



The Thermometer Times

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

VOL. 21 NO. 8 *Out of darkness . . . August 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
August 1, 8, 15, 22 & 29

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

Gene's Tie to Depression Disputed

Benedict Carey

New York Times
Wednesday, June 17, 2009



One of the most celebrated findings in modern psychiatry - that a single gene helps determine one's risk of depression in response to a divorce, a lost job or another serious reversal - has not held up to scientific scrutiny, researchers reported Tuesday.

The original finding, published in 2003, created a sensation among scientists and the public because it offered the first specific, plausible explanation of why some people bounce back after a stressful life event while others plunge into lasting despair.

The new report, by several of the most prominent researchers in the field, does not imply that interactions between genes and life experience are trivial; they are almost certainly fundamental, experts agree. But it does suggest that nailing down those factors in a precise way is far more difficult than scientists believed even a few years ago, and that the original finding could have been due to chance. The new report is likely to inflame a debate over the direction of the field itself, which has found that the genetics of illnesses like schizophrenia and bipolar disorder remain elusive.

"This gene/life experience paradigm has been very influential in psychiatry, both in the studies people have done and the way data has been interpreted, said Dr. Kenneth Kendler, a professor of psychiatry and human genetics at Virginia Commonwealth University, "and I think this paper really takes the wind out of its sails." Others said the new analysis was unjustifiably dismissive. "What is needed is not less research into gene-environment interaction," Avshalom Caspi, a neuroscientist at Duke University and lead author of the original paper, wrote in an e-mail, "but more research of better quality."

The original study was so compelling because it explained how nature and nurture could collude to produce a complex mood problem. It followed 847 people from birth to age 26 and found that those most likely to sink into depression after a stressful event - job loss, sexual abuse, bankruptcy - had a particular variant of a gene involved in the regulation of serotonin, a brain messenger that affects mood. Those in the study with another variant of the gene were significantly more resilient.

"I think what happened is that people who'd been working in this field for so long were desperate to have any solid finding," Kathleen Merikangas, chief of the genetic epidemiology research branch of the National Institute of Mental Health and senior author of the new analysis, said in a phone interview. "It was exciting,

Continued on Page 3 (Genes)

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 August

6:30 PM

Tuesday, August 11

March of the Penguins

Every year, thousands of emperor penguins make an astonishing journey to breed their young.

Tuesday, August 25

Groundhog Day

Bill Murray plays the role of a weatherman trapped in a personal time warp on the worst day of his life.

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

Her

By Judy Kaplan, Staff Writer
The Thermometer Times

Above the deck, a shiny ebony dot punctuates the air. How do you do that? I ask. She says nothing. She's a bumblebee. Straining to see the minute-winged creature, screaming sunrays highlight tiny streaks of yellow, part of her species-confirming coat. She remains stationary; and after a long while, I return to my kitchen chores.



I forget about the small miracle by the time the last dish leaves my hands. The day resumes to its normal rhythm, my two dogs asleep, each with a room to itself. I return to the keyboard to continue writing. That's what I do most days. I create and rework and revise, accompanied by all the doubts, puzzles, and people who inhabit my heart and express themselves in my mind.

Interrupted by dog needs, I stop to take them out, bring food and water, and lie with each extending pets and cuddles. I let them know they're important.

In the evening, the dogs and I walk to the backyard. They play on the spacious two tiered levels behind the house. I climb the twelve steps to the deck, looking for the motionless presence of the morning. The air continues uninterrupted above, below, around the wooden platform, and I wonder to what the little beauty flies home.

I will read about bees. It is spring in Georgia, and they must be in motion constantly, pollinating the tulips, hydrangeas, roses, petunias, lilies, geraniums and endless others. Back in the yard I look but don't find her inside the flowers. While I'm disappointed, I'm pleased that we've met. I stand waiting until the dogs are ready to leave, and we head back. The day's breezes and aromas are enticing, so we all sit on the porch and watch the dogs, bikers, runners and walkers passing by.

The first thing I do when morning comes again is take the dogs out for their morning pee. Just in front of the backyard gate, she lies dead. I want to cry but bite my lip and continue on. The dogs run into the yard and head toward their favored spots.

I return to the bee and kneel beside her. She has not yet begun to disintegrate and is still exquisite. I know I mustn't disturb her little body. She is meant to stay there. Heavy-hearted I walk away, retrieve my charges, and return to the house.

At three, we repeat our relief walk down the driveway. This time my small greyhound stops to nose the tiny black ball, and I flinch. I pull the dog back and then rethink what I did. I decide it is natural and right that my greyhound explore her. A dog might push her into an earthen grave. I bid my momentary friend a silent good bye.

And so life continues. I spend time with my husband and family and friends. I keep appointments, look for new homes, and read. A couple of days later, another black bumblebee

appears above the deck. I hear the cadence of the original encounter, resume but stop its progression. I will myself not to feel.

What is happening? Do bees like elephants return to a centuries-old burial ground? Is there a cooling breeze over the deck that I cannot feel? Are they members of pairs looking for their partners?

I will never know. I choose the "centuries-old burial ground" answer and

am peaceful.

GENES (Cont'd from pg. 1)

and some people thought it was the finding in psychiatry, a major advance."

The excitement spread quickly. Newspapers and magazines reported the finding. Columnists, commentators and opinion writers emphasized its importance. The study provided some despairing patients with comfort, and an excuse, "Well, it is in my genes." It reassured some doctors that they were medicating an organic disorder, and stirred interest in genetic testing for depression risk.

Since then, researchers have tried to replicate the gene finding in more than a dozen studies. Some found similar results; others did not. In the new study, being published today in the Journal of the American Medical Association, Neil Risch of UCSF and Merikangas led a coalition of researchers who identified 14 studies that gathered the same kinds of data as the original study. The authors reanalyzed the data and found "no evidence of an association between the serotonin gene and the risk of depression," no matter what people's life experience was, Merikangas said.

By contrast, she said, a major stressful event, like divorce, in itself raised the risk of depression by 40 percent.

The authors conclude that the widespread acceptance of the original findings was premature, writing that "it is critical that health practitioners and scientists in other disciplines recognize the importance of replication of such findings before they can serve as valid indicators of disease risk" or otherwise change practice.

Caspi and other psychiatric researchers said it would be equally premature to abandon research into gene-environment interaction, when brain imaging and other kinds of evidence have linked the serotonin gene to stress sensitivity.



Source: San Francisco Chronicle

June 17, 2009

Ten Daily Stress Reduction Tips

1. Be present with whatever you are doing and whoever you are with.
2. Add something beautiful to your life on a daily basis (e.g., flowers).
3. Do some enjoyable activities whenever possible.
4. Walk, work, and eat at a relaxed pace.
5. Take a short break after meals to relax.
6. If possible, go outside at least once per day and notice the simple things such as the weather, scenery, etc.
7. During the day, whenever you remember, notice any tension in your body (jaw, neck, diaphragm, shoulders, etc.). Breathe deeply and gently stretch and relax any tense areas.
8. If you notice your mind racing or worrying about the past or future, take a minute to breathe deeply and gently focus on something in the moment such as your breath, scenery, birds. Try an emotional shift.
9. Wear comfortable and loose clothing when possible. Take off your shoes when you can.
10. Avoid holding in feelings day after day, but instead, find a safe place to feel, express and embrace them.

Source: University of Minnesota Center for Spirituality & Healing

Afraid To Sleep

George went to a psychiatrist. "Doc," he said, "I've got trouble. I can't sleep. Every time I get into bed, I think there's somebody under it. I get under the bed, I think there's somebody on top of it. Top, under, top, under. "You gotta help me; I'm going crazy!"

"Just put yourself in my hands for two years," said the shrink. "Come to me three times a week, and I'll cure your fears." How much do you charge? "A hundred dollars per visit" Several months later the patient went to see the psychiatrist and told him that he was cured. The doctor was incredulous and asked how he got better. The patient said "I cut the legs off the bed."

Source: Newsletter DBSA - Fox Valley Winter 2009 Jan. Feb. Mar.

Quotations about Worrying



Worry never robs tomorrow of its sorrow, it only saps today of its joy. - Leo Buscaglia

If you can't sleep, then get up and do something instead of lying there worrying. It's the worry that gets you, not the lack of sleep. - Dale Carnegie

You can't wring your hands and roll up your sleeves at the same time. - Pat Schroeder

Worrying is like a rocking chair, it gives you something to do, but it gets you nowhere. - Glenn Turner

Worry often gives a small thing a big shadow. - Swedish Proverb

I am an old man and have known a great many troubles, but most of them never happened. - Mark Twain. Worry, doubt, fear and despair are the enemies which slowly bring us down to the ground and turn us to dust before we die. Attributed to Douglas MacArthur

That the birds of worry and care fly over your head, this you cannot change, but that they build nests in your hair, this you can prevent. - Chinese Proverb

If you treat every situation as a life and death matter, you'll die a lot of times. - Dean Smith

Source: Life in Balance June 2009

Bizarro

By Dan Piraro



RECENT RESEARCH

Severe mental illness alone does not predict violent behavior

A study published in the February issue of the *Archives of General Psychiatry* noted that persons with severe mental illnesses such as schizophrenia, bipolar disorder and major depression alone are no more likely to commit violent acts than anyone else.

Future violence was only more likely if the person with a mental illness also had substance abuse or dependence issues.

The eight strongest predictors of violence, in order of strength, were: younger age, history of a violent act, being male, history of juvenile detention, divorce or separation in the last year, history of physical abuse. The ninth predictor was mental illness and substance abuse followed by victimization in the past year as number 10.

Source: *ADAMhs Advantage*
Summer 2009

Depression, anxiety linked to neck pain

Psychological distress, specifically depression and anxiety, are closely linked to recurrent or persistent neck pain, clinicians from Germany report in the Jan. 26 on-line journal *BMC Musculoskeletal Disorders*.

Some 448 patients from a general practice setting in Germany were part of the study.

A related study concerning migraines was reported in the January/February issue of *General Hospital Psychiatry*. This one suggested that migraine patients have an increased risk of mood and anxiety disorders.

Source: *ADAMhs Advantage*
Summer 2009

Early conduct, emotional problems predict suicidal behavior in males

Impulsive or aggressive behavior combined with emotional problems in young boys (8 years of age) is a strong predictor of later suicidal behavior, according to a report in the April issue of *Archives of General Psychiatry*.

Specifically, 1 in 20 boys with conduct and emotional problems at that age later either killed themselves or made a serious attempt to do so compared to 1 in 250 males who did not exhibit these early psychiatric problems.

Some 2,700 males and 2,602 females were part of this Finnish study. There was no strong early correlation among the females; however, the study noted that most of the behav-

iors among females do not manifest themselves until after puberty.

This was the first prospective population-based study that looked at early childhood psychopathology and later-completed suicides or serious attempts.

Source: *ADAMhs Advantage*
Summer 2009

Co-occurring depression, alcohol may start with alcohol abuse

According to an article in the March issue of the *Archives of General Psychiatry*, the long-held theory that depressed individuals tended to self-medicate with alcohol may be wrong.

Researchers in New Zealand found that the relationship between alcohol abuse or dependence and major depression cannot be entirely explained by common factors such as genes and environment. Using a sophisticated series of statistical analyses, they determined that the best explanation for the link between alcohol use and major depression is causal with alcohol use leading to depression.

"If I had to gamble at the beginning, I would have probably said that it's depression causing alcohol abuse as a result of self-medication," said David Fergusson, PhD, from Christchurch School of Medicine and Health Sciences in New Zealand. "I think it's quite interesting that the study came out suggesting quite clearly and consistently the opposite."

In a related study by the National Institute on Drug Abuse that was reported earlier this year, it was noted that drug addiction behaviors stem from drug-induced changes in some of the same areas of the brain that are disrupted in other mental disorders such as depression, anxiety and schizophrenia.

NIDA director Nora Volkow, M.D., said: "We do not know enough yet to predict precisely whether one disorder will lead to the other(s) or how to prevent comorbidity. We do know, however, that the high rate of comorbidity means that we need a comprehensive approach to intervention that identifies, evaluates and treats each disorder concurrently."

Source: *ADAMhs Advantage*
Summer 2009

Underuse of antidepressants may lead to suicides by the elderly

Results of a postmortem study indicate that elderly people who commit suicide usually do not have antidepressant medications in their systems at the time of death. The number was less than one in four victims overall and even less in the oldest age group -- 85 and older. The study was reported in the March Journal of Clinical Psychiatry. It studied some 255 suicide victims in New York City who were at least 65 at the time of their death.

Source: *ADAMhs Advantage*
Summer 2009

Dinner Theatre in the Park



Don't miss our gala fundraiser
Friday, August 28th 2009 and
Saturday, August 29th at 7 pm.
On the lawn at 16280 Whispering Spur, Riverside
\$50.00 per person (tax deductible)

Santa Fe Station

Join the host of Santa Fe Station, Cal McCray and his cast of colorful sidekicks as they meet and greet the wonderful folk of Santa Fe, New Mexico. Live music and a pre-show dinner catered by "Wayne's Western Bar-B-Que", and raffles during the show. Please call 951 / 789 - 8461 to purchase tickets

Proceeds will support DBSA- CA's 19 th Annual conference

DBSA California
Depression & Bipolar Support Alliance

19th Annual Conference

Rivers of Change

October 16-17, 2009
(Friday and Saturday)

Radisson Hotel Sacramento
500 Leisure Lane
Sacramento, CA 95815
Telephone: (916) 922-2020

For More Information:
(951) 790-3366 or Marilyn Hillerman (916) 684-1358

*To improve the lives of people
living with mood disorders*

DBSA

*We've Been There.
We Can Help.*

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Email: dbsa@dbsa.org
www.dbsonline.org

Don't Miss our

State -Wide Conference

Call DBSA

951 / 780 - 3366

or

Marilyn Hillerman

916 / 684 - 1358

for more details

The National Mental Health Consumers' Self-Help Clearinghouse

announces

Alternatives 2009

the 23rd national mental health conference
organized by and for mental health
consumers/survivors

Hilton Omaha, Nebraska
October 28 — November 1, 2009.

“Uniting Our Movement for Change”

Although our movement can encompass a wide array of philosophies, we can unite around common goals: to guarantee that individuals diagnosed with mental illnesses have all the opportunities, rights and responsibilities available to everyone else, including the right to pursue a meaningful life and, to echo Nebraska’s state motto, “equality before the law.”

For more information go to: www.alternatives2009.org
or phone: 1-888-776-1286 x 103

DBSA

National Conference

September 10 - September 13, 2009

Indianapolis, Indiana
Hyatt Regency Indianapolis

PEER CONNECTIONS

A PEER-CENTERED
MENTAL HEALTH CONFERENCE
FOR
CONSUMERS, FAMILY MEMBERS, AND
PROVIDERS

For more information go to:
www.DBSAAlliance.org/Conference2009
or Phone: (800) 826-3632

Want to Be Happier? Make a List!

Researchers from the University of Pennsylvania Positive Psychology Center found that **people who listed three good things that happened to them each day for one week were happier than those who didn't.** To replicate these findings, Neal Anderson, Winnepeg-based psychologist, suggests trying out this exercise: for one week, take five minutes at the end of each day to jot down three to five positive experiences. For example, a friendly exchange with a stranger, a delicious meal or even finding a really great parking space.

Then think about why each thing happened and what you learned from it. The next week, do the same thing but look for patterns. If most of the good moments relate to one part of your life --- time with family or accomplishments at the office --- explore other areas (your garden, hobbies, or studies) and mine them for standout moments.

*Source: The Rollercoaster Times
Spring 2009 March - April - May*

Jump Start

By Robb Armstrong



The Magic of Believing

Jefferson Transitional Programs put on a truly magical afternoon and evening event on the grounds of Saul Kent and Jo Ann Martin last May 16th. The fundraiser featured a treasure hunt through winding gardens, musical performances, a silent auction and much more.

JTP offers educational and vocational programs plus sober living support for individuals with chronic mental illness. The program featured artist Greg Adamson who painted a portrait upside down right before our eyes. Some of the excitement is captured in the photos below. Support was raised for JTP's new art center (ArtWorks) located on 6th Street in Riverside near the Mission Inn.



Saul Kent and Jo Ann Martin



Erin McManis, Barrie Getz, Kenneth White, Julie Carlson, & Rebecca Manfredonia



More Photos of the Magic Of Believing Event



Susanne Munyori, Lyne Stewart & guest



Drew Oberjuege, director of JTP's Artworks



Mary Parks, Channel 4 NBC



Greg Adamson, Union Bank & JTP Board of Directors shown by the painting he completed on the lawn.



Sue Moreland, CEO, JTP, Hal Adams & Juanita Adams (NAMI)



Kenneth White, Magician by the Silent auction



Join Your DBSA Friends

at Jo Ann Martin's home
for our annual

Labor Day

Monday
September 7, 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

Yen Cress

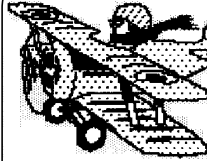
9 p.m. and later 909 / 980 - 3692
also any hour, on weekends (Sat., Sun.)

Roger and Lorraine

daytime 909 / 399 - 5759

Andie (Amanda)

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



ANNOUNCEMENTS

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

DBSA - Loma Linda

909/534-2228

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)

THE UPLIFTERS

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

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

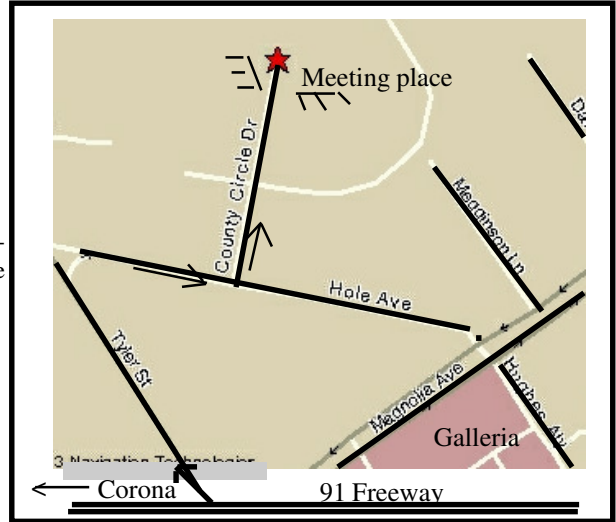
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.* For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