

the Recovery Route

PUBLISHED BY THE DEPRESSION AND BIPOLAR
SUPPORT ALLIANCE OF OKLAHOMA

MISSION

*TO IMPROVE
THE LIVES
OF PEOPLE
LIVING WITH
MOOD
DISORDERS*

PBS COULD AIR YOUR STORY

Last week, a TV production group, Kunhardt Productions, contacted DBSA for assistance in finding individuals who would be willing to share their personal stories **about living with depression**. Therefore, you must be willing to **tell your story on video tape**. They are producing a major six-hour television series on mental health for PBS's award-winning science series, NOVA. These stories will help chronicle the emotional and psychological challenges shared by millions of Americans who live with depression.

They are looking for deeply felt stories that will aid in them in **de-stigmatizing** and **de-mystifying** mental illness. These stories will help audiences in distinguishing clinical depression from everyday feelings of sadness or grief. Undeniably, these stories will reveal the great human courage involved in living with depression.

If you are interested in being considered for this show and are willing to be taped, please send your contact information and a few paragraphs that tell your own personal story and experience living with depression to gpope@DBSAlliance.org.

Below are some questions to keep in mind while writing:

- Do you have a family history of depression or mental illness?
- Was your early life stressful, and, if so, could you describe how and in what ways?
- Describe how depression affected your life (relationships? spouse/family/friends/co-workers?).
- How often do you have an episode?
- What has helped in managing your depression?
- What kind of treatment plan is helping you on your road to recovery?

What role has your social support network played in identifying and helping to manage your depression?

Please also include your name, age, location, and contact information.

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PBS cont'd

Thank you so much for sharing your stories with us.

***Although the producers are only focusing on depression, if you live with bipolar disorder and experience severe depression, you may submit as well. **However, please mention your diagnosis as bipolar.**

Note: This could be a very exciting experience. Even though the show will not air until 2010, work begins very early for a six-hour show.

In addition, not everyone who submits their information will be called or chosen. As many of you already know – nothing is guaranteed when working with the media!

Thanks for your cooperation!

Gloria Pope

Advocacy and Public Policy

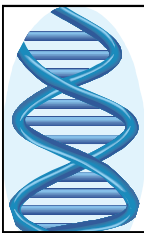
The Depression and Bipolar Support Alliance (DBSA)

730 N. Franklin, Suite 501

Chicago, IL 60610

DNA TESTING FOR BIPOLAR

According to their very own website, 'Psynomics, Inc. is a life-sciences company providing innovative tools for the evaluation and treatment of the biological basis of bipolar disorder and major depression. The company was founded on the work of two University of California, San Diego, scientists. Through the company's relationship with UCSD, Psynomics scientists discovered and patented eight novel genes linked to mental illness, with one primary gene, known as GRK3, for bipolar disorder.'



The American Psychiatric Association has yet to make a decision concerning genetic testing. How will people use the results? In addition, the Food and Drug Administration does not evaluate genetic testing for accuracy. There is no checks and balances system as of yet.

Right now, genetic testing can only show your predisposition for bipolar and how you might respond to serotonin-based drugs, the most common prescriptions for bipolar and depression. It's not a diagnosis.

FACILITATOR NEWS

April's Facilitator Summit will have a few guests- there are a couple of people wishing to be on the DBSA Board of Directors. So– Come to the meeting and meet your possible new board members!

The Summit's are held on the third Wednesday of each month, usually at 4:30pm, at the State Office.

FROM SANDY'S CHAIR



I get frustrated when the best resources for information are on the Internet because I feel that a lot of people with bipolar, depression and other mental illnesses often don't

have access to the internet. Mostly I can suggest the public libraries as a resource. The librarian can help with basic instructions. We have thought of having an extra computer here at the office for people to learn on, anyone interested? One of the barriers can be the increase in the phone bill to be on Cox for the Internet. Actually, Cox has offered reduced prices for Internet service for people who already have LifeLine phone service.

I remember going with a friend to Office Depot and looking at computer monitors (the actual screen part of the computer) and I would want to play a game that was showing on the screen and on the screen it would say push to start and I would push on the screen really hard and nothing would happen. I don't even want to say what I would do if the screen told me to click to start but it did involve mouth noises. There is some information that I have downloaded (printed off the screen) about Borderline Personality Disorder. I have heard many women say that this is a part of their diagnosis. I will make copies to mail out if you call the office and request it (286-9370). When I first got a computer in my office, if something went wrong with it I would call the computer expert and she would say "Have you brought it down". I would flash on something like "You are so stupid, you will never amount to anything" directed at the computer but suspected that wasn't right. Sure enough, what that means is to Turn It Off. Who would know this?

Gadzooks—I almost forgot the NAMI walk. It is coming up in May and we need some walkers. I know that a lot of people in our groups are walkers so I personally will pledge \$3.00 a walker for all DBSA OK walkers. I will be leaning on someone and watching and drinking coffee. CALL THE OFFICE for more information.

Also at the office we have a library and I have donated some books from my personal library. We need some updated books so you can get a receipt for any books you donate. I would love some copies of Bipolar for Dummies to loan out. No textbooks please.

The Tuesday morning support group at the office had an interesting discussion about how valuable are self-help books if they are not about mental illness. What do you think?

BLOOD TESTING FOR MOOD DISORDERS

From: [Molecular Psychiatry](#) advance online publication 26 February 2008; doi: 10.1038/mp.2008.11

There are to date no objective clinical laboratory blood tests for mood disorders. The current reliance on patient self-report of symptom severity and on the clinicians' impression is a rate-limiting step in effective treatment and new drug development. Scientists propose, and provide proof of principle for, an approach to help identify blood biomarkers for mood state. They measured whole-genome gene expression differences in blood samples from subjects with bipolar disorder that had low mood vs those that had high mood at the time of the blood draw, and separately, changes in gene expression in brain and blood of a mouse pharmacogenomic model. Their studies suggest that blood biomarkers may offer an unexpectedly informative window into brain functioning and disease state.

Scientists: H Le-Niculescu^{1,2,3}, S M Kurian⁴, N Yehyawi^{1,5}, C Dike^{2,5}, S D Patel^{1,3}, H J Edenberg⁶, M T Tsuang⁷, D R Salomon⁴, J I Nurnberger Jr³ and A B Niculescu^{1,2,3,5}

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**WE'VE BEEN THERE,
WE CAN HELP.**

Support Group Locations & Times

ARDMORE- Ardmore Public Library- Thursdays @ 7pm

BETHANY- Bethany Church of Christ- 3301 N Rockwell- Thursdays @ 7pm

GUTHRIE- West Guthrie Methodist Church- 1201 W Noble -Thursdays @ 7 pm

LAWTON- Lawton Public Library- Monday's @ 7 pm

OKLAHOMA CITY- All Souls Episcopal (63rd & Penn) Mondays @ 7 pm

OKLAHOMA CITY- Church of the Holy Apostles-13600 S. Blackwelder-Tues 7pm

OKLAHOMA CITY- DBSA Office 44th & Classen- Tuesdays @ 10 am

OKLAHOMA CITY- Northcare*- 1140 N Hudson- Tuesdays @ 6 pm

OKLAHOMA CITY- Crisis Center*- 1200 NE 13th- Tuesdays @ 2:30 pm

MIDWEST CITY- MWC Public Library- Thursdays @ 6:30 pm

NORMAN- Edsel Ford House/Griffin Memorial Hosp- Thursdays @ 7 pm

PONCA CITY- Ponca City Hosp. Conf Rm B- Mondays @ 7:30 pm

STILLWATER- 1st Presbyterian Church- Thursdays @ 7:30 pm

TULSA- Fellowship Congregational Church 2900 S Harvard -Mondays @ 7 pm

YUKON- First Christian Church- 601 Maple—Tuesdays @ 7 pm

* closed groups- you must be a client to attend at this location