shortness of breath

- Difficulty concentrating
- Muscle tension, trembling, nausea and/or lightheadedness

**Triumph Over Shyness**

By John R. Walker

Case histories, techniques and exercises to help manage anxious thoughts & symptoms.

## A Bright Future for Mental Health *Continued from page 1*

treatment has been mandated as an option for first time offenders, school mental health programs are expanding dramatically, and prevention is being recognized and funded as a vital element in our work against mental illness. The challenges abound, but the prospects for better care and decreased suffering are very promising indeed. These are promising times for the mental health community.

As a child and family psychiatrist with nearly thirty years in the trenches, I've been witness to the enormous changes in our understanding and in our approach to mental health services. We've learned not to blame the victim(s) and, that family, community and culture count as critical factors in care and curing. We are open to the powers of peer mentors and para-professionals and we value the strengths of the self-help and recovery movements. We know we still need hospitals, but we've learned that we can safely provide intensive services in open community settings. We have a rapidly growing armamentarium of medications and our sophistication in their use is growing, though the dangers of the quick fix mentality need to be remembered time and time again. We know that science and social science can and must co-exist, that good treatment requires sound diagnosis and that diagnosis is both science and art.

The future of mental health services is bright, but we need to continue to advocate and to expand awareness amongst ourselves and for the community at large. The professional community salutes the members of the Women's Council for their efforts.

*Dr. Chenven is Vice President for Clinical Operations at Vista Hill and is the current President of the San Diego Psychiatric Society.*

## Women and Depression



Women's Council exceeded all expectations with a record-breaking number of guests—600—at the spring luncheon featuring Dr. Kay Redfield Jamison. Dr. Jamison is a best-selling author (*An Unquiet Mind*) and an internationally recognized authority on depressive illnesses and their treatments. She is Professor of Psychiatry at the Johns Hopkins School of Medicine and a 2001 recipient of the prestigious MacArthur

Fellowship, which was presented to her in recognition of her work in mental health treatment, patient support and advocacy.

Dr. Jamison, herself a manic-depressive, addressed current research and treatments that are advancing the care of women suffering from clinical depression. After the program, Dr. Jamison and Dr. Matthew Zetumer, a psychiatrist in private practice, a Clinical Assistant Professor of Psychiatry at UCSD and current chair of the Friends of Vista Hill Board, answered a wide variety of questions from the audience.

## Recommended Reading

Creating a Life:  
Professional Women  
and the Quest for Children

*By Sylvia Ann Hewlett*

A Common Thread:  
Mothers, Daughters,  
and the Power of Empathy

*By Martha Manning*

A Beautiful Mind

*By Sylvia Nasser*

Touched with Fire:  
Manic-Depressive Illness and  
the Artistic Temperament

*By Kay Redfield Jamison*

Facing Autism

*By Lynn M. Hamilton*

## Did You Know?

- A U.S. Health Department task force is recommending that all primary care doctors formally screen adult patients for depression.
- The new guidelines note that while many of the common symptoms of depression are mood related depression can also be masked by physical problems, such as headaches, backaches or stomach upsets.
- Estimates indicate that up to 10% of patients who visit a primary care physician are suffering from depression, but only half of those are properly diagnosed.

# teen depression



Up to 8 percent  
of American  
adolescents  
are seriously  
depressed, but  
most parents  
don't recognize  
the signs.

## Warning Signs of Teen Depression

- **MOOD CHANGES**, including feeling sad, irritable. Becoming easily angered or having difficulty getting along with a family member.
- **LOSS OF INTEREST** in hobbies, sports or social activities.
- **LACK OF ENJOYMENT**, even when involved in an activity previously enjoyed.
- **CHANGES IN SLEEP PATTERNS**, such as difficulty falling asleep or staying asleep.
- **CHANGES IN APPETITE**—gaining or losing weight.
- **CHANGES IN ENERGY LEVELS**, such as frequent fatigue, restlessness or agitation.
- **SCHOOL DIFFICULTIES**, including problems concentrating or a decline in grades.
- **SELF-CRITICISM**, even taking blame for things that are not really their fault.

## What Parents Can Do

- **TALK WITH YOUR CHILD** and let him or her know you care and want to help. Don't assume that a teen's moodiness is "just a phase."
- **HAVE YOUR TEEN SCREENED FOR DEPRESSION**. You can get information from a school counselor or pediatrician.
- **GET PROFESSIONAL HELP EARLY**. The sooner teen depression is treated, the better.
- **LOCK UP MEDICATIONS** that may be deadly—or don't keep them around at all.
- **REMOVE ALL GUNS**, including hunting rifles, from the home.
- **MAKE SURE YOUR CHILD'S TREATMENT IS UP-TO-DATE** and that his or her therapist is aware of the most effective approaches.
- **ADDRESS THE DANGERS OF ALCOHOL AND ILLEGAL DRUGS**, explaining to teens that they are especially vulnerable.

For more information: [www.kidsmentalhealth.org](http://www.kidsmentalhealth.org)



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