



The Thermometer Times

Published by The Depression and Bipolar Support Alliance of Riverside, California

VOL. 17 NO. 6

Out of darkness . . .

June, 2005

Dates to Remember

CARE & SHARE GROUPS

Clients and their guests are invited to come and participate. Professional care providers are always welcome.

**Every Saturday,
10 am–12 noon**

Riverside County Mental Health Administration Building (see page 7 for address)

**Meetings June 4, 11,
18 and 25, 2005**

Guest Speaker: Robert Fuller of The Riverside Treatment Services “Bipolars in Dual Diagnosis”



Meetings start promptly at 10 am.

Do yourself a good turn: Be on time—

for announcements and other news that may be important to

you, and to have time to greet your friends, old and new.

Directions to

Jo Ann Martin's Home

Exit 91 Frwy at Van Buren. Go south 4.2 miles on Van Buren to Whispering Spur. Turn left.



2nd driveway on the right

16280 Whispering Spur
Riverside, CA 92504 (951) 780-3366

Expert: Talk has useful role in treating depression

Therapy: Medicines show quick results, but researchers say other approaches are effective.

BY STACEY BURLING
KNIGHT RIDDER NEWSPAPERS

PHILADELPHIA—Talk therapy can work as well as antidepressants in severely depressed people and it should also be used as a first line of defense, University of Pennsylvania researchers concluded in a study.

In a study of 240 patients, researchers found that cognitive therapy, a type of treatment that teaches patients to think more realistically, worked as well as a popular antidepressant for moderate to severe depression.

Patients who got four months of cognitive therapy also had about the same relapse rate a year later as people who took Paxil (paroxetine) the whole time. If people quit taking Paxil after four months, their relapse rate was twice that of therapy patients.

As a result, the authors from Penn and Vanderbilt universities contend, cognitive therapy is cheaper than antidepressants in the long run.

SEVERE DEPRESSION TESTED

The research adds to a growing body of evidence that this type of therapy, developed in Philadelphia by the University of Pennsylvania's Aaron Beck, works as well as the drugs. The study is important, experts said, because of its size and because it tested therapy in moderately and severely depressed patients, a group where previous results have been mixed and controversial.

“It establishes I think once and for all that cognitive therapy does as well as pharmacotherapy, and what's even more important is that it has a much lower relapse rate,” said Beck, who at 83 still does research at Penn and teaches at the Beck Institute, a nonprofit center run by his daughter, psychologist Judith Beck, in Bala Cynwyd.

NIH FUNDED STUDY

The research, funded by a \$4 million grant from the National Institutes of Health, was published in the Archives of General Psychiatry.

In the study, patients on medication got better quicker. At eight weeks, the response rate was 50 percent for Paxil, 43 percent for cognitive therapy and 25 percent for placebo. But by 16 weeks, 58 percent of patients in both treatment groups were feeling better.

Lead researchers Robert DeRubeis, a Penn psychologist, and Steven Hollon at Vanderbilt argued that the American Psychiatric Association should change its treatment guidelines for moderate to severe depression, which currently call for antidepressants as the first-line treatment.

That's unlikely to happen soon, said Laura Fochtmann, a psychiatrist at Stony Brook University who is the guidelines' medical editor. They were last revised in

Continued on page 6 (Depression)

a note from the Editor

You may notice a change in the Thermometer Times. We are beginning to feature members of our Riverside-DBSA group in articles. We started last month with the article reprinted from the Canyon Lake *Friday Flyer* on Rita Bendlin. This month we are sharing with you a letter a long time member, Kathi Stringer sent to Governor Schwarzenegger, in which she reveals many interesting facts about her background and her passions in life.

We invite you to submit similar material for review and possible publication in the newsletter. These kinds of articles allow us to get to know one another in greater depth and to learn of the many talents, interests and assets of our members.

Another change in TT is an effort is being made to solicit articles and poetry from our members for publication in the newsletter.

Articles, poetry and/or drawings can be on anything pertaining to:

- * Depression and/or Bipolar Disorder: what it is to live/cope with it; how you learned of it, what helps, what doesn't, etc., etc., etc.
- * Any other mental health issue or problem that you are passionate about.
- * Tell us about yourself and how you spend your time and what's important to you.
- * A report on a mental health event you attended or a mental health book you have read.

Drawings should be black and white, line or half-tone.

Your work may be submitted to JoAnn, Leroy or Lynne at DBSA Riverside meetings.

It may be mailed to: JoAnn Martin
16280 Whispering Spur
Riverside, CA 82504

E-mail it to: joannmartin1@aol.com

FAX to: 909/780-5758 (if you have a problem with that FAX call JoAnn at 909/841-4774 and she will turn on another FAX machine.

Materials submitted may or may not be published, at the discretion of the editors, and may be edited for length.

Get your creative juices flowing and share your knowledge and experience with your DBSA friends through the Thermometer Times.

Thank you.

Lynne Stewart,
Senior Editor



Rapid-recycling bipolar disorder considered more severe

October 1, 2004, Arlington, VA.—People with rapid-cycling bipolar disorder demonstrate a greater severity of illness than non-rapid-cycling patients in a number of clinical measures, new research has found.

A study team led by Christopher Schneck, MD., with the University of Colorado Health Sciences Center's department of psychiatry studied 500 people enrolled in the Systematic Treatment Enhancement Program for Bipolar Disorder, a multicenter project funded by the National Institute of Mental Health.

They found rapid-cycling patients were more likely to be women, although the effect was somewhat more pronounced among bipolar I disorder patients than bipolar II disorder patients. In addition, people with rapid-cycling bipolar disorder experienced onset of their illness at a younger age, were more often depressed at study entry, and had poorer global functioning in the year before study entry. People with bipolar I disorder were also more likely to have experienced psychosis.

The researchers, whose findings were published in the *American Journal of Psychiatry*, said the work highlights the need to refine treatments for rapid-cycling bipolar disorder, to reduce the overall health impacts and deaths rated among people with this form of the illness.

Source: bp Magazine Winter 2005

*As seen in: Mood Challenges
Feb/March 2005*

Vagus Nerve Stimulation- the Natural Way

In a workshop at Princeton, NJ last June, yoga instructor Amy Weintraub referred to a yoga practice where the practitioner visualizes directing the breath through the vagus nerve. Biologically, a number of feel-good hormones are activated. Other useful breathing exercises include bellows breathing that energizes the body and slow breathers for stress reduction and handling anxiety.

Amy explained that yoga is much like an antidepressant in that it is a daily commitment. Amy is the author of the excellent book, *Yoga for Depression*, and her CD, *Breathe to Beat the Blues*.

*Source: McMan's Depression and Bipolar Weekly,
February 10, 2005, Vol 7 - No3.*

*As seen in: The Initiative Newsletter of the
DBSA of Colorado Springs, CO
Vol. 10 - No. 2, Spring 2005*



From the Desk of Kathi Ann Stringer

Governor Arnold Schwarzenegger

State Capitol Building
Sacramento, CA 95814
Phone: 916-445-2841
Fax: 916-445-4633

January 20, 2005

Dear Governor Arnold Schwarzenegger,

I need your help, your spirit and authority that pledged to clean up California. I understand your frustration with indication to bypass government and take it straight to the people. I understand tokenism government positions that become roadblocks for any real work to get done. I want to join in with the leadership, the eye-of-the-tiger and the relentlessness of the terminator. To do this, I take my case to California's Governor, the Terminator of red tape and political excuses. I need this. Please hear me out.

I remember when Pumping Iron came out. It inspired my brother to workout. He was only 16 but putting on the bulk. Watching my brother got me inspired to workout too. We went to Gold's Gym and used the real weights, not the sissy machines. We worked out 5 days a week rotating back, arms legs and stomach. We went for the pump, and the last lift spotted was the hardest one that was worth more than the first nine reps combined. It was the one to grow on, to burn on. I write this to share that I understand determination.

I survived a broken and abusive home and many foster homes. Yet, I thought positive, and was determined to succeed. I was out to prove something; that the poor kid can make it if willing to take a risk, willing to work hard, willing to stop at nothing. I busted my butt to learn a trade until I was 23 and started my own company. I was self-learned in engineering and built parts for Hughes Aircraft, medical firms, electronics, and automotive. My company grew and for the first time I wasn't the poor kid anymore. Success felt good, as though I had worth. I felt proud to be an American, in a county with opportunities that would give a dirty street kid a chance to succeed.

I also became obsessed with dance competition, the West Coast Swing and Texas Two-Step. I earned local and national awards. It was good to have a different kind of self-esteem. I made it Arnold, and in other ways as well.

However, in 1996 I got depressed and went for help. Except help turned out to be like the scene in Terminator 2— Judgment Day when your co-star, Linda Hamilton was locked up in a psychiatric ward and the doctor and staff patronized her with her delusions. Madding. Then entered the Terminator and the doctor's jaw hit the ground. I was in a place like that for a few weeks to recover from my depression, except the staff was more like the actors in Judgment Day, more the problem than help. Like your co-star, Linda Hamilton, I was strong spirited, and quickly understood help was more like abuse. When I took a stance, being the strong individual I basically am, I was beaten down with restraints and drugs. They are bullies on the inside and I swore if I ever got on the outside I would make a difference. All my prior successes didn't mean much anymore. My view of opportunity in good America had changed. This segment of America in mental health hosted many abusers. Like unto Schwarzenegger justice, my strength was coming back. God gave me intelligence and it was time for it to be put to good use. Once released, I began reading books in theory, from masters to doctorate level books. I paid thousands for books, periodicals, and journals, and assimilated all of them. I learned their language, their rules, and their methodology. I began to write articles in theory, showing a new and different way to help people. Much of my work is used in universities and as teaching aids. Now, I am an advocate for people. I self-studied law, and combined that with my knowledge in psych theory to help others so they can get better instead of being trapped in a system that keeps abusing them like the soldiers in Vietnam.

Continued on page 5 (KATHI STRINGER)

GAY, LESBIAN, BISEXUAL AND TRANSGENDERED
FRIENDS OF THE INLAND EMPIRE
Gay Depression Bipolar Support Alliance (GDBSA)



Gays In Search of Hope

<http://www.geocities.com/mddariv/gayhope.html>
(use lowercase letters only in web address)

THIS IS A GAY, LESBIAN, BISEXUAL
AND TRANSGENDERED SUPPORT GROUP.
Parents, family and friends are welcome here and are
encouraged to participate in the support group in a relaxed non-
threatening atmosphere. Please join us!

No One Should Suffer in Silence!!!

Where: County of Riverside,
Mental Health Administration Building
4095 County Circle Drive, Room A
Riverside, CA

When: Saturdays from 1 pm to 2:30 pm
Call or email us for the current dates.

Kevin / Jeffrey: (951) 787-8651
E-Mail: gdbsa@aol.com

THIS WILL PASS

Lynn O. Cohen
2/07/05

This will pass
Sooner or later
One way or another
The not feeling well
Call the doctor
Do what he says
And wait. Wait.
This will pass.
How do I know?
I know
Because I remember
That in the past
It always passed
Sooner or later
One way or another

Source: *Polar's Express!* Spring 2005

Source: *Mood Challenge*
April 2005



The Thermometer Times
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Please feel free to reprint any of our
articles. However, please acknowledge
our publication, date, and author or
source. It will please the authors and
recognize their efforts.

You may now contact us via e-mail at:
MDDAOFRIV@AOL.COM

Check us out on the web!

Website for DBSA Riverside

The website address for our Riverside group is:
dbsaofriv1@aol.com. And for DBSA of California go to:
dbsaofcal@aol.com.

Do you have a Medic Alert Bracelet?

Do you wear it? All the time?
In an emergency, would others know what
medication you are taking and why?
Always wear your
Medic Alert bracelet.
It could save your life.
If you don't have one,
ORDER ONE TODAY!



(Available through most pharmacies)

KATHI STRINGER *(continued from page 3)*

Since then I have been able to get corrective action in many hospitals and in county policies governing those hospitals. Yet, I'm moving too slowly getting things done. Many are protecting their cushy jobs and watching each other's backs. It is near impossible to get things done, at times — like fighting city hall. Even though I sit on mental health committees and boards, I have to push to get results. I constantly get turned down for information and have to spend a lot of time figuring out other ways to get it. This wastes a lot of time.

We are throwing money away to abuse people rather than help them. When people get abused, they don't get better, they get sicker and cost \$\$\$\$. And you should see the type of county workers in these places. It is hard to tell them from the patients. Many look worse than the patients. This is why I come to you, Governor Schwarzenegger. With your help and a position appointed by you, I would have access to information; for example — how many times people are getting restrained for punitive reasons by staff who are sicker than the patient is, and that keeps them coming back into hospitals due to getting abused rather than helped.

Being intelligent, self-made, successful and determined, I can do this. This would provide a much-needed boost to heal myself as well as others. I know I could do a good job for you and for Californian's. I'd do it for free if I had to. It means that much to me. I can build this as well as I had built my business. My heart, my work, my future is advocating for people to get better, faster, and be productive. A win-win.

Right now I'm the director of the California Network of Mental Health Clients, a state-wide organization recognized and supported by the State Department of Mental Health, and yet I'm not able to do the work that I could really be doing with your help.

Governor Schwarzenegger, people against change and efficiency shy away from me getting on state committees because I am intelligent and raise many questions and push for change. Similar to your method of taking it to the people to bypass the entire BS of the system, I take this to you, because I know that you would understand. I pray you would appoint me to an executive commission or board with the State of California so I could get some real work done and be productive once again. Please help me help others, so that I can use my streetwise experience and mind for change. Try me; you won't be sorry.

Sincerely,

Kathi Stringer

PS: I am attaching business references and I have more if you like. Also my brother Jay, his wife Lea, and their two daughters, Tamra and Janae run a very successful million dollar business with rapid growth, and I'm sure any one of them would vouch for my capabilities. Jay Stringer — BIZ: 970-533-#### & HM: (970) 533-####

Additional Reference:

My best friend, Cristina Cabrera

(951) 737-####

(951) 858-####

BIO: <http://www.toddlertime.com/kathi/bio.htm> Attitude: <http://www.toddlertime.com/kathistring.htm>

Enclosures: 2



Depression (continued from page 1)

2000, a two-year process that involved analyzing all the available research. "We can't really revise them for every new study that comes out," she said.

Beck, a psychiatrist trained in traditional psychoanalytic methods, decided early in his career to apply science to therapy. "I tested out the psychoanalytical theories, and they simply did not hold water," he said.

EXAGGERATING THE NEGATIVE

Then he noticed that many of his depressed patients had the same type of disordered thinking. "They tend to greatly exaggerate the negative aspects and minimize the positive," he said. For example, a severely depressed patient might say, "My relationships never work out" or "I'm worthless."

That gave Beck a target. He got patients off the couch and started talking to them instead of just listening, which was the traditional psychoanalyst's role. His theory was that if people started thinking differently about themselves, they'd feel better.

In the cognitive approach, patients typically practice thinking about how realistic their ideas really are, Judith Beck said. They also are strongly encouraged to stop lying around in bed or watching T V. They get "homework" to get out and do things they enjoyed before they got sick. Call a friend. Exercise. Do some work you like. The goal is that people ultimately will be able to be their own therapists.

"They walk out the door with skills they can use to manage their own moods," Hollon said.

When Beck tested his new theory scientifically 40 years ago, it held up.

OTHERS USE TECHNIQUE

Other researchers have since applied his approach to a host of psychological and physical ailments making cognitive therapy the most scientifically studied talk therapy.

"This kind of therapy has appealed to the kind of people who are determined to test the results empirically with science," DeRubeis said.

In his study, more experienced cognitive therapists got better results, a finding that could be problematic for potential patients. DeRubeis estimates that 10 to 30 percent of therapists practice cognitive therapy.

While many people are wary of antidepressants, some, he and other therapists conceded, prefer the pharmaceutical approach.

"The drugs are much easier and they're much more widely available," said James Herbert, a Drexel University psychologist. "The gap between science and practice in mental health is huge"

USING OTHER APPROACHES

John Norcross, a University of Scranton psychologist who also studies different therapies, added that, while there are more good studies of cognitive therapy, several other approaches-- behavior, interpersonal, short-term psychodynamic, experiential and family systems therapies — also work well for depression.

"The mainstream psychotherapies that have been tested in randomized clinical trials tend to work about equally well when you control for the allegiance of the head researcher," he said.

Source: *The Press-Enterprise*
Riverside, CA Sunday, April 17, 2005

Patients with bipolar disorder are prone to sleep problems

January 1, 2005, BERKELEY, CA-- People with bipolar disorder experience significant sleep problems even when they are not experiencing elevated mood alterations, new research suggests.

University of California at Berkeley department of psychology researchers studied people with insomnia, people with no sleep problems, and people with bipolar disorder who were not experiencing mood elevations—known as euthymic.

Their findings, published in the *American Journal of Psychiatry* in January, show the group with bipolar disorder had impaired sleep, higher levels of anxiety and fear about poor sleep, lower

Bipolar disorder linked with cognitive impairment

January 1, 2005, NEWCASTLE UPON TYNE, UK—People with bipolar disorder whose symptoms are in remission still often show a broad range of cognitive impairments, new research suggests.

British researchers with the Stanley Research Centre's School of Neurology, Neurobiology, and Psychiatry at the University of Newcastle Upon Tyne gave a battery of tests to 63 patients with bipolar disorder whose symptoms were in remission and to a control group of people without the disorder.

Their findings, published in the *British Journal of Psychiatry* in January, show clinically significant impairment was observed in three percent to 42 percent of the people with bipolar disorder. The impairments were not associated with residual mood symptoms or elevated levels of cortisol, they say.

The persistence of neurocognitive impairment suggests it could be a trait abnormality and be a marker of underlying neurobiological dysfunction in bipolar disorder, the researchers conclude.

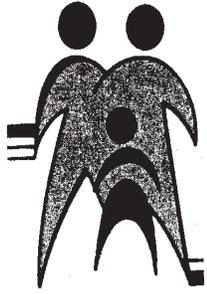
Source: *bp MAGAZINE*
Spring 2005

daytime activity levels, and a tendency to misperceive sleep.

Also, the group with bipolar disorder held a level of dysfunctional beliefs about sleep that was comparable to that in the group with insomnia and significantly higher than that in the good sleeper group.

The researchers conclude insomnia is a significant problem among euthymic patients with bipolar disorder, and that components of cognitive behavior therapy for insomnia— especially stimulus control and cognitive therapy— may be a helpful add-on treatment for patients with bipolar disorder.

Source: *bp MAGAZINE*
Spring 2005



Family/Friends Support Groups

Riverside County Dept. of Mental Health
Offers Support groups for families and friends
of people with severe
and persistent mental illness.
These Support Groups are offered
throughout the County of Riverside.

The County also offers the NAMI Family-to-Family Education Program

This program is a 12-week series of
educational meetings for
family members.

There is NO COST TO YOU.

For information on dates, times and location,
Please contact:

Riverside Co. Dept. of Mental Health
The Family Advocate Program
(909) 358-4987/1-800-330-4522

The Starting Point SUPPORT GROUP FOR DEPRESSIVES AND BIPOLARS

Mesa Clinic, 850 Foothill Blvd., Rialto
Mondays from 10:30 to 12:10
For more info: *82 (909) 864-4404

ORIGINAL MATERIAL WANTED

Do you have a story to tell, or a poem or art work?

We welcome submissions
to our newsletter.



If you have something you think
we could use, please send it to:

EDITOR

DBSA P.O. Box 51597 Riverside, CA 92517-2597
FAX 951/780-5758



Join us for the **Holidays**

Picnics or dinners
at noon at Jo Ann's

Swimming, badminton, spa, food and more...
during summer months.

Friendly sharing during the winter
Bring a salad, main dish,
or dessert.

If you can't bring a dish, come anyway. Meat &
beverage
will be furnished.

Holidays include: Memorial Day,
4th of July, Labor Day,
Thanksgiving, and Christmas.
See lower front column of this
newsletter for directions.

Alliance Library

DeAnza Professional bldg
225 N. San Jacinto Ave., Ste. 8
Hemet, CA 92543

NEW BORROWERS MUST REGISTER FIRST

The public is invited to check out books,
videos, audio tapes and materials on
emotional disorders, their causes and
treatments. Education and knowledge
are powerful tools to develop
understanding and compassion.

For further information or registration,
please call Sue McElree
at 951/652-2811, Ext. 5762

**OPEN WEDNESDAYS ONLY,
2:30-4:30 P.M.**



Phone Friends

If you need someone to talk with, you may call one of the following members at the specified time.

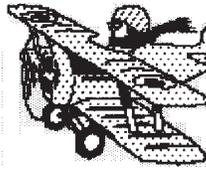
Leroy
6 a.m. to 9 p.m.
951/686-5047

Yen
951/682-9519
Yen (cell)
951/315-7315

Kevin
kevin2004n@aol.com

Attention Newsletter Subscribers!!!

Those who have not renewed subscriptions to the Thermometer Times or renewed membership to DBSA- Riverside have been dropped from our mailing list. You will need to re-apply to receive our newsletter if your name was dropped. Exempt status (newsletter) persons must notify us of a desire to continue receiving the newsletter. Thank you.



ANNOUNCEMENTS

THE UPLIFTERS

(Christian emphasis) meets at
The Grove Community Church
Contact Arlie 951/780-0379

UPLAND DMDA FONTANA DMDA

Meet Thursday evenings
Call David or Samantha Johns
909/947-1307 OR
e-Mail dmjbf@aol.com

HEMET SUPPORT GROUP

Hemet Support group meets at
Trinity Lutheran Church
Tuesdays, 7 to 9 pm. Fridays,
1:30 to 3:30 pm
Please call 951/658-0181 (Lyla)

TEMECULA DMDA

Mark Monroe
951/926-8393

For Support People:

NAMI - Riverside Mental Health Administration Building
4095 County Circle Dr. (off Hole Ave. near Magnolia)
7:00 pm, 1st Monday each month 951/369-1913 - Rosanna
No meeting July or August

Calling all interested consumers!

*NAMI-In Our Own Voice: Living With Mental
Illness*

We are looking for consumers who are interested in sharing their personal recovery stories. In Our Own Voice: Living With Mental Illness (*IOOV*) is a recovery-education program conducted by trained presenters for other consumers, family members, friends, and professional and lay audiences. Individuals need not be active in mental health advocacy at this time, but

- ▶ They have "been there."
- ▶ They are able to present professionally.
- ▶ They are in recovery.
- ▶ They have the time to be trained.
- ▶ They believe in treatment, with medication as the cornerstone for recovery
- ▶ They periodically present at 1½-2 hour workshops, during working hrs.



Stipends will be paid for presentations.



For more information, or to be put on a waiting list
please call:

Dave Neff, Program Coordinator

(951) 686-5484 or e-mail: neff@jtpfriends.org

A collaborative effort brought to you by:
—The Riverside County Mental Health Department—
—NAMI, Western Riverside County—
—Jefferson Transitional Programs—

DBSA– Riverside

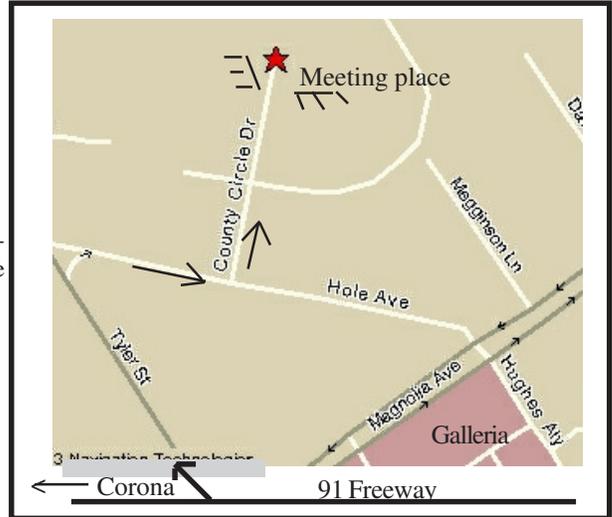
Map Legend

★ Meeting Location

TTTT = Parking

Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.* For meeting-day

route times, please call RTA at 800/266-6883 toll free. If you qualify for Dial-a-Ride, a door-to-door service for the handicapped, info is available at the same phone number. * as well as other parts of Riverside.



About DBSA-Riverside

DBSA of Riverside is a support group for people who have depression or bipolar (manic-depressive) disorder and who have sought or are seeking treatment for their illness. DBSA is totally patient run, which means we need volunteers like you to help with mail-outs, telephoning and planning. A work time is held at the home of JoAnn Martin on the Saturday afternoon following the last Rap Group Meeting of each month to assemble the newsletter for mailing. Directions are printed on the lower left corner of the front page of this newsletter. You may reach JoAnn or Leroy at (951) 780-3366. Our Rap Group Meetings are every Saturday of every week from 10:00 a.m. to 12:00 noon at the Riverside Mental Health Administration Building, 4095 County Circle Drive (off Hole Avenue near Magnolia), Room A. We welcome professional care providers and adult family members and friends. Please note our new area code - 951, effective on July 17, 2004.



MEMBERSHIP INFORMATION

Individual membership for the Depression and Bipolar Support Alliance of Riverside is \$20.00 per year. This helps defray the cost of the monthly newsletter and helps pay for the cost of our meetings. Subscription to the newsletter is \$10.00 per year. If you are unable to help financially, the newsletter may be sent upon request. Volunteers are always needed. If you would like to volunteer, please indicate below. 

Mail to DBSA of Riverside, 16280 Whispering Spur, Riverside, CA 92504

DATE _____ Please Print New Renewal
NAME _____ PHONE _____
ADDRESS _____ CITY _____ STATE _____
ZIP _____ E-MAIL ADDRESS _____

Please check one of the following:

- I have: Bipolar Disorder (Manic-Depression) Depression
I am a Family Member Professional
None of the above

Birth Date (Optional) : Month _____ Day _____ Year _____

Enclosed is my payment for DBSA Membership _____ \$20.00 (includes newsletter).

Enclosed is my donation of \$ _____ to help others receive the newsletter.

I would like a subscription to the newsletter only. _____ \$10.00 (12 issues per year).

I would like to volunteer my time and talent to help.