

Magical Evening Honors Big Hearted Donors

More than 100 donors, board members, staff, and friends gathered at Bolivar and Marilyn Andrews' home September 30th to celebrate a successful year of raising funds to further the DBSA mission of sponsoring free support groups throughout Houston that assist in the recovery of individuals with depression and/or bipolar disorder. Bolivar, President of DBSA, thanked all those foundations and individuals who believe in our cause and have made our phenomenal growth possible.



Board President Bolivar Andrews presents the 2008 President's award to Linda Condon for dedicated hours of service to DBSA.

As a highlight of the evening, Bolivar presented the President's Award to a board member whose outstanding volunteer service contributed to the betterment of our organization. **Linda Condon** received the award, and there is no one who deserves it more. Linda has worked with DBSA for over 11 years as a volunteer facilitator for one of our support groups. She is also an original member of the

Board of Directors and has helped in forming the operating structure of the organization. Linda has always been the person that can be counted on to be an influential presence at a committee meeting, to help with training the facilitators, to work behind the scenes to make DBSA functions go smoothly, and to help staff with some of the tedious office work that all organizations must complete in accomplishing goals. Because of her combined intelligence and support group experience, she provides invaluable input to important decisions that must be made. As many support group participants would affirm, many lives have been positively affected by her leadership. DBSA truly has a treasure in Linda Condon. ✨

~ Jan Redford

Success

To laugh often and much; to win the respect of intelligent people and affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty, to find the best in others; to leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded.

~ Ralph Waldo Emerson

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President's Column

We are nearing the end of another year of progress for DBSA Greater Houston in our ongoing battle against the insidious illnesses of depression and bipolar disorder. We are especially proud to report the successful completion of our unprecedented and independently conducted Outcome Study. The study clearly demonstrates that the DBSA support group model works, and we now have the qualitative data to validate this conclusion. Certainly in the years ahead there are many refinements and much work ahead of us, but we believe the Outcome Study is a real watershed for DBSA.

On the support group front, it is a pleasure to report that our three year effort with the Harris County Hospital District is on the verge of fruition with the pending opening of our first group at its Strawberry Health Center in Pasadena. We have recently started a group dedicated to Veterans at the Michael E. DeBakey Veterans Affairs Medical Center of Houston. We are also now sponsoring a group at the Texas Child and Family Institute in Baytown. Finally, while the full potential is not yet developed, one of our newest Advisory Board Members, Granville "Fella" Knight, has introduced us to the opportunity of working with probationers who are under the supervision of the Harris County Criminal Courts. For those not familiar, depression is a common condition among criminal offenders. That is precisely why DBSA's support group at the Jester Prison Unit has been so successful.

On the financial front, DBSA is fully cognizant of the crisis confronting our country and which will clearly affect Houston. Our plan is to sprint to the finish line this year with our fund raising efforts, and I am confident we will finish 2008 ahead of budget. In 2009, we and our fine staff will continue to work hard to justify your confidence and support. To the extent there is any shortfall, our policy of maintaining a year's worth of operating expenses in reserve will, I believe, successfully carry us through the year.

We are presently engaged in a **search** for our first **Development Director**. My own experience this year has never made it clearer that, going forward, this position must soon be filled.

The DBSA Board has made two great selections to serve as President over the next two years and everyone can rest assured they will serve us superbly. Fred Dunlop will become President on January 1, 2009, and has served us with distinction for the past several years, primarily as our lawyer. It is also a pleasure to advise that Jan Redford has agreed to become President Elect next year. Jan has worked very hard from the beginning of our organization to advance it in countless ways.



DBSA President Elect Fred Dunlop, from left, President Elect for 2009 Jan Redford, and President Bolivar Andrews

In closing, the words of Linda Evans, President and Chief Executive Officer of The Meadows Foundation, capture the impact of a gift to DBSA:

"There are two ways of spreading light: to be the candle or the mirror that reflects it." These words by Edith Wharton perfectly describe Depression and Bipolar Support Alliance Greater Houston and your efforts to fulfill your mission. The aid you provide those whom you serve is like a candle burning in a mirror, reflecting warmth and giving hope. The Meadows Foundation is delighted to be a partner with you in ensuring the flame of your work continues. ☀

~ Bolivar Andrews ~ 2008 Board President

*Then a woman said,
Speak to us of Joy and Sorrow,
And he answered:
Your joy is your sorrow unmasked.
And the selfsame well from which your laughter rises
was oftentimes filled your tears.
And how else can it be?
The deeper that sorrow carves into your being,
the more joy you can contain.
Is not the cup that holds your wine the
very cup that was burned in the potter's oven?*

~ Khalil Gibran, The Prophet

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Program Notes

The DBSA Program Staff has devoted its time in 2008 to continue ensuring the quality of DBSA's support groups. This June, DBSA hired its second Program Coordinator,

Heather Burrell.



Heather holds a Master's Degree in Social Work and is licensed by the state of Texas as an LMSW.

With the addition of another Program Coordinator, the entire Programming Staff has been able to provide even more support to facilitators, participants, and the community.

The Program Staff has been working diligently to open more support groups throughout Houston. Additional parent and adolescent groups have opened in central Houston and in Friendswood. A support group has also opened at St. Joseph's House in Houston's midtown neighborhood, and a new support group will begin in Cypress this November. Please see the DBSA Groups listing for more information regarding each of these groups.

While a lot of time and energy has gone into beginning support groups at new locations, there has also been a lot of effort put into our recent research studies. As reported in the last *MoodPoints*, DBSA began an Outcome Study in 2008. The study was designed to measure the effectiveness of our group model's goals: (1) improving group participants' management of their specific mood disorders; and, (2) aiding in the recovery process. The results have been summarized in a report, and it states that this study was successful in gathering information about group participants and showing that the DBSA support group program is very successful in achieving its long term goals. As we expected, participants reported

experiencing more benefits the longer they participated in a DBSA support group. It was also exciting to find that of those surveyed, *100% of the participants who attend these groups in support of a loved one with a mood disorder (i.e. family members and friends) reported experiencing the benefits of support and knowledge.* It is our hope that the results of this study and the earlier Demographic Study will provide us a map to areas where we can continue to strengthen and improve the services that DBSA provides.



Program Coordinator Jill Ahrens presents one of the Rookie of the Year Awards to Facilitator Cody Chambers.

The Outcome Study is an extreme success for DBSA, and we would be remiss if we didn't thank all of the volunteers who helped in the collection of the data for this study. Our facilitators go above and beyond to ensure the success of DBSA and its support groups. At the Annual Facilitator Appreciation Luncheon several facilitators were given special honors for their outstanding service over the past year. **Big Heart Awards** went to **Dyene Galantini, Phil Hanson, and Todd Simmons.** **Rookie of the Year Awards** went to **Douglas Bednorz, Cody Chambers, and Sarah Hyde.**

With the caring staff and dedicated volunteers, DBSA will continue to move forward adding more groups and providing hope and support to those working towards recovery from these treatable illnesses. ☀

~ Sandy Robertson, LPC ~ Program Director

From the Executive Director

On the wall of my office, I have posted DBSA's vision statement:

"With the support groups provided by Depression and Bipolar Support Alliance every person with depression and bipolar disorder can enhance their recovery from these treatable mental illnesses."

It is this organization's dedication to this vision statement that has enabled the tremendous growth and success of DBSA and has thus significantly improved the lives of those impacted by depression and bipolar disorder. No one person has been responsible for the implementation of our vision statement, but many have contributed to its fruition.

In my ten months serving as Executive Director, I have witnessed the commitment and dedication of our wonderful Board and Advisory Board members in their efforts to make DBSA's vision a reality. In fact, the origins of DBSA's vision began with a few board members who decided to get together and explore the possibilities of establishing support groups throughout the greater Houston area. That first meeting several years ago gave birth to the organization that exists to serve our community today.

In my extensive career in the helping profession, I have never been associated with a staff who works as hard and who is as passionate in carrying out an organization's vision as the staff here at DBSA. Our talented staff works tirelessly, day and night, to see that both DBSA facilitators and group members have the tools and resources necessary to enhance their own recovery from a mood disorder. What I do know is that to be effective in implementing your organization's vision statement, you must believe in the vision yourself. This is true for Sandy Robertson, Jill Ahrens, Heather Burrell, and Katie Grier.

To our wonderful facilitators, who constitute the backbone of our organization, thank you for donating your time and expertise in facilitating our support groups. It is you who

make the DBSA vision a reality as you are a symbol of what is possible with a commitment to recovery. Your darkest moments with depression and bipolar disorder can be used as an anchor of support for someone else. It suggests that hope is on its way and that one can actually get back a life that is richer and more meaningful when using one's own experiences to help someone else.



We are excited to report to our wide array of financial donors that DBSA is conducting an active search to hire its first Development Director to help manage our organization's fundraising and marketing activities. Thanks to all of those who have generously donated in support of the expansion of our organization. Please know that your support is seen by DBSA as an investment that has enhanced the lives of many in their recovery from the devastation and turmoil caused by their mood disorder. In the world of non-profits, we use the term "donor" to identify those who have financially given to an organization. I have always viewed a donation to DBSA Greater Houston as an investment, for an investment yields a return to its investor. Please know that your investment in DBSA has allowed our organization to help group members return to their careers, parent their children again, be a partner to their spouse once more, enjoy life's simplest pleasures again, and lastly, actively engage in their own recovery, which of course is the vision of DBSA Greater Houston.

When I think of our DBSA's vision statement, I think of it as a light at the end of a dark tunnel. Many who begin their journey with DBSA find themselves at the entrance of that dark tunnel looking for a path that will lead to a more hopeful future. I am proud to say that through our board, staff, facilitators, and financial donors, our vision has provided that hope for many to exit that tunnel with a better quality of life and a brighter future for themselves. ✨

~ Glenn Urbach, LMSW ~ Executive Director

MISSION STATEMENT

The mission of Depression and Bipolar Support Alliance Greater Houston (DBSA) is to sponsor free support groups that assist in the recovery of individuals with depression and/or bipolar disorder.



DBSA Greater Houston – Free Support Groups

Groups listed as of 11/1/2008. Some group locations have more than one group meeting at the indicated time.

The phone number listed for each group is for directions only. Please call the DBSA office if you have any questions regarding our organization.

OPEN GROUPS

Open to the public.

HOUSTON

MONDAY

Braeswood Group – Monday, 7 pm

Jewish Family Service
4131 S. Braeswood Blvd., 77025
Library
713-667-9336

Inner Loop Adolescent and Parent Groups – Monday, 6:30 pm

St. Luke's United Methodist Church
3471 Westheimer, 77027
Adolescents (13-17): Room B233
Parents: Room 231
For directions, 713-622-5710

Medical Center Group – Monday, 7 pm

Intracare Hospital
7601 Fannin, 77054
713-790-0949

Veterans Group – Monday, 8:30 am

Michael E. DeBaKey Veterans Affairs
Medical Center
2002 Holcombe Boulevard, 77030
Room 6B-111
713-600-1131

TUESDAY

Piney Point Groups – Tuesday, 7 pm

Chapelwood United Methodist Church
11140 Greenbay, 77024
Adults: Room W204
Young Adults (18-25): Room W104
713-465-3467

Southwest Group – Tuesday, 7:30 pm

West Oaks Hospital
6500 Hornwood, 77074
713-995-0909

Spanish Speaking Group –

Tuesday, 1:00 pm

El Centro De Corazón
5001 Navigation Blvd, 77011
Board Room
713-926-1849

WEDNESDAY

Downtown Group – Wednesday, 6:00 pm

Christ Church Cathedral
John S. Dunn Building,
1212 Prairie, 77002
Room B
713-220-9737

Galleria Group – Wednesday, 7 pm

St. Martin's Episcopal Church
717 Sage Rd., 77056,
Community Room
713-621-3040

Westchase Group – Wednesday, 12 noon

First Methodist Houston Westchase
3663 Westcenter Dr., 77042
Youth Building, Room 114
713-458-4700

THURSDAY

Inner Loop Group – Thursday, 7 pm

St. Luke's United Methodist Church
3471 Westheimer, 77027
Chapel Parlor
713-622-5710

Montrose Group – Thursday, 7:00 pm

Bering Memorial United Methodist Church
1440 Harold, 77006
Room 223
713-526-1017

North/1960 Group – Thursday, 7:30 pm

Cypress Creek Hospital
17750 Cali Drive, 77090
281-586-7600

SATURDAY

Medical Center Group – Saturday, 10 am

Intracare Hospital
7601 Fannin, 77054
713-790-0949

BAYTOWN

Baytown Group – Wednesday, 6:30 pm

Texas Child & Family Institute
6730 Independence Blvd., Suite 300, 77521
281-421-1524

CLEAR LAKE

Clear Lake Group – Thursday, 7 pm

Carole & Ronald Krist Samaritan Center
for Counseling and Education
17555 El Camino Real, 77058
Retreat Room
281-480-7554

CYPRESS

Cypress Group – Sunday, 6 pm

Cypress Bible Church
11711 Cypress N. Houston Road, 77429
Cabin B
281-469-6063

FRIENDSWOOD

Friendswood Adolescent and Parent Groups – Monday, 7 pm

Friendswood United Methodist Church
110 N. Friendswood Drive, 77546
Adolescents (13-17): Room E204
Parents: Room E208
281-482-7535

KATY

Katy Adolescent and Parent Groups – Monday, 7 pm

St. Peter's United Methodist Church
20775 Kingsland Blvd., 77450
Adolescents (13-17): Room S-203
Parents: Room S-204
281-492-8031

Katy Adult Group – Tuesday, 7 pm

St. Peter's United Methodist Church
20775 Kingsland Blvd., 77450
Room S-209
281-492-8031

KINGWOOD

Kingwood Group – Monday, 7 pm

Kingwood Pines Hospital
2001 Ladbroke, 77339
281-358-1495

MISSOURI CITY

Missouri City Group – Thursday, 7 pm

First United Methodist Church
3900 Lexington Blvd. 77459
Chapel Parlor
281-499-3502

SPRING

Spring Group – Thursday, 7:30 pm

Trinity Lutheran Church
5201 Spring Cypress Rd., 77379
Room 213C
281-376-5773

SUGAR LAND

Sugar Land Adolescent Group (13-17) – Thursday, 7 pm (2nd & 4th Thurs.)

St. Laurence Catholic Church
3100 Sweetwater Blvd., 77479
Social Concerns Center, Meeting Rm. A
281-980-9812

TOMBALL

Tomball Group – Wednesday, 7 pm

Tomball United Methodist Church
1603 Baker, 77375
Faith Building, Room FB 10 and 12
281-351-1249

THE WOODLANDS

The Woodlands Adolescent and Parent Groups – Tuesday, 6:15 pm

The Woodlands United Methodist Church
2200 Lake Woodlands Drive, 77380
Parents: Lenox Room
Adolescents (13-17): D213
281-297-5900

Woodlands Adult Group – Tuesday, 7:30 pm

The Woodlands United Methodist Church
2200 Lake Woodlands Drive, 77380
Room D213 at 7:30 pm
281-297-5900

Support Groups, continued on page 6

CLOSED SUPPORT GROUPS

*For people receiving services
at a particular agency.*

Covenant House Texas –

Wednesday – Closed Group
Thursday – Closed Group
Friday – Closed Group

Discover Program –

Wednesday – Closed Group

Gathering Place –

Monday (every other) – Closed Group
Thursday – Closed Group

Harris County Hospital District – Strawberry Health Center

Thursday – Pending

Jester Prison Unit –

Sunday – Closed Group
Wednesday – Closed Group

St. Joseph's ClubHouse

Wednesday – Closed Group

**Please verify times and locations
by visiting our website
www.dbsahouston.org or
calling 713-600-1131.**

*DBSA support groups provide the kind
of sharing and caring that is crucial for a
lifetime of wellness, but support groups
are not a substitute for professional care.*

Resources

Counseling Resources

Bering Support Network 713-526-1017
(offers individual, family, and
couples therapy for \$25 flat rate)
1440 Harold

Catholic Charities 713-526-4611
(free or sliding scale)

**Center for Creative
Resources** 713-461-7599
(provides multi-level resources for
people of all economic backgrounds,
including a Low Cost Clinic)
310 Sul Ross

**Counseling Connections
for Change, LCC (Pearland)** 281-485-9280

DePelchin Children's Center
(sliding scale, Medicaid) 713-730-2335

Family Services of Greater Houston
(sliding scale, Medicaid) 713-861-4849

Interface-Samaritan Counseling Center
(sliding scale counseling) 713-626-7990

MHMRA Eligibility Center 713-970-7070
(financial and clinical eligibility
for psychiatric evaluation and
medication management)

**The Council on Alcohol
and Drugs Houston** 713-942-4100
(dual diagnosis – substance abuse
and mental illness) assessment,
counseling and referral

Jewish Family Services 713-667-9336
(sliding scale, Medicare)

UH Psychological Research and Services
(sliding scale counseling) 713-743-8600

**Houston Psychiatric
Services** 713-500-2525
(some Medicare and Medicaid)

**Ben Taub Intensive
Outpatient Program** 713-873-2000

Emergency Assistance

**Crisis Hotline –
Suicide Prevention** 713-468-5463

MHMRA Emergency Line 713-970-7070

NeuroPsychiatric Center 713-970-4600
(MHMRA Crisis Clinic)
1502 Ben Taub Loop

United Way Helpline 211

**National Suicide
Prevention Hotline** 800-273-TALK
www.suicidepreventionlifeline.org

Free or Reduced Cost Meds

Partnership for Prescription Assistance
www.pparx.org 888-477-2669
indicates the requirements of all
patient assistance med programs

Free Medicine Foundation 573-996-3333
www.freemedicine.com

NeedyMeds www.needymeds.com

Together RX Access 800-444-4106
www.TogetherRXAccess.com

Internet Resources

DBSA Greater Houston
www.dbsahouston.org

**Depression and Bipolar
Support Alliance (national)**
www.dbsalliance.org

McMan's Depression and Bipolar Web
www.mcmanweb.com

The Reawakening Center
www.reawake.com

**Resources for Families on Treating
Depression in Children and Adolescents**
www.ParentsMedGuide.org

University of Michigan Depression Center
www.med.umich.edu/depression

Misc. Community Resources

Disability Bus Pass 713-739-6968
(Customer service) 713-658-0180

Gold Card Eligibility 713-715-2800
(press 1 for info., then code number 1103)

Texas Insur. Risk Pool 888-398-3927
(health insur. if you're "uninsurable")
www.txhealthpool.org

**Texas Department of Aging
and Disability Services** 800-252-9240

The Gathering Place 713-729-3499
(provides a supportive environment for adults
with severe and persistent mental illness)

The Menninger Clinic 713-275-5000

St. Joseph House 713-523-5958
(day center for people with mental illnesses)

Other Support Groups

Mental Health Assoc. 713-522-5161
(referrals to support groups
and other resources)

**NAMI Texas (National
Alliance on Mental Illness)** 800-633-3760
or www.namitexas.org

NAMI Metro Houston 713-970-3455
www.namimetrohouston.org

NAMI West Houston 713-984-2538
or www.namiwesthouston.org

NAMI Humble 281-459-1518

NAMI Fort Bend 281-494-5193

**National Education Alliance for
Borderline Personality Disorder**
www.borderlinepersonalitydisorder.com

Depression Anonymous 713-541-6685
(meets at West Oaks Hospital,
Wed. at 7:30, call M. Patterson)

**ADDA (Attention Deficit
Disorders Assoc.)** 281-897-0982
Southern Region
www.adda-sr.org

Alcoholics Anonymous 713-686-6300

**Al-Anon Family
Group Service** 713-683-7227

Borderline Personality 713-468-8913
(for family members) 281-300-3837

Palmer Drug Abuse Program 713-273-2692

DBSA Donors

We are truly grateful to all of our donors whose gifts support our programs. Donations and pledges listed were received since our last publication.

Donations received from
4/16/08 – 10/31/08

\$10,000 and above

Albert and Margaret Alkek Foundation
Baylor Methodist Community Health Fund
The Brown Foundation, Inc.
The Gordon and Mary Cain Foundation
The Ellwood Foundation
The Fondren Foundation
Jo Ann and Gary Levering
Jack H. and William M. Light Charitable Trust
Ruth Jones MacDonald Charitable Trust
Ralph & Ruth J McCullough Foundation
The Meadows Foundation
The Rockwell Fund, Inc.

\$5,000 – \$9,999

Kiwanis Foundation of Houston
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W. Wells McGee and The Florence and William K. McGee Jr. Family Foundation

\$2,000 – \$4,999

Belinda and Rex Alman, III
Good Earth Foundation
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Stuart Charitable Foundation
Steven and Sheila Miller Foundation

\$1,000 – \$1,999

Stanford and Joan Alexander Foundation
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\$500 - \$999

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up to \$499

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Mark Chapman Powell

Marilyn and Gene Shepherd

Adelaide C.K. Russell

Evelyn and Bob Jewell

Norma Brooks Walters

Richard B. Walters

Betty B. Williams

Evelyn and Bob Jewell

Research

Bipolar Disorder in Children Lingers

Study finds 44% still suffer bouts of mania, depression as young adults

Thursday, Oct. 9, 2008 (*HealthDay News*) – A new study strongly suggests that many children with bipolar disorder continue to have bouts with the condition as young adults.

The study, published in the October issue of the *Archives of General Psychiatry*, found that about 44 percent of people who had the cyclical episodes of mania and depression as children still had them in the late teens and beyond.

Researchers from Washington University in St. Louis followed 108 children diagnosed with bipolar disorder, average age 11, for eight years, tracking their symptoms, diagnoses, daily cycles of mania and depression, and interactions with others through interviews with the kids and their parents.

By the study's end, half the patients were 18 or older, and 44.4 percent of that group continued to have manic episodes. About 35 percent also had substance use disorders, a rate

similar to those who are diagnosed with bipolar disorder as adults.

Also, while almost 88 percent of all those studied recovered from the disorder, nearly three quarters of them relapsed.

While there has been an enormous increase in the diagnosis of pediatric bipolar disorder, some skepticism exists that children can truly have the condition, according to background information in the article.

"In conclusion, mounting data support the existence of child bipolar disorder I, and the severity and chronicity of this disorder argue strongly for large efforts toward understanding the neurobiology and for developing prevention and intervention strategies," the study authors wrote in a news release. ✨

From: *U.S. News & World Report*, USnews.com



Anger management tips: Tame your temper

If your outbursts, rages or bullying are negatively affecting relationships with family, friends, co-workers and even complete strangers, it's time to change the way you express your anger. You can take steps on your own to improve your anger management. Here are some anger management tips to help get your anger under control:

- **Take a "time out."** Although it may seem cliché, counting to 10 before reacting, or leaving the situation altogether, really can defuse your temper.
- **Ask yourself these questions when you feel on the verge of anger:** (1) Is this really what I want to do? (2) Do I want to have this conversation or explosion now? Answering "no" could buy you a few precious seconds to consider your next move. Tell yourself to wait until you feel better.
- **The same goes for email.** Don't let loose too soon. Print is forever.
- **Tune in to the physical warning signs of anger:** a rush of adrenalin, heart pounding, skin flushed. Have a plan in place for how you will respond – and keep to it.
- **Do something physically exerting.** Physical activity can provide an outlet for your emotions, especially if you're about to erupt. Go for a brisk walk or a run, swim, lift weights or shoot baskets.
- **Find ways to calm and soothe yourself.** Practice deep-breathing exercises, visualize a relaxing scene, or repeat a calming word or phrase to yourself, such as "take it easy." You can also listen to music, paint, journal or do yoga.

- **Once you're calm, express your anger as soon as possible so that you aren't left stewing.** If you simply can't express your anger in a controlled manner to the person who angered you, try talking to a family member, friend, counselor or another trusted person.
 - **Think carefully before you say anything** so that you don't end up saying something you'll regret. Write a script and rehearse it so that you can stick to the issues.
 - **Work with the person who angered you to identify solutions to the situation.** Use empathy and try to see the situation from the other person's perspective.
 - **Use "I" statements when describing the problem** to avoid criticizing or placing blame. For instance, say "I'm upset you didn't help with the housework this evening," instead of, "You should have helped with the housework." To do otherwise will likely upset the other person and escalate tensions.
 - **Don't hold a grudge.** Forgive the other person. It's unrealistic to expect everyone to behave exactly as you want.
 - **Use humor to release tensions**, such as imagining yourself or the other person in silly situations. Don't use sarcasm, though – it's just another form of unhealthy expression.
 - **Keep an anger log** to identify the kinds of situations that set you off and to monitor your reactions.
 - **Practice relaxation skills.** Learning skills to relax and de-stress can also help control your temper when it may flare up.
 - **Life is short.** It is much better to spend your time positively. You can waste much of your limited and valuable time being angry.
- From: Anger Management 101, *bp Magazine*, (Fall, 2008), Vol. 4, #4.
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**Depression and Bipolar
Support Alliance**

3800 Buffalo Speedway, Suite 300
Houston, TX 77098
713-600-1131

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