This September DBSA Greater Houston opened its 50th support group, located at the John S. Dunn Outreach Center at Christ Church Cathedral in downtown Houston. The John S. Dunn Research Foundation has been one of DBSA’s biggest supporters, and we are truly honored that the Dunn Center has chosen to host this support group. Also, plans are underway to open an additional support group at this location to target Houston’s homeless and others looking for additional support in their recovery from depression and/or bipolar disorder.

Tracy Burnett, Executive Director of Cathedral Health and Outreach Ministries, has worked extensively with the DBSA staff to ensure the success of these support groups. She recently gave DBSA staff and Board President, Ed Cappel a tour of the amazing facilities at the John S. Dunn Outreach Center. DBSA is excited to be working with a place that provides wonderful services to those in need.

Thanks to our many volunteers and staff, DBSA continues to grow at a phenomenal rate throughout the Houston area and is able to serve more individuals dealing with bipolar disorder and/or depression. Other recent support group openings have been at the following locations – Trinity Lutheran Church in Spring, the Carole & Ronald Krist Samaritan Center for Counseling and Education in Clear Lake, and a HBU student group at Houston Baptist University. A complete listing of support group locations is available in this newsletter.

Sandy Robertson ~ Program Director

Tracey Burnett (second from left) of the John S. Dunn Outreach Center greets DBSA President Ed Cappel (third from left) and DBSA Program staff David Moore (far left) and Sandy Robertson (far right).
I pledged at the beginning of the year to do all in my power to continue the extraordinary momentum that was created in 2006. Thanks to the efforts of both board and staff that pledge is being realized. While we are still without a permanent Executive Director, we recently engaged the services of the professional search firm of Allison Brooks. Allison, together with our search committee, is already interviewing candidates for the position. Meanwhile our interim Executive Director, Margaret Bandy, continues to provide the organizational skills and leadership necessary to keep our growing operation running smoothly.

Now, as far as our mission is concerned, I am very pleased to announce that during the first week of September, DBSA Greater Houston opened its 50th support group in the John S. Dunn Center downtown! The 50th support group is a very significant milestone in our brief history especially when you consider we only had 5 support groups at the start of 2004. I’m equally proud to say that through the efforts of our Program Coordinators, Jennifer Urbach and David Moore, our 50th volunteer facilitator has been trained and put to work in the field! Of the entire 50 groups we now operate, 41 of them are facilitated by our cadre of volunteer facilitators. The other 9 groups are facilitated by mental health professionals due to their special needs populations, such as prisoners at Jester Prison Unit and adolescents at Covenant House. Volunteer facilitators allow our organization to gain tremendous leverage out of every dollar contributed to our cause. With that said, I would like to recognize the seven board members at DBSA who not only serve on various committees, but also volunteer their time by facilitating support groups. They are Linda Condon, Lois Davis, Martha Hanson, Gary Levering, Bill Rudolf, Dick Walters, and Ted Weiss. You are very special people!

Finally, I’d like to thank our small but very talented staff. Our two program coordinators, Jennifer Urbach and David Moore, are the “face” of DBSA in the field. They are responsible for coordinating all of the activities and training of our volunteer facilitators as well as paid professionals. Our office runs smoothly largely due to the ability of our former Office Manager, now Program Director, Sandy Robertson, LPC. DBSA Greater Houston is indebted to these people who accomplish so much to implement our mission. The increase in number of support groups has necessitated bringing on a much needed administrative assistant, Katie Grier. I am confident that with the continued effort and generosity of our board, donors and participants, we will end the year on plan allowing us to continue to positively impact the lives of approximately 400 people each and every week and to set the stage for a most successful 2008.

In the fundraising area, I want to acknowledge and congratulate our development chair, Carol Ann Paddock. She keeps the board on plan and on task in this critically important area. Because of her efforts, she was recently recognized as the winner of the “President’s Award”. This award is given annually to that board member who distinguishes himself or herself from all others by truly making a difference in helping DBSA accomplish its mission. Our board is blessed with so many wonderful members who contribute so much of themselves it is very difficult to select a recipient. Again, congratulations to Carol Ann Paddock! This award was presented at our annual Donor Recognition Party held on October 2, 2007, hosted by Lynda and David Underwood. This was a very well attended event held with the purpose of offering a special thank you to all of our donors who make DBSA possible. Again, thank you so much, board member Lynda Underwood and David for such a special evening!

Ed Cappel – 2007 Board President

President’s Column

Board President Ed Cappel presents the 2007 President’s award to Development Committee Chair Carol Ann Paddock for dedicated hours of service to DBSA.
What are the Causes of Clinical Depression?

Many things can contribute to clinical depression. For some people, a number of factors seem to be involved, while for others a single factor can cause the illness. Often times people become depressed for no apparent reason.

- **Situational** – Difficult life events, including divorce, financial problems, moving to a new place, the death of a loved one, or any significant loss can contribute to depression.

- **Biological** – People with depression typically have too little or too much of certain brain chemicals, called “neurotransmitters.” Changes in these brain chemicals may cause, or contribute to clinical depression.

- **Genetic** – A family history of clinical depression increases the risk for developing the illness. However, depression can occur in people who have had no family history of the illness.

- **Cognitive** – People with negative thinking patterns – those who are pessimistic, have low self-esteem, worry too much or feel they have little control over life events – are more likely to develop clinical depression.

- **Co-Occurrence** – (1) Depression may occur with certain illnesses such as cancer, heart disease, diabetes, or stroke. The depression must be treated in addition to the physical illness; (2) Depression may “co-occur” in people who suffer other mental illnesses such as eating disorders or anxiety disorders including panic disorder, obsessive-compulsive disorder and post-traumatic stress disorder; (3) Some people try to “self-medicate” their emotional pain through the abuse of alcohol or drugs. Therefore, depression can “co-occur” with alcohol and substance abuse.

- **Gender** – Women are twice as likely as men to experience depression. Reasons for this are thought to include hormonal changes, caregiver stress, multiple roles, poverty, low self-esteem, and, in some cases, being a victim of abuse.

- **Medications** – Some over-the-counter drugs and other medications can have depression as a side effect. A doctor should be consulted before trying any new medication.

2007 has proven to be an exceptionally busy year full of changes and growth, and the entire Program Staff is excited about what has been accomplished and the plans for the future.

Our facilitators had the opportunity to participate in the final 2007 facilitator training November 3. This training was conducted by Dr. Amy Cuellar who works for the Veterans Administration Hospital and wrote her dissertation on bipolar disorder.

Also, DBSA is launching a new initiative – Certified Peer Specialists (CPS). Three of our exceptional volunteer facilitators – Dyene Galantini, Jim Rice, and Todd Simmons – were selected to participate in the CPS Training. This training utilizes the nationally acclaimed, evidence-based Georgia Certified Peer Specialist Model Curriculum model. After Dyene, Jim and Todd complete training and pass their exam, these new CPS individuals will assist the Program Coordinators in duties and responsibilities that do not require a professional license. This level of assistance will allow the Coordinators to focus their efforts on strengthening and growing the support groups. We are all excited about the possibilities.

Of course, we can not thank all of our volunteer facilitators enough for all that they have accomplished in 2007. Philip Burguières, DBSA Advisory Board Chairman and Vice President of the Houston Texans, recently echoed this thanks in an amazing way. He invited all of the DBSA volunteers to the final spring training for the Houston Texans August 15. This was a fun and exciting way to thank everyone for all they do for DBSA. We thank Mr. Burguières for honoring our volunteers in this manner.

As 2007 comes to end, DBSA will host our annual Facilitator Holiday Party December 15. We hope to celebrate the holiday season, acknowledge everyone’s hard work and dedication, and toast to a new and wonderful 2008.

Some of our most exciting news at DBSA concerns the DBSA Staff. With the continued expansion of our support groups, Sandy Robertson, LPC, has been promoted to Program Director as of October 16, 2007. She will be the in-office director, coordinating and structuring the efforts of our hardworking Program Coordinators; overseeing program needs, solutions, assessment, and expenditures; and working with the Board of Directors and Program Committee.

Allowing Sandy more time to devote to the DBSA Program is new employee, Katie Grier, who is our new Administrative Assistant/Bookkeeper as of October 17, 2007.

Jill Ahrens, M.Ed. in Counseling, has accepted the position of full time Program Coordinator. Her first day will be December 3. Strengthening our Program staff, Jill brings experience as a DBSA facilitator and as a counselor for persons with depression and bipolar disorder.

Along with Program Coordinators Jennifer Urbach and David Moore, these new employees, with Sandy Robertson at the helm, will lead a strong Program team for DBSA in 2008.
OPEN GROUPS

Open to the public.

HOUSTON

MONDAY

Braeswood Group – Monday, 7 p.m.
Jewish Family Service
4131 S. Braeswood Blvd., 77025, Room 203
For directions, 713-667-9336

Galleria Group – Monday, 7 p.m.
St. Martin’s Episcopal Church
717 Sage Rd., 77056, Room 203
For directions, 713-621-3040

Medical Center Group – Monday, 7 p.m.
Intracare Hospital
7601 Fannin, 77054
For directions, 713-790-0949

TUESDAY

Piney Point Groups – Tuesday, 7 p.m.
Chapelwood United Methodist Church
11140 Greenbay, 77024
Adults: Room W204
Young Adults (18+): Room W104
For directions, 713-465-3467

Southwest Adolescent and Parent Groups – Tuesday, 6:30 p.m.
Youth Service Center
6300 Chimney Rock, 77081
Parents: Room 202
Adolescents: Room 203
For directions, 713-600-1134

Southwest Group – Tuesday, 7:30 p.m.
West Oaks Hospital
6500 Hornwood, 77074
For directions, 713-995-0909

Spanish Speaking Women’s Group – Tuesday, 10 a.m.
El Centro De Corazón
Magnolia Multi-Service Center Room 202C
7307 Capitol Street, 77011
For directions, 713-928-9560

KATY

Katy Adolescent and Parent Groups – Monday, 7 p.m.
St. Peter’s United Methodist Church
20775 Kingsland Blvd., 77450
Parents: Room S-203
Adolescents: Room S-204
For directions, 281-492-8031

Katy Adult Group – Tuesday, 7 p.m.
St. Peters United Methodist Church
20775 Kingsland Blvd., 77450
Room S-209 (upstairs in back)
Call 281-492-8031

KINGWOOD

Kingwood Group – Monday, 7 p.m.
Kingwood Pines Hospital
2001 Ladbrook, 77339
For directions, 281-358-1495

MISSOURI CITY

Missouri City Group – Thursday, 7 p.m.
First United Methodist Church
3900 Lexington Blvd. – Chapel Parlor
(at 1092 – Murphy Rd), 77459
For directions, 281-499-3502

Please verify times and locations by visiting our website www.dbsahouston.org or calling 713-600-1131.

DBSA support groups provide the kind of sharing and caring that is crucial for a lifetime of wellness, but support groups are not a substitute for professional care.

THURSDAY

Inner Loop Group – Thursday, 7 p.m.
St. Luke’s United Methodist Church
3471 Westheimer, 77027
Chapel Parlor
For directions, 713-622-5710

Montrose Group – Thursday, 7:15 p.m.
Bering Memorial United Methodist Church
1440 Harold, 77006
Room 232
For directions, 713-526-1017

North/1960 Group – Thursday, 7:30 p.m.
Cypress Creek Hospital
17550 Cali Drive, 77090
For directions, 281-886-7600

SATURDAY

Medical Center Group – Saturday, 10 a.m.
Intracare Hospital
7601 Fannin, 77054
For directions, 713-790-0949

CLEAR LAKE

Clear Lake Group – Thursday, 7 p.m.
Carole & Ronald Krist Samaritan Center for Counseling and Education
17555 El Camino Real, 77058, Retreat Room
For directions, 281-480-7554

KATY

Katy Adolescent and Parent Groups – Monday, 7 p.m.
St. Peter’s United Methodist Church
20775 Kingsland Blvd., 77450
Parents: Room S-203
Adolescents: Room S-204
For directions, 281-492-8031

Katy Adult Group – Tuesday, 7 p.m.
St. Peters United Methodist Church
20775 Kingsland Blvd., 77450
Room S-209 (upstairs in back)
Call 281-492-8031

KINGWOOD

Kingwood Group – Monday, 7 p.m.
Kingwood Pines Hospital
2001 Ladbrook, 77339
For directions, 281-358-1495

MISSOURI CITY

Missouri City Group – Thursday, 7 p.m.
First United Methodist Church
3900 Lexington Blvd. – Chapel Parlor
(at 1092 – Murphy Rd), 77459
For directions, 281-499-3502

SPRING

Spring Group – Thursday, 7:30 p.m.
Trinity Lutheran Church
5201 Spring Cypress Rd., 77379, Room 213C
For directions, (281) 376-5773

SUGAR LAND

Sugar Land Adolescent Group – Thursday, 7 p.m (2nd & 4th Thurs.)
St. Laurence Catholic Church
The Religious Education Building; upstairs
3103 Sweetwater Blvd., 77479
For directions, (281)265-5774

TOMBALL

Tomball Group – Wednesday, 7 p.m.
Tomball United Methodist Church
1603 Baker, 77375
Faith Building, Room FB 10 and 12
For directions, 281-351-1249

WOODLANDS

The Woodlands Groups – Tuesday
The Woodlands United Methodist Church
2200 Lake Woodlands Drive, 77380
Parents: Room D213 at 6:15 p.m.
Adolescents: Lenox Room at 6:15 p.m.
Adults: Room D213 at 7:30 p.m.
For directions, 281-297-5900

CLOSED GROUPS

For people receiving services
at a particular agency.

Covenant House Texas –
Wednesday – Closed Group
Thursday – Closed Group
Friday – Closed Group

Discover Program –
Wednesday – Closed Group

Gathering Place –
Inner Loop – Monday – Closed Group
Southwest – Thursday – Closed Group

Houston Baptist University –
Wednesday, 7p.m. – Closed Group
HBU students only

Jester Prison Unit –
Sunday – Closed Group
Wednesday – Closed Group

Please verify times and locations by visiting our website www.dbsahouston.org or calling 713-600-1131.

DBSA support groups provide the kind of sharing and caring that is crucial for a lifetime of wellness, but support groups are not a substitute for professional care.
Receive MoodPoints by Email

DBSA Greater Houston announces a paper-saving option by inviting readers to view MoodPoints on its website: www.dbsahouston.org

Also, instead of receiving a paper copy of MoodPoints, you can receive an email letting you know that the new issue is posted on our website.

If you would prefer this option, please send an email to: dbsahouston@dbsahouston.org

This alternative will save expenses for our organization and reduce the amount of paper arriving in your mailbox!

Cards are Easy Way to Support DBSA

DBSA Greater Houston is enrolled in the “share programs” operated by both Kroger and Randalls. You can contribute to our organization just by shopping at these stores and using the program cards.

We have a new number at Randalls, so please link your Remarkable card to #11346. At Kroger, you need to use their Share Card. Pick one up at your support group or call, write or email the DBSA office for one.
Donations Received 6/21/07 – 10/31/07

Thank you to all our donors whose gifts support our programs. A complete list of our 2007 donors will be available in our 2007 Annual Report.

$10,000 and above
Albert and Margaret Alkek Foundation
The Brown Foundation, Inc.
Minnie and Ed Cappel
John S. Dunn Research Foundation
The Ellwood Foundation

$5,000 – $9,000
Eli Lilly and Company
Lynda and David Underwood

$2,000 – $4,999
Mrs. Nancy C. Allen
Marilyn and Bolivar Andrews
Kiwanis Foundation of Houston
Bill Rudolf
The Stuart Charitable Foundation

$1,000 – $1,999
Jana and Scott Arnoldy
Missy and Ron Bandy
Marsha and Jim Braniff
Mr. and Mrs. Rod Canion
Robert R. Franklin M.D.
J. Weldon Granger
McNeill Charitable Foundation on behalf of Frank Griffin and Jan McNeill
Neal Myers and Mary Pate
John and Katherine Stanton

$500 – $999
Marcy and Robert Duncan
James H. and Janie S. Lee
FSR Foundation
Vivian Wise

up to $499
Marjory Alexander
Community Health Charities Texas
Lois Davis
Elisa Dreghorn
Robert Dueck
Ann and Jeff Dykes
Chalon Fontaine and Pete Seale
Joan and Coleman Hightower
Twyla Jones
Marguerite E. McHard
Mr. and Mrs. Walt Parmer

In Honor of
Bolivar C. Andrews
Frank Family Fund
Philip Burguiere
Mr. and Mrs. Jack Dinerstein
Ed Cappel
Minnie Cappel
Ralph S. O’Connor
Molly and Claude Scarbrough, III
Karol and Bill Scarbrough

Minnie Cappel
Marcia and Fred Blackard

Gary Levering
Terry and Mike Dalton
Martha and Frank Smith
Janice Levering and Allan King
LeAnn Levering and Brad Plant

Jan and David Redford
Sharon and Bob Lietzow

In Memory of
Matthew Wren Cook
Robert Bachman
Kay Gilliam
Chalon Fontaine and Pete Seale

Condo Martinez
Jan and David Redford

William Parmer Redford
Missy and Ron Bandy
Jo Ann and Gary Levering
Franna and Ted Litton
Wells Fargo Wealth Management Group

Margaret Dickson Rogers
Minnie and Ed Cappel

Dan Shilliday
Sally and David Harvin

Nan Williams
Marilyn and Bolivar Andrews

RBC Dain Rauscher
Kathleen and Dick Rogers
Larry Sikes
Olinda and John Simon
Jackie and Ray St. Germain
Virginia and Clayton Trier
Nancy and Charles Walters
Elizabeth and Chip Webster

DBSAStars

DBSA Greater Houston thanks the following exceptional volunteers for their outstanding efforts in assisting the DBSA Board and Staff during this amazing year of growth and success.

Mary Ann Brauer
Karen Jerger
Nola Brody
Stephanie McGraw
Cody Chambers
Kim Pate
Linda Condon
Marilyn Patterson
Lois Davis
Jim Rice
Dyene Galantini
Todd Simmons
Oren Goodman
Dick Walters
Brent Hancharyk
Lance Watkins
Martha Hanson
Cheryl Weiss
Phil Hanson
Steven Weiss
Sarah Hyde
Ted Weiss

DBSA can not thank all of our volunteers enough. DBSA Greater Houston continues to be grateful to all those who give and share their time, their hearts, and their experiences.

Sisters in Crisis

By Randee Saber

Call on me when needed
Or when you are in pain
I understand your problem
There’s no need to explain

I will not stand in judgment
Nor criticize you too
For I myself have knowledge
Of what that does to you

My arms will be wide open
My ears will be in tune
To listen and to help you
So you won’t sleep till noon

Although you do not feel well
It’s not a common cold
I’ll always understand you
Ignore what you’ve been told

So yes my friend please call me
And I will call you too
Because my life’s not perfect
I can relate to you
Fear Strikes Out: The Jim Piersall Story

The Story of a Major League Baseball Player with Bipolar Disorder

This important and dramatic autobiography was first published in 1955 when sports stories did not venture into personal confessionals, particularly about mental illness. In time, Jimmy Piersall would become one of the silkiest center fielders of the 50's – no mean feat given his contemporaries Mantle and Mays. His Major League career spans from 1950-1967 with several awards including two years as an American League All-Star and two Golden Glove awards. The book has now become a collector’s item, but used copies can be found on the internet.

While his professional career flourished, Piersall is better known for his well-publicized battle with bipolar disorder. He was considered a baseball clown, and the fans loved his offbeat shenanigans. According to Piersall in the book, “Almost everybody...thought I was a riot. My wife knew I was sick, yet she was helpless to stop my mad rush toward a mental collapse.”

The breakdown he suffered early in his rookie years with the Boston Red Sox was so complete and so terrifying that his mind blanked out the next seven months before his own healing allowed for a painful reconstruction. Piersall's honesty and detail about mental illness, hospitalization, psychiatric therapy, and the struggle back to sanity are extraordinary. This book is better than the movie starring Anthony Perkins that was made from it and can be considered as one of the best of any serious collection of baseball biographies.

One of his famous quotation is, “Probably the best thing that happened to me was going nuts. Nobody knew who I was until that happened.” He was finally put on lithium in 1974 which helped to control his temper tantrums and erratic behavior. Piersall wrote another book, The Truth Hurts (1984), which describes his later years (and stunts) in baseball and his post-career as a broadcaster.