Educational Meetings

March 16, 2020
“Food for Thought: Fueling Your Brain for Mental Health”
Lynne Hunt, FNP-BC; Nurse Practitioner, Orange County Health and Physical Medicine since 1998; Undergraduate and graduate degrees in Nursing from UCLA; Health and Wellness Educator since 1998.

April 20, 2020
“Treatment Resistant Depression with a Question & Answer Session”
Dr. Himasiri De Silva: Medical Director of Outpatient Services, Behavioral Health Department, St. Joseph Hospital; Past president, Orange County Psychiatric Society; Private practice in Orange since 1979; Founder and Chief Medical Advisor, DBSA Orange County, since 1983.

May 18, 2020
“How Spirituality Impacts Mood Disorders”
Dustin Shultz, MA, LMFT: Master’s degree, Azusa Pacific University; Bachelor’s degree, Hope International University; Adjunct faculty member, Azusa Pacific University since 2015; Private practice in Tustin since 2015. Courtney Beeler, Registered Associate MFT at Prepare to Change since 2019; graduated from Vanguard University, 2019.

June 15, 2020
“Cannabis and Mental Health”
Ernest Rasyidi, M.D.: Staff Psychiatrist, St. Joseph Hospital, since 2017; Medical degree at UCLA, 2007; Residency in Adult Psychiatry and Fellowship in Addiction Psychiatry at Cedars-Sinai, 2011.

All educational meetings are at the St. Joseph Medical Center, 1100 West Stewart Dr., Orange, CA 92868. Sister Frances Dunn Building, Classrooms 1 - 3. Refreshments: 7 p.m. Free lecture: 7:30 – 9 p.m. Parking $6, or free parking on Palmyra.
Meaning in Life Linked With Health, Cognitive Functioning

A new study, published in the *Journal of Clinical Psychiatry*, investigates the relationship between meaning in life with age, well-being, and cognitive functioning.

The researchers differentiated between two opposites: the presence of meaning, and the search for meaning.

The presence of meaning was correlated with better health outcomes, and the search for meaning was correlated with worse health in adult populations across the lifespan.

Research has suggested that a strong level of purpose or meaning in one's life is related to lower rates of mortality, protection from adverse effects of social media, lower levels of impulsivity, and better aging.

The current study correlated presence of meaning and search for meaning with age, well-being, and cognitive functioning. The cross-sectional study utilized data from 1,042 adults in the Successful Aging Evaluation (SAGE), a community-dwelling sample of randomly selected individuals from San Diego County.

(See MEANING, page 3)

Wellness, community to be themes at *Meeting of the Minds* conference

The Mental Health Association of Orange County will host the 26th Annual “Meeting of the Minds” Conference on Thursday, May 7, 2020, at the Anaheim Marriott Hotel, 700 West Convention Way, Anaheim, 92802. This year’s theme will be “Creating a Community of Wellness.”

For a registration form, call (714) 547-7559.

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**DBSA Bipolar Resource Center**
Sister Elizabeth Building, 2nd Floor
St. Joseph Medical Center, Orange
Phone: (714) 744-8718
Email: dbsaoc@hotmail.com
Web Sites: www.dbsaoc.org (Local)
www.dbsalliance.org (National)

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**Emergency Psychiatric Evaluations:**

**CSU- Central Stabilization Unit**
(714) 834- 6900

**Centralized Assessment Team (CAT)**
(for those with County or with no insurance)
1-866-830-6011 (24/7 - all of OC)

**College Hospital Crisis Response Team**
(for those with private insurance)
1-800773-8001 (24/7 - all of OC)

**SUICIDE HOTLINE:** 1-800-442-HOPE
Better mental well-being and cognitive functioning were associated with experiencing more presence of meaning in life. Counter to this, those with lower well-being and cognitive functioning scores tended to search for meaning more.

People with low presence of meaning in their lives and/or those with high search for meaning may possibly be at higher risk of poor physical, mental, and cognitive outcomes, and assessment of meaning in life could be a way of identifying vulnerable populations.

High levels of search for meaning may be an indication that the individual is experiencing difficulties adjusting with declining functioning, but interventions targeting such individuals may help them cope with their stressors.

The study cited factors such as getting married, having a family, and having a stable career as leading to the presence of meaning. It also explained the tendency for older adults to begin to search for meaning again as something driven by the loss of friends, retirement, and loss of good health. In this case, the researchers seem to think that loss of health and well-being might come first, leading to people losing a sense of meaning.

Legislation
Introduced to Protect Students’ Mental Health Rights

The Student Mental Health Rights Act, legislation designed to protect students managing mental health challenges, has been introduced by Congresswoman Katie Porter (CA-45).

If passed, the Act would ensure that mental health policies on college campuses are consistent with existing federal guidelines.

Under federal law, colleges and universities are not allowed to enact policies that discriminate against students because of their mental health needs.

The Student Mental Health Rights Act would help colleges and universities come into compliance with federal guidelines on mental health policies, resulting in better campus policies to support students.

The Student Mental Health Rights Act would:

- Direct the Secretary of Education to study student mental health and campus policies at colleges and universities; and
- Require the Secretary of Education, in consultation with the Assistant Attorney General of the Civil Rights Division of the Department of Justice, to issue guidance on how colleges and universities can comply with federal law on mental health.

The National Council on Disability is the supporting federal advisory body for the legislation.

(MEANING, continued from page 2)

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DEPRESSION & BIPOLAR SUPPORT GROUPS

Please call to verify information before attending

**DBSA Resource Center** / (714) 744-8718 / Office hours: M - F, 12 - 3:30 p.m.

**Monday, 11 a.m. - 12 p.m.**
(Patients and Family)

**Wellness Center South**
23072 Lake Center Drive,
*Suite #115*, Lake Forest, 92630
(949) 528-6822

**Tuesday, 10:30 a.m. - 12 p.m.**
(Patients and Family)

**Wellness Center Central**
401 S. Tustin St., *Bldg. C*, Orange, 92866
(714) 361-4860

**Tuesday, 3 - 4:30 p.m.**
(Patients only)

**Wellness Center West**
11277 Garden Grove Blvd.,
*Suite 101-A*, Garden Grove, 92840
(657) 667-6455

**First and Third Tuesday, 6:30 p.m.**
(Patients only; Spanish-speaking)

**The Church of Jesus Christ of Latter-day Saints**
14271 Locust St., Westminster, 92683
*Relief Society Room*

**Tuesday, 7 - 9 p.m.**
(Patients and Family)

**St. Jude Hospital**
(Bastanchury and Harbor)
101 E. Valencia Mesa Drive,
Fullerton, 92835
*North Tower Basement Conference Room*
Contact: Orlando Vera, (562) 665-7824

**Tuesday, 7 - 9 p.m.**
(Patients only)

**St. Joseph Hospital**
(near Main and La Veta)
1100 West Stewart Drive,
Orange, 92868
*Sr. Elizabeth Building, First floor,*
Conference room 1-4

**Tuesday, 7 - 9 p.m.**
(Patients only: *Transitional Years; Ages 18-30*)

**St. Joseph Hospital**
(near Main and La Veta)
1100 West Stewart Drive,
Orange, 92868
*Sr. Elizabeth Building, First floor,*
Conference room 1-4

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(949) 528-6822

**Wednesday, 10:30 a.m. - 12 p.m.**
(Patients and Family)

**Wellness Center Central**
401 S. Tustin St., *Bldg. C*, Orange, 92866
(714) 361-4860

**Wednesday, 3 - 4:30 p.m.**
(Patients only; Vietnamese Speaking)

**Wellness Center West**
11277 Garden Grove Blvd.,
*Suite 101-A*, Garden Grove, 92840
(657) 667-6455

(Continued on Page 5)
DEPRESSION & BIPOLAR SUPPORT GROUPS

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DBSA Resource Center / (714) 744-8718 / Office hours: M - F, 12 - 3:30 p.m.

(Continued from Page 4)

Wednesday, 7 - 9 p.m.
(Patients and Family)

Long Beach Veterans Administration Medical Center
5901 E 7th St, Building 128,
2nd floor, room J-216
Long Beach, 90822
(562) 295-7316

Wednesday, 7 - 9 p.m.
(Patients and Family)

St. Bonaventure Church
16390 Springdale St.,
Huntington Beach, 92649
(714) 926-6352

Thursday, 12 - 1 p.m.
(Patients and Family)

Wellness Center South
23072 Lake Center Drive.
Suite #115, Lake Forest, 92630
(949) 528-6822

Thursday, 3 - 4:30 p.m.
(Patients only)

Wellness Center West
11277 Garden Grove Blvd,
Suite 101-A, Garden Grove, 92840
(657) 667-6455

Thursday, 7 - 9 p.m.
(Patients and Family)

Mission Hospital, Laguna Beach
31872 Pacific Coast Highway,
Laguna Beach, 92651
Basement, Classroom C

Friday, 5 - 6 p.m.
(Patients and Family)

Wellness Center South
23072 Lake Center Drive.
Suite #115, Lake Forest, 92630
(949) 528-6822

Friday, 7 - 9 p.m.
(Patients and Family)

Mariners Church
5001 Newport Coast Drive,
Life Development Building,
Room 208, Irvine, 92603

Saturday, 10 a.m. - 12 p.m.
(Patients only)

St. Joseph Hospital
(near Main and La Veta)
1100 West Stewart Drive,
Orange, 92868
Sr. Elizabeth Building, 1st floor,
Conference room 1-4

Saturday, 10 a.m. - 12 p.m.
(Patients and Family)

Huntington Beach Hospital
17772 Beach Blvd.
(between Slater and Talbert)
Huntington Beach, 92647
Basement Cafeteria Conference Room

Saturday, 10 - 11 a.m.
(Patients and Family)

Wellness Center South
23072 Lake Center Drive,
Suite #115, Lake Forest, 92630

Saturday, 11 – 11:50 a.m.
(Patients only)

Wellness Center West
11277 Garden Grove Blvd., Suite 101-A,
Garden Grove, 92840
(657) 667-6455

First Saturday of the month, 1 - 3 p.m.
Family and Caregiver Support Group
(No Patients/Children under 18)

Huntington Beach Hospital
17772 Beach Blvd.
(between Slater and Talbert)
Huntington Beach, 92647
Basement Cafeteria Conference Room
With gratitude, we would like to thank the Miracle Foundation Fund and the Orange County Community Foundation for their generous gifts of $5,000 and $2,500; and St. Joseph Hospital of Orange Behavioral Health Services for covering our printing costs.

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Name: ____________________________________________________________
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