

# Mountain Democrat

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PLACERVILLE, CALIFORNIA



## Bipolar Insights: Blessed

By Marcia Rose

Over the years some Bipolar Insights attendees have needed to relocate due to job and life transitions. In many cases, such moves mean these group members are too far away to attend weekly classes. We miss our past members, but it is gratifying when they keep in touch to update us on their lives and ask for updates on ours.

I received this e-mail over the holidays with a request to please share it with everyone. I must say I went through a gambit of emotions as I read the accounts.

I decided not only to share this with the classes but also with the community.

The e-mail:

We have moved and we bought a place about three hours from Placerville.

We attended our first local bipolar meeting today. Hummmm!! This program is federally funded and the facilitator actually stated that it doesn't matter if anyone comes since she gets paid no matter what.

I asked to hear about her outline for the program and she said, "Outline? We just rap."

Then I asked if there was room in this program for families to learn how to learn to live with a child, spouse or relative with bipolar disorder. She responded with, "Well, there is a women's group, guess you can talk about it there. This group is all about 'group hugs.'"

My only response was, "Oh." I asked if she taught that over-the-counter drugs can throw people into mania. Her answer? "No, group hugs."

She didn't seem interested in what was being said. She stated she wanted to go out and have a cigarette indicating others could also do so.

She did mention that a gentleman (professional musician) had quit taking his meds a year ago and he's fine. I'm sure you know what came to my mind — he's self medicating. I asked about that and she said that was not the case. I repeated self medication and again she said no.

You know me and the eye roll. Eye roll it was. Oh, did I mention, my spouse and I were the only two at the meeting.

So, I hope everyone will understand just how vital Bipolar Insights/Mental Health Educational Center is for so many. This group hugs stuff does nobody any good. "Oh, you went to jail." Hug hug. Oh you ran around naked, shucks. "Hug hug." Darn you got kicked out of your house, darn. "Hug hug." Oh, your family is upset, because they can't understand the "hug hug, we love you" stuff. Get outta here.

Anyway, that is this bipolar program. Yippee!

Oh, by the way, I did ask her if the police have had any training with people with bipolar disorder and her answer was "Who? I don't know why they would."

I had to let that one go as hard as it was.

During my move, I misplaced a lot of things. Some things were the articles you had put in the Mountain Democrat. I would love to have these people read your articles.

Take care, girl, and keep up the good work for \$5.00 a visit. Priceless.

Share this if you like. I don't have a problem with it, in fact, your program is the best! Educate, educate that is what you do. This is what we need for the individual and family. Please send us the articles from the Mountain Democrat, we need you and this community needs you. Boy do we miss the classes.

The above e-mail was a strong reminder that sometimes it takes the experiences of others to remind us just how blessed we are in Placerville. Begin the new year by attending Bipolar Insights classes. I am sure you will love us as much as we will love you.

The authors of the e-mail I received had been attending Bipolar Insights for more than 16 years. We miss them!

The founder and CEO of Bipolar Insights/Mental Health Educational Center, Marcia Rose, has completed her new book “Journey From Bondage to Freedom” a powerful tribute to the growth of two friends and their journey through mental illness and the creation of Bipolar Insights/Mental Health Educational Center. For information she can be reached at [trust@bipolarinsights.com](mailto:trust@bipolarinsights.com).

Weekly classes start at 7 p.m. on Mondays at Green Valley Church, 3500 Missouri Flat Road, Room 304 in Placerville, and Tuesdays at Marshall Medical Center, 681 Main St. (Common Room, first floor) in Placerville. The fee is \$5 per person. Check [bipolarinsights.com](http://bipolarinsights.com) for complete details and to purchase a 2016 journal. Become a fan of Bipolar Insights on [Facebook.com/bipolarinsights](https://www.facebook.com/bipolarinsights).

Bipolar Disorder/Mental Health is what you have, not who you are. All are welcome. Make sure to check the website for closures.