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EVERY MONDAY AFTERNOON
2:00 – 3:30 P.M.
MENTAL HEALTH AMERICA BLDG.
624 N. Good-Latimer Expwy, 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. *No meeting July 6th

THURSDAY, JULY 2, 2015
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. in Room D1.502. After announcements we adjourn to rooms D1.200, D1.102 and D1.106 for our support sessions.

SATURDAY, JULY 11, 2015
DUNCANVILLE DINNER AND PEER SUPPORT GROUP:
DBSA will have a pot luck dinner at 6:30. Please bring snacks, salad, dessert or beverages. At 7:30, we begin our share session. We meet at the home of Bob and Carol King. Call 972-709-5464 for directions. Family and friends are also welcome to attend.

MONDAY, JULY 13, 2015
7:00 – 8:30 P.M.
GARLAND PEER SUPPORT GROUP
This peer support group is available for those that have depression, bipolar disorder or other mood disorders. Family members and friends are also welcome to attend. We meet at the North Texas Area Christian Church, 3525 Lawler Rd. Teena Adler is the facilitator.

THURSDAY, JULY 16, 2015
7:30 – 9:00 P.M.
EDUCATIONAL MEETING: UT SOUTHWESTERN MEDICAL CTR.
We are honored to have a Jodi Paul give a talk, “Bipolar Disorder – One Family’s Experience.”

The educational meeting takes place at the University of Texas Southwestern Medical Ctr., 5323 Harry Hines Blvd., Room D1.502. (See page 4 for more information.)

THURSDAY, JULY 23, 2015
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 Nobis 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, JULY 30, 2014
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.

AUGUST 2015

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THURSDAY, AUGUST 6, 2015
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 family and friends. We also have “The Living Room,” a support group for adolescents. We meet at the UT Southwestern Medical Center, Dallas, 5323 Harry Hines Blvd. in Room D1.502. and then adjourn to rooms D1.200, D1.102 and D1.106. Check website for room changes.

SATURDAY, AUGUST 8, 2015
DUNCANVILLE DINNER AND PEER SUPPORT GROUP:
DBSA will have a pot luck dinner at 6:30. Please bring snacks, salad, dessert or beverages. At 7:30, we begin our share session. We meet at the home of Bob and Carol King. Call 972-709-5464 for directions. Family and friends are also welcome to attend.

MONDAY, AUGUST 10, 2015
7:00 – 8:30 P.M.
GARLAND PEER SUPPORT GROUP
This peer support group is available for those that have depression or bipolar disorder and for family members and friends. This meeting takes place at the North Texas Area Christian Church, 3525 Lawler Rd. (Lawler @ Jupiter). Teena Adler is the facilitator.

DBSA Dallas
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
- Financial compensation
- Evaluations
- Transportation (bus passes)
- Doctor Visits

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

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.

UTSouthwestern Medical Center
**MOVE FORWARD WITH THESE INSPIRING QUOTES**

“Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, I will try again tomorrow.”
– Mary Anne Radmacher

“Inspiration exists, but it has to find us working.”
– Pablo Picasso

“To accomplish great things, we must not only act, but also dream; not only plan, but also believe.”
– Anatole France

“Success is not final, failure is not fatal: it is the courage to continue that counts.”
– Winston Churchill

“Only those who will risk going too far can possibly found out how far one can go.”
– T.S. Eliot

“Do not go where the path may lead: go instead where there is no path and leave a trail.”
– Ralph Waldo Emerson

“If your actions inspire others to do more, learn more, dream more, and become more, you are a leader.”
– John Quincy Adams

**DBSA NEEDS YOU!**

Do you want to become more involved? Do you want to serve you 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
**THANKS TO OUR PROFESSIONAL CONTRIBUTORS**

The University of Texas Southwestern Medical Center
Texas Health Presbyterian Dallas Behavioral Health
Methodist Richardson Medical Center
ABC Behavioral Health Mental Health America of Greater Dallas

Herbert Cotner Crisis Intervention Team Dr. Sherwood Brown Dr. David Tyler Dr. Robert Schwartz Jr. Deanna Sims, PhD, LPC
Dr. Anne E. Andersen Dr. Daniel B. Pearson III Dr. Kathryn A. Sommerfeld Dr. Madeline Harford
Dr. Michael Schlesser Dr. Phillip D. Korenman Dr. Richard Voet Dr. Stephen Tankersley Dr. Wayne C. Jones

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.

**PRESENTATION BY JODI PAUL**

**BIPOLAR DISORDER – ONE FAMILY’S EXPERIENCE**

**AT OUR JULY EDUCATIONAL MEETING**

DBSA Dallas is pleased to present “Bipolar Disorder - One Family’s Experience.” Jodi Paul is the mother of a 24 year old son with a dual diagnosis of Bipolar and Addiction. She will speak about the role of the family in creating an environment where your loved one feels safe, loved and supported.

“I believe that the role of the family member is equally as important as the proper physician and medication” she offered.

When a loved one is initially diagnosed it typically follows one or more episodes of trauma for the family. The family is overwhelmed and afraid of what the diagnosis means. Some family members may want to distance themselves from their loved one.

It is her hope that sharing her family’s experience will offer hope to other families during and after the initial diagnosis.

The educational meeting will take place on July 16th at 7:30 p.m. at the University of Texas Southwestern Medical Ctr., 5323 Harry Hines Blvd., Room D1.502. Visit dbsadallas.org or see page 8 for detailed directions.

**Achievement Through The Arts (ATTA)**

meets in the 2nd floor conference room at Mental Health America (624 N. Good-Latimer, Dallas TX 75204) every Friday morning from 9 A.M. – noon. Contact Kelaine Kevale at 214-296-7314 for more information.

**“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.
AUGUST 2015

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THURSDAY, AUGUST 20, 2015
7:30 – 9:00 PM
EDUCATIONAL MEETING:
UT SOUTHWESTERN MEDICAL CTR.
We will have Robert Schwartz, MD. He will make opening comments and discuss medications for Major Depression and Bipolar Disorders. This meeting will be held in room D1.502 at the UTSW Medical Ctr., 5323 Harry Hines Blvd., Dallas, TX. See below for more details.

THURSDAY, AUGUST 27, 2015
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 Nobis will facilitate.

SPEAKER ROBERT SCHWARTZ, MD PRESENTS ASK THE DOCTOR AT OUR AUGUST EDUCATIONAL MEETING

We are honored to have Dr. Robert Schwartz to speak at our August Educational Meeting. Dr. Schwartz is a frequent speaker, long-time friend and Professional Member of DBSA-Dallas. Following a time of opening comments, Dr. Schwartz will present an “Open Forum” in which you will have the opportunity to “ASK THE DOCTOR.” He will take questions from the floor and there will be plenty of opportunities for audience interaction.

Dr. Schwartz earned his Medical Degree from University of Texas Medical Branch in Galveston. He then completed his residency in Psychiatry at Timberlawn Psychiatric Hospital in Dallas. Currently, he has a private practice in Dallas. He specializes in general adult psychiatry. Dr. Schwartz also does volunteer work for the Medical Reserve Corporation. This corporation is designed to help combat terrorism. Dr. Schwartz has a special interest in psychosomatic psychiatry, the treatment of the unique diagnostic disorders. He also specializes in psycho-therapy and family therapy.

This educational meeting takes place August 20, from 7:30 – 9:00 p.m. We meet at the U. T. Southwestern Medical Center Dallas in room D1.502. We also have a free literature table with many articles concerning bipolar depression and depression. Family members and friends are also welcome to attend any of our meetings.

Are Your Antidepressants Ineffective? – New Research Study (Dallas, TX)

Are you currently taking an antidepressant and not seeing the results you expected? Are you still unhappy, not enjoying the things you once did, or feeling down? If so, FutureSearch Trials has a new clinical research study of an investigational medication for Depression that may be of interest to you. If you are between the ages of 21 and 70, have taken a stable dose of an antidepressant medication for at least six weeks and are still experiencing symptoms of depression, you may qualify for this clinical research study.

Qualified participants will receive study-related medical care and investigational medication at no cost.

Call today at (214) 361-7700 or visit www.fstrials.com for more information.

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.

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. *No meeting August 24th*
The biopsychosocial-spiritual model is a hub of method and experience with many different spokes of interpretation and expression coming out of it. Many of our different lifestyles and cultural experiences have their own models of expression that uniquely work for us.

The “Medicine Wheel” of the Native American culture is one way of looking at a holistic model of health. A brief description of the Medicine Wheel, also known as the “Sacred Hoop,” will depict an instrument that allows us to view a biopsychosocial-spiritual experience from folks who have been using it for millennia.

The Medicine Wheel is a hub of its own. Whether a stone-made “monument” in a huge, open field or a smaller, hand-held version, the structure is largely universal across tribes. Each tribe, however, can have different interpretations of the Wheel, according to their unique tribal experience.

A typical Wheel has a hub from which all experience radiates. It is a circular design, some with concentric circles moving outward. Most Sacred Hoops are divided into four quadrants, each painted with its own color: most likely red, black, and white. Some interpret these four colors as the colors of the races of humankind.

The four quadrants of the Wheel have many interpretations and applications. Among so many possibilities, there are:

- The Stages of Life: birth, youth, adult (or Elder), death
- Seasons of the year: Spring, Summer, Fall, Winter
- Directions of the compass: North, South, East, West
- Elements of nature: fire (Father Sun), air, water, earth (Mother Earth)

And, most importantly for our purposes:

- Aspects of life: spiritual, emotional, intellectual, physical
- The “Four Laws of Change” assist us in making the fundamental revisions in our lives that can allow us to achieve and maintain recovery:
  - Change is from within
  - In order for development to occur, it must be preceded by a vision
  - A great learning must take place
  - Each person must create his/her own “Living Forest”
- There is a natural order running the universe. It takes interconnectedness, everyone in the community helping the process, for healing to occur. Healing will take place through the application of cultural and spiritual knowledge. The Circle and the Four Directions are the Teachers.

This is one more way of interpreting the holistic healing and wellness lifestyle. Hopefully, it can have application for you.

--- Want more information? Try the following websites, from which much of my information came:
http://www.shannonthunderbird.com/medicine_wheel Teachings.htm
http://www.whitebison.org/white-bison/white-bison-philosophy.php

--- From Charlie, a Layperson of the world, a Playperson in the world.
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 (NAMI) 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
Timberlawn Mental Health Center ............... 214-381-7181
U T Southwestern University Hospital, Zale Lipshy
  Mental Health Admission, Referral and
  Information Line ................................. 214-630-7285

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

Clincis and Community Resources:
ABC Behavioral Health ............................ 214-275-8500 x 107
Adapt of Texas ................................... 1-888-905-0959
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:
Bipolar and Co-Occurring Disorders
  Research Clinic [UT Southwestern] .......... 214-648-5555
Future Search Trials................................ 214-361-7700
http://www.dbsalliance.org/site/PageServer?pagename=w

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 ____________________________

DBSA DALLAS

JULY/AUGUST 2015
First Thursday Peer Support & Third Thursday Educational Meetings

**Place:** University of Texas Southwestern Medical Ctr.  
5323 Harry Hines Blvd., Dallas, TX  
Conference Room, D1.502.

**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 left until come to Lecture Hall D1.502. 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.

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**Depression and Bipolar Support Alliance**  
**DBSA Dallas**

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

**2015 BOARD OF DIRECTORS**
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Ricardo Aguilar, Vice President  
Carol King, Treasurer  
Jodi Paul, Secretary

**Committee Chairs:**  
Amanda Nobis – Newsletter  
Paul Conant – Membership

**Webmaster**  
Amanda Nobis