

The Compass

A Publication of New Directions Delaware, Inc.

A support group for PEOPLE with DEPRESSION or BIPOLAR DISORDER...and for their THEIR FAMILIES AND FRIENDS

Volume 4 Number 1

Spring 2004

9th Annual Drew Sopirak Memorial Program - April 19, 2004

Kathy Cronkite to Speak on

“Why Johnnie Can’t Smile: Children and Depression”

Tickets are now available for New Directions’ Ninth Annual Drew A. Sopirak Memorial Program, dedicated to the memory of Drew A. Sopirak, a 1990 Brandywine High School graduate and valedictorian, and a 1994 distinguished graduate of the Air Force Academy. At age 23, after an 18-month struggle with severe bipolar disorder, Drew took his own life.

Each year the Memorial Program features a nationally known speaker on a mental health topic. This year’s keynote speaker is Kathy Cronkite, a popular writer, journalist, public speaker, and mental health advocate, and daughter of Walter Cronkite, well known TV newscaster. Using examples from her own lifelong battle with depression, her own experience as a parent with depression and as a parent of a depressed child, Kathy Cronkite will speak to us about the importance of the early

recognition and treatment of depression in children and adolescents.

The program will be held at Brandywine High School on Foulk Road in Wilmington, Delaware (overflow parking at St. Pauls UMC adjacent to school), on Monday, April 19th. Doors will open at 6:00 PM to a Mental Health Fair including over 25 exhibitors and a Book Fair of related mental health material. The presentation by Ms. Cronkite will begin at 7:15 PM.

Before and after her talk, Ms. Cronkite will sign copies of her book, *On the Edge of Darkness: Conversations About Conquering Depression*. In writing the book, she interviewed celebrities who have themselves suffered from depression, including Mike Wallace, Joan Rivers, Dick Clark, Kitty Dukakis, and Rod Steiger. Kathy Cronkite, as a determined speaker and advocate for mental health, has a clear message for all who will listen: “Depression must

be accepted as the medical condition it is in order to combat the stigma attached to it and to make help available to those who suffer from it.”

Our children and adolescents are among those who are suffering. Mental health problems, in general, affect 1 in 5 young people, while depression occurs in as many as 1 in every 33 children and in 1 in 8 adolescents (US Dept of Health and Human Services, 1996).

Tickets for the program can be purchased for \$5 each at any New Directions event, or by mailing a check payable to New Directions and a self-addressed stamped envelope to 6 Hilton Road, Wilmington, DE 19810. Advance purchase of tickets is recommended. Some tickets will be available at the door. For more information, contact Dolores at 302-286-1161 or June at 610-265-1594, or visit our website at www.newdirectionsdelaware.org.

New Directions dedicates Michael K. Matsumoto Library

*by Nicolina Murphy and Rita
Carnevale*

On November 24, 2003, New Directions dedicated its library to the memory of a young man named Michael Matsumoto. Michael Ken Matsumoto was born on July 23, 1978. He graduated from Newark High School in 1996 and from the University of Delaware, with a degree in Computer Science, in May 2000. Michael's passion was music. He enjoyed playing the guitar, piano, clarinet and many other instruments—alone or in a group. He also loved the outdoors and hiking, biking, and sailing.

During his senior year in college, Michael was diagnosed with depression. Initially, medication seemed to help. Michael graduated and went on to work for the University of Delaware. After only four months, it became apparent that Michael's depression was not under control. Though it had begun to interfere with his work, Michael was unable to see that he needed help. He left on a sailing trip and, in December 2000, called home from North Carolina asking to be hospitalized. Michael's family and friends had so much hope for him once he had realized he did need help.

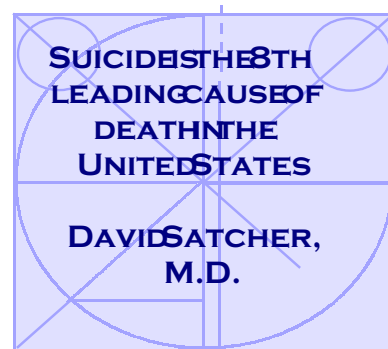
On January 30, 2001, two weeks after his discharge from the hospital, Michael ended his own life at home. He left behind his parents, two younger brothers, and many friends who miss him and his laughter, his music, his kindness, and his love.

The Matsumoto family wanted the donations received from Michael's memorial fund to be used to get the message out that people with mood disorders **can** be helped through education, support, proper diagnosis, and treatment. Their gift to New Directions was used to purchase a mobile display library cart and additional library books.

During support and speaker meetings, New Directions uses the mobile library cart to display books and audio and videotapes about depression, bipolar

disorder, and other mental health topics. Attendees may borrow from the library by leaving a \$5 deposit for each item. The deposit is returned when the borrowed item is returned.

This library has been dedicated to the memory of Michael Matsumoto with the hope that, as more people are educated about the mental illnesses, fewer lives will be lost to them.



The Compass

The Newsletter of NEW DIRECTIONS DELAWARE, INC.,
(an affiliated chapter of DBSA).

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BOARD OF DIRECTORS NEWS

Save the date! The New Directions Annual Barbecue is a great opportunity to share fun and companionship. Families and children are invited too. Bring a dish to share, or just yourself. We will supply the hamburgers, hot dogs, and sodas. If you have a favorite lawn game, bring along the equipment.

If you'd like to volunteer to help, call Steve at 302-888-1755. For other information, call Dolores at 302-286-1161.

The picnic starts at 5 P.M. and goes until dusk. It is held at Brandywine Springs Park, at the corner of Faulkland Road and Newport Gap Pike.

New Directions' Board of Directors began its 2004 term with a new president and vice president.

Bob Marceluk, who has been active in New Directions since 1996 (you'll recognize Bob as our Master of Ceremonies at most New Directions events over the past few years), was elected to the position of President. Susan Anderson, a board member since 2001, was elected to the position of Vice President. Nicolina Murphy, who has served as our President for the past three years, decided to step down, but agreed to be renewed as a board member-at-large for a 2-year term. Also renewing their terms to January 2006 were Carol Marceluk, Treasurer; Allyn Sopirak, Secretary; and Charles Morgan, member-at-large.

2004 Board of Directors

Officers:

Bob Marceluk – President

Susan Anderson – Vice President

Carol Marceluk – Treasurer

Allyn Sopirak – Secretary

Directors:

Charles Morgan

Nicolina G. Murphy

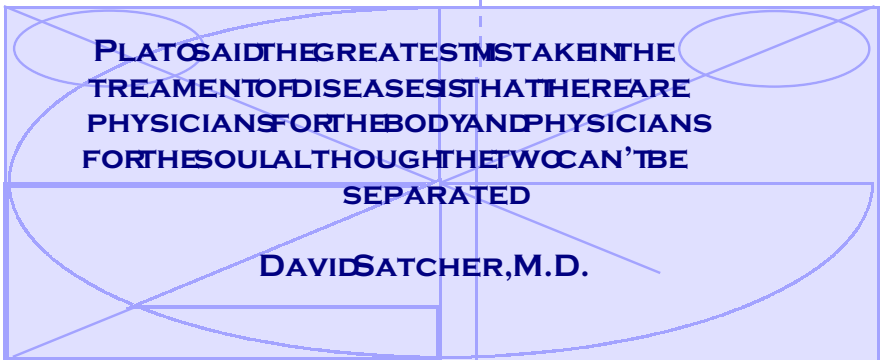
Stephen Topal

Geoffrey Williams

Honorary Members:

Kay R. Jamison, Ph.D.

Miles H. Bart



The Board meets on the first Monday of the month at various locations. If you would like to attend a board meeting as a guest, contact any board member or call Dolores at 302-286-1161.

Expert addresses New Directions on the important differences between two federal disability programs — SSI and SSDI

by Julia Keane

Jim Burcham, from the MEANS DE (Making Employment a New Success for Delawareans) Program, spoke at the New Directions DE psychoeducational meeting on February 23, 2004. His topic, “Federal Programs: Resources for those with Mood Disorders,” shed light on the types of federal financial assistance. Mr. Burcham discussed the two federal programs available—SSDI and SSI.

SSDI or Social Security Disability Insurance “looks at one’s ability to earn income.” It is a kind of insurance plan that’s there if you need it. It is your money and the premium paid into your Social Security trust fund by FICA, the Federal Insurance Contribution Act. SSI or Supplemental Security Income “looks at your total available income.” This is a public fund.

These are very basic definitions. There is more to it, and

that is where Mr. Burcham comes in. Whatever your circumstances, he can help you understand the responsibilities that you incur when given federal assistance. Mr. Burcham stresses the importance of keeping good records, and he will tell you what to do specifically in your situation. He will help you make “informed decisions” so you can “plan carefully and be in charge of your benefits.” If an individual wants to try working again, there are work incentives that are “built in,” and Burcham can lead you through those intricate pathways to success.

For more information, you can contact Mr. Jim Burcham by phone at 1-800-640-9336 (V/TDD) or 302-698-9336 (V/TDD), or by email at meansde@magpage.com.

Mr. Burcham works for United Cerebral Palsy of Delaware under contract of the Social Security Administration. “MEANS DE is supported by a cooperative agreement with the Social Security Administration.”

Mindful Meditation

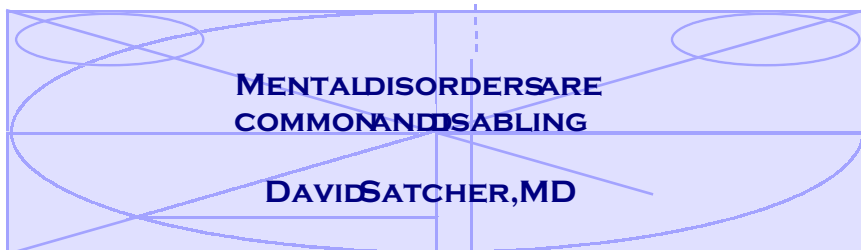
by
Barry Schnell

Meditation will quiet and strengthen your mind. In meditation one practices awareness of breath. Be aware of the breath as it goes in and out of the nostrils. Meditation will help you overcome suffering, fear and negative thoughts.

With meditation, you will soon see for yourself how you can stretch your patience and love. You will see for yourself how comfortable you can feel with people. How secure you feel wherever you go. You will find that you have a quiet sense of being equal to difficult situations.

Meditation challenges the “wild beasts”. By that I mean the selfish desires and negative feelings that stalk us. As meditation deepens, compulsions, cravings, and fits of emotion begin to lose their power to dictate our behavior. It is profoundly liberating.

An excellent resource book is *Meditation* by Eknath Easwaran.



Full Page Ad
Suburban Research

Books to Check Out

by Maryann Helferty

The Bipolar Disorder Survival Guide

by David J. Miklowitz, PhD
(The Guilford Press, 2002)

This author writes with a rare combination of expertise and compassion about bipolar disorder. David J. Miklowitz is Professor of Psychology at the University of Colorado and also co-author of *Bipolar Disorder: A Family-Focused Treatment Approach*. His years of clinical experience come through in his writing.

The text is reassuring and conversational, never ignoring the human and emotional dimensions of having a mental illness. I read this book shortly after being diagnosed, and it provided answers to many of my questions about symptoms, medications, and resources for recovery.

The book covers a wide range of topics for consumers and their families, including

- Recognizing early warning signs of mania or depression
- Understanding your everyday ups and downs
- Working with your doctor to find the right medication and therapy
- Preventing mood swings from ruling your life
- Staying on track at home and work

The material is well presented with many quotes and case studies as well as worksheets and exercises to help the reader create a practical action plan.

My favorite chapter was the one devoted to “Tips for Coping with the Diagnosis,” where the author reviews common questions and concerns that arise for someone who learns they have a chronic illness. He

discusses common reactions from denial to over identifying with the disease, and makes suggestions for how to think about the diagnosis in the long term.

Part II of the book covers causes of and treatments for bipolar disorder with an overview of the roles played by genetics, biology, and stress. Medications and psychotherapeutic approaches are reviewed in terms a layperson can understand.

Another reason to read this book is the section on self-management. The author devotes a third of the book to practical ways to maintain wellness. There are exercises to help you learn to recognize your own early warning signs of an episode, and extensive suggestions about what to do if you are becoming manic or depressed. Overall, Professor Miklowitz hits a home run by covering all the bases on bipolar disorder in a positive and supportive style.

New Directions earns when you buy from Amazon.com

New Directions has joined the Associates Program of Amazon.com, which pays commissions when customers buy items through the New Directions website: www.newdirectionsdelaware.org When you go to our website and link to Amazon.com, a special code identifies your purchase as a referral, and Amazon pays New Directions a commission of between 2% and 7.5% of your purchase. This commission does not add to your cost.

When you want to purchase an item from Amazon, start by going to the New Directions website. On the bottom of the Home page there is a link to Amazon. Click on that link, and it will take you to the Amazon website. Then just make your purchase as usual. You can also link directly to New Directions' recommended books (for which we earn a higher commission) by going to RESOURCES and then RECOMMENDED BOOKS on our website, and clicking on the icon of any of the books listed.

The Amazon Associates Program is a painless way for you to support New Directions Delaware and those with mood disorders at no cost to you. Why not try it, and tell your friends and relatives about it.

DIRECTIONS TO WELLNESS

PERSONAL STORIES OF PEOPLE WHO FOUND THEIR OWN SPECIAL PATH

The Dance of Wellness by Pattie Toll

I started square dancing when I was 17. It didn't take long for square dancers to become another family to me. I even married a guy I met in the square dance world.

In 1994 I was hospitalized for the first time and diagnosed with "Bipolar Disorder". I tried to keep it a secret from everyone. This was hard to do since the wonderful guy I fell in love with is a round dance "cuer". He taught dancers to cha cha, rumba, etc. Now I was part of this. It was our part-time profession. I had to swallow my depression and teach dance classes with my husband. After a while, I could no longer control my depression. It started showing. I started having anxiety attacks while teaching. Then the crying spells started at dances. Finally, I found myself staying home more often than we both wanted.

I opened up to one dancer and got so much support. It wasn't that bad! Before I knew it, I was sharing my depression experiences with many dancers. They stood by me while I went through the roughest times of my life. Some sent cards and even called me when I was in the hospital.

Now dancers are approaching me with their depression experiences. Asking for my help with their spouses, children, etc. The icing on the cake came when a dancer called me at home and was suicidal. I knew I just had to do something. This is when I thought of New Directions. I wanted to bring both families together somehow.

A benefit dance was perfect. I talked to a square dance caller and he helped me find others that would donate their time for this event. We found a location and advertised. I was very nervous the first year. Would many dancers show up???

The big day came and dancers came from everywhere. I couldn't believe it. My dream came true. It was a two-fold idea. All the profits from the dance would go to New Directions, and in turn, New Directions would have information at hand to help out the dancers. Many dancers even helped me put this dance together by selling tickets, bringing food to the dance, collecting money at the door, and selling 50/50 tickets. Thank GOD for them, because I was too emotional to do much at the dance. It was a very overwhelming day for me.

As I write this, I am putting together the Mental Health Benefit dance for June 2004. This will be our 4th year. My intention was to have one dance. I guess it now will be an annual event.

8th Annual Drew Soporak Memorial Program Draws 28 Exhibitors and over 500 Consumers to hear Dr. David Satcher lecture on “Depression and our Youth”

Former US Surgeon General David Satcher, M.D. Spoke of Crisis in Children’s Mental Health Care

by Arlene Humphrey

On April 28, 2003, New Directions was honored to have Dr. David Satcher, 16th Surgeon General of the United States, as the speaker for our Drew Soporak Memorial Program.

Dr. Satcher, now the Director of the National Center for Primary Care at the Morehouse School of Medicine in Atlanta, Georgia, made history in 1999 when he released the first report on mental health ever issued by a US Surgeon General. Then, in 2000, Dr. Satcher held a historic conference on children’s mental health. Only months later, he reported that our nation faces a public crisis in mental health care for children and adolescents—that the systems created to take care of our youth are failing them instead (NAMI Advocate, Spring 2001).

Last spring, in his talk before over 500 people in Brandywine High School’s auditorium, Dr. Satcher named changes, including the following, that must take place if we are to stem the crisis in children’s mental health care:

- Educate the public.
- Improve methods of prevention and treatment.
- Implement depression screening of young children and teens.
- Train health care providers.
- Improve the infrastructure for kids’ mental health services.
- Reduce financial barriers to treatment
- Increase access to and coordination of quality mental health care services.



Dr. David Satcher and Nicolina Murphy, President of New Directions at VIP Reception held at the duPont Hospital for Children



Dr. David Satcher and Miles Bart, Cofounder of New Directions Delaware and Consultant to the Board of Directors

Moods Online

*A review of the best in web resources for mood disorders
by Maryann Helferty*

If you or someone you care about has just received the diagnosis of a mood disorder, then the first place to head on the web is www.dbsalliance.org. This is the web site for **The Depression and Bipolar Support Alliance (DBSA)**, the nation's leading patient-directed organization focusing on the most prevalent mental illnesses – depression and bipolar disorder.

The organization fosters an understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand. DBSA also supports research to promote more timely diagnoses, develop more effective and tolerable treatment, and discover a cure. In addition, DBSA

works to ensure that people living with mood disorders are treated equitably.

New Directions Delaware is affiliated with DBSA. The national non-profit organization answers more than 5,000 calls per month on its toll-free information and referral line and receives nearly 101,500 individual visitors monthly to its website. Each year more than 50,000 information packets are distributed free of charge to anyone requesting information about mood disorders.

DBSA's website's features include the following:

Info on mood disorders: short, easy to read descriptions of symptoms, treatments and resources

National index: member chapters of local support groups

Programs and publications: this section includes information on the national

conference, a Speaker's Bureau, and the DBSA Bookstore (for books and free brochures)

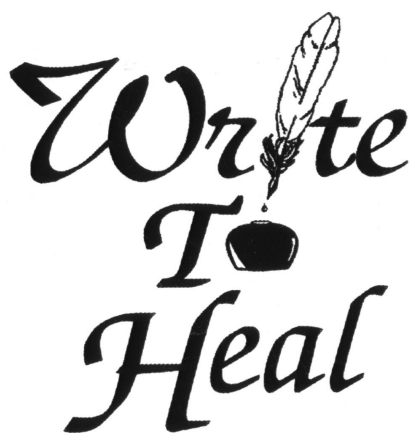
Resources: excellent features like the Find a Mental Health Professional tool; Zip Code Searches; and the Share Your Story section

Advocacy: a legislative action center to stay up-to-date on important mental health laws

Media: public relation tools to get out the word on mood disorders, including press releases, fact sheets and public service announcements

Confidential screening for bipolar disorder: a questionnaire to be used as a first step in exploring the possibility that you have this illness (not to take the place of an evaluation by a mental health professional)

Get online and check it out! (A link is provided at our website, www.newdirectionsdelaware.org).



Write
To
Heal

“Writing, then, should be viewed as preventive maintenance. The value of writing or talking about our thoughts and feelings lies in reducing the work of inhibition and in organizing our complicated mental and emotional lives. Writing helps to keep our psychological compass oriented....”

James W. Pennebaker Ph.D., *Opening Up: The Healing Power of Expressing Emotions*

- ◆ WRITE TO HEAL: PERSONAL JOURNAL-KEEPING WORKSHOPS
- ◆ INDIVIDUAL OR GROUP SESSIONS
- ◆ FLEXIBLE HOURS
- ◆ SEVERAL FINANCIAL OPTIONS AVAILABLE

Joan Leof
Orlov Counseling Associates
302-584-4563
joanleof@aol.com

Heritage Professional Plaza
2601 Annand Drive, #7
Wilmington, DE 19808

Health Notes

Family Matters: Eating Disorder Support Group

Who: Sponsored by The Brandywine Center for sufferers, family members, friends, significant others

Where: Trinity Presbyterian Church at Darley & Naamans Rds in North Wilmington

When: 4th Tuesday of each month, 7-8:30 PM

Cost: Free and open to the public

Call: Dr. Robin Sesan, 302-475-1880 ext 1 or email brandywine@snip.net for more information

Brandywine Center Women's Retreat: Discovering Gift of Yourself

When: Saturday, April 3, 2004, 8:15AM – 4:00PM

Where: Christiana Hilton, Newark

Call: 302-475-1880 or visit www.brandywinecenter.com/retreat2004.htm

IN OUR OWN VOICE: Living with Mental Illness

What: An effective way to bring mental illness awareness to college and high school students. Are you a young adult living with mental illness and willing to share your story? (Consumers of all ages are encouraged to become involved in IOOV.)

This is a project of the National Alliance for the Mentally Ill (NAMI), currently available in 23 states, that offers training for people with mental illnesses to tell their stories within a professional presentation.

Call: Sara Yankalunas, IOOV project manager, at 703-524-7600, or email her at sara@nami.org for more information.

Programs for Parents and/or Children with Psychiatric Disorders (specifically, bipolar disorder or

oppositional-defiant, hyperactive (ADHD), or impulsive behaviors)

What: The Parent-Child Conduct Clinic sponsored by the duPont Hospital for Children

Cost: \$92 per week but most medical plans are accepted

For initial interview, (required before starting group), call 302-651-4560.

To schedule you and your child, call Michelle Lyons at 302-651-4839.

For technical questions, email W. Douglas Tynan, PhD, ABPP, at Dty-nan@nemours.org.

What: Psychological testing program for children at duPont Hospital for Children Call: 302-651-4000, ext 3

What: Parenting with Love & Logic, a program that stresses giving children choices which is now used in many school districts

Who: For parents of children or teens

Where: at different locations in DE

Call: Gene Mayhew at work (during the school year) at 302-832-6300, ext 6013; or 1-800-338-4065; or visit website www.loveandlogic.com for course material, locations, speakers, and cost (usually none)

What: Summer Camp for Kids with a Psychiatric Diagnosis—regular camp program plus social skills building (7 weeks)

Who: sponsored by Upper Bay Counseling in MD

Cost: May be covered by insurance if psychiatrist or family doctor recommends it

Call: Jen at Upper Bay Counseling at 1-410-620-4640, ext 215

Resources for Parents of Children and Adolescents

What: Child and Adolescent Bipolar Foundation—offers free programs and materials on its website www.bpkids.org. If you don't have access to a computer, your public library can help you. To be contacted

by phone by a member of the CABF Family Response Team, call 1-847-256-8525.

What: *Because Kids Grow Up*, a quarterly publication of the NAMI Child and Adolescent Action Center that offers advice and information for parents and caregivers

Call: 1-703-524-7600, or to subscribe via email, contact brenda@nami.org

What: brochure - *Seeking Answers. . . Getting Help: Facing concerns about your child's mental health*

Where: available from the National Alliance for the Mentally Ill (NAMI).

A single copy can be obtained free by calling the NAMI HelpLine at 1-800-950-6264 or at the website, www.nami.org/youth/brochures.html

What: Pamphlets—*Brandon and the Bipolar Bear* by Tracy Anglada, 32pp (a glimpse into the feelings and fears of a child with bipolar disorder, it is suitable for children 4-11 years and helpful for caregivers, teachers, child-care workers, and relatives);

The Student with Bipolar Disorder: An Educator's Guide by Tracy Anglada, 8pp (a quick overview for educational professionals or for parents to give teachers)

Where: www.bipolar-children.Bigstep.com for ordering information.

NAMI Family to Family Education Program

What: Free 12-week education and support group for families of those with severe mental illnesses. The curriculum focuses on schizophrenia, bipolar disorder (manic depression), clinical depression, panic disorder, and obsessive compulsive disorder (OCD).

Call: NAMI (National Alliance for the Mentally Ill), 302-427-0787 / 888-427-2643.

Thank you to our contributors

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All gifts are tax-deductible. Please make check payable to New Directions Delaware

I wish to contribute the following to help New Directions Delaware achieve its purpose to educate, inform, and support individuals, families and professionals about depression and bipolar disorder

<i>Friend - \$10</i>	<i>Contributor - \$25</i>	<i>Sponsor - \$50</i>	<i>Patron - \$100 up</i>	<i>Other Amount</i>

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The Compass Newsletter, Volume 4 Number 1

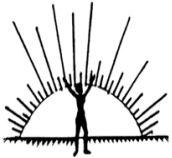
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3. Was there an article you particularly liked? (Please indicate title) _____
4. What would you like to see in future issues? _____

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