

# The North River Journal

An Expressive Arts and Education Publication      Volume I, Issue II



## Artist's Spotlight



### Ron Rice

Mr. Rice is an established artist whose work has appeared in private showings in SoHo and other areas throughout New York State. His work has also appeared on a Fountainhouse greeting card and a Mount Sinai Hospital Poster. He has also won several awards from his participation in NAMH's Statewide Art Shows.

Born September 30, 1953 in New York City, Mr. Rice graduated from Hamilton College in 1975 with a minor in Fine Arts. Among his favorite subjects to paint are flowers and cityscapes.

"The Labyrinth" (pictured at left) is one such example of his interpretation of the urban landscape. Though it captures the city as a formidable entity which appears to pulse with a life of its own, his use of broad strokes and vibrant colors lends a sense of optimism to the work.

Mr. Rice has a personal vision to instill in his creations a sense of enjoyment, freedom, and ultimately, a triumph of the human spirit. His influences include Cezanne, Kandinsky, Monet, Jackson Pollack, and El Greco. But his skill and acute understanding of aesthetics gives his work a style all its own.

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September, 1997



# EDITOR'S NOTE

If you are familiar with our publication, the first thing you probably noticed when you picked up this issue was its considerable lightness. Before you start looking on the floor for lost pages that may have fallen out, you should know that this issue has been scaled down to 3 pages. Why? One word. Conference. More specifically, our Healing Through Expressive Arts Conference, from September 19 to 21, (see ad on page 4).

This is the biggest thing NAMH has ever attempted, and we all knew when we started that it would be a monumental task. But since it is our first effort, I don't think any of us truly realized how much time, energy and intestinal fortitude it would require to coordinate such an event. Consequently, it is dominating most of our staff hours and is directly responsible for the less-than-hefty edition you now hold in your hands.

That aside, we hope you will enjoy our latest issue which

contains the eagerly awaited final chapter of "Dolphin Man" as well as some exceptional children's poetry and other features.

One correction before I sign off. Last issue we ran a photo of Izzy and Aviva Rice. The caption stated that Izzy Rice was President of AMI/FAMI when, in fact, Aviva Rice was President of that organization. (see "AMI/FAMI President Steps Down" on this page.) My sincerest apologies to Aviva Rice for this error.

Now I see the little light on the coffee urn is lit and I am in great need of another cup of caffeinated lifeblood. See you next issue!



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Special Thanks to all  
the artists and writers  
who contributed!

## AMI/FAMI President steps down to take on new leadership role

by Izzy Rice

After three and a half years as president of AMI/FAMI, Aviva Rice has stepped down as president. She will continue as Editor of the AMI/FAMI Reporter and as a member of the AMI/FAMI Board.

It was during her tenure that AMI/FAMI became an outspoken advocate for change in the mental health system. AMI/FAMI has become a familiar name at the New York City Department of Mental Health and State Office of Mental Health in Albany. During this time AMI/FAMI has grown from 800 members to 1300. The number of support groups increased, and the general meetings have been drawing more and more friends and members to the monthly lectures. The AMI/FAMI Reporter, which Aviva edits, has continued to grow in distribution and influence. We now publish 6000 newsletters, and hope to double that number (if we can get the funding). She was instrumental in bringing ACT to NYC.

In addition to being president of AMI/FAMI, Aviva has been very active in the community.

- She is a member of the NYC Dept. of Mental Health's advisory board for ACT. Through her tireless efforts, she succeeded in bringing the ACT model to NYC and NYS. There are 10 ACT teams in NYC at present.

- She is co-chair of the NYC Mental Health Voter Empowerment Project

- She has been appointed by Mayor Giuliani to the NYC Mental Health Subcommittee of the Community Services Board

- She appeared many times on TV as spokesperson for families of people with mental illness, spoke out at City and State hearings, forums, and conferences about the concerns of the seriously and chronically mentally ill.

Aviva intends to stand for election to the New York State Board of Directors of the Alliance for the Mentally Ill of New York State, (AMI-NYS). She strongly believes that she can make a contribution to the effort to improve the quality of life of people with mental illness statewide. Let's give Aviva our support!

## In Memoriam

National Artists for Mental Health mourns the loss of two very special people.

### WALLY PACH

Wally, a longtime friend of the organization, was one of the first people to be appointed to the Board of Directors of the Alliance for the Mentally Ill of Greene County when it was formed in 1989. This board was the genesis of what would become NAMH, Inc. An accomplished artist, he participated in many organizational activities and was a true friend.



### CANDIE GARCIA

Candie was also involved with us from the beginning. She was Vice President of our Board of Directors but her involvement extended beyond that role. Always caring and interested in our development, she would often drop by the office to say hello. She rarely missed our events and her enthusiasm was inspiring. She will be missed, both as an important member of NAMH, and as a friend.



## Life is filled with OPTIONS

by Robert Siegel

I moved to a community residence called Options on July 29, 1996 at the age of 40. Options, located in Oakdale, Long Island, is the only community residence that I have ever lived in. At Options we have to do chores, laundry and help cook at least once a month. The counselors at Options teach us how to do our chores, laundry, and how to cook. They even help us along while we do our chores.

There is a counselor here at Options at least 24 hours a day, 7

days a week. Many times the counselors take us on recreation trips. Every year during the summer, they take us on a camping trip.

After living in the community residence for a while, you can then move into your own apartment where you can be more independent, but you can still rely on Option's services. Options is the choice for me!





# Healing Arts Conference Held in Kingston, NY

by Steven Periard  
Editor

"The healing power of self-expression" was the theme embraced by all at the "Recovery Through the Arts" Conference held at the Kingston Ramada Inn on May 22.

The event, sponsored by a number of area mental health organizations, presented 3 workshops focusing on the therapeutic value of the expressive arts. About 250 participants crowded into the conference rooms to take part in hands-on presentations ranging from psychodramatic exercises to music therapy. The atmosphere throughout was energetic as consumers, friends, family members and mental health professionals joined together in the common goal of healing and recovery.

The collective attitude of hope and good will was apparent from

the outset, and was further strengthened through the words of the guest speakers in the opening ceremony.

Ulster County Legislature Chairman Daniel Alfonso, who is noted for fighting efforts in 1994 and 1995 to cut mental health funding, opened up the speaker session. Alfonso, who is still recovering from a life-threatening illness, made it a point that he was happy to be there. His speech, underscored by moments of heartfelt sobbing, assured the audience that he would continue to fight for recipients of mental health services. "I'm going to be around and I'm going to keep on fighting to see these cuts don't come up again."

Alfonso then presented a "Pride of Ulster County Award" from the Ulster County Legislature, and an award from the Alliance for the Mentally Ill of Ulster and Dutchess Counties to keynote speaker Frank Marquit, who followed Alfonso's lead with an equally inspiring address.

Marquit, who is a longtime

advocate and CEO of National Artists for Mental Health, Inc., gave a speech that was both humorous and horrifying, detailing his personal history and the events that brought him to the present.

Marquit's words were brutally honest as they addressed his many struggles over mental illness and a drug addiction that almost killed him. He took matters into his own hands to make himself well again, and now his goal is to help others. "I hope what I said here today will inspire other people and help them realize that recovery is possible," he said.

Conference Coordinator Martha Stending was very pleased with the outcome. "This is the first conference I've been involved with where I had more energy coming out of it than I had going in," she said.

The conference was sponsored by the Alliance for the Mentally Ill of Ulster/Dutchess Counties, Four Winds Hospital in Katonah, Mid-Hudson Arts in Health Care, and the Mental Health Association in Ulster County Inc.



Keynote Speaker Frank Marquit stands with Conference Coordinator Martha Stending at the "Recovery Through the Arts" Conference held at the Ramada Inn in Kingston, NY.

## First art show in new gallery is a success thanks to artist

by Ralph L. Ivery  
NAMH Art Director

We have all heard of the many stories about art therapy—how it helped consumers get in control of their lives and give them the will to get back into the community. North River Gallery, with its Expressive Arts programs, has been the inspiration for lots of consumers here in Greene County. In turn, artists like Issa Ibrahim have inspired us.

It was the first day of spring, March 20, 1997, and the morning air was brisk. There were spring flowers here and there along the roadside and the birds were singing. The sky was that of a pale blue and it promoted a friendly feeling for the day. It was around 11:35 a.m. and North River Gallery was getting ready to present its first art show in its new gallery location on 126 Water St. in Catskill, NY, and so far the weather was cooperating.

The guest of honor was a young consumer from the Bronx, Issa Ibrahim, an artist and aspiring musician. About 35 consumers and a handful of community residents were in attendance for the show and at 1 p.m., as clouds began to gather in the sky, it was officially underway.

We introduced Issa to the audience and, amid his exhibit of wonderful paintings, he performed like a veteran. Throughout the centuries in different cultures, telling stories and songs has been our way of connecting with each other so that we may understand our basic human needs. Issa seemed to be very aware of this fact and as he spoke and played acoustic renditions of original compositions on his guitar, he inspired his audience. They felt that Issa had something in common with them and had found a way to reach out and comfort them. It was like a family reunion.

Creative energy speaks volumes. The process itself leads to insight and healing as the unconscious expresses itself. This process teaches both the creator

and those who experience the results of the creation. There was a relaxed connection between Issa and the audience, and this resulted in an enlightening experience for all involved.

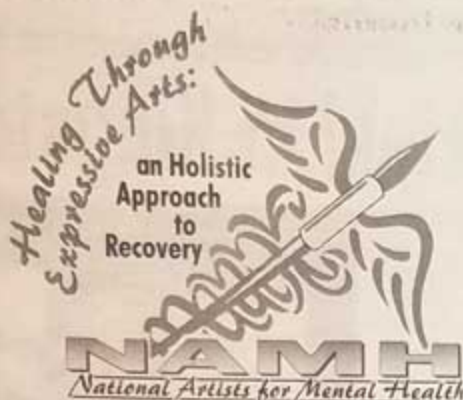
North River Gallery has always endorsed the philosophy of self-help in therapy, promoting a new perspective for people to view their lives, honor their dignity, and nurture their creativity. I'd like to thank Issa Ibrahim for his inspired creativity. He truly touched the hearts of the Greene County community in an atmosphere of friendship and mutual respect. I would also like to thank Consuelo Alsepiedi, Laurence Neuman and Dr. Manuel Pallares of Creedmoor Psychiatric Center for their assistance in putting this event together.

**LOOKING FOR A  
GALLERY TO  
EXHIBIT YOUR  
WORK?  
SEE AD ON PAGE 5.**



Artist and musician Issa Ibrahim performs at North River Gallery's first art exhibit at the new location on 126 Water St. in Catskill, NY. The event was sponsored by NAMH, Inc.





September 19-21, 1997

Rye Town Hilton Hotel  
699 Westchester Avenue • Rye Brook, NY

Don't miss this one-of-a-kind gathering where consumers, family members and practitioners will share knowledge and resources on self-help in the expressive arts and holistic approaches to mental health.

## Featured Presentations Include:

### Geoffrey Scott-Alexander, MA

Keynote Address:  
"Expressive Arts Therapy:  
Giving Voice to Our Fragments  
as a Way to Know Wholeness"  
Workshop:  
Honoring the Fragments  
to Feel Whole



### Stephan Rechtschaffen, MD

Keynote Address:  
"Incorporating the Expressive  
and Healing Arts  
Into Recovery"



## Fees below include registration, accommodations and meals.

All conference activities will take place at the Rye Town Hilton Hotel in Rye Brook, NY, 699 Westchester Avenue. If you need directions to hotel or shuttle service from train station to hotel, please call 914/939-6300.



## Conference Registration

Fees below include registration, accommodations and meals.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Organization (if any): \_\_\_\_\_  
Phone(\_\_\_\_): \_\_\_\_\_

### Fees enclosed:

#### Single Occupancy

one night: \$295 \$ \_\_\_\_\_  
two nights: \$390 \$ \_\_\_\_\_

#### Double Occupancy (per person)\*

one night: \$250 \$ \_\_\_\_\_  
two nights: \$315 \$ \_\_\_\_\_

#### Day Tripper (meals only)

one day: \$150 \$ \_\_\_\_\_  
two days: \$200 \$ \_\_\_\_\_

Let us know the  
topics that  
interest you most.

- ☐ Art and Healing  
☐ Art and Enterprise  
☐ Music  
☐ Creative Writing  
☐ Drama  
☐ Dance/Movement  
☐ Holistic Healing

\*You have the option of naming your roommate. If you and another person would like to room together please indicate name: \_\_\_\_\_

Room Preference: ☐ Non-Smoking ☐ Smoking  
Special dietary or disability needs: \_\_\_\_\_

Heritage Travel is the official travel agent  
for this conference.

Please make all conference fee checks or money orders out to NAMH, Inc. and mail to Heritage Travel, 878 Albany-Shaker Road, Latham, NY 12110. For travel arrangements, call Heritage Travel at 518/785-9537 or 1-800/667-6078.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Organization (if any): \_\_\_\_\_  
Phone(\_\_\_\_): \_\_\_\_\_

Send me additional information about  
Conference exhibition, advertising and  
sponsorship opportunities.

### Conference Scholarship Opportunity

☐ A limited number of full and partial scholarships are available. All awards are based on double occupancy unless otherwise indicated. Room pairings will be assigned by NAMH. Transportation not included.

☐ I want to apply for a scholarship

☐ Partial Amount requested: \$ \_\_\_\_\_

☐ Full Amount requested: \$ \_\_\_\_\_

Scholarship award notification September 2, 1997  
Reason for need: \_\_\_\_\_

### Membership Opportunity

NAMH is a membership based organization. It is the support of people like yourself that makes our work possible. Please join today.

☐ I want to join. Enclosed is my \$25 membership fee. \$25.00

☐ I want to help this special conference. Enclosed is an additional tax-deductible contribution of \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

Send all scholarship requests,  
memberships and contributions to:  
NAMH, Inc.,  
PO Box 151, 369 Main Street,  
Catskill, NY 12414-0151.



# NAMH Hosts 5th Annual Statewide Art Show for Mental Health



left to right: Mike Mead from Senator Libous' Office, Frank Marquit, CEO of NAMH, Inc., NYS OMH Commissioner James Stone, Assembly Member James Brennan, Assembly Member Steven Sanders, and Board Member for NAMH and AMI-NYS Sherry J. Grenz



Art Director Ralph Ivery (left) and mental health advocate Cathy Edkins (right) take a breather while Veronica Newberry (center background) works the table at the 5th Annual Statewide Art Show for Mental Health. The event was sponsored by NYS Senator Thomas Libous and Assembly Member James Brennan.

If you do something enough times, it eventually gets easier. That's the ideal anyway, and considering this was our 5th Annual Statewide Art Show for Mental Health, it should have been a relative breeze. In fact, it was with respect to coordinating and setting it up. Unfortunately, on May 20, 1997, we were in Albany, NY competing with hundreds of people in the Legislative Office Building who were there to stage a major rally.

The State Legislature was in session and the hot issue that brought a throng of protesters to the State Capital was rent control. People were coming by the busload to advocate for their right to keep their homes. A worthy cause? Definitely. Bad timing for us? Absolutely!

Of course, things have a way of working out and the event, despite a few setbacks, was a success. When our musician could not get into the building to unload

his equipment, (the Plaza parking garage and all surrounding parking facilities were full to capacity) our own Jackie DiLorenzo filled in with a stunning *capella* rendition of "I Believe" to kick off the reception. We acquired a fair audience and even pulled in a few of the rent control advocates.

NAMH would like to thank Senator Thomas Libous, Assembly Member James Brennan, and their offices for sponsoring this event and helping to smooth out the rough spots. We would also like to thank NYS OMH Commissioner James Stone, Mike Mead and Steve Brickman from Senator Libous' Office, Assembly Member Steven Sanders, whom we presented with an award for his efforts on behalf of the mental health community, Cathy Edkins for her wonderful speech, and most important, all the artists who participated, their friends and family members!

## ART SHOW WINNERS!

If your name is on this list and you have not yet received a ribbon please contact Ralph Ivery, Art Director, at (800) 413-4761.

### 1st Place

Phillipe Armus  
Arthur Bruckner  
Oswal Marsant  
Sabrina Kusy  
Issa Ibrahim  
John Stanley  
David Caspi  
D.B. Watkins

### 2nd Place

Betty Seagraves  
Natasha El-Hage  
Art Bruckner  
Rebecca Frass  
Monika Wheeler  
Ron Rice  
Richard Klemptner  
Mark Borowitz  
Diane Hamiton Nestico

### 3rd Place

Edward Smalls  
John Webb  
Rebecca Frass  
Phillipe Boucher  
Bruce Maddock  
Scott Shaddock  
Thomas Basso  
Gareth McKay

### Honorable

Richard Klemptner  
Carol Sherry  
Larry Smith  
June Walton  
Linda LaCross  
Natasha El-Hage  
Gen Ellen Murell  
Kathleen Weick  
Deborah Lagitch  
Oswal Marsant  
Debra Morrison  
Ellen Sparks  
Art Bruckner  
Una McNeal  
Alex Zamacona  
Monique Fagan Smith  
Tom Lusis  
Daisy Santiago  
Donna Johnson  
Ron Rice  
Mary Johnson  
Helen Helzberg  
John Stanley  
Donna Johnson  
William Puleo  
Louann Auché  
Natasha El-Hage  
Gareth McKay  
Barbara White  
Joslyn Smith

## PRESENT YOUR OWN ART EXHIBIT!

North River Gallery is renting its space to artists living outside Greene County. The gallery has plenty of wall space and a formal atmosphere. Rates are very reasonable! \$100 for consumers and \$150 for non-consumers. Call Ralph Ivery at (518) 943-3529, for more information. Give your artwork the exposure it deserves. Call today!





# DOLPHIN MAN

## Part III

continued from last issue

by Eric E. Roberts

Illustrations by E.R. Apodaca, Ph.D.

### The Story so far:

Jeremy was born with an unusual defect—slits on the side of his neck which looked very much like gills, and actually moved when he breathed. As a result, his childhood was a major struggle and he quickly became an outcast. He always wore a turtle-neck to cover his defect, but he could never hide it for long. As he grew, he became a loner and concentrated on his only passion: the study of ocean life. After college, he acquired a position at Marine World, an ocean aquarium. It was here that he finally found a direction in life.

Life was like a fairy tale come true for Jeremy. With his new position at Marine World, people addressed him with complete respect. His pay was so high it almost seemed wrong for one man to have so much money. As an additional benefit, he had obtained keys to get into any location at the job, and some evenings he would come to just observe the dolphins at play. He really enjoyed watching the dolphins, and any spare minute during work he would do just that. He began to believe that the dolphins actually recognized him after a while because they would jump and make loud noises whenever he approached their tank.

One evening while watching television, Jeremy received a phone call from one of the women who worked as his secretary. She had had an eye on her because she was especially good-looking. She had blond hair, a fine figure, and wore just the right amount of makeup. At work, she was always at his side and couldn't do enough to please him. Jeremy felt a twinge of something special for her, but he was petrified to let her know. She was calling to ask him if he would let her into Marine World that night, to be there when no one else was around. Jeremy was both surprised and pleased that she would ask such a thing of him. He told her it would be nice to see the place at night and said he would pick her up. When Jeremy hung up the phone, he smiled broadly. "Things are really coming together for me," he thought.

But while driving to her home all his childhood fears resurfaced. "What if she rejects me? What if she finds out about my condition? What would she do if she found out? How could she be interested in me? Can she?" As the car sped down the highway, a thousand questions swirled in his head. He couldn't believe that a normal, beautiful woman could be interested in him. Women had always treated him with either fear or indifference. Could it be that he had actually found a woman who truly wanted to be with him, or could it be that she was only interested in furthering her career?

"It sure is nice of you to take me to see the place at night." The woman said as Jeremy pulled out of her driveway and headed for Marine World. "Do you mind if I smoke?" Jeremy shook his head nervously. "I hope you don't mind being alone at the project with me," she said flirtatiously. "You're so mysterious, and maybe some of your secrets will be revealed there. You don't mind if I'm interested in you, do you?"

Jeremy was taken aback, because he had never dreamed a woman could be so amazingly forward. His heart beat faster and he couldn't help taking quick side-long glances at her body which was periodically illuminated by the streetlights they passed. She was wearing a very sexy red dress that revealed her generous breasts and her long, perfect legs. He was a little tongue-tied as he tried to hold up his end of the conversation, but managed only an occasional "yes" and "no." She giggled often, and gradually she slid across the seat, pressing her warm body close to his. Jeremy was more excited than he had ever been in his life, yet at the same time, he was afraid she would find out about his deformity and run away.

Being close to a woman was more intoxicating than he had imagined. She would playfully grab his hands and caress his face in a sort of innocent manner. He was enjoying himself so much that he was a little disappointed when they reached their destination and had to get out of the car. This wasn't the end of their romance though, because she took his hand in hers as they walked in the night

toward the huge buildings. Jeremy thought this had to be the best moment in his life.

They entered one of the buildings, walked down a long hallway, and stopped to observe some fish behind panes of hardened glass. Jeremy couldn't contain himself anymore. He reached around the woman, drew her to him, and kissed her deeply. She was willing, melting into his embrace. They kissed passionately, and she rubbed herself against his anxious body. Without being aware of what was happening, Jeremy let her hands caress his face and didn't stop her when her hands wandered down his neck, underneath his turtle-neck. Suddenly he felt her finger inside his right flap, and heard her scream with terror.

The woman backed away with an intense look of panic, and she hysterically said, "What the hell is underneath your turtle-neck? It felt like an open wound. Oh God, what the hell is wrong with you? Are you some kind of freak or something? Look, you've got to let me out of here. Never mind taking me home, I'll take a bus. Let me out of here."

"Calm down, please," Jeremy said trying to comfort the woman. "I've just a birth defect. That's all. It's nothing to worry about."

"Look," she retorted. "I don't know what your problem is, and I really don't want to know. Just let me out of here, all right?"

Jeremy realized that there was nothing he could do to enlighten her and proceeded to lead her to the exit. At the door, he asked if she would reconsider a ride home. She refused and then ran as fast as she could into the darkness. He could hear her footsteps for quite awhile, and when there was only silence, he entered Marine World once again.

He walked down long lonely hallways that were full of happy people during the day. His thoughts were darkly depressing, and death seemed the only option. No woman seemed to really want to understand him. He was just a man and because of this, he desired love. Yet love was an impossibility. Knowing that woman was so wonderful. He could still feel her against him. Even her screaming seemed to echo everywhere.

Suddenly, Jeremy found himself looking into the dolphin tank. Dolphin heads quietly came to the surface, and delicately pulled water into their mouths. Those fish seemed to sympathize with Jeremy. For some reason the dolphins grouped themselves in the water and looked peacefully at him. Without any pretense, Jeremy jumped into the dolphin tank to die. He had never entered a



swimming pool or been in water over his head, so he had no idea how to swim.

Survival is such a strong force. Though Jeremy wanted to die, when he found himself submerged, he instinctively fought to stay above water. Dolphins jumped and made excited noises while he floundered. Jeremy choked as water filled his lungs, and after completely exhausting himself, he went under for what he believed was the last time. It was so quiet underwater except for the sounds being made by the dolphins. For the first time in his life, complete peace overwhelmed him. His thoughts strayed back to every possible memory, when suddenly, Jeremy realized he was still alive and had been underwater for quite some time.

He realized with complete joy that his deformity enabled him to breathe underwater. With this realization he opened his eyes, and looked at all the dolphins swimming around. They made noises and gestured at him as if they were trying to communicate with him. For some reason, he could clearly hear all their sounds underwater, and when he tried, he could also make similar sounds. One sound in particular kept being repeated by the dolphins, so Jeremy mimicked it, and somehow realized the sound meant "welcome."

For hours he remained in the tank communicating with his newfound friends. Finally, he

exited his aquatic home, went to his office and waited there until the following morning. As he sat in his office, he was filled with a deep sense of contentment. He had found purpose to his life. He was now finally able to associate with creatures who accepted him, and it didn't matter to him that they were not human creatures. Human beings didn't mean that much anymore—they never had. Humans would never understand his unique situation and he wasn't about to tell anyone. People were so small, they could never accept him without making him into a complete freak.

Eventually, people started drifting into work. Jeremy was informed, with no surprise on his part, that the secretary he had been out with the night before resigned her position. The woman had obviously spilled her guts about the incident and by now, he was sure everyone at Marine World was aware of what had happened. He had to laugh as he watched people in little groups whispering and pointing at him. This meant nothing to Jeremy. He felt great, and all he could think about was the next time he would get to swim with his friends. For once, he felt like part of a group of animals; the dolphins had accepted him, and nothing else mattered.

On weekend nights, he would enter the aquarium and learn more

Continued on Page 7



## DOLPHIN MAN

Continued from Page 6

dolphin language and before long, he could communicate fairly well. Even though everyone at work avoided him, he could sense that they felt an almost reverent respect for him. But soon their apprehension turned into fear, and Jeremy found himself completely alone with no one willing to work with him. After a while, with no one to work with, and no work to do, Jeremy got the message and promptly resigned.

It wasn't a difficult decision for Jeremy to want to venture out into the ocean and swim with schools of dolphins in order to learn their ways. No one but his parents was going to miss him, so he wrote them a letter saying he would be back after several weeks. He drove to a deserted stretch of beach along the coast. With waves crashing over rocks, he took off all his clothes, threw them into the outgoing tide so they wouldn't be found, and dove into the cold salt water.

Finding a pack of dolphins was relatively easy because he knew how to call out to them. Before long, a large school of dolphins surrounded him, wanting to know how he could speak their language. Jeremy explained as best he could and the dolphins accepted him as

their own. Throughout the ensuing weeks the dolphins taught Jeremy all they possible could, and let him enter into all their activities. Each day was filled with excitement and meaning.

Finally after several weeks, Jeremy decided to head back to land. He knew he was hundreds of miles out, and a pack of seven dolphins volunteered to take him safely back. Before they left, Jeremy decided to take one last swim in his wonderful new environment. He happened upon a school of tuna and followed them, diving deep. Suddenly, he heard his companions yelling for help. He quickly swam toward call of distress, and as he got closer, he noticed large schools of tuna trapped in nets. When he surfaced, he saw the tuna boat anchored several yards away. There were men with high-powered rifles on the deck, and they were shooting at his friends.

"Don't shoot! Don't shoot!" Jeremy cried out desperately. But the men kept shooting, striking the dolphins trapped in the huge net. Suddenly, a red-haired man pointed excitedly at Jeremy. The other men started making terrible gestures, and soon they were all pointing their rifles at Jeremy. He quickly dove below the surface, but he could not avoid the flurry of bullets that rained down on him. One struck him in the thigh and Jeremy let out a water-muffled scream. The second bullet that hit

him was more on-target, piercing the back of his neck. Jeremy's mind went black and he passively sank toward the bottom of the ocean.

Jeremy's parents had given up hope of ever finding Jeremy's body. In his last communication to them, he had told them he was going out to the ocean. When he failed to return after several weeks, they called the police. An extensive search was done, but only turned up Jeremy's clothes which had eventually washed ashore. The police suspected that Jeremy had drowned while swimming. It was the only logical conclusion.

From that point on, they made several trips to the ocean as a memorial to their son. As they looked out on the vast waters, they talked about how special he was and how proud they were of his accomplishments in life. But they also knew that Jeremy's life had always been a struggle, and now he was finally at peace. Though their eyes would not dry for years to come, they found small comfort in this thought.

The ocean was calm below a tranquil blue sky. Just below the surface, a dolphin swam, enjoying both the water and the air as it moved effortlessly through its environment. In its heart, it felt pure contentment. In its soul, it felt complete. There was a time, in another life, when its heart and soul were not so full. In another life, its name was Jeremy.

## Person-to-Person for Help in Healing

*Person-to-Person*™ is a new interactive telephone support service for persons with severe mental illness who have been prescribed Risperdal® (risperidone), a drug for the management of the manifestations of psychotic disorders. It is also available for their families and caregivers, and provides a link into the network of medical professionals and counselors who can be reached at 1-800-372-8282, 8 a.m. to 11 p.m. Eastern Time, 7 days-a-week.

The counselors answer questions about medication schedules and doctors' appointments; provide information about mental illness, especially symptoms and early warning signs; and provide help with problem solving and access to resources for callers who request referrals to support groups.

In addition, *Person-to-Person* counselors can be asked to call patients for emotional support, to remind them of medical and therapy appointments and medication renewals, and to make follow-up calls in which counselors can review information and clarify issues for patients and their families.

"Janssen Pharmaceuticals is

adding to the support network for persons with severe mental illnesses and their families," said Leonard I. Stein, MD, Professor of Psychiatry (Emeritus), University of Wisconsin Medical School and Chairman, Pathways Advisory Council. "With services being cut across the country, *Person-to-Person* will help patients, families and caregivers better manage the issues they face as a result of severe mental illness."

*Person-to-Person* is offered free of charge and assigns personal identification numbers to patients and family members to protect privacy and maintain strict confidentiality. Specific needs are addressed, and when necessary, callers are linked immediately with a physician, psychiatric nurse or a local support group.

Patients and families who enroll in *Person-to-Person* receive quarterly newsletters and fact sheets with tips on different subjects such as the importance of good nutrition, how to manage family relationships and handling stress.

*Person-to-Person* is sponsored by Janssen Pharmaceuticals and is a component of PATHWAYS TO CHANGE™, a systems approach to care for patients, families, caregivers and health care providers.

## POET'S SPOTLIGHT

Glenn Odden and the Poets of Western New York Children's Psychiatric Center

Glenn Odden is Editor of *The Soul of Our Age*, a literary journal that highlights the poetry and prose of patients at the Western New York Children's Psychiatric Center. As both an Occupational Therapist and a writer, Mr. Odden has the opportunity to mix his vocation with his avocation, using poetry as a springboard for discussions with patients. He acknowledges that creative writing helps children identify their feelings, explore their emotions, and unchain their imaginations. These are essential elements of growth and we salute Mr. Odden and his participants for recognizing the importance of nurturing creative expression in young people.

The following poems are reprinted from various issues of *The Soul of Our Age* with permission from the writers.

## Counting

Should I be counting  
My blessings  
The days, the ages  
As they go on  
People moving on  
Higher in the class  
Of the great presence of God

Yet through it all  
I know the sun's rays  
Burn on my legs  
Nothing can be as bright  
As the faithful departed  
Angels  
As bright as they are  
Sing our favorite songs

by Carmen



Lost with nowhere to go  
just sittin' here followin' the flow  
upside down... right side up  
flyin' around like a hockey puck  
on the ice or in the breeze  
through the air and past the trees  
round and round and round I go  
just stayin' here with the show  
calm and cool  
like a fool  
lost in a world of my own  
with no real place to call home

by Desi

## I See Children Play

The children play  
They play all day  
As they play  
The day they say  
Is one of the shortest days

They laugh, they sing  
they are forever until  
One day, when the sky turns  
Gray, and the sun no longer  
Wants to play!

by Jenna



The drums hit the waves  
On the ocean that sings  
Beautiful music

The rock is good for the foot  
On the ocean floor

Birds swinging in the sky  
And standing on the sandy beach

Hot white sand  
Flowing through your hand

Climbing on green trees  
Seeing blue skies  
White Clouds

Watching people  
laugh, run  
inspiration

The most important things on earth  
Slyly hidden in poems

by Carmen



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September 19-21, 1997

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Traveling Arrangements for the conference were provided by Heritage Travel. Call Barbara Freed at (518) 785-9537 for all your traveling needs.



See Page 4 for more information and registration form

