



The Thermometer Times

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

VOL. 21 NO. 5 Out of darkness . . . May 2009

Dates to Remember

***** CARE & SHARE GROUPS

Clients, guests and professionals are invited to come and participate. Riverside County Mental Health Administration Building (see page 9 for address & map)

**Saturday 10:00 am -12 noon
May 2, 9, 16, 23 & 30**

May is Mental Health Month See Page 5

Chris Neighbors, LCSW
"Relaxation and Visualization:
Saturday, May 16th.

Web Site for DBSA, Riverside:
<http://californiadbbsa.org>
E-mail for DBSA, Riverside:
dbsaofriv1@aol.com
E-mail for DBSA, California:
dbsaofca1@aol.com



Meetings start promptly at 10 am. Do yourself a good turn: Be on time...visit with friends before the meeting. If you come late, please enter quietly.

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

Healing Trauma: Subject of Client Forum 2009

By Lynne Stewart

Over 200 clients from California came to the Crowne Plaza Hotel in Foster City, near San Francisco, California, on February 20, 21 and 22, 2009. The California Network of Mental Health Clients (CNMHC) presented the Forum. The subject this year was: "Healing Trauma — 'We Can Do it!' Supporting Each Other, Raising Awareness, Empowering Our Movement."



Reflections

It was a well-organized, informative and uplifting experience. The speakers were knowledgeable and experienced and most were skilled presenters. My favorite part of the Forum was the opportunity to greet long-time friends and acquaintances and meet new people to connect with and learn from.

I was encouraged to learn that trauma awareness is growing within the client community as well as at the public and private provider level. It is helpful to know there is a growing body of knowledge being systematized for healing from trauma that can be utilized as an alternative or adjunct to medication and psychotherapy. When 80-90% of all psychiatrically hospitalized people have trauma in their background, it is vital for the mental health community to openly address it. This conference was comprehensive in that it dealt with trauma across a spectrum from an individual's personal experience through to an issue to be looked at from a systems' perspective.

The speakers have proposed trauma issues can be healed. It was stated in many ways during the conference that trauma not only affects us psychologically, but also physiologically and mind-body-spirit work is a viable way to heal.

With the advent of MHSA (Mental Health Services Act) and its client-run and client-centered emphasis, there is greater opportunity for clients to influence and address the needs of people in a "trauma informed" way.

Below are some my notes on the speakers, workshops and meetings.

Opening Plenary

Continued on Page 3 (Client Forum)

a note from the Editors

We invite you to submit material for review and possible publication in the newsletter. Your 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.

Articles, poetry and/or drawings can be on anything pertaining to your personal experiences with depression and/or bipolar disorder; what it is to live and cope with it; what helps, what doesn't. You may write on any other mental health issue or problem that you are passionate about. You can tell us about yourself and how you spend your time and what's important to you. You may want to write a report on a mental health event you attended or a mental health book you have read. We would appreciate that, too.

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: The Thermometer Times
% Jo Ann Martin
16280 Whispering Spur
Riverside, CA 92504

E-mail it to: joanmartin1@aol.com

FAX to: 951/780-5758

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.
The Editors

MOVIE NIGHT AT JO ANNS*

2nd and 4th Tuesday of May

6:30 PM

Tuesday, May 12

“Slumdog Millionaire”

Award winning movie; Jamal Malik (Dev Patel), knows the answers to an Indian version of “who Wants to be a Millionaire.

Tuesday, May 26

“Four Lives”

A look at four people's lives with real portrayals of manic and depressive episodes. Artie Houston founder of the Dallas, Texas group is humorous and unforgettable. A PBS special.

Enjoy pizza and friends!

*See page one, left lower corner for directions to Jo Ann's home.

The Thermometer Times ***16280 Whispering Spur*** ***Riverside, CA 92504*** ***(951) 780-3366***

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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.

Riverside Suicide Crisis Help Line

Call (951) 686-HELP [686-4357] if you need to talk to someone. It is available 24 hours - 7 days a week.

National Suicide Prevention Hotline

Call 1-800-273-TALK (8255) if you need to talk to someone in any of 109 crisis centers in 42 states. The National Suicide Prevention Lifeline has just been launched by SAMHSA (Substance Abuse and Mental Health Services Administration) as part of the National Suicide Prevention Initiative (NSPI). In addition, a new Web-site has been established at

www.suicidepreventionlifeline.org

CLIENT FORUM (Cont'd from pg. 1)

In the opening Plenary Session, Dr. Stephen Mayberg, the Director of the CDMH (California Department of Mental Health), spoke about his relationship to the CNMHC and what he saw as its future.

Dr. Mayberg told us that the state budget had been signed as of 11:30 A.M. that morning. This year ten percent, \$227M, of the Mental Health Services Act (Proposition 63) money is slated to be taken away from innovative and client-run programs. It will be redirected to already existing programs doing assessment and treatment of children. Next year \$230M will be redirected.

However, this cannot happen until the people of California vote for it in a special election to be held in May 19, 2009. On Sunday of the Forum the members of CNMHC voted to mount a campaign to inform and educate the electorate of the ramifications of this ballot item. The item will be known as Proposition 1 E on the ballot. The members of the Network are urging a no vote on Proposition 1 E.

Dr. Mayberg concluded by saying "Don't give up now just because there is a bump in the budget. We are going to go forward in a better way."

Keynote Speaker

Pat Riser, the keynote speaker on Friday morning, has extensive experience as an author, trainer, facilitator, presenter and consultant. Pat took some time to tell us about his early years growing up in his family. He didn't have the greatest childhood. His mother was fired for jumping off tables trying to abort him. At 3 years he was in the ER 13 times for head concussions. His mother liked to throw him down the stairs. At seven the sexual abuse started with his stepfather. This went on until he stood up to him at age 17. He said he "...repressed all of this for a while until stuff started to come up."

He then went to the mental health system. He said, "I went to authority for help." He let them take all his power in his desire to have them "fix" him.

When he didn't get better he blamed himself. His life began to revolve around therapy. He got "stuck for years in that trap."

During this time, Pat said, "I thought I had to act on my suicidal feelings." He realized, "I can have my feelings and not act on them. Now, I don't tell the mental health system professionals and they don't panic." He said, "I'm still me, the same as when I was locked up twenty times in the state hospital; I just don't tell them anymore. I take control of my feelings now."

After many attempts in various groups to make connections he found his "peers." He went to 12-Step meetings, and eventually he found Recovery, Inc. where he was able to reach out and connect.

He went on to say, "Real help is in this room. I'm an adult and I can make my own choices. As an adult I chose to pick my family. I'm no longer bound by an accident of birth in the back seat of a Chevy.. My brothers and sisters are in this room." He called out the names of



many of the people present. "These are what healing is about. I love and care about them. They to me," he said.

Pat pointed out "Adults with serious mental illness treated in public systems die about 25 years earlier than Americans overall, a gap that's widened since the early '90s when major mental disorders cut life spans by 10 to 15 years."

Pat said "trauma informed care and its relationship to improved services" consists of the following perspective:

"Not, 'What's wrong with you!' Rather, 'What happened to you?'"

He defined "cultural competency" as "An acceptance and respect for difference, ..." Other competencies would include sensitivity to: poverty issues, age, sexuality, gender, trauma issues, and all of the other issues that make us each unique.

Under the heading of "freedom," Pat said: "Each human being must free himself; freedom cannot be thrust or forced upon people if they are to be truly free. Force cannot be abolished by use of force. Freedom must be obtained by voluntary means, accomplished by reason and persuasion."

Pat's primary web page is at: <http://home.att.net/~LetFreedomRing>

Workshops Attended

The first workshop I attended was **Trauma Informed Peer Support and Crisis Alternatives**. The presenters were Delphine Brody — MSHA Coordinator for the CNMHC, Guy Kerr — from Spirit Peer Empowerment Center in Grass Valley, Hope Holland — Bay Area Regional Coordinator for the CNMHC, Michael Diehl — from B.O.S.S. and the Bay Area Radical Mental Health Collective, William Romero — from the Sacramento Wellness and Recovery Center, and Will Hall — the founder of Madness Radio, co-founder Freedom Center and The Icarus Project.

Delphine spoke of the origins of trauma and how it leads to long-term health problems.

Will defined trauma as a "...primitive response at a deep level when your body feels at risk of death." He said, "Trauma is a memory that gets stuck in your body." Will said the way you start to heal from trauma is to "...remember your body." He urged us to "...reconnect with our body and feel our body sensations," so that we can come back to our bodies.

William spoke from his experience of trauma in employment organizations. His primary suggestion on how to deal

Continued on Page 4 (Client Forum)

CLIENT FORUM (Cont'd from pg. 3)

with it is "... support, support, support."

Hope is an Empowerment Coordinator for Project Team in Santa Clara County. She works with peers to go into locked facilities, such as IMD's (Institutes of Mental Disease) in her county. One of the ways they provide hope is by being role models.

Guy said, "My trauma was a spiritual trauma. The medical model is an illness based system." He stated, "When you go into an institution you walk into a trauma situation. We need an informed process of health [care] where you're given space to heal." He explained, "People in crisis are in a rapid growth state." He said, "We need to bypass the medical model." He recommended the book Spiritual Emergency by Stanislaus and Cristina Grof.

Michael does trauma informed peer counseling and peer empowerment. He said, "Be an activist." He presented on trauma-informed peer counseling and social justice activism as remedies for "learned helplessness."

The next workshop I attended was called, **Body Work: "Letting Go of Trauma."** The woman who led it was Gitane Williams. We were asked, "What are the barriers preventing meditation?" Some of the answers from the audience were: Racing thoughts; location; external stimulus; ear ringing; brain won't stop, etc. Gitane said, "We try to do things in our mind and we need to bring it down to our heart. Learn to navigate with your heart. Don't try to think it." She then led us through a guided meditation. This was a very relaxing and regenerating experience for me. I was very grateful for the chance to unwind.

Saturday afternoon I went to the workshop **Recovering from Trauma: An introduction; Understanding How & Why Recovery is Possible.** The leaders were, Grace Sweet and Karyn Bates. The primary concept in trauma is an experience centered in the body. Psychiatry (medical model) treats trauma with talk and drugs. However, to recover from trauma it is necessary to do "body work." The handout outlines the

fundamental work of trauma recovery. It involves an understanding of the trauma cycle and the use of techniques to go through the cycle to undo the trauma. Some of the techniques suggested were: Shiatsu Finger Holds, Jin Shin Acupressure, Breathing for Harmony and



Balance, Tapping for Clarity and Nerve Cleansing Breath.

Grace said that she personally has experienced recovery from her trauma by applying these and other bodywork techniques over a three-year period with the help of a trauma counselor.

Later that afternoon I attended **Real Transformation: How MHSA is "Stuck," and Paths Forward.** Andrew Phelps, Jose Rangel, Delphine Brody, Hope Holland and Michael Diehl led this interactive presentation. Andrew began by saying there is general frustration with the CDMH, MHSA and budgeting process. He posed the question, "What would a better system look like?"

He called on Delphine to respond. "Youth involvement would be a step forward. The youth are our future," she said. Jose pointed out "Justice runs a little bit slow." The mental health community needs to understand "we are not violent..."

Awards and Memorials

On Sunday annual awards were given to several people and a memorial was held for three people who had passed: Maria Maceira-Lesley, Leonard Mishley and Ruby Cabuslay. Maria's husband, John Lesley, accepted the

"Howie The Harp" award on her behalf. She was a pioneer in developing and implementing "client culture" and "cultural competency" awareness and presentations in the mental health arena. The "Maria Maceira-Lesley" award will be inaugurated next year in her honor to recognize a recipient for their work in "cultural competency."

Leonard Mishley was a powerful influence in San Diego and beyond in the area of mental health client relations with law enforcement. Due to his efforts San Diego's law enforcement agencies now have a mandatory Crisis Intervention program.

Ruby Cabuslay was an advocate with Alameda County Pool of Consumer Champions. Shirley Posey, worked alongside Ruby in that organization and honored Ruby at this event.

Regional Meetings

In the afternoon the plenary broke out into five rooms. The CNMHC has divided the state into 5 regions: Northern, Bay Area, Central, Southern and Far South. I attended the Far South Regional meeting. Approximately twenty people were there. The Far South Region consists of five counties: San Bernardino, Riverside, Orange, San Diego and Imperial. After introductions were made a brainstorming session ensued in which we listed areas of concern and what to do about them. We also discussed where to hold the next Far South Regional Meeting. It was decided that the meeting would be held in Temecula (Southwest of Riverside, in that county) on May 16, 2009. The group reached a consensus on what they would like to see as the Regional Project starting this fiscal year (July 1, 2009). It was "Training in the stakeholders process regarding communicating client concerns to the mental health system."

Closing Plenary

We came back Sunday afternoon for the closing plenary session. An "open mike" was held in which people gave feedback on their experience at the Forum. Heart-felt appreciation, suggestions for future Forums, concerns and a few criticisms were expressed.

May is Mental Health Month Events

Riverside County Department of Mental Health

Live Life Well

Wellness begins with Hope!

**Tuesday, May 19th
3:00 p.m. - 7:00 p.m.
9990 County Farm Road
Arlington Campus
(Children's Treatment Services)**

Come and Join the Free Fun and Festivities!
Food
Entertainment
Children's and Youth Activities

m h a

Mental Health Association of Orange County

presents
15th Annual

Meeting of the Minds

Conference

"We Are The Change We Have Been Waiting For"

**Tuesday, May 12, 2009
8 AM - 4PM**

**Disneyland Hotel
Anaheim, CA**

For More Information: (714) 547-7559

Something is in The Works!

**Saturday, May 16, 2009
4 PM - 7 PM**

Magic of Believing

If you have ever held the hope for yourself or someone you know, please join us to honor Greg Adamson for his longtime commitment to mental health recovery.

This event is held at the home of Jo Ann Martin.
For ticket information please call: (951) 683-1279

This event benefits ART WORKS @ Jefferson Transitional Programs.

Call 951 / 780 - 3366 for assistance with donation.

**See Page 7 for full information
on this event**

California Network of Mental Health Clients

Far South Region Meeting

(includes: Riverside, San Bernardino, Orange, San Diego and Imperial Counties)

**Saturday, May 16, 2009
10 AM - 5 PM**

Pat & Oscar's Restaurant

www.patandoscars.com

**29375 Rancho California Road
Temecula, CA 92591
(951) 695-2422**

Meals Provided

**Please RSVP: Gulshan Yusufzai - (916) 443-3232, Ext. 13
For more information call or E-mail: Maria Ostheimer:
(714) 356-8276**

mariaostheimer@californiaclients.org

Smash Attack

WHEN YOU REALLY NEED A BREAK

ON ONE OF the darkest days during her divorce, Sarah Lavelly turned to her driveway for some self-administered therapy. After obliterating all the material reminders of her marriage against the concrete surface, she realized that everyone could benefit from the occasional smash fit. Now a can't-miss in downtown San Diego, Sarah's Smash Shack provides a venue for the purging of frustrations. Customers can pay to shatter the plates and glasses sold at the shack or bring their own items. Lavelly even provides Sharpies so that customers can inscribe their smashables with names and other messages.

What's the profile of a typical Smash Shack patron?

Our clients range from about 8 years old to over 65. We have had multigenerational smashers, moms and dads with little ones, friends, sisters, brothers, all types of couples, military, law enforcement, team builders, and large groups. People rarely come in alone, though I can see some of my group smashers yearning to come back for a more private session.

Do people ever lose control? I have had people scream and kick the walls. Some research has shown that unleashing anger feeds emotional fire rather than extinguishing it. Research has also shown that it's absolutely critical to express emotion and anger, as opposed to shoving it down. Both men and women in our society are sadly repressed. I have never, never had anyone leave here feeling anything other than happy, freed, invigorated, elated, excited—even horny, according to one happy fiancé! When I see my clients smile, laugh, and cry, let loose, and transform, I know I've done something incredible here.

What do people write on their plates? What we see runs the whole gamut from a simple drawing, to a single word or name, to a mantra, to a soliloquy. We find quite a few "uck"s and "it"s on plate fragments, as well as quite a few [political] "W"s. We haven't found any "ama"s yet.

What's the weirdest thing someone has brought in to



Sarah Lavelly PROFESSION: Smash Shack Owner
CLAIM TO FAME: Provides a safe space to rampage.

smash? A bathroom sink. The cutest and saddest thing was a little glass frog. We wanted to adopt him, but he held bad memories for the owner, so we were good with the fact that the little froggy was going to be freed from the bad juju that was surrounding him.

Customers can hook their MP3 players up to the Shack's sound system. What kind of music is best for smashing? We hear it all. And then we have purists, who just want to hear the glass break.

How does this job compare to your previous job? During my 11 years as a veterinarian specializing in emergency medicine, I was a support system first and a doctor second. That compassion has translated well to the Smash Shack. —
Erin Bell

*Source: Psychology Today
January/February 2009*

Nonsmoking Buddies

IT'S EASIER TO SAY NO AS A CHORUS.

CIGARETTE HABITS OFTEN begins and ends in a group. Sure, it's the individual who snuffs the butt in the end, but having a few friends around helps to extinguish the flame. According to a study reported in the *New England Journal of Medicine* that tracked a social network of 1200 people over 32 years, smokers tend to quit in clusters. Social influence is so powerful that quitting reduces the chance



of your spouse smoking by 57 percent.

Peer pressure is helping to fight chronic obstructive pulmonary disease (COPD), the fourth leading cause of death in the nation. COPD clogs and inflames the lung's airways, and it's generally caused by cigarette smoking. Heed the anti-smoke signals your recent nonsmoker pals are sending and everyone in your social network can breathe easy. —*Gina Ryder*

Continued on Page 8 (Nonsmoking)

Jefferson Transitional Programs
invites you to

MAGIC OF BELIEVING

HONORING GREG ADAMSON

with the Jeffrey Adams Award

SATURDAY May 16, 2009 4-7PM
16280 Whispering Spur, Riverside, CA 92504

\$50 per person (\$45 tax-deductible donation)
Please call (951) 683-1279 to purchase tickets

Councilman Mike Gardner, Honorary Chairperson
Mary Parks, Mistress of Ceremonies

TREASURE HUNT

Follow the clues throughout the garden and meet magical characters to be the first to solve the treasure hunt and win an original piece of art.



Food provided by **OUTBACK STEAKHOUSE**
with fresh juice smoothies by **JAMBA JUICE**



PROGRAM AND AWARD CEREMONY

Presentation of the Jeffrey Adams Award to Greg Adamson for his commitment to mental health recovery and to the arts.
Live painting, musical performances, and stories of recovery.

SILENT AUCTION

Fabulous items like vacation destinations and fine art for you to bid on!

*Garden casual attire.
Please wear comfortable and flat-heeled shoes for walking throughout the garden.
A parking lot is available nearby with drop off at the property.*

If you cannot afford the donation, call DBSA Riverside at 951-780-3366 and we may be able to help you.

HOW TO QUIT WITH FRIENDS

- Addictions are strong. But relationships are stronger.
- Fill the void of withdrawal with each other's company. Just be sure to avoid trigger places like bars or clubs. Head to a theater or an art gallery where you can bond—minus the cravings.
- Group efforts are most effective when everyone strives for a healthier overall lifestyle. Go for a hike. Take a spinning class. Embrace fitness together and sweat away the harmful habits of your past.
- Create an open social environment. Feel free to vent. Express pent-up frustrations that are likely to cause relapse.
- Hold each other accountable by checking in once or twice a day.

Source: Psychology Today
January/February 2009



Join Your DBSA Friends

at Jo Ann Martin's home
for our annual

Memorial Day Picnic

**Monday, May 25, 2009
at 12:00 noon**

Swimming, badminton, spa, food and more...

Bring a salad, main dish, or dessert.

If you can't bring a dish, come anyway.

Meat & beverage will be furnished.

See page 1, lower left column of this newsletter
for directions to Jo Ann's

Phone Friends

If you need someone to talk with:

Leroy

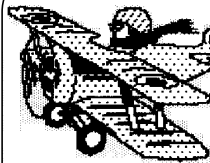
6 a.m. to 9 p.m. 951 / 686-5047

Roger and Lorraine

daytime 909 / 399 - 5759

Andie (Amanda)

9:30 a.m. to 7:30 p.m. 909 / 824 - 5385



ANNOUNCEMENTS

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

UPLAND DMDA

Meet Thursday evenings
Call David or Samantha Johns
909/944-1964 OR
e-Mail dmjbf@aol.com

DBSA - Rancho Cucamonga

Roger or Lorraine
909/980-3692

THE UPLIFTERS

(Christian emphasis) meets at
The Grove Community Church
19900Grove Community Drive
(off Trautwein) Riv. 92508
951/571-9090 - meets 1st & 3rd
Saturday, Room # D-2.
Contact Sheri 951/565-8131
sheri.matsumoto@gmail.com

DBSA - Loma Linda

909/534-2228

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

Calling all interested consumers!

NAMI—In Our Own Voice:

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 a component 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:

Lisa Partaker, IOOV Coordinator
(951)686-5484, ext. 102

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

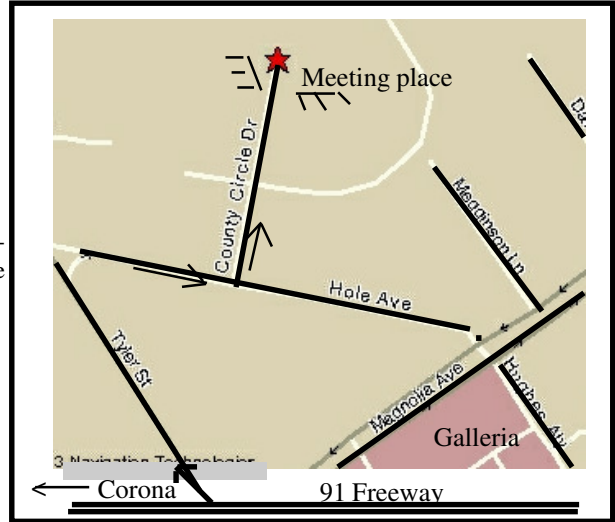
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.* For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