

# *the Recovery Route*

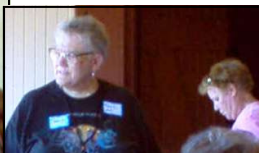
PUBLISHED BY THE DEPRESSION AND BIPOLAR  
SUPPORT ALLIANCE OF OKLAHOMA

## MISSION

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

## DBSA-OK ANNUAL PICNIC A SUCCESS

Many thanks go out to Board Member George Crooks for contacting all groups and members, generating interest in this year's annual picnic. We bought enough food for 100 people and all of it was GONE!



ANNUAL PICNIC 1

FULL SPECTRUM LIGHTING 1

NEW FACILITATORS 3

SANDY'S CHAIR 3

4

## FULL SPECTRUM LIGHTING

<http://www.lrc.rpi.edu/programs/nlpip/lightingAnswers/fullSpectrum/abstract.asp>

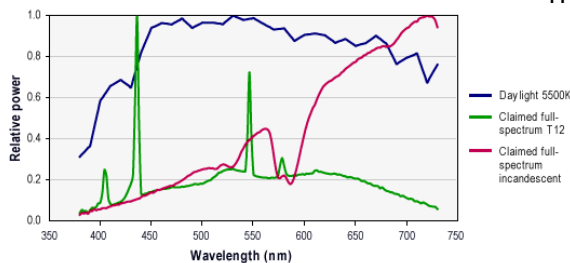
The term full-spectrum was coined in the 1960s by photobiologist Dr. John Ott to describe electric light sources that simulate the visible and ultraviolet (UV) spectrum of natural light. There are now dozens of electric lighting products marketed as full-spectrum, some promising that they closely simulate daylight and can therefore provide benefits such as better visibility, improved health, and greater productivity.

Cont'd pg 2

## FULL SPECTRUM, Cont'd

Manufacturers of full-spectrum light sources have claimed a variety of benefits for their products, including better visibility, improved color rendering, better health, and greater productivity. Light sources promoted as full-spectrum can cost over ten times as much as nearly identical products that do not bear the full-spectrum claim. This report addresses questions about full-spectrum light sources: What are full-spectrum light sources? How valid are the claimed benefits? Are these products worth the extra cost? Different companies have different

**Figure 1. Spectral power distribution comparison**



ideas about what constitutes a full-spectrum light source, and what it is about full-spectrum light that yields the claimed benefits. Some insist that visible-to-the-eye UV radiation is a necessary ingredient in full-spectrum light. Recently, several lighting products have emerged that reduce radiation in a small part of the visible spectrum in an effort to improve visibility—and these products are so called full-spectrum.

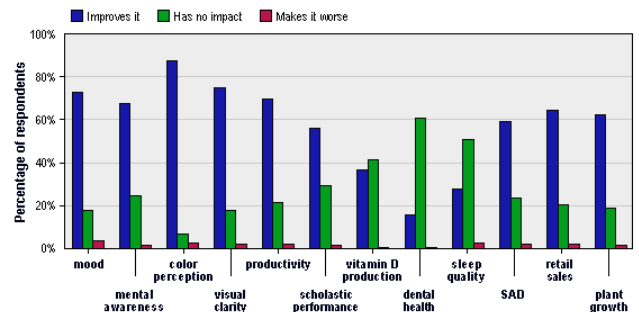
Most full-spectrum light sources are marketed at a premium price over other light sources, and they generally produce fewer lumens per watt than comparable light sources. If valid, the benefits claimed for full-spectrum light sources would seem to be well worth the additional expense and the loss in **efficacy**. *But with each manufacturer making up its own definition of full-spectrum lighting, consumers have no way to know exactly what they are getting or what benefits to actually expect.* Other than potential damaging effects on architectural materials from full-spectrum light sources that produce ultraviolet (UV) radiation, the primary disadvantages of full-spectrum lamps are economic. Full-spectrum lamps are often priced several times higher than conventional lamps. For example, in Troy, New York, a four-foot T12 lamp costs between \$1.25 and \$3.60, while a full-spectrum four-foot T12 lamp costs \$14.90.

The term full-spectrum is not a *technical term*, but rather a **marketing term** implying a smooth and continuous **spectral power distribution (SPD)** without the spikes and troughs in radiant energy common with most discharge light sources (e.g., fluorescent and metal halide). Full-spectrum products are usually marketed as electric light sources that emulate natural daylight; the explicit or implicit message is that "natural" daylight is always better than "artificial" electric light. Some full-spectrum light sources are also marketed as emitting ultraviolet (UV) radiation, as well as visible light.

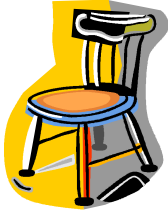
In order to assess the impact of these manufacturer claims on the perceptions of lighting specifiers, NLP/IP conducted an online survey in April 2003. A total of 252 lighting specifiers, including electrical contractors and facility managers were asked, "Compared to other types of lighting, please indicate how you think full-spectrum light sources impact the following..." Figure 2 shows the results of the online survey.

Overall, the survey respondents believed in most of the claimed benefits of full-spectrum light sources. For all claimed benefits, less than 4 percent of the respondents believed that full-spectrum light sources actually had a negative impact. The results of this survey indicate

**Figure 2. Perceived benefits of full-spectrum light sources among lighting specifiers**



## *FROM SANDY'S CHAIR*



### RULES:

I have been thinking a lot about group rules lately, ever since the National DBSA Conference. On the last day of the Conference there was a Leadership Training Class and several people spoke about the rules in their group. OK, I also eavesdropped. That is, I overheard a couple of women talk about how they “ran” “their” groups.

Now, I am not talking about the facilitator’s list of guidelines, the ones that are handed out or recited at the beginning of each group. Those are a given. And I’m not talking about the faith-based groups who are bound to explain that in their groups there are certain observances, like opening or closing with prayer. I am talking about a person running the show with arbitrary rules and even rules about “certain kinds of people” who are not welcome in their group, and I think this refers to gays or Democrats, I am not sure which.

There are some groups (and one is in Las Vegas) that if the group was a dog it would be a dog that was afraid to even wag it’s tail.

I believe that:

Peer Support Groups are just what they are called.

**Peer** meaning an equal, someone who shares a similar circumstance with me;

**Support** meaning that I come to receive and hopefully give support and;

Group meaning that more than two people are coming together and we have the same want and need for shared support.

We also share the entity that is the Group and we share in decisions about that entity.

We are entering the holiday season and the most beneficial way I have found to think of this time is with an Attitude of Gratitude . What works best for you?

---

## *WELCOME FACILITATORS*

Please join me in welcoming the new facilitators to DBSA-

Brenda Haniger, Twila Ford, Connie & Mark Laurence, Janet Douglas and Alice Haney.

January 10, 2009

DBSA National in  
Chicago is  
COMING TO OKC!

DBSA-OK URGES ALL TO ATTEND!

WHY? To give us an IN-DEPTH,  
ONE DAY Training

For Facilitators.

If you want to be trained,  
want a refresher course, or

Just want to see what it might  
be like,

JOIN US!

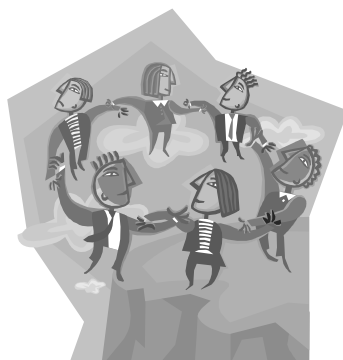
**FREE!**

**All supplies are free. The class  
is free. Even lunch is free!**

# FACILITATOR TRAINING

DO NOT MISS OUT ON  
THIS ONCE-IN-A-  
LIFETIME OPPORTUNITY!

TO REGISTER- AND YOU MUST  
REGISTER IN ADVANCE  
EMAIL RAVE or CALL THE DBSA-OK  
Office  
rave@coxinet.net or 286-9370



Depression and Bipolar  
Support Alliance

***NATIONAL CONVENTION, LENDING LIBRARY & COMEDY***

Last September, DBSA-OK President Chana Martin, Executive Director Sandy Pruitt and Office Manager Rave Meyer went to the DBSA National Convention in Norfolk, Virginia. “The PTSD seminar was very helpful,” says Rave. “It never occurred to me that one didn’t have to be in a war to get PTSD.” All three attendees joined in on the kinetic fun with the [Switched-ON LIVING](#) seminar (we have books and tapes available in the office). Chana Martin attended the Strategies for Bipolar and the Person First Language seminars while Sandy Pruitt went to the Person Centered Treatment & Planning among others. The Chapter Leadership Forum was on the last day of the convention and gave our local leadership good ideas for the new year.

Meanwhile, on Saturday night Chana and Rave were bundles of nerves as they performed live for the Stand Up for Mental Health comedy night. “I have the bug,” reports Chana. “It was scary, but overall, it was a blast! I recommend it to anyone!” “It was the most scary thing I have ever done,” says Rave, ‘but also one of the most reward experiences of my life!”

“They were amazing! They had the audience laughing so hard!” says Sandy. “I think we should make them do it for DBSA-OK!”

***UPCOMING CALENDAR OF EVENTS***

NOVEMBER 7	OK-AHEAD Conf At Metro-Tech
NOVEMBER 8	Facilitator Training at DBSA-OK Office
NOVEMBER 10	DBSA Board Mtg
NOVEMBER 19	Facilitator Summit— please RSVP to Rave

***DID YOU KNOW...***

- Depression is common– affecting about 121 million people worldwide?
- Depression is among the leading causes of disability worldwide?
- Depression can be reliably diagnosed and treated in primary care?
- Fewer than 25% of those affected have access to effective treatments?

***FULL SPECTRUM cont’d***

that the marketing message from manufacturers of full-spectrum light sources appears to be getting through to its intended audience.

**Full-spectrum light sources and health.** Full-spectrum light sources will not provide better health than most other electric light sources. Recent research has shown that human daily activities are strongly influenced by the solar light/dark cycle. The most notable of these daily, or circadian, cycles is the sleep/wake cycle; but other activities including mental awareness, mood, and perhaps even the effectiveness of the immune system go through regular daily patterns. Light is the most important environmental stimulus for regulating these circadian cycles and synchronizing them to the solar day. Short wavelength (blue) light is particularly effective at regulating the circadian system; long wavelength (red) light is apparently inconsequential to the circadian system. Thus, to maximize efficiency in affecting the circadian system, a light source should not mimic a full spectrum, but instead should maximize only short wavelengths. Even if a full-spectrum light source includes short wavelength light in its spectrum, it will not necessarily ensure proper circadian regulation because, in addition, the proper intensity, timing, and duration of the light exposure are all equally important for satisfactory circadian regulation (Rea et. al, 2002). Light therapy treatment of seasonal affective disorder (SAD) usually involves regulated exposure to a white light source, commonly 10,000 lux at the eye for 30 minutes per day (Partonen and Lönnqvist, 1998). Any white light source will be effective at these levels (Lam and Levitt, 1999), so full-spectrum light source is in no way special for treatment of SAD.

OKLAHOMA  
DEPRESSION &  
BIPOLAR SUPPORT  
ALLIANCE

4501 N. Classen Blvd  
Suite 108  
Oklahoma City, OK 73118

Phone: 405-286-9370  
Fax: 405-286-9372  
E-mail: OKDBSA@COXINET.NET  
WWW.OKDBSA.ORG

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

**Full-spectrum light sources and psychological benefits.** Full-spectrum light sources may have psychological benefits, particularly in societies that place value on "natural" environments. One of the claims often associated with full-spectrum light sources is that they are most like natural daylight. Unlike full-spectrum electric light sources, however, daylight does not have a fixed spectrum. Rather, natural light varies with latitude, time of day, season, cloud cover, air pollution, ground reflectance, and, if a person is indoors, window tinting. Nevertheless, it cannot be denied that people consistently prefer natural lighting from windows and skylights to electrical lights. These preferences are robust and may reflect psychological associations with the natural environment that produce **positive affect** in many people. Positive affect induced by daylight may, in fact, help improve mood and motivation and thus increase productivity and retail sales. Full-spectrum light sources offer this positive association with daylight. Although positive psychological benefits from full-spectrum light sources may have been observed in some circumstances, there appears to be no biophysical explanation for those observations (Heschong, Wright & Okura, 2000). *Still, the power of psychological associations cannot be denied and it is certainly conceivable that cleverly marketed full-spectrum light sources may provide beneficial effects to some people susceptible to that marketing.* As NLPPIP's survey demonstrated, there appears to be a strong positive association with full-spectrum light sources that has resulted from marketing, presumably because of the association between full-spectrum lighting and "natural" light. [http://](http://www.lrc.rpi.edu/programs/nlpip/lightingAnswers/fullSpectrum/abstract.asp)

[www.lrc.rpi.edu/programs/nlpip/lightingAnswers/fullSpectrum/abstract.asp](http://www.lrc.rpi.edu/programs/nlpip/lightingAnswers/fullSpectrum/abstract.asp)