



Depression and Bipolar
Support Alliance
New Jersey

DBSA Princeton News

August 5, 2008

DBSA Princeton meets Tuesdays, 7:30 PM to 9:30 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, August 19:

Insight Meditation with Beth Evard. Beth will provide an overview of insight meditation, which uses mindfulness to give a clear, non-judgmental awareness of thoughts, and its proven health benefits, physical and mental.

Tuesday, September 23:

Ask the Doctor with Dr. Joseph Salvatore. Bring your questions for our supporting psychiatrist.

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

Mental Health Care Advance Directive

At our meeting of June 24, Dr. David Nathan, our group's sponsoring psychiatrist, talked about the Advance Directive for Mental Healthcare, a sort of Living Will for mental illnesses, that recently became available in New Jersey. The directive, which is binding on health care professionals, goes into "effect if a doctor or advance practice nurse documents that you are incapable of making treatment decisions."

A form, with directions, for completing the directive is available from the New Jersey division of Mental Health Services (NJ DMHS). We have provided a link to the form on our web site. Go to <http://dbsanewjersey.org/princeton/> and click on the Links button. You will find the link in the paragraph about the NJ DMHS.

The directive allows you to specify permissible and forbidden medications and other treatments (including ECT), and specify health care professions that must be consulted about your treatment should you be hospitalized. You can also specify professionals or facilities that must NOT be allowed to treat you.

The document allows you to designate one or more health care representatives who are empowered to voluntarily hospitalize you if you are found incapable of making such a decision for yourself. This power is limited by criteria you determine that must be met before any hospitalization. Your health care representative will also make treatment decisions on your behalf where your wishes, as stated in the document, are unclear.

Facilitator Training

The New Jersey Self-Help Group Clearinghouse (<http://njgroups.org>) offers regular facilitator training sessions. The free training is available to anyone who attends our group, whether you are considering becoming a facilitator, or not. 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, August 9, 2008. *Advanced Facilitation Skills*, Mullica Hill, NJ (Gloucester County Library, 389 Wolfert Station Rd 08062)

Saturday, September 13, 2008. *Developing a Group and Facilitation Skills*, No. Brunswick, NJ (NAMI NJ, 1562 Route 130, 08902)