

# Mountain Democrat

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## Bipolar Insights: The Tiny Bud

By Marcia Rose

I walk out to my patio taking a deep breath. The air smells wonderful, it is a cool but beautiful day and the mist of rain is in the air. I smile.

The grass has returned now bright and vibrate green and each tree is ready to renew its leaves. I bend down to replace a flower garden trinket blown away by the wind and notice a tiny bud reaching out of the earth. It barely breaks through the soil and I marvel at its will to brave the years of drought and still flourish. As I touch the tiny leaf I think that this bud would not be able to push through the earth each year if it were not for the foundation that was planted long ago.

Year after year this bud attempts to bloom, pushing to succeed yet often unable to due to lack of water. This little bud felt the fear of failure using all the strength it had to keep trying.

In that moment I thought of all the people, young and old, who have walked through the doors at Bipolar Insights/Mental Health Educational Center. Individuals and families who have struggled for years to find the strength, perseverance and ability to continue on a difficult path and have sought help from Bipolar Insights. Just as the years of drought had weakened the ability of the bud to succeed, those with mental health needs sought support, education and recognition in an attempt to thrive.

Yet they continued year after year, day by day pushing to find the answers. They did not realize that long ago the foundation was being formed, a plan was in the works, an idea and a desire were formed with them in mind.

It began years ago with one man, Australian psychiatrist J.F.J. Cade, who saw a need and introduced the use of lithium. It became the first medication for mental illness that actually helped. This was only the beginning, lest we forget all who have followed seeking to find a cure.

They did not realize this same foundation was strengthened 18 years ago when there was a vision, a desire to bring people together. They did not understand that planted in the heart of a woman was a desire to reach out and touch the hurting.

The foundation has been a strong and powerful force to be reckoned with. This is who we are ... we are the water after the drought, the support that reminds you of your worth and value, the education that gives you power to continue. We are Bipolar Insights/Mental Health Educational Center, united by standing on the shoulders of those who came before us in order to support those with mental health needs to become the people they are meant to be.

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 Rose 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 Events on Tuesdays. Check the website for scheduled events at Marshall Medical Center, Common Room first floor, 681 Main St. in Placerville. The fee is \$5 per person. Become a fan of Bipolar Insights on [Facebook.com/bipolarinsights](https://www.facebook.com/bipolarinsights).