



# DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

P.O. BOX 224842 — DALLAS, TEXAS 75222-4842 (817) 654-7100 (METRO)  
info@dbsadallas.org [www.dbsadallas.org](http://www.dbsadallas.org) [www.dbsalliance.org](http://www.dbsalliance.org)

Depression and Bipolar  
Support Alliance  
DBSA Dallas

*These activities are open to all—members and non-members alike.  
Please feel free to bring family members and/or friends.*

## SEPTEMBER 2015

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**EVERY MONDAY AFTERNOON  
2:00 – 3:30 P.M.**

### MENTAL HEALTH AMERICA BLDG.

624 N. Good-Latimer Expy, 3<sup>rd</sup> Floor  
Conference Room, Dallas, Texas,  
75204. Sessions will follow the  
curriculum for Pathways to Recovery  
as modified by the national branch of  
the DBSA. **Call MHA at 214-871-2420  
to inquire about session after  
October 12<sup>th</sup>.**

**THURSDAY, SEPTEMBER 3, 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  
D1.200. After announcements peers  
stay in room D1.200, family  
members go to D 1.102, and  
adolescents go to D1.106.**

**MONDAY, SEPTEMBER 14, 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, SEPTEMBER 17, 2015  
7:30 – 9:00 P.M.**

### EDUCATIONAL MEETING: UT SOUTHWESTERN MEDICAL CTR.

DBSA Dallas will be showing a DVD –  
“Medication, Treatment, and Working  
with Professionals.” This program is  
brought to you by a partnership  
between DBSA and the American  
College of  
Neuropsychopharmacology (ACNP).  
Providing answers to these questions  
are two of the nation’s leading  
researchers in mental health: Dr.  
Ellen Frank and Dr. Andrew A.  
Nierenberg.

The educational meeting takes place  
at the University of Texas  
Southwestern Medical Ctr., 5323  
Harry Hines Blvd., **Room D1.200.**  
(See page 4 for more information.)

**SATURDAY, SEPTEMBER 19, 2015  
6:30 – 9:00 P.M.**

### 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.

**THURSDAY, SEPTEMBER 24, 2015  
7:30 – 9:00 P.M.**

### JOINT PEER AND FAMILY SUPPORT GROUPS:

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 2<sup>nd</sup> 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.

## OCTOBER 2015

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**THURSDAY, OCTOBER 1, 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 **D1.200**  
After announcements peers stay in  
room D1.200, family members go to D  
1.102, and adolescents go to D1.106.

**SATURDAY, OCTOBER 10, 2015  
6:30 – 9:00 P.M.**

### DUNCANVILLE DINNER AND PEER SUPPORT GROUP:

DBSA will have a pizza & 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, OCTOBER 12, 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.

## 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

## Adult Psychiatric Services



Multidisciplinary Team Approach Including:

Board Certified Psychiatrists • Nurses • Psychiatric Social Workers • Certified Counselors • Pharmacists

**For more information or for a patient referral, please call 972-498-8500.**

401 W. Campbell Road, Richardson, TX 75080 • 972-498-8500 • [MethodistRichardson.org/mentalhealth](http://MethodistRichardson.org/mentalhealth)

Inpatient Care

Partial Hospitalization

Intensive Outpatient Care

Faith Based Intensive Outpatient Program

intensive outpatient program addressing how to integrate faith as a tool for building the skills necessary for activities of daily living

Chemical Dependency Intensive Outpatient Program

Substance Dependence Recovery

Professional Recovery Options (PRO) Services Program

confidential chemical abuse/dependency recovery  
intensive outpatient program



**Methodist**

RICHARDSON MEDICAL CENTER

# Do you suffer from any of these symptoms?

- Feelings of sadness or nervousness
- Changes in sleep or appetite
- Feelings of worthlessness
- Loss of interest or pleasure
- Mental or physical fatigue
- Difficulty concentrating

If you're between the ages of 18 and 65, you may be able to participate in a clinical trial researching depression and receive study medication, as well as study related evaluations at no cost.

IBB #02010-151

**UT** SOUTHWESTERN  
MEDICAL CENTER

To learn more, call UT Southwestern Medical Center  
**214-648-HELP (4357)** or visit:  
**[utsouthwestern.edu/depression](http://utsouthwestern.edu/depression)**

## ***How to Tell the Difference Between Bipolar Disorder and Depression***

Many patients with [bipolar disorder](#), a debilitating mental condition that can take a person from the sluggishness of severe depression to super-human energy levels, are often misdiagnosed as having major depressive disorder, or MDD. But now as an alternative to reliance on patient interviews, scientists are closing in on an objective test that could help clinicians distinguish between the two — and provide better treatment. Their method appears in ACS' *Journal of Proteome Research*.

For many reasons, bipolar disorder is commonly mistaken for MDD. One reason is that the condition often first becomes noticeable when the patient has a bout of [depression](#). And, as bipolar disorder only affects about 1 percent of the population worldwide, clinicians sometimes forget to ask about hypomania, a euphoric, hyperactive state that also characterizes the condition. Current diagnostic techniques involve structured interviews with patients, but these can be subjective and misleading. An accurate diagnosis, however, is crucial to quickly getting patients the treatment they need. So Peng Xie and colleagues set out to develop an objective way to tell the difference between MDD and bipolar disorder.

The researchers combined a couple of techniques — gas chromatography-mass spectrometry and nuclear magnetic resonance — to analyze urine metabolites in samples from patients who either had MDD or bipolar disorder. From these results, they identified a panel of six biomarkers with an 89 to 91 percent chance of predicting each disorder.

August 5<sup>th</sup>, 2015 <http://www.bphope.com/how-to-tell-the-difference-between-bipolar-disorder-and-depression/>

### **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

email [info@dbsadallas.org](mailto:info@dbsadallas.org)

## THANKS TO OUR PROFESSIONAL CONTRIBUTORS

The University of Texas  
Southwestern Medical Center

Herbert Cotner  
Crisis Intervention Team

Dr. Michael Schlessner  
Dr. Phillip D. Korenman  
Dr. Richard Voet  
Dr. Stephen Tankersley  
Dr. Wayne C. Jones

Texas Health Presbyterian  
Dallas Behavioral Health

Dr. Sherwood Brown  
Dr. David Tyler  
Dr. Michael J. Downing  
Dr. Robert Schwartz Jr.  
Deanna Sims, PhD, LPC

Joanne Groshardt  
Myrl Humphrey

ABC Behavioral Health

Dr. Anne E. Andersen  
Dr. Daniel B. Pearson III  
Dr. Kathryn A. Sommerfeld  
Dr. Madeline Harford

Mental Health America of  
Greater Dallas

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.

### AT OUR SEPTEMBER EDUCATIONAL MEETING DVD FROM DBSA NATIONAL

#### “MEDICATION, TREATMENT, AND WORKING WITH PROFESSIONALS”

DBSA Dallas will be showing a DVD – “Medication, Treatment, and Working with Professionals.”

survey conducted by DBSA regarding the interest and concerns of individuals living with depression or bipolar disorder.

Andrew A. Nierenberg, Professor of Psychiatry at Harvard Medical School.

This program is brought to you by a partnership between the Depression and Bipolar Support Alliance (DBSA) and the American College of Neuropsychopharmacology (ACNP). The questions addressed in this series were selected from an online

Providing answers to these questions are two of the nation’s leading researchers in mental health: Dr. Ellen Frank, Professor of Psychiatry and Psychology at the University of Pittsburgh Medical Center and Dr.

The educational meeting will take place on September 17<sup>th</sup> at 7:30 p.m. at the University of Texas Southwestern Medical Ctr., 5323 Harry Hines Blvd., **Room D1.200** Visit [dbsadallas.org](http://dbsadallas.org) or see page 8 for detailed directions.

**Achievement Through The Arts (ATTA)** meets in the 2<sup>nd</sup> 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.

## OCTOBER 2015

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**THURSDAY, OCTOBER 15, 2015**

**7:30 – 9:00 PM**

**EDUCATIONAL MEETING:**

**UT SOUTHWESTERN MEDICAL CTR.**

This meeting will be held in room

D1.200 at the UTSW Medical Ctr.,  
5323 Harry Hines Blvd., Dallas, TX.

See below.

**THURSDAY, OCTOBER 22, 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 2<sup>nd</sup> floor Education Room B.

**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, OCTOBER 29, 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](mailto:info@dbsadallas.org). We meet in room D1.104 at UTSW.

**MONDAY AFTERNOON**

**2:00 – 3:30 P.M.**

**MENTAL HEALTH AMERICA BLDG.**

624 N. Good-Latimer Expy, 3<sup>rd</sup> Floor Conference Room, Dallas, Texas, 75204. Sessions will follow the curriculum for **Pathways to Recovery** as modified by the national branch of DBSA. **Call MHA at 214-871-2420 to inquire about sessions after October 12<sup>th</sup>.**

## **SPEAKER FOR OCTOBER EDUCATIONAL MEETING**

### **DR. MUSTAFA HUSAIN – RESEARCHER AT UTSW**

Dr. Husain is a Vice Chair of Faculty & Professor of Psychiatry, Neurology & Neuroscience, and the Director of the Neuromodulation Research and Therapeutic Program at UT Southwestern Medical Center at Dallas. He received his initial training in the United States at Stanford University, California. He completed his residency at USC and continued with research and geriatric fellowships at Duke University Medical Center in North Carolina.

Dr. Husain is involved in training, education and research in general psychiatry, aging and geriatric issues, new applications of lead placement in Electroconvulsive Therapy (ECT) and novel treatments of Major Depressive Disorder and Bipolar Disorder including Deep Brain Stimulation (DBS), Vagus Nerve Stimulation (VNS), Repetitive Trans-Cranial Magnetic Stimulation (rTMS), Deep Trans-Cranial Magnetic Stimulation (dTMS), EEG Synchronized Trans-Cranial Magnetic Stimulation (sTMS), and Magnetic Seizure Therapy (MST). **This meeting will be held on Thursday, October 15<sup>th</sup> at the UTSW Medical Ctr., 5323 Harry Hines Blvd., Dallas, TX. Room D1.200.**



#### **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](http://www.fstrials.com) for more information.

## Pick up the Magic and Carry It Along to the Next Stop on the Lovely Ride

I had the privilege of attending the 2015 Annual Conference for Mental Health America in Alexandria, VA from June 3 – 5 on a financial assistance scholarship. It's one thing to attend an event and come away with a lot of intellectual information.....

.....it's another thing to come back home emotionally uplifted with the give and take of plenary sessions, panel discussions, breakout sessions and special presentations by brilliant and involved persons who are at the forefront of intervention, legislative efforts, diagnosis, triage, treatment and recovery in mental health. The Conference's theme was "B4STAGE4," emphasizing the importance of providing intervention for as many persons as possible before the critical stage where too much heartache has occurred for those who experience mental health issues as well as others.

I had the opportunity to recharge my biopsychosocial battery in my interactions with other conference attendees, some of them consumers like me. I was also able to hear about and share with members from other MHA Affiliates from around the country. We chatted about each other's activities in our locales and our responses to current issues in mental health, especially recovery.

There is plenty of ongoing and new programming taking place in so many different facets of the mental health recovery jewel here in our country. I had the pleasure of picking up some of the magic going on and now it's time for me to share that good news in the stops I have along my dissemination route.

With respect to DBSA issues related to depression and bipolar disorder, I heard the following things going on:

U.S. Surgeon General VADM Vivek Murthy, M.D. gave notable testimony that ".....we must deal with stigma B4STAGE4 (i.e., while there is still time to intervene in a preventive manner instead of 'after the fact.'" He also emphasized that "dealing with mental health [intervention] B4STAGE4 is a *moral* issue.

Legislators, including U.S. Senators Christopher Murphy (CT) and Debbie Stabenow (MI), referred to the "Excellence in Mental Health Act (2014) and reminded us of the importance of the "Community Mental Health Act" initiated during the Kennedy administration.

Thomas Insel, M.D., Director for the National Institute of Mental Health (NIMH), emphasized the importance of "evidence-based care" in mental health diagnosis and treatment.

Saul Levin, M.D., CEO for the American Psychiatric Association, stressed the importance of achieving "mental health parity" in relationship to the medical model of diagnosis and treatment.

Consumers at the 2015 Conference who made a difference for me:

Terrie Williams, mental health advocate and author of *Black Pain: It Just Looks Like We're Not Hurting*, summed up her intervention approach by saying "The question should not be 'What's wrong with that person?' but, rather, 'What *happened* to that person.'"

"Fable the Poet," a mental health consumer, activist and advocate, shared from an in-depth personal and artistic well of experience with his poetic, lyrical and musical journey.

Andrea Hightower, 17 years old, also Miss Mississippi Teen USA 2015, depicted her personal experiences with depression. She also referred to her father's struggles, stressing that depression and mental illness in general are both an individual and a family issue.

So much more to talk about, so little room right now. I went to the 2015 Conference dreadingly singing "We Gotta Get Outta This Place." I came back home cheerfully whistling lines from James Taylor's "Secret O' Life:"

The secret of life is enjoying the passage of time.....

.....Isn't it a lovely ride?.....

.....Since we're only here for awhile

Might as well show some style.....

.....(and) Might as well enjoy the ride.....

What a lovely ride, especially the recovery part of it all.

From Charlie, a "Layperson of our World", and a recovering "Play person in our World."

# WHERE TO TURN

## Depression and Bipolar Support Alliance:

**DBSA Dallas** ([www.dbsadallas.org](http://www.dbsadallas.org)) ..... **817-654-7100**  
National DBSA ([www.dbsalliance.org](http://www.dbsalliance.org)) ..... 1-800-826-3632

## Other Support Groups:

Dual Recovery Anonymous  
[dualrecoveryanonymousdallas.com](http://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 (ATA) . 214-871-2420  
Recovery International, Inc..... 214-904-0296

## Hospitals:

Carrollton 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

## 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](http://www.dbsalliance.org/site/PageServer?pagename=wellness_find_research_studies)  
[www.ResearchAcrossAmerica.com](http://www.ResearchAcrossAmerica.com)  
Bipolar and Co-Occurring Disorders  
Research Clinic (UT Southwestern) ..... 214-648-5555  
Future Search Trials..... 214-361-7700

**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 \_\_\_\_\_

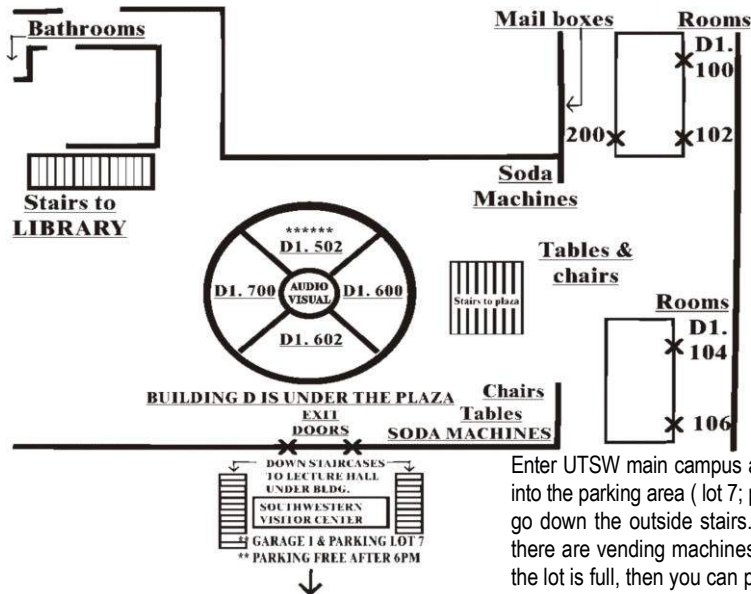
**I wish to receive my newsletters by e-mail. E-mail address** \_\_\_\_\_

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 \_\_\_\_\_



Depression and Bipolar Support Alliance  
DBSA Dallas

**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.**



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

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

**2015 BOARD OF DIRECTORS**

Amanda Nobis, President  
 Ricardo Aguilar, Vice President  
 Carol King, Treasurer  
 Jodi Paul, Secretary

**Committee Chairs:**

Amanda Nobis – Newsletter  
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**Webmaster**

Amanda Nobis