



# The Thermometer Times

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

**VOL. 23 NO. 9**     *Out of darkness . . . October 2010*

## Dates to Remember

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### 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**

**September 4, 11, 18 & 25**

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.

✱

**Web Site for DBSA, Riverside:**  
<http://dbsatoday.com>

**E-mail for DBSA, Riverside:**  
[dbsaofriv1@aol.com](mailto:dbsaofriv1@aol.com)

**E-mail for DBSA, California:**  
[dbsaofca1@aol.com](mailto:dbsaofca1@aol.com)

#### *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

## Mental Health Apps: Like A 'Therapist In Your Pocket'

by MICHELLE TRUDEAU

As the computing power of cell phones increases, more and more sophisticated mobile apps are being developed for the mental health field. They're seen as a way to bridge periodic therapy sessions — a sort of 24-7 mobile therapist that can help with everything from quitting smoking to treating anxiety to detecting relapses in psychotic disorders.

These mobile technologies let users track their moods and experiences, providing a supplemental tool for psychiatrists and psychologists.

"It gives me an additional source of rich information of what the patient's life is like between sessions," says University of Pennsylvania researcher Dimitri Perivoliotis, who treats patients with schizophrenia. "It's almost like an electronic therapist, in a way, or a therapist in your pocket."

Here's how one of the apps, called "Mobile Therapy," works: Throughout the day at random times, a 'mood map' pops up on a users cell phone screen. "People drag a little red dot around that screen with their finger to indicate their current mood," says Dr. Margaret Morris, a clinical psychologist working at Intel Corp. and the app's designer. Users also can chart their energy levels, sleep patterns, activities, foods eaten and more, she says.

### Gaining New Insights And Reducing Stress

Morris designed the app, which can be downloaded onto most cell phones, to try to help people manage the stress of everyday life, to improve their mental health and reduce the risk of cardiovascular disease.

Based on the information entered by the user, the app offers "therapeutic exercises" ranging from "breathing visualizations to progressive muscle relaxation" to useful ways to disengage from a stressful situation, Morris says. And the



Enlarge

Courtesy of Dr. Margaret Morris

Dr. Margaret Morris at Intel Corp. is designing a cell phone app to help manage stress in everyday life, in order to improve mental health and reduce the risk of cardiovascular disease. Morris calls the app "Mobile Therapy."

*Continued on page 2 (Mental Health Apps)*

## A Note From the Editor

As always I invite you to submit your stories, poetry and/or drawings for review and possible publication in the newsletter. Your articles allow us to get to know you in greater depth and to learn of your accomplishments and your many talents, interests and assets. They also contribute to our readers' well being and recovery.

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: joannmartin1@aol.com

FAX to: 951/780-5758

I look forward to your contribution. Share your wisdom and experience with your DBSA friends through *The Thermometer Times*.

Thank you.

Lynne Stewart, Sr. Ed.

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

## *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.**

### **MENTAL HEALTH APPS**(Cont'd from page 1)

information the app captures can later be charted, printed out and reviewed. The idea is that users can look at a whole week of mood data to see if there are any connections between their mood and other factors happening in their lives, and record it into the app.

Morris' Mobile Therapy app has been beta-tested in 60 people, and "everyone who used it described new insights about their emotional variability" and said it helped reduce their stress, she says.

Her research was recently published in the *Journal of Medical Internet Research*, where she writes that by using the app, participants were able to increase "self-awareness in moments of stress, develop insights about their emotional patterns and practice new strategies for modulating stress reactions."

#### **Helping Teens With Behavioral 'Homework'**

Another mobile app being developed targets a large group of cell phone users: teenagers.

Alan Delahunty, a psychotherapist from Galway, Ireland, treats teens suffering from clinical depression using cognitive behavioral therapy, or CBT. An essential component of CBT is "homework," which involves patients keeping a daily diary, charting their moods, energy levels, sleep, activities, etc.

Typically, patients will bring their paper charts into their therapist to discuss them during their weekly therapy session. But many patients — especially teens — balk at doing the

CBT homework, and many stop doing it.

Previous research suggests that patients who do their CBT homework assignments and practice them between sessions are the ones who benefit the most and benefit the most quickly.

Knowing this, researchers Gavin Doherty and Mark Matthews at Trinity College in Dublin developed a cell phone app that's being tested by a couple of dozen therapists throughout Ireland.

Delahunty, one of the testers of the "mobile mood diary," says it's a very useful tool.

"From a clinical point of view, I've found it a huge improvement over the pen-and-paper technique," Delahunty says. He adds that his young patients love the app and rarely miss doing their daily homework. They're pleasantly surprised that they can use their cell phones to help themselves in therapy. And when they come into therapy, he says, "You get a complete printout of their mood, their energy level, their sleep patterns, and any comments they've made over the week or two. And then you can put that down on the table in front of you, and use it to discuss the therapy with the young person."

*Continued on page 3 (Mental Health Apps)*

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## MENTAL HEALTH APPS(Continued from page 2)

Because teens are so comfortable with texting, Delahunty adds, “I’m getting more comments. And in some cases, it’s really like narrative therapy, where you’d be getting a paragraph of text for each day, which brings out a richness in the therapy situation that you can explore then.”

Psychiatrists, too, find the mobile mood diary a benefit by looking at the graphs, monitoring the young person’s moods. “That was helpful to them, in deciding whether the young person should be on medication or change their dosage or whatever because it [the mobile mood diary] was a very accurate measurement of how the young person’s mood was moving,” Delahunty says.

### Apps For Severe Depression, Schizophrenia

Another mental health app under development, called CBT MobilWork, is tailored to adults with severe depression.

It’s a collaboration between Judy Callan, a researcher at the University of Pittsburgh, and computer scientists at Carnegie Mellon University that Callan hopes to adapt for use in mental health programs for anxiety, phobias, eating disorders and more.

Callan describes how a typical patient might use this app, which tailors CBT homework to each user: “Say a patient just starts therapy and they’re really depressed and they can hardly get out of bed. One of their homework assignments might be to, each day, just make your bed,” Callan says.

Once the patient has successfully accomplished that task, the homework on the phone app will change, prompting and coaching the patient to take the next step.

There’s also an app for one of the most intractable mental disorders: schizophrenia, which affects 1 percent of the U.S. population. It’s for these patients that the University of Pennsylvania’s Perivoliotis is developing innovative mobile technologies: palm-sized computers that chart a patient’s moods and activities, for example; and a digital watch that has personalized scrolling messages. The messages on the watch can instruct a patient who hears voices, for example, to do exercises like deep breathing or muscle relaxation “to reduce the stress triggered by their voices,” he says.

“One of our patients came in with chronic, constant auditory hallucinations that really controlled his life,” Perivoliotis recalls. “The voices would threaten him that if he would go outside and do fun things, then terrible, catastrophic things would happen to him. He felt really enslaved by them. He felt no sense of control whatsoever.”

So the therapist taught the patient a few simple behavioral exercises to reduce the severity of the voices. It’s an exercise called the “look, point and name technique,” Perivoliotis explains. “When a patient starts to hear voices, he applies the technique by looking at an object in the room, pointing to it and naming it aloud. He repeats this until he runs out of things to name.”

Perivoliotis says “the technique usually results in reduced voice severity [i.e., the voices seem quieter or pause altogether], probably because the patient’s attention is

redirected away from them and because speaking competes with a brain mechanism involved in auditory hallucinations.”

So the mobile therapy watch that this patient wore was programmed to remind him a few times a day to practice this technique to control the voices.

“It really did the trick,” Perivoliotis says. The voices were dramatically reduced. “It kind of broke him out of the stream of voices and his internal preoccupation with them.”

Exercises like these not only give the patient temporary relief from distressing symptoms but also, importantly, “they help to correct patients’ inaccurate and dysfunctional beliefs about their symptoms — from, ‘I have no control over the voices,’ to, ‘I do have some control over them,’” Perivoliotis says.

Source: NPR  
May 24, 2010

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## The Chocolate Conundrum

WE’VE BEEN hearing for some time that chocolate is an antidote to depression. But now some solid research has been done—and the results are unexpected.

Researchers asked more than 900 adults from San Diego, Calif, about their chocolate-eating habits, then used a standard scale to measure the subjects’ symptoms of depression. The data—published in the *Archives of Internal Medicine*—found that those who rated highest on the depression scale also consumed more chocolate—an average of almost 12 servings a month. In other words, eating more chocolate seems to be linked to being more depressed.

But scientists are not sure how the link really works. While chocolate may make people depressed, it’s also possible that depressed people crave it more because it improves their moods—the way thirsty people crave water—and have learned to ‘self-treat.’ Or, chocolate cravings and depression may have nothing to do with each other; beyond being both produced by an as-yet-unknown factor.

Clearly, more studies are called for. Now researchers just have to find test subjects willing to eat chocolate in the interests of science.

Source: PARADE  
May 30, 2010



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# Personal Journeys and Quests

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## Ode to Janine's Right Knee

By Chris Majalca

So many times to make it better  
The pain remains for Janine to remember

Constantly. Minute by minute. 24/7. Pain.  
Focus on now. What level is the pain?

STOP! Focus on positive thoughts  
Stop obsessing about the abuse,  
the rape and the pain.

Focus on the clouds, the trees, the  
Gratitude list. You've been in  
bed 3 days w/o going to the  
bathroom. No water. No food.

The pain and operation after  
Janine was thirteen  
The trauma and abuse on top of  
being physically hurt so deeply.

Janine's right knee needs the right help.  
Still 5 days later Janine can't  
get out of bed.  
Janine needs the right help.

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## Thinking of all of you...

By Cathy Waechter

I was responding to someone's E mail about how trying these times we are living in are and I wanted to share with you something I read recently.

"Love is the greatest thing in life, without love we are all lost. Love is the greatest of all healing agencies. Love creates confidence, confidence gives self-assurance. Love overlooks the little differences that we have and finds a point of reconciliation with others. Love creates tolerance and human understanding. The best thing to do is to find someone with whom we may talk. Someone who has a deep understanding of life, a great tolerance for living, and who has learned from experience that simple human kindness is the greatest thing on earth. When we find good in everything, we shall receive good from everything..."

Thank you for being alive and hanging in there, for choosing growth and sharing you life's challenges, for being transparent, and not afraid of telling me the truth or sharing your own.

I Love You...

Cathy Waechter

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## The Peace of the Lord

By Susie Phillips

My soul embraces green meadow --  
The wind catches my song of laughter  
And carries it over the fields.  
The sun caresses my body  
And I feel the peace of the Lord.

My soul embraces blue ocean  
Waves roll to kiss my toes  
white gulls, drunk with freedom,  
Soar on the wind.

My soul embraces dark forest  
The silence puts my heart at rest  
Great trees tower over me like strong  
ancient fathers.  
Sun filters through their limbs, bathing  
the still sanctuary in its warmth.  
And I feel the peace of the Lord.





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## Study: Why Women Are More Sensitive to Stress

*LiveScience Staff*

Women are more likely to suffer from depression and stress out than their cool male counterparts. New research suggests there might be a biological reason for the gender difference.

The new study, done on rats, finds females are more sensitive to low levels of an important stress hormone and less able to adapt to high levels of it than males. Since rats do have some of the same neural systems we do, the rat research could have implications for humans, though stress in humans is more complicated than in rodents, the researchers say.

It has long been recognized that women have a higher incidence of depression, post-traumatic stress disorder, and other anxiety disorders, said study researcher Rita Valentino, a behavioral neuroscientist at The Children's Hospital of Philadelphia. But the underlying biological mechanisms for that difference have been unknown.

Valentino's research focuses on corticotropin-releasing factor (CRF), a hormone released in the brain in responses to stress, in both humans and rats. CRF is a neurotransmitter, meaning it helps communicate signals between brain cells. Some neurons "send out" the CRF signal while others contain receptors to receive it.

Valentino and her colleagues analyzed the brains of rats as they responded to a swim stress test, aimed to trigger the release of the CRF hormone.

In female rats, neurons had receptors for CRF that bound more tightly to the hormone than in male rats, and so were more responsive to CRF.

Also, after exposure to stress, male rats had an adaptive response, called internalization, in their brain cells. Their cells reduced the number of CRF receptors, and became less responsive to the hormone. In female rats this adaptation did not occur.

"This is an animal study, and we cannot say that the biological mechanism is the same in people," Valentino said, adding that other mechanisms play a role in human stress responses, including the actions of other hormones. However, "researchers already know that CRF regulation is disrupted in stress-related psychiatric disorders, so this research may be relevant to the underlying human biology," she said.

In addition much of the previous research on stress disorders in animal models used only male rodents, so important sex differences may have gone undetected, Valentino said. "Pharmacology researchers investigating CRF antagonists as drug treatments for depression may need to take into account gender differences at the molecular level," she said.

The results of the study are published online June 17 in the journal *Molecular Psychiatry*.

*Source: LiveScience .com  
Sat Jun 19, 2010 3:45 pm ET*

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## Americans Still Not Tolerant of the Mentally Ill

By Fredenk Joelving

NEW YORK (Reuters Health) - While more and more Americans regard mental illness as a disease rooted in the brain, that doesn't mean they are getting more tolerant of those who suffer from it.

That's according to a new report comparing national surveys from 1996 and 2006.

In recent decades, both the government and the medical community have tried to reduce the social stigma shrouding psychiatric conditions like schizophrenia and depression — in large part by stressing their biological underpinnings.

But those efforts appear to have failed, according to the new findings in the *American Journal of Psychiatry*.

"Americans continue to get more sophisticated in their understandings of what causes mental illness," said Bernice A. Pescosolido, who led the new research.

"But that did not translate into greater tolerance," Pescosolido, a sociologist at Indiana University in Bloomington, said in an e-mail to Reuters Health. "In fact, in some cases, it looked like it backfires."

She and her colleagues tapped into data from nearly 2,000 Americans, who had been interviewed about their attitudes toward mental illness as part of the General Social Survey conducted every two years by University of Chicago researchers. From 1996 to 2006, the number of people who thought depression was rooted in brain biology climbed from just over half to nearly two-thirds; for schizophrenia, the number rose from 76 to 86 percent.

Most people also thought these illnesses should be treated by a doctor and with prescription medicine. However, in the case of drinking, two-thirds of people chalked the problem up to "bad character" in 2006, up from half in 1996.

There was little change in social stigma. For example, most people said they wouldn't want a person with schizophrenia or depression to marry into their family.

"People with mental illness often face rejection — in friendships, in jobs, and in family situations," Pescosolido said. While the reasons aren't clear, a scientific understanding didn't appear to help.

"If people think it is biological or genetic, they are seeing people in a different 'class' and with some permanence that could impact their 'family line,'" Pescosolido told Reuters Health.

"We need to think about new ways to think about 'difference' and tolerance," she added. "The focus should not be on 'disease like any other but competencies and community integration, the fact that 'everybody has something' that they live with and have successful lives."

*SOURCE: [link.reuters.com/dep24p](http://link.reuters.com/dep24p)  
*American Journal of Psychiatry*, online  
September 15, 2010.*

## Poll: Americans Skimp on Medications

by Natasha Singer

Americans are penny-pinching on medical care in ways that could be dangerous to their health, according to a new poll from Consumer Reports National Research Center.

Many consumers are skipping doctors' visits or doses of medicine, according to a telephone survey of 1,154 adults across the country who take prescription drugs.

Some respondents also said they harbored doubts about whether generic drugs work as well as brand names. Some also said they believed that pharmaceutical companies have too much influence.

Thirty-nine percent of people polled said they had not complied with their prescription drug regimens in order to save money. Sixteen percent, for example, said they had skipped filling a prescription because of the expense; twelve percent said they had taken an expired drug; twelve percent said they had skipped a dose of medicine to save money and eight percent said they had cut prescribed pills in half to save money.

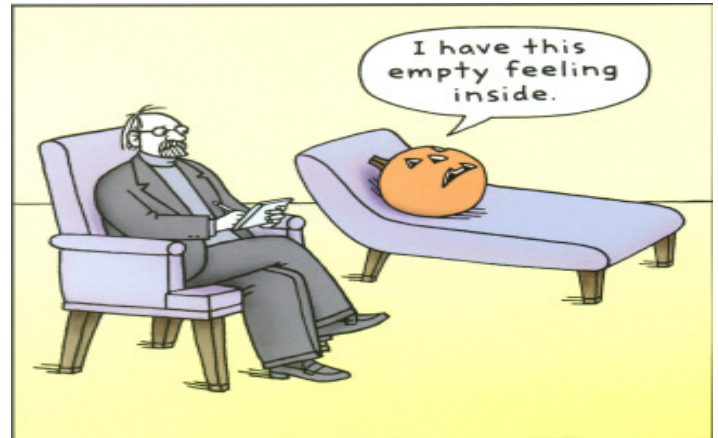
Another set of questions asked people about their attitudes on the effectiveness and quality of generic drugs. The Food and Drug Administration requires generic drugs to contain the same amount of the same active drug ingredient as a brand-name medication and meet the same quality standards.

Even so, of the 1,135 people polled who had heard of generics, twenty-two said they agreed-- either completely or somewhat - with the idea that generics are not as effective as brand -name drugs, the survey said.

Twenty three percent agreed completely or somewhat that generic drugs have different side effects: sixteen percent agreed that generic drugs are not as safe as brand-name drugs; and fourteen percent said that generic drugs do not have to meet the same federal standards as brand-name drugs.

The F.D.A. website says they generics have the same risks and benefits as their brand-name counterparts.

*Source: MYtimes.com as seen in Life in Balance, DBSA, Detroit, MI Oct./Nov. 2010*



### ATTENTION:

Anyone interested in donating a car in good running condition to a worthy cause, please contact us at 951 / 780 - 3366

We are tax deductible!

### Andrea Andreeff

Our dear friend Andrea Andreeff died Saturday 21, 2010.

She always had a positive attitude and helped with the planning of our conferences.

I miss her laughter and her spunk. She loved her mother, Simon and took her everywhere (much like I did with my mother during her years with me in California.)

She will be missed by so many of us. Jo Ann Martin

## DBSA-Riverside -siders amd friends

At Jo Ann Martin's\*

for the

### Holidays

Picnics or dinners

at noon

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, Halloween,

Thanksgiving, & Christmas

\*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

951 / 780-3366

# HALLOWEEN

Sunday, October 31, 2010

7:00 PM

at Jo Ann's (\*Directions below)

Dress in costume...Alice in Wonderland theme  
or as you wish

Coffin ride....Shanti will read tarot cards...

We have a make-up artist to help  
with your costume

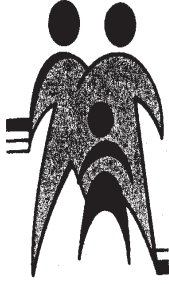
*We decorate for a month for this big event!*



\*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.



## 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

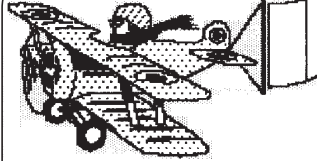
## Phone Phriends

If you need someone to talk with:

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

**Andie (Amanda)** 909 / 824 - 5385  
9:30 a.m. to 7:30 p.m.

**Yen Cress** (951) 315-7315  
9 p.m. - 6 a.m. & Weekends  
**Cathy Waechter** (951) 529-8586  
5 pm to 9 pm



## ANNOUNCEMENTS

### HEMET SUPPORT GROUP

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

### TEMECULA DMDA

Mark Monroe  
951 / 926 - 8393

### Rancho Cucamonga DMDA

Meets 1st and 3rd  
Wednesdays evenings  
Contact: David or  
Samantha Johns  
909 / 944 - 1964 OR  
e-mail: dmjbf@aol.com

### DBSA - Loma Linda

909 / 327 - 6178

### THE UPLIFTERS

(Christian emphasis) meets at  
The Grove Community Church  
19900 Grove Community Drive  
(off Trautwein) Riv. 92508  
meets Mondays 7 pm  
Contact Ken Sharum  
951 / 368 - 7713

### 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:**

**Angela Sandoval, IOOV Coordinator**  
(951)686-5484, ext. 120

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

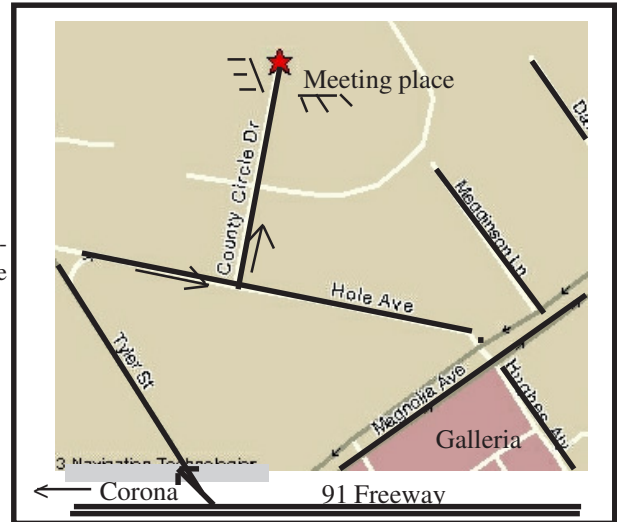
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.\* For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

DBSA OF RIVERSIDE  
16280 Whispering Spur  
Riverside, CA 92504

HELP US KEEP COSTS DOWN

We're using a computer mailing list

Please help us keep costs down by

making sure your name and address  
are correct. If there is an error or if

you are receiving more than one  
newsletter, please let us know.

Print legibly so that mistakes can be  
avoided.

Your help and patience are greatly  
appreciated.