



Depression and Bipolar
Support Alliance
New Jersey

DBSA Princeton News

June 2, 2009

DBSA Princeton meets Tuesdays, 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

Tuesday, June 9: *Ask the Doctor* with Dr. David Nathan. Bring your questions for our consulting psychiatrist.

Tuesday, July 14, 2009: *In Our Own Voice* by NAMI Mercer. A carefully designed workshop presented by people who are in recovery from their own mental illness. By describing the inner experience of a person with mental illness and the process of recovery, it educates, empowers and inspires mental health consumers, families and the general public.

Tuesday, August 11: *Employment and Workplace Issues* with Elizabeth Zuckerman. Ms. Zuckerman, an attorney who represents wronged employees, will speak on workplace issues for persons with disabilities.

Tuesday, September 8: *Ask the Doctor* with Dr. Ricardo Fernandez. Dr. Fernandez, a psychopharmacologist, will speak on mood disorders and take your questions.

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DBSA Princeton Supports the NAMI Mercer Walk

DBSA Princeton was out in force with 15 participants in the NAMI Mercer 5k walk held at the Educational Testing Service in Lawrenceville, NJ on Saturday, May 30, 2009. This was NAMI Mercer's second fundraising walk. As of June 1, we have raised \$775 for NAMI Mercer, far exceeding our goal of \$250. Contributions are still being accepted. Please use the *team page* link on the News page of our website if you wish to donate.

Our Growing Group!

The problems of success! A year ago, 15 attendees represented a big turnout for our group. Over recent months we've been attracting around 30 members weekly—a number that can inhibit sharing and participation by the participants.

As expansion to additional rooms or nights within the hospital is not an option, we are seeking an additional location to hold meetings. Please be assured that we will continue to meet Tuesday nights in Lambert House—the hospital continues to support our presence on our current schedule.

The second location, on another night, may be a good fit for persons who would prefer a smaller discussion group. Can't get enough of us? Then, with the expansion, you can attend the group twice a week! We hope to have a second location selected by the end of June.

Speakers (continued from page 1)

Tuesday, October 13: *Metabolic Syndrome and Mood Disorders* with Dr. Lisa Motavalli. Dr. Motavalli, a cardiologist, will speak on metabolic syndrome for persons with mood disorders.

Tuesday, November 10: *Sleep and Mood Disorders* with Dr. Marcella Frank. Dr. Frank, who specializes in such disorders, will speak about issues with sleep for persons with mood disorders.

Facilitator Training

The New Jersey Self-Help Group Clearinghouse (<http://njgroups.org>) offers regular facilitator training sessions. To register for this free training, call the clearinghouse at 1-800-367-6274 (outside NJ, call 1-973-989-1122).

The next sessions are:

Saturday, June 13, 2009. *Advanced Facilitation*, 9:30 am – 3:30 pm at the Ocean County Family Support Organization, Toms river, NJ

Saturday, June 27, 2009. *Advanced Facilitation*, 10:15 am – 3:45 pm at the Camden County Library, Infanti Branch, Bellmawr, NJ

Saturday, July 25, 2009. *How to Start a Group, "Lunch and Learn"*, 10:00 am – 2:00 pm, Mercer County Library System, Ewing Branch, Ewing, NJ.

Nutrition and Mental Health Presentation on Website

Ellen Cottone, Registered Dietician, gave a well received talk at our May 12 meeting on nutrition for persons with mood disorders. Her presentation slides are available on our website home page (look on the right side below the list of speakers).

Highlights of her talk, which was based on questions previously submitted by group members, included the benefits of essential fatty acids, the metabolic effects of psychotropic medications, and helpful advice for mitigating those effects.

Family and Friends Meeting

Our pilot Family and Friends meeting of April 14 was a success with nine family members participating. Amandalynn Salzman, a Family Specialist with the Intensive Family Support Services program of *Greater Trenton Behavioral Health-Care*, provided much appreciated support and guidance.

Due to space constraints at the hospital (see *Our Growing Group* on page 1) and the need to expand to, and provide facilitators for, a second meeting night to accommodate growth in the peer support group, we will not be holding additional family and friends meetings at this time.

So you are bipolar? Don't fret, so is SpongeBob!

by Susan S.

Sometimes being bipolar makes me think no one understands me, and I am alone in the universe. I am alone no longer; SpongeBob SquarePants is also bipolar! Or at least this is what his creator, Stephen Hillenberg, said about the sponge back in 2003:

SpongeBob spends a lot of time laughing and crying. He's a total bipolar character. Always the extremes. There's no in between with SpongeBob. He's either completely giddy and ecstatic or so far down in the dumps.