EVERY MONDAY AFTERNOON
2:00 – 3:30 P.M.
MENTAL HEALTH AMERICA BLDG.
624 N. Good-Latimer Expy, 3rd Floor
Conference Room, Dallas, Texas, 75204. Sessions will follow the curriculum for Pathways to Recovery as modified by the national branch of the Depression and Bipolar Support Alliance.

THURSDAY, MARCH 3, 2016
7:30 – 9:00 P.M.
“FIRST THURSDAY” PEER SUPPORT & ADOLESCENT GROUPS:
UT SOUTHWESTERN MEDICAL CTR.
We offer peer support for those who have depression or bipolar disorder and their family members and friends. We also have “The Living Room,” a support group for adolescents. (See page 4 for more details.) We meet at the UT Southwestern Medical Center, Dallas, 5323 Harry Hines Blvd., Room D1.200. (See page 4 for more information.)

THURSDAY, MARCH 17, 2016
7:30 – 9:00 P.M.
EDUCATIONAL MEETING: UT SOUTHWESTERN MEDICAL CTR.
Ms. Janie Metzinger will be speaking on how to advocate about mental health issues both before the Texas Legislature and the U.S. Congress, at this educational meeting, which takes place at the University of Texas Southwestern Medical Ctr., 5323 Harry Hines Blvd., Room D1.200. Ms. Metzinger will be speaking on how to advocate about mental health issues both before the Texas Legislature and the U.S. Congress, at this educational meeting, which takes place at the University of Texas Southwestern Medical Ctr., 5323 Harry Hines Blvd., Room D1.200. Ms. Metzinger will be speaking on how to advocate about mental health issues both before the Texas Legislature and the U.S. Congress, at this educational meeting, which takes place at the University of Texas Southwestern Medical Ctr., 5323 Harry Hines Blvd., Room D1.200. Ms. Metzinger will be speaking on how to advocate about mental health issues both before the Texas Legislature and the U.S. Congress, at this educational meeting, which takes place at the University of Texas Southwestern Medical Ctr., 5323 Harry Hines Blvd., Room D1.200. Ms. Metzinger will be speaking on how to advocate about mental health issues both before the Texas Legislature and the U.S. Congress, at this educational meeting, which takes place at the University of Texas Southwestern Medical Ctr., 5323 Harry Hines Blvd., Room D1.200.

THURSDAY, MARCH 24, 2016
JOINT PEER AND FAMILY SUPPORT GROUPS:
7:30 – 9:00 P.M.
Richardson: “NEW” Methodist Richardson Medical Ctr., 2831 East President George Bush Hwy. (near Renner Rd.), Richardson, Texas, 75082. Park near the big cross and take the elevator to the 2nd floor Education Room B. Amanda will facilitate.
Irving: Holy Trinity Lutheran Church, 2901 N. O’Connor Rd. Carol King or a guest will facilitate the meeting.
Sunnyvale: Grace Fellowship Church, 3052 N. Beltline Rd. Roger Hale is the facilitator.

THURSDAY, MARCH 31, 2016
7:00 – 8:30 P.M.
BOARD MEETING:
All members are invited to attend our quarterly board meeting. If you have issues or ideas for the agenda, then email info@dbsadallas.org. We meet in room D1.104 at UTSW.

EVERY MONDAY AFTERNOON
2:00 – 3:30 P.M.
MENTAL HEALTH AMERICA BLDG.
624 N. Good-Latimer Expy, 3rd Floor
Conference Room, Dallas, Texas, 75204. Sessions will follow the curriculum for Pathways to Recovery as modified by the national branch of the Depression and Bipolar Support Alliance.

THURSDAY, MARCH 17, 2016
7:30 – 9:00 P.M.
EDUCATIONAL MEETING: UT SOUTHWESTERN MEDICAL CTR.
Ms. Janie Metzinger will be speaking on how to advocate about mental health issues both before the Texas Legislature and the U.S. Congress, at this educational meeting, which takes place at the University of Texas Southwestern Medical Ctr., 5323 Harry Hines Blvd., Room D1.200.

THURSDAY, MARCH 31, 2016
7:00 – 8:30 P.M.
BOARD MEETING:
All members are invited to attend our quarterly board meeting. If you have issues or ideas for the agenda, then email info@dbsadallas.org. We meet in room D1.104 at UTSW.
Are you having problems with alcohol?

Have you been diagnosed with bipolar disorder, or does your life feel like an emotional roller coaster?

Do you experience:
- Mood swings
- Difficulty sleeping
- Racing thoughts

Do you often feel:
- Irritable
- Restless
- Easily distracted

You may qualify to participate in a research study at UT Southwestern Medical Center regarding bipolar disorder that could help you improve your mood AND reduce alcohol use.

The following may be provided at no cost to the participant:
- Medication
- Evaluations
- Doctor Visits
- Financial compensation
- Transportation (bus passes)

To learn more about these studies at UT Southwestern, or to see if you might be eligible, please call: 214-645-6953.

UT Southwestern Medical Center

Are you taking medication for depression but still experiencing depression-related symptoms?

UT Southwestern Medical Center is conducting a clinical trial of an investigational medication which, when taken with your current medication, could help with your depression.

To qualify, you must be:
- 18-70 years of age
- Diagnosed with depression
- Taking an antidepressant but still experiencing symptoms of depression

Eligible participants will receive study-related care and investigational and antidepressant medication at no cost.

For more information call 214-648-2806.

UT Southwestern Medical Center

Are You or Your Child Depressed?

Depression Study for ages 21 to 64 Not Satisfied With Current Antidepressant?

If you are currently taking a medication for depression but are not happy with it, consider a research study of an investigational medication that is given by injection once a month in addition to your current antidepressant. Compensation up to $600.00 is available for time & travel for this 8 visit study over approximately 26 weeks.

For more information call: 972-4-DOCTOR
972-436-2867

ResearchAcrossAmerica.com

Depression Study for ages 7-17 Depression has many faces. What is your child’s telling you?

If your child has been struggling with feelings of depression, you may be interested in learning more about the Engage clinical research studies for children and adolescents who have Major Depressive Disorder (MDD). Your child may be eligible to join an Engage study if he or she:

- Is 7 to 17 years old
- Has been diagnosed with MDD or has been having feelings of depression

Studies above are enrolling at our Plano Clinic:
5930 W. Park Blvd, Suite 100 Plano, Texas 75093
In 1997, I married my high school sweetheart. I had graduated high school the previous year and my bipolar diagnosis wouldn’t come for another six. Like most couples, we made a plan for a future and, while some of it was pie-in-the-sky, much of it was decidedly normal. We wanted to live in a house, in a good school district, and have a big family.

Sadly, that marriage imploded, and while she eventually went on to become a mother, I remain childless. It isn’t the fact that I don’t have children that is of interest; it is why I don’t have them. Bipolar disorder wasn’t just one of the factors in my decision; it was the only one.

Passing Bipolar Disorder on to My Children

Managing bipolar disorder is difficult, and raising children is often described as the hardest job there is. The two together just seemed like an impossible task. I had concerns about what kind of parent I would be before my diagnosis, but those thoughts were kicked into overdrive afterward.

That wasn’t the only thought, either. I remember vividly all the times I prayed to die. I remember my suicide plan. And I still suffer from bouts of anxiety and depression, even in recovery. Given the genetic components of mental illness, it just seemed irresponsible to reproduce. My genes, after all, are defective.

(continued on page 6)
Without the continued support of our professional friends and the dues of our faithful members, we would not be able to continue the publication of this newsletter.

DR. JANIE METZINGER TO SPEAK AT OUR MARCH EDUCATIONAL MEETING

We are pleased to have Dr. Janie Metzinger to speak at our March Educational meeting. Janie Metzinger is the Public Policy Director for Mental Health America of Greater Dallas, and has served in that position since 2006. She monitors mental health policy issues at the federal, state, regional, and local levels and provides legislative updates and training for local advocates. Ms. Metzinger also works with numerous other collaborative efforts in the community related to mental health and substance abuse treatment. She works closely with the Dallas Police Department and other local law enforcement agencies on mental health crisis intervention training (CIT) for officers, and to improve conditions and services for people with mental illness and substance abuse disorders who are incarcerated. She leads efforts to reform and eradicate substandard boarding homes and to improve housing options for people with mental illness. Ms. Metzinger chairs the Regional Legislative Steering Committee and serves on the Dallas County Behavioral Health Leadership Team.

Ms. Metzinger has presented workshops at the Mental Health America Centennial Conference (2009), the National Alliance on Mental Illness (NAMI) Annual Conference (2009), NAMI-Texas Conference (2008, 2009, and 2010), the CIT International Conference (2008 and 2009), and numerous legislative advocacy training workshops for people with mental illness and their families.

Before coming to MHA, she worked for over 13 years on the staff of Congressman John Bryant, specializing in health and human services, then formed her own consulting firm working on public policy issues for not-for-profit agencies. Ms. Metzinger has a Bachelor of Science degree in political science from Midwestern State University, and a Master of Science degree in health care administration from Texas Woman’s University.

She was named 2008 Advocate of the Year by the Dallas chapter of NAMI, and received a commendation from Dallas Police Chief David Kunkle for her work on initiating and sustaining CIT.

At this educational meeting, Ms. Metzinger will be speaking about ways we can advocate for people with mental illness on national, regional, and local levels. This meeting will take place Thursday, March 17, 2016, from 7:30 – 9:00 p.m. We meet at the University of Texas Southwestern Medical Center, Dallas in room D1.200. (See page 8 for a map, directions and parking information.) All our educational meetings are open to individuals who have a mood disorder, family members, friends, as well as to professionals and nursing students.

Please join us at 7:00 to review our free literature table which has many helpful articles.

“The Living Room” Adolescent Support Group

Are you a teenager with Depression or Bipolar Disorder? Do you feel alone or misunderstood? You are not alone. The Living Room is a free support group that focuses on issues unique to teens with mood disorders. This group provides a safe and supportive environment to share experiences with other teens.

We meet the first Thursday of each month, from 7:30 – 9:00 P.M. at UT Southwestern Medical Center at Dallas. We meet in room D1.502 for announcements and then move to D1.106. Annie Walley, LCSW, is the group facilitator. Ms. Walley, is the Coordinator of the Pediatric Psychiatry Research Program for the Children’s Medical Center, Dallas. She is responsible for evaluation, ongoing assessment, case management, conducting group therapy sessions with bipolar youth, and handling patient/family issues. There is a group for family members that meets at the same time. Free pizza is provided for the adolescent group. Call Annie at 214-456-2416 for more details. (See map on page 8.)

There is also a “Living Room” support group that is held at the SMU-Plano campus. This group meets on Wednesdays from 6:30–8:00 P.M.. Advanced registration is required. Call SMU Center for Family Counseling at 972-473-3456 prior to your first visit to complete a brief phone assessment.
curriculum for **Pathways to Recovery** as modified by the national branch of DBSA.

**SATURDAY, APRIL 9, 2016**
6:30 – 9:00 P.M.
**DUNCANVILLE DINNER AND PEER SUPPORT GROUP:**
We will start the evening with dinner at 6:30 P.M. It will be an Italian Theme. Spaghetti and lasagna will be provided. You may bring a main dish, salad, vegetable, snack item, beverage or dessert. At 7:30, we begin our share session. We meet at the home of Bob and Carol King. Family and friends are also welcome to attend. You may call 972-709-5464 for directions or additional information.

**THURSDAY, APRIL 21, 2016**
7:30 – 9:00 PM
**EDUCATIONAL MEETING:**
**UT SOUTHWESTERN MEDICAL CTR.**
Mr. Michael J. Boesewetter, CPS, will be sharing how DBSA helped shape his recovery journey, at UT Southwestern. He will be discussing Recovery and what role a Peer Specialist plays as an agent of change in our mental health system, including an introduction to WRAP, a recovery technique. This meeting will be held in **room D1.200** at the UTSW Medical Ctr., 5323 Harry Hines Blvd., Dallas, TX. See page 8 for details.

**THURSDAY, APRIL 28, 2016**
**JOINT PEER AND FAMILY SUPPORT GROUPS:**
7:30 – 9:00 P.M.
**Richardson:** *NEW* Methodist Richardson Medical Ctr.,
**Irving:** Holy Trinity Lutheran Church.
**Sunnyvale:** Grace Fellowship Church.

**MR. MICHAEL J. BOESEWETTER WILL SPEAK AT OUR APRIL EDUCATIONAL MEETING**

Michael Boesewetter was first diagnosed late in life around 2000 and introduced to DBSA in 2005. He started a new chapter in San Antonio in 2008 and has been active ever since. He is currently forming a DBSA-Dallas Subchapter in Terrell for Kauffman County and is excited to be working with DBSA-Dallas. He is currently a Certified Peer Specialist working at Terrell State Hospital and is a WRAP Facilitator. Michael is currently on the CPS Advisory Council for Via Hope, working to establish Peer Support in Texas.

He will be sharing how DBSA helped shape his recovery journey by sharing some of his experiences. As a former patient and current staff member, he brings a unique perspective to hospitalization. He will be discussing Recovery and what role a Peer Specialist plays as an agent of change in our mental health system and how they affect you directly. He will be sharing recovery techniques including an introduction to WRAP. Michael will also talk about Advocating for our needs. We will be ending with an open question-and-answer session.

The educational meeting will take place on April 18th at 7:30 p.m. at the University of Texas Southwestern Medical Ctr., 5323 Harry Hines Blvd., Room D1.200. Visit dbsadallas.org or see page 8 for detailed directions.
when I was sometimes too depressed to get out of bed? My experience battling this illness was so horrific that all kinds of self-doubt crept in and influenced my decision-making process.

The anxiety was no help, either. As a naturally anxious and paranoid person, all I could think of was one potential negative consequence after another. What if I have a panic attack and embarrass the poor kid? What if I get so sick that my child’s lot in life would be to take care of his pathetic old man? What if I can’t work and support him? What if I’m too anxious to go to her school functions? The list goes on and on.

And every scenario I could envision assumed my child needed the “normal” amount of parenting. Factoring in that my child would probably need more parenting because of the mental health issues I saddled them with, and my head, frankly, exploded.

A lot of time has passed since I made my decision to have a vasectomy. Since then, I’ve been stable for years. I am happily married, have a good job, and my life looks pretty much like that of every other middle-aged man in America.

“In my previous assessment of my ability to be a good parent, I neglected to factor in the other people that would be in my child’s life, like their mother. From where I sit today, removing my ability to have children is probably the single biggest mistake of my entire life.”

Fear, trauma, and the inability to see a future where I was stable intersected and caused me to make a now regrettable decision. Would I have been a good parent around the time I had the vasectomy? No, I was too unstable. I needed to focus on getting well.

“But I failed to consider that the future might be brighter.”

Certainly, adoption is an option. But it is not as viable as the general public thinks. Real adoption is not like adoption shown on television. Adopting children is an expensive, time-consuming process filled with deep emotional pitfalls. Both of these barriers have so far prevented us from being able to do so.

**Bipolar disorder** has taken a lot from me: time, energy, money, and even the overall respect of society. But the biggest thing it took from me was faith in my ability to be a good father. I was so terrified that I did the only thing I could think of to protect myself.

That’s the way it goes with life. Single moments define the rest of our lives and there isn’t always anything we can do about it.

Gabe Howard is a professional speaker, award-winning writer, and mental health coach who battles bipolar 1 and anxiety disorders every day. Diagnosed in 2003, he has made it his mission to put a human face on what it means to live with bipolar disorder. Gabe was the recipient of the 2014 Mental Health America Norman Guitry Award, placed second in HealthCentral’s LiveBold competition, a Psych Central 2014 Mental Health hero, was a 2015 WEGO Health Awards Finalist in the Health Activist Category, as well as received a Best of the Web-Blog award. To work with Gabe please contact him via his website at www.GabeHoward.com or e-mail Gabe@GabeHoward.com. Also see the comments section of his website for success stories.

**DBSA NEEDS YOU!**

Do you want to become more involved? Do you want to serve your community: individuals struggling with depression and bipolar disorder? For example, some areas of need are:

- Assist in maintaining up-to-date information on the website.
- Submit prospective speakers for educational meetings.
- Help set up tables and chairs if needed at a meeting place.
- Help set out refreshments and literature at monthly educational meetings.
- Drop off newsletters at clinics.

Email info@dbsadallas.org
WHERE TO TURN

Depression and Bipolar Support Alliance:
DBSA Dallas (www.dbsadallas.org) .................. 817-654-7100
National DBSA (www.dbsalliance.org) .......... 1-800-826-3632

Other Support Groups:
Dual Recovery Anonymous
dualrecoveryanonymousdallas.com ............. 214-824-2435
National Alliance on Mental Illness Dallas Office .. 214-341-7133
Mental Health America of Greater Dallas (MHA)
Depression Support Group
Achievement Through the Arts (ATTA)...... 214-871-2420
Recovery International, Inc.......................... 214-904-0296

Hospitals:
Carrolton Springs ..................................... 972-242-4114
Green Oaks Hospital .................................... 972-991-9504
Methodist Richardson Medical Center
Mental Health Services.............................. 972-498-8500
Parkland Psychiatric Emergency .................. 214-590-8761
Texas Health Presbyterian Hospital ..............214-345-7355
U T Southwestern University Hospital, Zale Lipshy
Mental Health Admission, Referral and
Information Line ...................................... 214-630-7285

Future Search Trials .................................. 214-361-7700

CRISIS and Telephone Counseling:
ABC 24-Hour Emergency Line ...................... 469-644-3924
Adapt Mobile Crisis Services & Hotline ........ 1-866-260-8000
Crisis Intervention Mental Health Liaison
Senior Corporal Herb Cotner ....................... 214-681-1795
The Family Place
Counseling............................................. 214-941-1991
24-Hour Hotline ...................................... 214-559-2170
Suicide and Crisis Center Crisis Hotline ....... 214-828-1000
WARM Line (9 am – 1 am) ......................... 1-855-845=7415

Clinics and Community Resources:
ABC Behavioral Health ................................ 214-275-8500 x 107
Adapt of Texas ........................................ 1-888-905-0595
Dallas Metrocare Services ......................... 1-877-283-2121
Homeward Bound Residential Ctr.............. 214-941-3500
LifeNet Behavioral Healthcare ................. 214-221-5433
Planned Living Assistance Network(PLAN) ... 972-690-7526
Texas North Star Program ......................... 1-888-800-6799

Research:
http://www.dbsalliance.org/site/PageServer?pagename=wellness_
find_research_studies
www.ResearchAcrossAmerica.com
Bipolar and Co-Occurring Disorders
Research Clinic (UT Southwestern) ............ 214-648-5555

WE NEED YOUR FINANCIAL SUPPORT: If you have not paid your DBSA/DALLAS dues in the past 12
months, please mail your membership dues to DBSA/DALLAS, P.O. Box 224842, Dallas, Texas 75222. Individual and
family dues are $30 per year. Professional dues are $100 per year. (A professional is a doctor, nurse, social worker, or
a medical institution.) All dues and contributions are tax deductible. Thanks for your support!!

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE –
DALLAS
A Not-for-Profit 501 (c) (3) Organization
PO Box 224842
Dallas, Texas 75222-4842

NAME _______________________________________
ADDRESS _____________________________________
CITY/STATE/ZIP CODE __________________________
PHONE NUMBER ________________________________

I wish to receive my newsletters by e-mail. E-mail address _________________________________

Dues (CHECK PAYABLE TO DBSA DALLAS): ___ $30 Individual/Family ___ $100 Professional
___ Newsletter only $15.00 ___ Address Change Only
$____ Charitable Contribution $____ Memorial Gift in Memory of _________________________

***Dues can be paid using Paypal at our website: dbsadallas.org (If so, then please add an extra dollar.)
First Thursday Peer Support & Third Thursday Educational Meetings

Place: University of Texas Southwestern Medical Ctr.
5323 Harry Hines Blvd., Dallas, TX
Conference Room, D1.200.
Time: 7:30–9:00 p.m.

Enter UTSW main campus at Butler Street, off of Harry Hines Blvd. Take the first right, then take the first left into the parking area (lot 7; parking is free after 6 p.m.) Walk towards the school, walk across the plaza, and go down the outside stairs. Enter the Bldg. (D) and turn right. Follow the curve of the wall. On your right there are vending machines. Go past the vending area. The first classroom on your right is D1.200. If the lot is full, then you can park in Garage I next to it.

Hint: Follow the Signs to Texas MBA Program at Dallas.

DBSA Dallas
Depression and Bipolar Support Alliance
DBSA Dallas

P.O. Box 224842
Dallas, TX 75222-4842

2016 BOARD OF DIRECTORS:
Amanda Nobis, President
Ricardo Aguilar, Vice President
Carol King, Treasurer
Jodi Paul, Secretary

Committee Chair:
Paul Conant – Membership/Newsletter

Webmaster:
Amanda Nobis