



The Thermometer Times

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

VOL. 24 NO. 9 Out of darkness . . . September 2011

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
September 3, 10, 17 & 24**

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.

SPEAKER Sept. 17, 10 a.m.
Mitchell Rosen MFT
"Competence & Incompetence of Therapists."

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

E-mail for DBSA, Riverside:
DBSAtoday@yahoo.com

E-mail for DBSA, California:
DBSAtoday@yahoo.com
Please include your phone #

Directions to

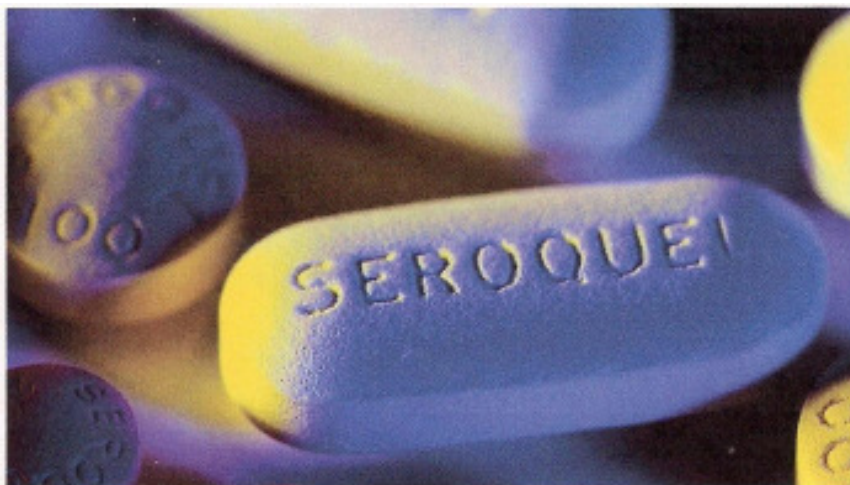
Jo Ann Martin's Home

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



AstraZeneca went too far in trying to sell Seroquel tablets like these, the government says

AstraZeneca/AP

Heart Warning Added to Label on Popular Antipsychotic Drug

J.B. Reed/Bloomberg News

Warnings for Seroquel will soon recommend that the drug be avoided in combination with 12 drugs linked to arrhythmia.

By DUFF WILSON

Published: July 19, 2011

AstraZeneca is adding a new heart warning to the labels of Seroquel, its blockbuster antipsychotic drug, at the request of the Food and Drug Administration, company and agency officials said on Monday.

The revised label, posted without fanfare last week on the F.D.A. Web site, says Seroquel and extended-release Seroquel XR "should be avoided" in combination with at least 12 other medicines linked to a heart arrhythmia that can cause sudden cardiac arrest.

Sandy Walsh, a spokeswoman for the F.D.A., said the statement was only a precaution for doctors, and should not be considered a complete ban against prescribing Seroquel with the other drugs.

Ms. Walsh said the label was changed after the F.D.A. received new information about reports of arrhythmia in 17 people who took more than the recommended doses of Seroquel. Though it should not be a problem at a normal dosage, she said, it may still be good advice to avoid using the drugs together.

The arrhythmia, known as prolongation of the QT interval, referring to two

Continued on page 2 (Seroquel)

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 Jo Ann, 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

Publisher & Editor in Chief
Jo Ann Martin

Senior Editor
Lynne Stewart

Proof Reading
Leroy Merrill

Kathi Stringer - Jo Ann's Assistant

Associate Editors
Nelma Fennimore
Karen Cameron

Medical Advisor
Andrew J. Rooks, M.D.

Child, Adolescent & Adult Psychiatry
American Board of Psychiatry
and Neurology

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.

Continued from Page 1 (SEROQUEL)

waves of the heart's electrical rhythm, is estimated to cause several thousand deaths a year in the United States.

As AstraZeneca prepares to report its second-quarter earnings at the end of this month, it faces additional scrutiny this week. The F.D.A. is considering the London-based company's dapagliflozin, a proposed diabetes drug with Bristol-Myers Squibb, and is expected to decide soon on Brilinta, an anticoagulant. The company is facing the loss of patents for Seroquel next year and for the heartburn drug Nexium in 2014.

Seroquel is one of the top-selling drugs in the world, at \$5.3 billion last year, including 3.7 billion in the United States. Introduced in 1997, it has been approved for schizophrenia, bipolar disorder and severe depression. Seroquel has caused legal problems for AstraZeneca, including a \$520 million payment in 2009 to settle government charges of illegal marketing. Thousands of lawsuits are pending over side effects like diabetes.

The previous Seroquel labels had mentioned the risk of a prolonged QT interval, but had not identified other things to avoid, Stephanie Andrzejewski, a spokeswoman for AstraZeneca, said Monday. The new warning also is separated from other warnings and precautions on the label, she said, "to provide some additional guidance to physicians" treating patients "who are already at risk of QT prolongation."

The new warning will be added to printed labels as soon as possible, Ms. Andrzejewski said.

The new label lists the other drugs to avoid as antiarrhythmic drugs like quinidine, procainamide, amiodarone and sotalol; antipsychotic drugs like ziprasidone,

chlorpromazine and thioridazine; antibiotics like gatifloxacin and moxifloxacin; the anti-infective drug pentamidine; and synthetic opioids like levomethadyl acetate and methadone. The label also raises caution about use by the aged and people with heart disease.

James J. Pepper, a lawyer in Pennsylvania who is involved in drug litigation, has been arguing for months in letters to government officials that Seroquel has a potentially deadly interaction with methadone in regard to the QT interval.

"This is a huge, huge step," Mr. Pepper said of the label change, though he said he thought it should be stronger.

Ms. Walsh said the F.D.A. action was unrelated to Mr. Pepper's arguments.

Three months ago, Dr. Janet Woodcock, director of the F.D.A. Center for Drug Evaluation and Research, rejected those arguments in a letter to the Project on Government Oversight, a nonprofit group in Washington, which had also raised the issues. Dr. Woodcock wrote that a thorough agency review had found it "exceedingly unlikely" that patients faced an unreasonable risk from the interaction between Seroquel and methadone. The review found only one death that was

Continued on page 3 (Seroquel)

AstraZeneca Paying \$520 Million To Settle Seroquel Charges

by SCOTT HENSLEY

AstraZeneca became the latest drug giant to pay up for marketing an antipsychotic medicine for uses the Food and Drug Administration had not approved.

Federal officials announced a \$520 million settlement of civil charges stemming from the drugmaker's promotion of Seroquel, an antipsychotic with sales of \$4.9 billion worldwide last year.

AstraZeneca pushed doctors to write Seroquel prescriptions for a host of unapproved uses, including anger management, post-traumatic stress disorder and sleeplessness, the settlement alleges. The drug was improperly promoted for use in children and also the elderly.

In addition, the government claims the company carried doctors favor with money. "AstraZeneca paid kickback to

doctors as part of an illegal scheme to market the drug for unapproved uses," Health And Human Services Secretary Kathleen Sebelius said at a news conference about the settlement.

The government's document says doctors were paid to run studies of unapproved uses, serve as the named authors of articles about unapproved Seroquel uses ghostwritten by others, and to give talks about unapproved used to other doctors.

For its part, AstraZeneca denied the allegations but said it would pay \$520 million plus some interest nonetheless. The company disclosed last year that it expected to settle the government's allegations.

As the *New York Times* notes, AstraZeneca is the fourth company to agree to settle federal charges about illegal promotion of an antipsychotic medicine in recent years.

As a group, antipsychotics were the top-selling medicines in the U.S. last year, with sales of \$14.6 billion.

Source: http://www.npr.org/blogs/health/2010/01/astrazeneca_paying_520_million.html

April 27, 2010

Why Antipsychotic Drug Treatment Can Cause Weight Gain And Increase The Risk Of Type 2 Diabetes

Research to be presented at the upcoming annual meeting of the Society for the Study of Ingestive Behavior (SSIB), the foremost society for research into all aspects of eating and drinking behavior, may explain why some antipsychotic drugs can promote overeating, weight gain, and insulin resistance.

Olanzapine [Zyprexa], an atypical antipsychotic drug approved by the FDA for the treatment of schizophrenia and bipolar disorder, has been associated with body weight gain and

impaired glucose homeostasis in humans and in experimental animals. As part of a Dutch research consortium, studies led by Simon Evers (University of Groningen, the Netherlands) sought to reveal underlying mechanisms for olanzapine's metabolic effects by studying healthy adult male volunteers. The research was motivated by observations of what co-author Anton Scheurink described as "a mysterious interaction between schizophrenia and diabetes."

Their results confirmed previous findings that olanzapine induces weight gain by increasing caloric intake, but also revealed that olanzapine reduces body temperature, which contributes to decreased energy expenditure. Indeed, reduced body temperature after olanzapine treatment may generate many of the known side effects of this antipsychotic drug. The authors' new findings also demonstrate that olanzapine alters peripheral glucose metabolism, which may contribute to impaired insulin sensitivity. According to lead author Simon Evers, "Our research group believes that reduced body temperature is the foremost direct and consistent effect of olanzapine in humans and in experimental animals. Reduced body temperature might explain several of olanzapine's metabolic side effects, including increased food intake, reduced energy expenditure, sedation, high blood sugar, body weight gain, and insulin resistance."

Continued from Page 2 (SEROQUEL)

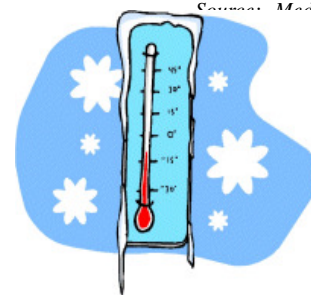
probably caused by the interaction, she wrote.

Dr. Woodcock concluded that the F.D.A. would take no action to change the label. Ms. Walsh said that conclusion was still correct, because the F.D.A. had found no biological basis for a problem or unusual numbers of deaths at normal dosages.

Methadone use and deaths have increased drastically in recent years as more doctors prescribe it for chronic pain.

The number of methadone prescriptions for pain in the United States rose to 4.3 million in 2010 from 2.2 million in 2006, IMS Health, an industry data firm, said Monday. The use for pain has surpassed that for heroin withdrawal and maintenance.

Source: *J.B. Reed/Bloomberg News*
July 19, 2011



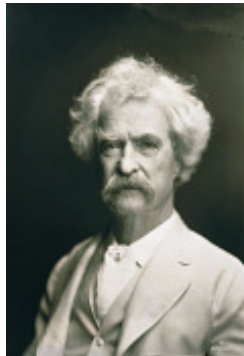
Source: *Medical News Today*
July 13, 2011

Famous People With Bipolar Condition Past and Present

By Emman Sioco

There have been many famous people with bipolar complaint, or thought now to have had it established on their lifeworks and stories. There have been so many, as a matter of fact, that it is believed by some to be a mark of genius. That might or might not be true, but it is simple to discover why the connection is made after a look at the many famous people with bipolar disorder.

Writers have been, and continue to be, a few of the great celebrities with bipolar complaint. Mark Twain was one such writer. He, like many such writers, was highly functional in his writing. Nevertheless, he might be depressed-seeming and pessimistic every now and then. He also had overblown business ideas, which, like many manics' ideas never were accomplished.



Kurt Vonnegut, who wrote the modern classic Slaughterhouse Five and lots of other books, and William Faulkner, who created a complete fictional place called Yoknapatawpha County as a setting for his novels, were two other celebrities with bipolar condition.



A few of the most familiar names in modern history have been thought to have had this complaint. These celebrities with bipolar disorder include names such as: Winston Churchill, Abbie Hoffman, Edgar Allen Poe, Beethoven, Van Gogh, and Isaac Newton. The world would not have been the same without these and the many other famous people with bipolar

disorder.

Some celebrities with bipolar disorder have written about



the complaint. Most notably, Patty Duke wrote a lengthy book relating to her own illness. There have been other famous people with bipolar disorder who have written books about the subject. Kay Redfield Jamison, a psychologist well-known in her field, wrote two books, including a memoir and a treatise on the connection between the illness and creativity. Besides these, there have been a few other books written by celebrities with bipolar

condition about their experiences.

Some famous people with bipolar condition have been posthumously diagnosed to have had it. Many are current stars and can have actually got the diagnosis from their physicians. A large number of these are actresses Linda Hamilton, Margot Kidder, Carrie Fisher, and Patty Duke. Others are musicians like Kurt Cobain, Ozzy Osbourne, Axel Rose, and Trent Reznor of Nine Inch Nails.



In the past, celebrities with bipolar complaint lived very tough lives. They might not have even known that they had any sort of condition at all. Many thought the way of mania and depression was just the way of the world.

Now, famous people with bipolar disorder are under a fantastic amount of pressure to go through their cycles of mania and depression. The case of Kurt Cobain proved that bipolar condition untreated is a catastrophe. On the other hand, many think that the drugs stunt their creativity. Therapy is seen by some as a vent by which the powerful force of their expression is lost.

This is a controversial topic, and many physicians think that great strides have been produced in medicines that are not as debilitating to the creative person. Therapy, too, has changed in a few quarters. One thing is certain. The prognosis is better these days than it ever has been for celebrities with bipolar condition.

Source: <http://www.articledirectory.name/>
July, 2011

Cosmetic Drugs and Curative Drugs.

The first dirty little secret of biological psychiatry and of clinical psychology is that they both have given up the notion of cure. Cure takes too long if it can be done at all, and only

brief treatment is reimbursed by insurance companies. So therapy and drugs are now entirely about short-term crisis management and about dispensing cosmetic treatments.

There are two kinds of medications: cosmetic drugs and curative drugs. Every single drug on the shelf of the psychopharmacopoeia is cosmetic.

Source: Seligman, *Flourish*, 2011, p 46

Antidepressants Work Overall, But Some Symptoms May Persist

Insomnia, sadness, concentration reported by many study participants

By Robert Preidt

Antidepressants may not improve all symptoms of depression, according to a new study.

Researchers analyzed data from a U.S. National Institute of Mental Health-sponsored study of depression treatment, which involved more than 4,000 people with major depression around the country and is the largest study on depression treatment to date.

While antidepressant medications worked in general, all patients taking them reported three to 13 residual symptoms, and 75 percent reported five or more residual symptoms.

These symptoms included insomnia that occurs in the middle of the night (79 percent); sadness (nearly 71 percent), and problems with concentration and decision-making (nearly 70 percent).



said the researchers at UT Southwestern Medical Center in Dallas

“Widely used antidepressant medications, while working overall, missed these symptoms. If patients have persistent residual symptoms, these individuals have a high probability of incomplete recovery,” lead author Dr. Shawn McClintock, an assistant professor of psychiatry, said in a medical center news release.

However, suicidal thoughts discontinued in nearly all cases, the release said.

McClintock said it will be important to develop antidepressants that decrease the other depressive symptoms, and to explore the link between depression and concentration.

The study appears in the April issue of the *Journal of Clinical Psychopharmacology*.

Depression, which affects about 19 million adults in the United States a year, can increase the risk of heart disease, diabetes, asthma and obesity.



Source: Health Day News April 26, 2011

Fish Oil May Have Positive



Effects On Mood, Alcohol Craving, New Study Shows

Omega 3 fatty acids may be beneficial for more than just the heart. Researchers at the Indiana University School of Medicine have found at a molecular level a potential therapeutic benefit from these dietary supplements for treating alcohol abuse and psychiatric disorders.

In a multi-year study, researchers showed conclusive behavioral and molecular benefits for omega 3 fatty acid given to mice models of bipolar disorder. The fatty acid DHA, which is one of the main active ingredients in fish oil, “normalized their behavior, according to Alexander B., Niculescu, M.D., Ph.D., associate professor of psychiatry and the lead author of the study reported online in the Nature Publishing Group journal *Translational Psychiatry*.

Using a stress-sensitive mouse model of bipolar disorder developed in his lab, Dr. Niculescu and his colleagues studied the influence of dietary DHA. The mice have characteristic bipolar symptoms including being depressed and, when subjected to stress, becoming manic.

“The mice that were given DHA normalized their behavior, they are not depressed and when subjected to stress, they do not become manic,” said Dr. Niculescu “When we looked into their brains, using comprehensive gene expression studies, we were surprised to see that genes that are known targets of psychiatric medications were modulated and normalized by DHA.”

An unexpected finding of the research was the discovery that the mice given DHA also showed a reduced desire for alcohol.

“These bipolar mice, like some bipolar patients, love alcohol. The mice on DHA drank much less; it curtailed their alcohol abusive behavior,” he said, adding that this is a completely novel finding. To verify this finding, the researchers studied another well-established animal model of alcoholism, the alcohol preferring P rats, and obtained similar results.

“We believe a diet rich in omega 3 fatty acids may help

Continued on page 6 (Fish Oil)

Famous Faces of Depression

Learn About Those Who Rose to Fame despite feeling Low



Jim Carrey

Jim Carrey made a career on making people laugh, yet Carrey's humor was born out of "desperation" while growing up with an ailing mother and an unemployed father. To help make ends meet, he dropped out of high school and went to work

full time. Depression was a constant battle for Carrey, and he was medicated off and on for years. These days, he relies on his spirituality to get him through the valleys.

Source: Healthline 2011



J. K. Rowling

Before becoming a wildly successful author and creator of the Harry Potter series, J. K. Rowling contemplated suicide while a single mother in a cramped apartment after her marriage dissolved. She thought of suicide, but instead Rowling used her daughter as motivation to rise above grim circum-

stances and began writing what would become a multi-billion-dollar franchise. She often reflects back on those darker days, but doesn't blame herself.

Source: Healthline 2011

Continued from Page 5 (FISH OIL)

the treatment and prevention of bipolar disorder, and may help with alcoholism as well," he said.

The researchers also found correlations between mouse brain molecular changes and molecular markers in their blood, so called "biomarkers."

"There is now substantial evidence at the molecular level that omega-3 fatty acids work on the brain in ways similar to psychiatric drugs" said Dr. Niculescu. "With these biomarker findings, we can now move forward as a field and do more targeted clinical studies in humans."



Omega 3 fatty acids are known to be good for one's health, good for one's brain, and lack major side-effects, as opposed to some psychiatric medications, he said. Perhaps, he said, omega 3 fatty acid could in the future be used as an adjuvant treatment to minimize the amount of psychiatric drugs needed to produce the same effect, especially in pregnant women or women who intend to get pregnant,

"A lot more work needs to be done in this area," Dr. Niculescu said.

The research was supported by a National Institutes of Health Director's New Innovator Award grant to Dr. Niculescu.

Source: Science Daily May 27, 2011

Buzz Aldrin



After returning from the moon, Buzz Aldrin was coping with a marriage in disrepair, trapped in the clutches of alcoholism, and in the depths of depression. He'd been to the moon and back—what was left? After his second marriage dissolved, he admitted he

needed help and joined Alcoholics Anonymous and began therapy for the depression. Now happily remarried for the third time and sober for over thirty years, Aldrin calls his recovery "a never-ending process."

Source: Healthline 2011

Misfortune has built all the great sages. It was through great difficulties that they were enlightened. Do not depend on good fortune. Depend on your own virtuous personality and normal life to make you the final winner.

HUA CHING NI

Good Boss, Mad Boss

THE LINK BETWEEN LEADERSHIP
AND MENTAL ILLNESS

By Nancy Ryerson

A LITTLE BIT of crazy might be the key to effective leadership. That's the linchpin idea of the book *A FIRST-RATE MADNESS*. Author Nassir Ghaemi, a Tufts psychiatrist who also holds a degree in history, noticed that celebrated historical figures seemed to have symptoms of mental abnormalities. He hypothesizes that certain leaders owe their success to being a little off-kilter. "During peaceful periods, being mentally healthy leads to conventional success," he says. But during crisis, we may need leaders with unusual brains to approach problems in a fresh way. Here are three of Ghaemi's diagnoses and the leaders who benefited from them.

Depression

Depressed people may have a good grasp on their own limitations. Abraham Lincoln and Winston Churchill had an eye for assessing tough situations because of their 'depressive realism,' Ghaemi posits. And Martin Luther King, Jr. and Gandhi may have gained their empathy from depression. "Depressed individuals appear to better appreciate, understand, and recognize suffering in other people," he says.



Bipolar Disorder

When those with bipolar disorder hit emotional highs, they're more creative and energetic. That may have helped General Sherman and Ted Turner (who, Ghaemi says, both exhibited bipolar-like behavior) solve tough problems—i.e., winning a war and reinventing TV news.

Abnormal Personality

Both FDR and JFK were known for thinking fast and talking nonstop. Ghaemi thinks their "hyperthymic" or high-energy personalities helped them bounce back from challenges. "Constantly coming in and out of mood episodes can help you become very resilient." he says. The downside? All that energy has to go somewhere—their unusual personalities may be one reason both presidents were notorious womanizers.

Source: *Psychology Today*
August 2011

Fear Fighter

Therapist's little helper?

By Sarah Henrich

IMAGINE A PILL that dramatically speeds the recovery time of patients suffering from conditions such as post-traumatic stress disorder, obsessive compulsive disorder, and phobias. Sounds magical, but it might not be far off: Emory University researchers have developed a drug that could accelerate relief from emotional trauma.



The drug contains a compound that mimics brain-derived neurotrophic factor, a naturally occurring protein that speeds learning, memory, and fear processes. After a traumatizing experience, rats injected with the compound quickly returned to normal with extinction training, unlike untreated rats, who took much longer to heal, an *American Journal of Psychiatry* study finds. For humans, this could translate to quicker results from therapy for fear-related conditions. Instead of just alleviating symptoms, this treatment—which may be available in a decade—would spark the same brain activities that occur naturally in trauma recovery.

Timing would be key to a therapy enhancer developed from the compound, researcher Kerry Ressler says. The drug would intensify sufferers' emotional memory at the time of psychotherapy; taking it right before a session would ensure that the therapist could help the patient process and alleviate her fears.

Source: *Psychology Today*
June 2011





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
951 358-4987/1-800-330-4522

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

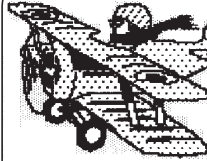
9:30 am to 7:30 p.m. (youth)

Yen Cress 951 / 315 - 7315

9 pm - 6 a.m. & Weekends

Cathy Waechter 951 / 529 - 8586

5 pm to 9 pm



ANNOUNCEMENTS

DBSA Temecula

Mark Monroe
951 / 551-1186

Rancho Cucamonga DBSA

Meets Thursdays
Contact: Gena Fulmer
909 / 367 - 8944 OR
e-mail: genafulmer@yahoo.com

DBSA Hemet

Hemet Support group meets at
Trinity Lutheran Church
Mondays, 5 to 7 pm.
951 / 658 - 0181 (Lyla)

DBSA Riverside (Over-comers)

Lake Hills Christian Center
12500 Indiana Avenue, Riverside
Ken Sharum
951 / 368-7713

DBSA Alta Loma

1st and 3rd Wednesdays
6 to 8 pm.
909 / 944-1964

DBSA - Loma Linda

VA Medical Center, 2nd Floor
11201 Benton Street
Loma Linda
Thursdays, 6 to 8 pm.
909 / 327-6178

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

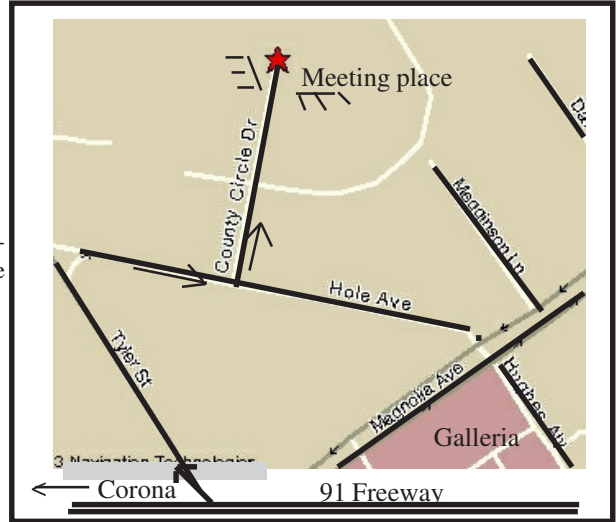
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.* For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