

The Inner Circular *for Cathy*

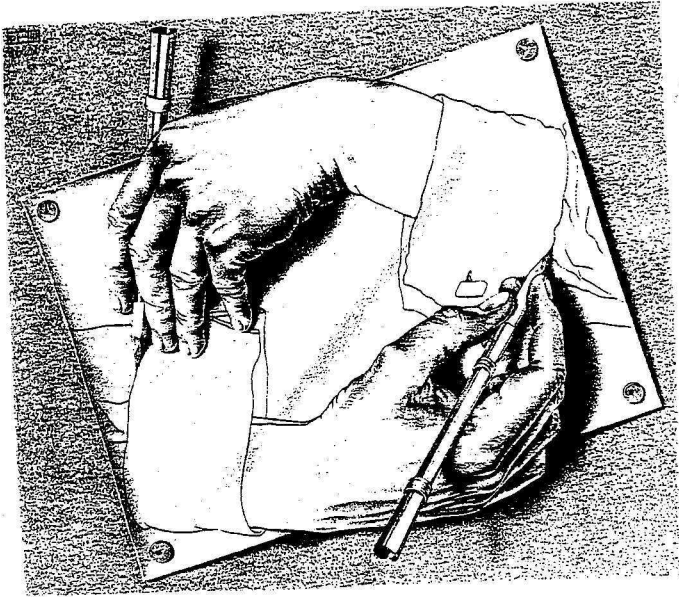
"About us, by us."

Issue Number 6

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DR. DAN

PARTY OF THE YEAR

In the dining room magnificently decorated by one of the clients, Doctor Dan celebrated his 70th birthday with the CDT family.

After ice cream, cake and ice cream soda, various members of the CDT family shared their affection for Dan with song and loving words.

A great time was had by all.

Deena L.

MY CHANGING LIFE

It's hard to believe that I've been coming here for two years. There have been some big changes since I started in the way I feel and in my life.

I was at Monticello Manor when I started the program. Now I live in a nice residence. Dr. Dan told me that in a few weeks I will be off of the *Drug A* and all I will be taking is *Drug B*. I feel more alert and my head is not so foggy as it had been when I was taking the high doses of *Drug A*.

One of my problems is that I'm very shy. I wish there was a pill that would help me overcome my shyness because I really am a very friendly person deep down inside.

When I first came here, I could never have written an article like this because of my shyness.

Brenda C.

JUMBLE MAN

Everyone here knows that I like to play the *Jumble* game in the *Daily Record*. Rarely am I stumped; but the other day, although I was able to get the final solution, there was one word that puzzled me.

The jumble word was SHEELK. I asked several people what the real word was. I asked two advocates and neither had any idea what SHEELK was.

I wandered around CDT in a quandary, in a state of bewildered frustration. Then, I had a brilliant idea. I did not know the word behind this word, and the advocates didn't know. That meant that no one else would know the answer except for one person.

Like a flash, a bolt from the blue, it came to me: Dr. Dan. If anyone would know, he would. So I presented him with my problem. He looked at the word for a while and then zing, bang, boom! In an instance, he said to me, "The word is SHEKEL".

Whereupon I said to Dr. Dan, "I never heard of the word *shekel*". He said that he was surprised that the two advocates, both Jewish, were not able to solve it since *shekel* is the name of an ancient Hebrew coin.

The moral of this story is very simple: if you want to know all about ancient Jewish coins, see Dr. Dan. I was impressed with Dr. Dan's knowledge even though he said to me, "Bob, I am not even an amateur numismatist".

I learned two new words that day: *shekel* and *numismatist*.

Bob M.

DOCTOR'S HELPER

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Sitting here in Dr. Dan's office, I am reminded of the many benefits I get coming to Inner Circle: I work for Dr. Dan, but when Dr. L. comes here, I am provided with a list of the clients so that I can round them up and have them waiting so, as he finishes with them, I check off each name and call out for a new person.

For Dr. Dan, I perform a variety of tasks: I make Xerox copies of important documents, I go to the post office to mail packages (because the new law does not permit him to mail the packages unless they are hand delivered to the post office because there might be a bomb inside); it is all legal, and I go to the bank and exchange big bills for small bills.

Dr. Dan gives some of the clients money when they have none. He calls it a loan. I also stamp papers for Dr. Dan and write out his name for prescriptions. I also make coffee in the morning and serve it when the other client helper isn't here.

On Monday, Dr. Dan shares his lunch with me. He makes the best sandwiches.

On Tuesday, we eat lunch in the dining room with all the other clients.

I'm very happy here.

Carol S.

"If I had your brains, I wouldn't be here."

Harold

BLUEBERRY THRILL

A couple of the CDT advocates took a lot of clients to Smallwood to pick blueberries. We brought the berries back to the kitchen and we made blueberry jam.

For Dr. Dan's birthday party, we had cake, ice cream and root beer floats. There were speeches, music and decorations, and two birthday cakes.

One of the advocates brought a camera and took pictures. Some people gave Dr. Dan birthday cards and other stuff. We gave him blueberry jam. When I presented it to him I said that it was from all of us who had picked the berries.

Dr. Dan is a great man and a good doctor. He takes care of clients and teaches classes and works.

Charles C.

"It feels good to feel good."

Joann

CLASSY DOC

Doctor Dan has helped me out to get SSL. If I need an aspirin or a pill he will get it for me.

In class he talks to us directly and we talk back to him. Waving his hands, he comes right out with what he wants to talk about.

Helen H.

GROUP GAB

A GROUP OF OUR OWN

In the Client Forum we discuss client issues. At our latest meeting we talked about programs and how we would like to see some changes made: like being able to play **spades** [during lunch hour] and going on more shopping trips.

We'd like to have more therapeutic programs such as *talent shows* and *nature walks*.

We also discussed the following health issues:

1. How filthy and nasty the women's bathroom is!
2. Are the eating and cooking utensils in the kitchen being properly cleansed?

We then talked about the advocate who edits our monthly magazine. How pushy and forward he is, insisting that every client write an article for **The Inner Circular!** Everyone agreed that he can get on clients' nerves and that he should "cool it!"

Belinda D.

"I'm not so much in the picture here."

Bob

SELF-EXPLORATION

The advocate is very nice. Sometimes he puts tapes in the cassette recorder and we hear all types of voices speak about exploring ourselves.

For example, they say you can learn with your unconscious mind as well as your conscious mind.

Some clients can think of responses to words with their experiences. Sometimes there are no controls and you can relax and take your time in life.

It's a very good class.

Bonnie G.

WAITING

I'm from the Phillipines. I've been in America for fifteen years. When I was in a mental hospital I tried to kill myself by banging my head against a wall. (It was after a love problem.)

Then they sent me to CDT. I come five days a week because Family Court told me I have to. I like going to *Bible as Literature*, *Problem Solving* and *Women's Group*.

I've been here four months. My case will come up again in a year.

Annie L.

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IPRT

Intensive Psychiatric Rehabilitation Treatment

CONSUMER CAN-DO

I have been involved in the IPRT Program for over a year and I really believe that being a member is a privilege.

Traveling to various classrooms, as opposed to staying in one class with one group leader, is very interesting. If the day starts out miserably, maybe the next group will be more enlightening and supportive.

Some classes involve keeping an open mind because not everyone is going to react similarly. It is thought provoking. We are encouraged to ask questions as well as to accept differences.

Our consciences help us to discern and treat others with respect. IPRT teaches us how to collaborate as a team while interacting with others and independently in society.

Often we debate mental health topics. Consumers have the right to treatment with dignity. All of us are expected to contribute to the IPRT group and everyone feels needed through the process.

We feel solitude in going on group trips to the park. Giving consumers a chance to welcome guest speakers makes us feel

productive.

My assignment to a work training program at the Rose Valley Senior Center came through IPRT. I had the privilege to perform in the Adult Day Care Program as a Recreational Programming Assistant working along side disabled seniors and an experienced staff.

I wanted to become part of the program and population by learning their crafts and games, dances, outings and meal preparation.

You have to have a "heart-to-care" for the seniors. This was all done well and I was so accepted that my stay was extended. At the end, they threw me a going away party.

I have found that in order to be successful, you have to work hard at it. Never underestimate your chances. Work Training Programs may start at a low wage, but stick with it. You'll easily progress to more responsibility at better pay. Get a job that you enjoy doing.

Veronica K.

Monday: I took the Citizens' Exam. It went good. I passed the exam which I thought was easy. The gentleman who interviewed me was pretty cool. We talked about how normal I look even though I suffer from mental illness.

We didn't talk about my other illness, but everything went smooth.

Tuesday: 9:45 *Meditation*--I wasn't sleeping, but awake listening to my peers.

10:00 *Problem Solving*--We solved problems that two individuals had.

1PM *Relaxation/Visualization*--We relaxed to a degree of almost sleeping.

2:15 *MICA Wrap-up*. We discussed how our day went. My advocate told me I needed to talk more about my problems, emotions, etc.

3:00 *Relapse Prevention* was canceled.

Wednesday: IPRT Revonah Hill picnic. I played soccer with another client for the last time. The food wasn't great, but I had fun.

Thursday: IPRT--We talked about jobs, school, love and sex. They had a trip to the lake. I didn't go because I forgot to pack a lunch.

Friday: 9:45 *Meditation*--We did the usual reading.

10:00 till Noon--*Nature Look*--We took a trip to the park.

1:00 *AA*--canceled because someone was celebrating sobriety. I didn't go because I forgot about it.

2:15 *MICA Wrap-up*--I spoke about my relapse. After that I felt good.

Diego

Often we hear that our salvation lies in beginning some self-improvement program. We also hear that to repent is also our only hope for true salvation; this is the last thing we want to hear.

I have tried many self-improvement projects over the years and all have basically failed, not because of the "bully Sherman tank" hostile, aggressive types who run them so much as that my biological clock turns off when I encounter them.

Since I began IPRT, I have met with VESID (a work training program) and have enrolled in a computer course at BOCES and it all reminds me of following in the footsteps of others in CDT programs. Here and now, a chance to rest my feet when I get old!

In IPRT we began working on our "individual crisis plans." We give definitions to how we usually behave, what symptoms may belie an illness, and what we would have people do for us to avoid a crisis (or hospitalization).

We have also learned what tasks we would need performed for us, what kind of situations could trigger our illness and what signs would tell our friends and family that we are getting well again.

Very often for self-improvement to achieve a goal, we are called on to do something we don't want to do. Did Mohammed go to the mountain or did the mountain go to Mohammed?

Virginia S.

VOICES

MY 'OLD MAN'

I've been hearing voices since I was nine years old. It's like the voice of an old man right next to my ear telling me to hurt myself.

In a soft, haunting tone, *he'll* tell me to kill other people and then kill myself. It's hard when you hear voices. I can be busy and *he'll* just start talking to me. There's no sign when I'll hear *him*.

When I do hear *him*, I try to talk to people, but no one can drown out *his* voice. I never talk back to *him*. *He* just comes and goes.

I get paranoid when I hear the *old man*. I'm scared to be around people. *He* makes me think they want to harm me.

Every time I hear *his* voice, I admit myself to the hospital. It makes me angry and upset. One time I went three months without hearing *him*.

Jackie V.



Marlon R.

ONE-WAY WORDS

My voices come from within. They're like these thoughts, as if people are putting them in my head. It could be anybody.

The voice is one-way; it doesn't listen to me, but sometimes I will listen to the voice.

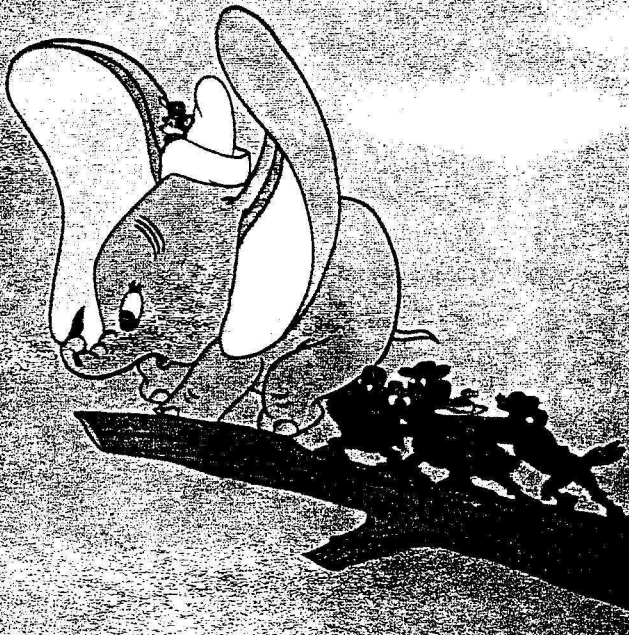
When I'm thinking about something, suddenly the voice will jump in and give its opinion. It's been diminishing lately, but it could speak up again at any time.

My voices don't give me orders. Sometimes I'll hear the name of somebody I know just pop into my head.

A few days ago, I heard the voices of two people I knew in college. I was thinking about lawyers, and this girl was studying to be a lawyer. She's a lawyer now.

My voices never tell me to hurt myself or anyone else. But I'm not glad to have them. I'm not afraid of them, but they do disturb me. I wish they would go away.

NEWS FOR YOUR HEALTH
THURSDAYS 1PM



SUPPORTIVE FRIENDS
WEDNESDAYS 11AM

TALKING TO ME

When somebody's at my house, I can sit down and say things to myself, something about what we're talking about or sharing, but I won't let it out.

I'll just sit and say nothing...Because maybe what I have to say isn't important or maybe I'll hurt his feelings.

Say I've got a candy bar and you want half of it, but you won't ask me. Then I'll break it in half and offer it to you.

And if you don't want it, I'll insist you take it three or four times. And if I have some money, I'll get you whatever you want...a soda, popcorn peanuts.

It's like your mind. There are some places you don't go because you don't think about it at the time. And then you do, and you're happy all over again.

"Man," you want to say. "I could kiss you for that!"

Then there are other times when you don't want to relate to what you're thinking about because it'll bring up bad memories, and you'll be frightened or you'll want to cry. Like when my grandmother died

When that happens, find somebody to talk to. That's when you should open up, clearly and precisely.

Phil B.

"They don't have cockroaches in Israel; they have flies."

Alice

A PART OF ME

I hear voices. All of a sudden, I'm sitting alone and they come to me. When I'm around people I'm okay.

One night when I was sleeping, I heard voices and I thought everybody in my family was talking about me.

But all of them had been sound asleep.

The next morning I told my mother about it and she said I "must not be feeling good."

The voices come from inside me. They seem so real. When I'm feeling good, I don't hear them, but when I'm under stress or angry...

"Terry, jump in front of a car."

Or...

"Jump off a bridge!"

Or...

"Terry, decorate the house. Put curtains up and paint."

Just last week the voice said...

"Hang yourself."

I tuned it out. Why would I want to kill myself? But when the staff heard about it, they wanted to put me back in the hospital.

Terry A.

"We may be mentally ill, but we can do things."

Brenda

PEOPLE

WORKING FOR ME

I used to be a CDT client. Now I'm on the advisory board of Rehabilitation Support Systems (RSS). I work for Catskill Enterprises, doing maintenance and construction work—building decks and cabinets, painting and roofing.

Work makes me more independent. I'm taking responsibility for myself, living life on life's terms.

I've got to go out and get my own jobs myself. First I get an application, fill it out correctly, and then make phone calls. Sometimes I call every day, sometimes twice a week. I *always* follow up. I really want to work.

Ron W.

MY NEW JOB

Two months ago I started working for Sullivan Industries in Monticello. I wash floors and walls, sweep office and warehouse floors, empty garbage cans into containers and unload trucks with freight boxes from 8am to 3pm five days a week.

I feel real good about my new job which provides me with 30 to 40 hours of steady work. I love to drive the forklift machine to load and unload trucks.

Ed O.

WHAT BROUGHT ME HERE

I will have to go back many years, to when I was married to an abusive husband. I stayed in the relationship because I had children; I didn't know where to go for help.

I never had anyone to talk to about my situation. I think the shame and frustration built up over the years.

After seventeen years of marriage, he committed an abusive act which I could not tolerate. I reported him, took the kids and left.

Was I scared! I didn't know how I was going to take care of my children. It was hard not knowing how I was going to pay the rent.

It was tough on the kids, too; they had their share of teenage problems.

I think all those years built up. One day I said to myself, "I am so tired. I want to give up."

I got hysterical. I started to cry, and then I would laugh. I was out of control. I had to go to the hospital.

All of the abuse happened a long time ago, but sometimes I feel it just happened yesterday.

Lil T.

"What time is lunch?"

Frank

raui n.

HEALTHY HANDS TUESDAYS 11AM



MY DREAM COME TRUE

I've been waiting forever for this dream and it's finally coming true. I'm going...*to college!*

After high school people seem to go separate ways. Some go to college right away while others wait. Then there are people who go straight to work.

Well, after nine years, I'm off to *college!*

I can't believe I'm going! And I'm kind of overwhelmed with the whole thing. But I'm hanging in there.. When I think about it my stomach turns and I get more excited. It's a good and healthy feeling so I really don't worry too much about it.

I'm also a little nervous, but then I say to myself, "What's the worst thing that could happen?"

The only thing I can think of is that I

could fail the course, and that isn't too bad a thing. I know now that everything happens for a reason and if I try I will sometimes succeed and other times fail. Not because I'm bad, but because I may need some extra help.

Now for the scary part. I haven't been in a university setting for almost nine years. I'm afraid that everyone will be watching me. I don't know where to sit or what to say. These simple, little things scare me, but these days when I get scared I handle it in a more positive way.

I feel healthy about going to college, but I'm also excited, nervous and scared. I now know it's all normal and I'm confident that I will do the best I can.

Stephanie R.

MY NEW LIFE

In May I won \$42,000 playing a Lotto scratch-off game. After paying state and federal taxes, I had \$27,363. I was so broke at the time, my friend had to buy me a pen to sign the papers.

Staff told me to put the money in the bank and keep getting interest. I'm now off SSI and Medicaid and I've got pay for all my meds and my bills.

I feel like I've discovered a new way of life. Back in the old days, when I got my allowance, I used to blow it all on drugs and drink. Now that I've got all this money, I don't even think about getting high or drunk.

I've found out what life really is: *not* waking up with a hangover wondering where I am, how I got there, and how to get rid of these shakes.

I'm rid of all that now.

James F.

THE LORD'S WILL

When I was coming up as a kid, I felt that I could do better, but I always had that negative thing about myself.

I would look into the mirror and see a nice person smiling. I would like to change my evil ways. Maybe I can get on my own one day.

If it is the Lord's will I would like to see my life change and make a difference.

Anita

A MATTER OF TIME

Twelve years ago, after receiving a blood transfusion following a head injury, I was diagnosed with HIV.

I flipped out, started having suicidal thoughts and suffering with depression. I lay in bed for weeks, not eating anything.

Then I found out I couldn't have children because of the virus; I'm scared to get close to women now. But the most important thing is to keep my health up, use protection, and keep my room sanitized because I don't know what kind of germs other people might have. I can't drink or get high because that'll make my condition worse.

I only take the meds they give me: AZT and anti-depressants. The doctor's been hanging in with me, helping me out.

Twelve years is a long time with HIV. Too many other victims don't last that long. I'm still going. There may be a cure yet. Maybe.

Last week, after having an asthma attack, the ambulance came to my apartment and the driver told another CDT client about the meds I was taking. The client really got upset in the emergency room.

"Why didn't you tell me?" he shouted angrily. "Why didn't you tell me!"

"Because I was afraid," I admitted. "Afraid you'd run away from me and never come back."

But he didn't. We got closer. Now I'm the one backing away from everybody.

John D.

raui H.

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A MARRIAGE MADE IN...

She and I hit it off right away. We started calling each other every night and talking for hours. Every time we met we hugged each other and sat in the living room holding hands. Then later we'd go outside on the porch to kiss for hours.

Then I would walk home and as soon as I got in I'd call her so she wouldn't worry about me.

We made sure we always kept in touch, even on the weekends when I couldn't see her. After a year we got engaged and moved in together.

At first it was cool, but then things started to happen. We didn't have enough money to pay the heating bill so we had to eat and sleep downstairs with her girlfriend and her kids which I didn't like too much.

We decided to move and get married and had a great first six months. Then we began to fight. We'd make up, but we weren't getting along.

She walked out on me twice and went on a tear. We got back together again. We had our differences, but we talked and worked things out.

We moved again, and then again, fighting almost every day about everything. We fought about money and bills and other stupid things. Then she would always want to go to her friend's house next door.

Then one night I came home from a meeting and half my food was gone and the cable had been shut off. I got angry and went off on her, using every curse word I could think of. She called the police and the officer told her that if she didn't want to be with me any more she should get a legal separation.

She got more that that. The next day the cops came and arrested me, put me in handcuffs and took me to jail.

Four hours later Dr. Dan bailed me out. I've been to court three times since and have to go yet agin. Charged with *Third Degree Assault*, it's since been lowered to *Abuse*.

After all this is over I know for sure is that I'll never have anything to do with my wife for the rest of my life.

My bail was \$300, but the worst part was getting fingerprinted and having my name in the papers on the **Police Blotter**.

I hope one day I can get my life back together.

Charlie L.



It's...UNO Time!
Fridays 1PM

MOHONK MEMORIES

Ninety miles north of New York City, the Mohonk Mountain House hotel sits on the brink of white cliffs rising straight out of the blue-green water of Lake Mohonk, one of five glacial lakes on the top of the Shawangunk Mountains.

I worked at Lake Mohonk as a waitress from May 1968 until September 1976. During those years I had many good times along with the work.

I got used to seeing well-known and famous people. To see Fred Gwynn (one of the TV *Munsters*) in person was a surprise. He was really a handsome man and a very good tennis player.

Since I left Lake Mohonk 22 years ago, there have been quite a few changes. The Mountain House has been named a National Landmark.

Alice S.

ONE ON TEN

This month has been very experiencing for me; I had to bottlefeed ten five-day old puppies with one baby bottle because their mother wasn't producing enough milk.

I had to make my own formula: 80% evaporated milk, 10% heavy cream, and 10% corn syrup.

I fed and burped each puppy every two hours until they were three and a half weeks old.

Cheryl D.

FORMER BEER BARON

I was born in Manhattan in a neighborhood called "Hell's Kitchen" (Where the Devil cooked up his troublemakers). I started drinking at age 16.

We had a fastpitch softball team called the *Beer Barons* and we lived up to that name. I pitched for three championship years, 1954-56. I had a bad year in 1957, so they made me a second baseman.

We used to drink at the same bar that bought us our team shirts. We hardly ever lost and there would be big money (\$500 to \$1000) bet on the games. Every time we won the beer was free and we got the money.

In 1970 I made my comeback in the bar leagues. I won four games in a row. My team won and we got a big trophy.

There was always a lot of drinking. My Mom and Dad never bothered me about it. Every time I pitched, my Dad would bet \$20 on me. He wouldn't bet the other pitchers, only me.

I had a good time, made money and drank a lot of beer. I have no regrets at all.

Anthony P.

"Boy! If you have a stuffy nose, that soup'll open up your nostrils."

Wilfredo

16 GENERATIONS

MY 3 GRANDCHILDREN

I have three wonderful grandchildren and each has a unique personality.

Tara, the oldest, is 13 (I can't believe it!) and quite the young lady. She is a big help to me; if she sees me doing something, she will always ask me if she can help.

Tara is an excellent student and is on her school's honor roll all the time.

I have fond memories of Tara growing up. She used to watch me wash and set my hair. Once her mother called me to say that Tara had set her own hair. "Grandma taught me!" she said.

That made me feel good. Tara wants to be a teacher.

Melissa, "Lissy" is 7 and she excels in art. She is the opposite of Tara. Tara gives in to Melissa because she is younger. Lissy wants to be an architect and design houses.

Paul is 11 and all boy. He likes computers and geography. He is limited in sport because he has asthma. He's very big for his age and would make a good football player. He plays guitar and says he wants to be a rock star.

Joann R.

"I'm not interested in Spider-man."

Emma

CHILDREN & GRANDCHILDREN

I have six children, four boys and two girls. My oldest lives in Ellenville; I haven't seen her in nearly ten years. None of my kids live with me any more. It's difficult at times.

I now live with my niece. She has four children, three girls and a boy, but I only see the two five-year olds. Sometimes I have fun with them. Sometimes I don't.

Arvilla C.

"I wish I wasn't so into relaxing, but I am."

Douglas

JAMIE & NICHOLAS

My daughter lives in Monroe County. She has two sons. Jamie is eight years old and Nicholas is one and a half months old.

Every weekend I go to see them and my mother who is their great grandmother.

Jamie is so cute and lovable and intelligent. Julie has done a wonderful job raising him. Jamie makes me so happy when he hugs me and tells me that he loves me.

Nicholas is very healthy and looks very much like his father. That really makes his father just love him.

Darlene

OUT BACK

RELAXATION

I stand out back and smoke cigarettes. I like to relax there. People talk about the weather and the CDT menu.

"How you doin'?" they ask me.

"I'm alright," I answer.

Sometimes I do exercises. Nobody else ever joins me. Push-ups and squat-thrusts. They keep me awake.

Everybody's laughing and grinning. Sometimes a few people cry.

Walter R.

HANGING OUT

I don't work for *Porto Maintenance* any more—that's cleaning and fixing things. I'm still working, flushing toilets and urinals, and cleaning sinks.

I don't usually go out back until late afternoon. They have smoke parties out there—*Coca-Cola* and coffee. They usually drink out of a cup or they don't. You shouldn't drink coffee and soda out of the same cup, but they do sometimes.

There's nothing much going on any more.

Kenny N.

SEEING NOTHING

It's pretty good, sitting out back and smoking cigarettes. Sometimes it starts raining or snowing.

All the time they argue about cigarettes. No violence or stuff like that.

I talk to everybody. They say pretty good things. Sometimes one of the guys gives me some soda. One time I volunteered to sweep up the butts.

I don't see nothing happening here.

Jerome C.

MY TIME HERE

I get up in the morning, have breakfast, then brush my teeth from coffee and cigarettes. I make my bed, get \$2 from my landlady and go to CDT.

I sign my name on the bus.

At CDT, I spend most of my time out back smoking cigarettes, talking and hanging out.

I don't have much to talk about usually; I don't have anybody to talk to. So I just walk around and do nothing.

But I love to play volleyball on Wednesdays.

Paul H.

MYTHOLOGY
WEDNESDAYS IOAM



LIVING the LIFE

normal

What is being "normal"? If I were to say that you were normal, that would mean you were like me. That is, if I considered myself normal.

Who really knows what is normal and what is not? Normal is just a word made up to describe someone who follows the system's rules.

Are these rules correct? Who really knows? Who made up the rules? Were those people normal?

What about *reality*? Do two people share the same reality? No one will ever know because none of us can be in someone else's reality.

Why do people use drugs? I did because I believed my reality was unbearable. I didn't like feeling normal. I didn't like the system's rules.

Now I'm trying to make my reality enjoyable. My reality can feel as good as I allow it to. Learning how to live normal and accept *my* reality is going to be a long road, but it's something I must do!!

Michael T.

"I'm a little too smart. I can't afford to go to too many groups."

Rocky

MY IMPROVEMENT

I like to go to groups. I think they're fashionable. They help me solve my problems like taking meds and getting on the right track on the road to reality.

When I went to the hospital, I didn't feel like I had needed to go. My daughter and the doctor believed otherwise. They were right.

I'm not constantly looking at myself in the mirror any more. Or playing with my hair, combing it every five minutes.

I think that's a big improvement.

Rose M.

"I'm too healthy for you to help me."

Paul

HAPPY TO BE HERE

At CDT there's good guidance towards recovery from mental illness, alcohol and drug addiction. It's a relaxing environment.

The doctors and staff are very easy to understand and they translate what they say and what the meaning is.

I've been here two years and right now I'm in the process of getting a job and I'm very excited about it. That's one of the goals I want to reach.

I also want to retain my ego and self-esteem.

Patrick D.

THE SILENCE OF THE HAMS

I know how to shoot a pig between the eyes and butcher it. First, you line up a bunch of pigs. You pick one that's spayed. (I'll choose a pretty pig because I like pretty girls.) Then you shoot it straight dead.

Then take a knife and stick it in the jugular vein in the pig's neck. You let all the blood come out of the pig by picking up its hind legs.

When the blood has all run out, cut the leader vein in the heal of one of the pig's hooves and hang the body upside down on a cross.

To clean the hair off the pig's body, put it in a ten-gallon can filled with scalding water, but not hot enough to cook him. Spin the can around and around. Then pull him out and scrape a knife across his body and his head too.

TIME IN THE HOSPITAL

Just recently I spent eighteen days in the hospital due to a relapse of my illness.

At first I had a hard time; I didn't want to do anything to help myself. After about a week and a half I was put on new meds and that did the trick.

I started to feel better and started to participate more and more. After two weeks I got my discharge date. When it was time to leave I was driven home. I am doing good to this day and feeling strong.

John O.

To butcher the pig, start on top and cut around his wee-wee, straight down to his head and then his head too. Don't cut any of his intestines (Take the intestines out to make "pudding" [sausage]).

It'll take about three hours to cut up the pig into different parts, wrap them in paper, and write your name on your part. Then put them all in a freezer.

The front legs and the hind legs go to the packing house. They'll pay \$35 apiece. The pig legs will sit in the packing house for 90 days in salt. Then they'll be hams.

The rest gets eaten along and along. A split hoof is why you kill a pig. The Bible speaks about that; you can kill animals like that, reindeer too.

Koko C.

CHURCH CELEBRATION

My husband and I went to an adoption celebration at our church. The little girl's name is Giselle.

We have good fellowship with the people in church. We gave a stuffed animal toy as a present for Giselle.

We also went to a yard sale at our church and we bought some lovely silverplate items.

Alice S.

"I have vices; I put nuts and screws in them."

Wayne

WHY I LIKE WYOMING

1. It's my favorite state to dream about.
2. It's my favorite state to read about.
3. I want to meet cowboys, cowgirls, and Indians.
4. Because I want to hear cowboy music.
5. There is a halfway house in Gellite, Wyoming.
6. So I can be in Formal Patient of Wyoming State Hospital in Evanston.
7. I like cowboy and Indian movies on TV.
8. Wyoming is the home of Grand Teton and Yellowstone National Parks.
9. You can see "Old Faithful" in Wyoming.
10. In Thermopoles you can see hot springs.
11. When you're in Wyoming, you can say "Howdy".
12. When the weather is warm in Wyoming, the people are warm.
13. In Wyoming you can live on a ranch and eat chuck wagon dinners.
14. I'd like to dress up like a cowboy and meet gorgeous cowgirls.
15. At Wyoming State Hospital, you can go hiking, camping, boating, hunting, swimming and fishing.
16. I hope I like the state of Wyoming and Wyoming likes me.

Martin R.

MY TEAM, MY TV & ME

I like Yankee baseball. I can't help it. They're good ballplayers. I like to watch them on TV.

I've got a TV of my own and I take care of it. The Yankees come on on Sundays. On the weekends I stay home and watch baseball.

I don't care much for the Giants. Are the Chicago Bears still playing?

Larry W.

FEELINGS

There are times when I feel very upset and angry and I take it out on myself; I self-destruct by taking a knife and slashing my wrists.

I got a phone call from my boyfriend and he told me that he was dying from a sexually transmitted disease because he had slept with somebody else.

I yelled and cursed and then I cut myself. The staff reacted immediately and took me to the hospital.

Thank God my wounds were just scratches. The counselors talked to me about how I could handle this better.

I saw this guy after returning to CDT and he said that he had only been kidding.

I got angry and upset all over again. But this time I just told him I didn't want to see him any more.

We'd just be friends.

Cathy W.

SOOTHING THE SAVAGE

22

There are many things that raise my blood pressure. I am a very sensitive person. Unfortunately, I need to learn to set boundaries with my caring. To be *too sensitive* is to get hurt.

As a mental health consumer, I am vulnerable to stresses in society a "healthy" person would slough off.

The Internet is a society, too. Recently I allowed that society to effect my emotions and my mood to the point where I became savage.

Fortunately I have an online friend "Reggie" who sends me E-mail complete with music.

Reggie's music soothes me. It helps me to heal my damaged emotions. Music allows me to reflect, and calm down.

Whenever Reggie notices me getting savage, she tells me to listen to music. For me, music takes up where the medications and the therapists leave off: it keeps me human.

David Y.

THE NASTY GIRL

Some of the clients here at CDT are really rude and nasty with no manners at all.

I try to be nice and I get a nasty remark. At **Bingo** this one client has a nasty mouth on her. She doesn't need to be here. Her mouth is going to get her in a lot of trouble.

Some of the clients don't like her rudeness.

Mark C.

MY DILEMMA

The CDT administration told me that I can't come to program any more if I don't go to MICA groups. But I'm not getting anything out of MICA groups.

I want to go to regular groups like *Building Self-Esteem*, *Anger Management*, and *Problem Solving*.

In MICA groups I keep hearing the same people I used to live with telling the same stories. If I had a nickel for every time I've heard how good and helpful CDT is, I'd be rich.

I want to hear about how to make myself proud. I make my own AA meetings and I'm very close with my sponsor. I've been clean for nearly two months. I'm seeing a tutor for one hour a week and I plan to go to Pre-GED classes next month. I'm going to learn to read and write and do math better.

I can be somebody.

Elijah C.

FUTURE PLANS

I'll be seeing my VESID counselor next week about going to college. If I take two courses a day for five years at the local community college, I'll have an Associate of Arts Degree, sixty-four credits in English and History.

If I still need more education to get a job, I'll go back to school to get more. I'd like to join the Peace Corps; I'm not much of a fighter any more.

Wayne L.

LOOKING FORWARD

I have a family of four brothers and one sister. My parents are old, but still alive. My brothers are fifty, forty-four, and thirty-eight years of age. My sister is thirty-seven.

I have three nephews and seven nieces. One of my meces is in college now.

I'm the only one in my family who is physically handicapped.

When I was young and had my legs I used to play touch football, softball, and basketball. I liked to read a lot.

Now I'm forty-three and on SSB. I'm looking forward to being around for the Millennium.

Ed B.

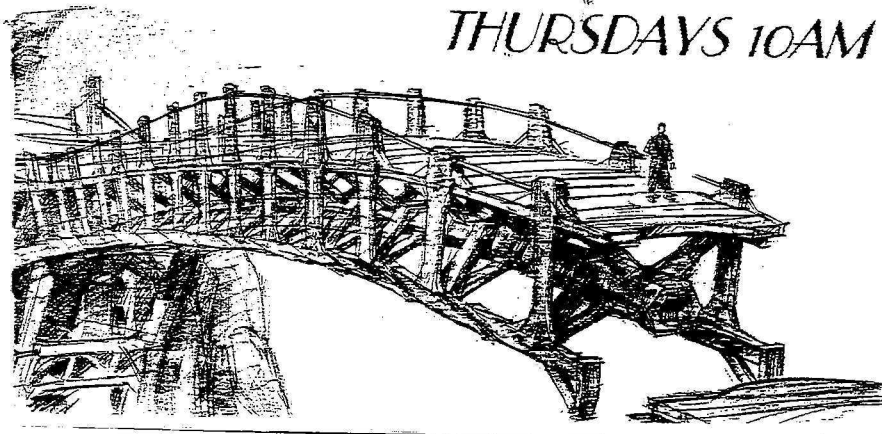
GETTING USED TO CDT

For the first three days I was on visitors status. I met many old friends here. In the beginning I was facing many difficulties with my medications; they made me very restless and hungry.

Now I'm feeling much better since my doctor is reducing my meds. I'm able to sit still and give good feedback. I'm glad everybody was able to cope with my problems. Every day I'm learning more and more about what is going on around me.

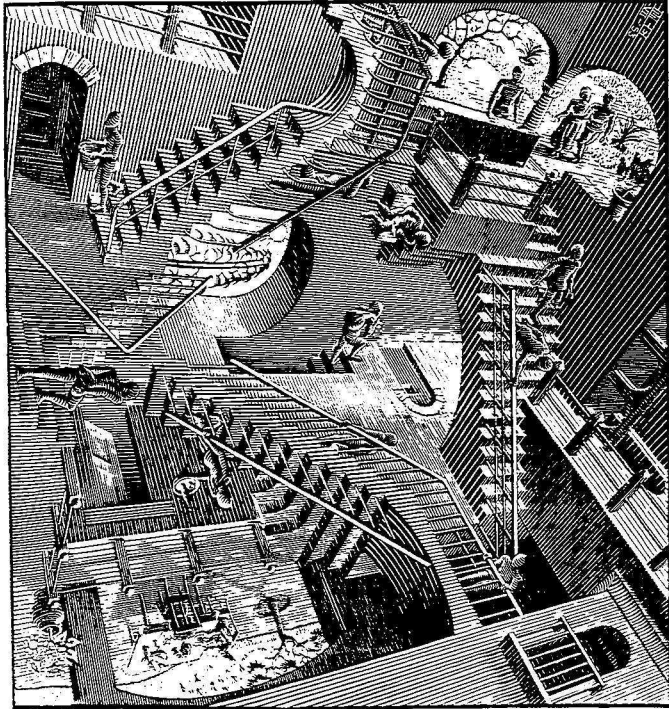
Robert F.

BASIC PSYCH ED.
THURSDAYS 10AM



TWELVE STEPS

TWELVE STEPS



TWELVE STEPS

TWELVE STEPS

THURSDAYS 11AM

AWAY AND BACK

It all started nearly two months ago when I had a fight at my residence. These ten guys all wanted to have sex with me and I said no. Then they started yelling at me and cursing me out.

I wanted to kill myself because I wanted to drink and get high.

I left the house with some money and went to the bars and got drunk and stoned. I hated myself for doing this to my counselor, my advocate and my payee. Then the cops found me and took me straight to the hospital.

I wanted to call CDT to talk to my advocate, but the hospital said I had to pay for the call and I didn't have any money left. Then I called COLLECT, but the front desk wouldn't accept the call.

For the next thirty days I was in a DETOX Program, going to AA meetings, listening to speakers, watching films, and going to groups.

After the month was up I went to another hospital. There I attended more groups, meetings and an AA picnic. After twenty-eight days I left and returned to CDT.

I don't want to go back to my old place. I'm afraid.

Maria S.

"I've only gotten into trouble in two states: Tennessee and Florida. And New York, too."

Martin

BLACK & WHITE

I just made peace with black people; I gave one a cigarette. But this other black client once tried to kill me.

The good thing about it is I'm going to MICA. I'm always going to MICA, but I think *The Twelve Steps* are white trash. They brainwash you; I go for the coffee. Keep coming back.

MICA works, but I don't like the tradition. It's too long.

When I get my money from the courts (I saved somebody's life, the most priceless thing you can do.), I'm going to get a crewcut. I want to look like a Marine. The best.

Frank T.

"I'll give you a smile later."

Jane

BEING HERE

I enjoy coming to CDT. It teaches me acceptance and to appreciate what I have. Here I've learned to manage my anger and to relieve my anxiety. I've also learned how to feel good about myself, how not to be shy and to make friends.

I've learned that mental illness and chemical dependency is something that you always have to work on. We can live normal lives if we continue to work on our problems, apply what we have learned, pray every day, and go to meetings.

Dan G.



Stepping Stones is a social club for the mentally ill run by people who are or who have been treated by the Mental Health System.

Stepping Stones started in 1993 and is located at 14 Pelton Street in Monticello. Inside there are people you can talk to or play cards or board games with.

There are also two televisions and a stereo plus a candy dish if you have a sweet tooth.

Meals are served and sometimes there is donated clothing available. We also go on trips and more.

All the staff are members. I'm on the Board of Directors with eight other members. The clubhouse is open Monday through Saturday. Tuesdays, Wednesdays and Saturdays are regular club days. Seniors come on Friday. Saturday is usually our busiest day, but we don't open until 2:30PM.

Alphonzo

"Is this the place you come to get money to go to Disneyland?"

Angel

HOW TO STAY OUT OF JAIL

The way to stay out of jail is not to hang out on the streets or be friends with the wrong crowd that smokes weed or does other drugs or drinks alcohol.

Jail isn't the place for anyone. There is no freedom, you can't wear your own clothes, and you can only see your family for three hours a week.

So if you want a good life, don't hang out with troublemakers. You have the means to catch your dreams. So don't drink or get high and you'll have a good life. Jail is not peaches and cream.

Clinton F.

WHO I AM

I'm an outgoing person who likes people. I try to help others whenever I can. I especially like children and would enjoy working at a day care center. But even though I have a great deal of experience as a babysitter, I still need a diploma to be hired as a child care worker.

I've got a good sense of humor and it's come in handy when I worked as a nursing assistant in pediatrics. I've also worked as a nurse's aide taking care of the elderly.

As a volunteer I have assisted at Head Start and the Senior Citizens' Lunch Program.

I'm a helpful, caring person.

Robyn S.

LEARNING TO LISTEN

I've been living at my residence since 1994 and it's been a learning experience. The main thing I've learned is to obey the rules.

My first year was rough because I was stubborn and I wouldn't listen. It was hard for me to listen. After I learned everything the hard way, I finally graduated in '95.

But the apartment program was not meant to be at that time. I was over-medicated and didn't like it. Instead of going about it the right way, I threw some of my meds in the trash can. Sure enough, they found out about it and I wasn't there any more.

I didn't trust the manager. I thought she was dishonest. Now they have a much better, honest, more caring manager.

I live in the residence now. I don't mind. It's like home to me.

Douglas R.

GETTING INTO CDT

I like the program very much. I like the classes and the teachers.

At first the CDT secretary was mean to me; she would not let me come to program. So I gave it a second try. The secretary said I lived too far away.

When I called her again, she let me come. I plan to be here for a long time.

Sharon P.

JAILHOUSE MANIA

I was in a club on Sunset Boulevard in Los Angeles when I began flashing my switchblade. The club bouncers grabbed me and took me downstairs. They frisked me, took my knife and called the police.

Booked for carrying a concealed weapon, the cops then found out I had an outstanding warrant for DWI. Brought before the judge, I was sentenced to ten days in the county jail.

I had never been in jail before. After the body search, they gave me an orange jumpsuit that was much too big for me (as if that mattered).

Then I went through this offensive delousing which matted down my long hair and made me smell. But for the next ten days I didn't take a shower.

We were up four stories. There was only a waisthigh railing separating me from the concrete below. Trying to be a tough guy, I sat on that railing with my back towards the abyss, almost daring somebody to push me over.

This wasn't the end of my mania, performing "air judo", I challenged the inmates. But thinking me a total nutcase (and they were right!), not one of them messed with me.

Looking back, my insanity may have saved my life.

Ben C.

THE PLACE FOR ME

When I first came to CDT I thought I wouldn't like it, but I've been coming for two months now and I think it's nice to get out of the house and actually have something to do besides sleep or be depressed all day.

Now I have some friends and something to look forward to. I used to come five days a week when I was used to being with my husband (We took walks every morning).

I coming three days a week now so I have more time with my family. Weekends didn't seem enough. I also get to help more around the house.

I miss CDT the days I'm not here, but that's OK because I can come those days if I choose.

CDT is the place for me. It has people to help me deal with my problems and fun things to do, too.

Judy S.

WISHES

I like myself very much. I am a Roman Catholic Jewish believer. I love to care for others. I wish to go home. I love to go shopping. Next month I would like to order Chinese food.

I also love to work in the CDT Canteen. I enjoy the doctor's groups. He is a kind man. I love everybody. I hope my mother feels better soon. I wish she would get better help. I wish to learn how to drive a car.

Peggy A.

WORKING FOR ME

I used to be a CDT client. Now I'm on the advisory board of Rehabilitation Support Systems (RSS). I work for Catskill Enterprises, doing maintenance and construction work—building decks and cabinets, painting and roofing.

Work makes me more independent. I'm taking responsibility for myself, living life on life's terms.

I've got to go out and get my own jobs myself. First I get an application, fill it out correctly, and then make phone calls. Sometimes I call every day, sometimes twice a week. I *always* follow up. I really want to work.

Ron W.

FINAL WORDS

My visit to Albany was exciting. I went to many groups at the Mental Health Center. The people were friendly and I had a good time doing lots of things: music group, Sober Club, playing softball, and having fun in the playground. I also went to NA, AA and STEMS meetings. I didn't get bored.

I like the area. The streets are clean and there are many stores to go shopping.

I feel very positive about my move. My experience at CDT has helped me a lot. I will miss the staff who had a part in helping me; they taught me a lot about myself.

I will miss everyone very much.

Charles M.

EDITORIALS

MENTAL ILLNESS

GENETIC OR NOT?

I was talking with my caseworker and my children's caseworker at a meeting concerning the future goals of my husband, our girls and mine when the possibility came up of our children having inherited a form of mental illness from me and my husband. Even if they do get screened, there is no guarantee that mental illness had not been passed down to our children through us!

I reacted with a mixture of shock, anger, and disbelief prompting a meeting with my psychiatrist. Even he had some doubts, but we just don't know.

What worries me is if there *is* a problem, it could further complicate winning back custody of our children and make them even more difficult to care for.

Brenda L.

"I mean, c'mon. We're adults!"

Bobbijo

WHAT TO DO?

I don't think highly of people sleeping during program. They sleep in the classrooms. They sleep outside. They sleep in the dining room. It's makes me want to wake them up, but I don't.

They shouldn't be lying down and sleeping. That's not right. I don't know what to do about it, I don't know what to say. I don't want to get involved.

Mary Beth A.

“STEPPING INTO AN IDEA

A couple of months ago, some of the clients were talking about a club like *Stepping Stones*. Couldn't we have something like that in Liberty?

There are clients in CDT who can't go to *Stepping Stones* in Monticello because they live too far away. If we had a social club closer to home, more people would have a place nearby to go to in the evenings.

I hope somebody puts this idea into good use.

Franky A.

CDT IS OUR PROGRAM

I really take pride in myself and in our environment and I think it's shameful that other CDT clients don't care what this place looks like—they leave terrible messes all around.

Wasn't this program created to help people learn how to help themselves? I think it's a waste when I see half the people in CDT smoking cigarettes and not trying to do anything.

I know I sound like a hypocrite because all I ever do is hang out in the back, but I'm *allowed to* because I'm doing the service of showing everyone the pride of keeping CDT clean [by sweeping up].

The next time you have a cup of coffee in your hand...It doesn't take much effort to walk a couple of feet to throw it away.

Please show a little more pride in *your* program.

Angel S.

SLEEPING AROUND

When people sleep here it makes the program look bad. Visitors come and see us sleeping and it looks tacky and makes all of us look bad.

We should take interest, get together, and do what's right. Keep the back neat and tidy.

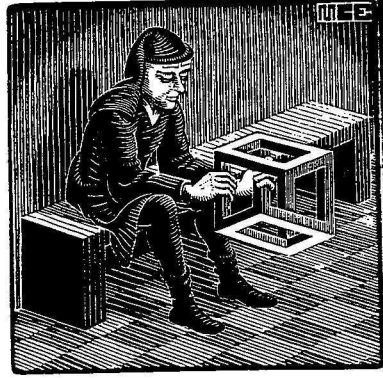
If a client keeps sleeping, a meeting should be held with the doctor, the social and the client and let them solve the problem. We should have more activities with exercise. Maybe that would help keep more people awake.

Some clients sleep because they are overmedicated. I remember being overmedicated and it was a bitch. I ate and slept too much, at home and at CDT. And sometimes I'd cry.

If you're overmedicated, you've got to force yourself to stay awake and do things the best you can.

Priscilla G.

CREATIVE THINKING MONDAYS 10AM



SELF-EXPLORATION



WEDNESDAYS 11AM



RECYCLING
MONDAYS 10AM