



DBSA Princeton News

March 9, 2010

Depression and Bipolar
Support Alliance
DBSA Princeton

DBSA Princeton meets Tuesdays and Wednesdays, 7:30 PM to 9:15 PM
in Lambert House (Classroom 1) at the University Medical Center at Princeton.

For directions and updates, visit <http://dbsaNewJersey.org/princeton/>

Upcoming Speakers

Today, March 9: *Ask the Doctor* with Dr. David Nathan, psychiatrist, Princeton Psychiatry. Bring your questions for our group's advisor.

Tuesday, April 13: *Psychiatric Medications* with Ildiko Antal, Ph.D., Bristol-Myers Squibb. Dr. Antal, a pharmaceutical researcher, will speak on the development of psychiatric medications and future trends.

Tuesday, May 11: *Exercise for Persons with Mood Disorders* with Jack Stolte, Med, CES, Capital Health. Mr. Stolte, an Exercise Physiologist, will speak and take questions on the importance and benefits of exercise when living with such conditions.

Tuesday, June 8: *Ask the Doctor* with Dr. Joseph Salvatore, psychiatrist. Bring your questions for Dr. Salvatore, a valued supporter of our group.

Tuesday, July 13: *In Our Own Voice* by NAMI Mercer. Two speakers who are in recovery from mental illness will share their stories.

Tuesday, August 10: *Social Security Q & A* with Huntley Forrester, NJ WINS. Mr. Forrester will speak and take questions on SSDI and SSI, and going back to work under those programs.

(Speakers continued on page 2)

Speakers on NAMI Hearts and Minds, and Cognitive and Behavioral Therapies

Our January speaker, Salvina Cappello of NAMI NJ, presented NAMI's Hearts and Minds, a program that promotes wellness. This was followed in February by Dr. Clifford Lazarus, psychologist, and Donna Astor-Lazarus, social worker, on the development of cognitive and behavior therapies.

Ms. Cappello, a former President of DBSA NJ, gave us a comprehensive look at the many aspects of wellness for both mind and body. Persons living with mood disorders may be particularly vulnerable to health problems such as obesity, cardio-vascular disease, hypertension and diabetes. Smoking, and the many ills that come with it, may also be more prevalent among persons with mental disorders. It is important, therefore, to take care of yourself to lower your risks through a healthy diet, exercise and, if needed, cessation of substance abuse and smoking.

Dr. and Ms. Lazarus talked about the development of the forms of Cognitive Behavior Therapies (CBT) and their application. Dr. Lazarus's father, Dr. Arnold Lazarus, pioneered some of these therapies and coined the term "behavior therapy" to describe these innovative methods that have since displaced Freudian psychoanalysis. Ms. Lazarus led us through a mindfulness exercise to illustrate its importance for promoting well-being through self-awareness, thereby reducing anxiety and stress.

(Speakers continued from page 1)

Tuesday, September 14: *Ask the Doctor* with Dr. Ricardo Fernandez, psychopharmacologist. Dr. Fernandez will speak and take questions on mood disorders and medications.

Tuesday, October 12: *Journaling and Writing* with Howard Hall, poet. Mr. Hall will speak about journaling and writing poetry as a tool for recovery.

Chapter Officers Elected

The Board of Directors has elected officers for 2010. David is continuing as President, and Emily and Bob as Vice Presidents. New board members Mark G and Cindy have taken on the duties of Secretary, and Mark S will assist David in the Treasurer role.

Facilitator Training

We all always in need of additional facilitators to lead our meetings, and encourage group members who may be interested to attend a training session to find out what its all about. If, after the training, you decide to give it a try, we will work with and mentor you as you ease into that role.

The New Jersey Self-Help Group Clearinghouse (<http://njgroups.org>) offers a free facilitator training session each month of the year. To register for this training, call the clearinghouse at 1-800-367-6274 (outside NJ, call 1-973-989-1122). The next training in our area will be on Saturday, April 14 at the Monmouth County Branch Library in Marlboro.

What Spring Brings

By Susan S.

To different people, spring means different things. Snow melts, crocuses bloom, and winter sweaters get put away as clothing gets lighter and more revealing. To some, it means rebirth—holidays such as Passover and Easter illustrate that. And to some, it means the end of the winter blues, and a rebirth of their own, as their moods get brighter as the days get longer.

One of the things to keep in mind, as you may start to feel better, is that your mood disorder might get worse. It is important to have the names and phone numbers of your psychiatrist, therapist, general practitioner, and contacts on your fridge or a prominent place in your home for friends and family to see should there be an emergency. Have an advanced directive made if you don't have one. Use it to specify which hospital or facility you prefer to go to.

But in the meantime, enjoy the longer, sunnier days, the picnics, BBQs, baseball, beaches, and a holiday from work or school. But remember. If you should start feeling happier than normal, or your friends and family notice it, please call your doctor to make sure all is well, and you aren't going into an episode.

Susan S. is a writer who blogs at

<http://ifyouregoingthroughhellkeepgoing.blogspot.com/>

DBSA NJ Spring Conference on May 8

DBSA New Jersey has announced their fourth Annual Spring Conference at the Robert Wood Johnson University Hospital, New Brunswick, NJ. The conference open to all members of DBSA groups in New Jersey FREE of charge, with lunch provided. Speakers will include Dr. David Nathan, our chapter's advisor, and speakers on diet and nutrition, anxiety, employment, Social Security and a debate on the state's outpatient commitment law. To register, contact Phillips Abraham with your name, chapter name (Princeton) and phone number. He can be reached at pnabe@yahoo.com or 201-338-0863 (after 7 PM and on weekends if you call). Details are at <http://dbsanewjersey.org>.