

OUTREACH



Newsletter of the

Depression and Bipolar Support Alliance

INSIDE

2

Changes
at DBSA

4

The
Value of
Peer Support

6

2006
Conferences
Save the Date!

7

Klerman
Awards

MISSION

The mission of the
Depression and Bipolar
Support Alliance (DBSA)
is to improve the
lives of people living with
mood disorders.



More information
on page 6

DBSA Increases Push for Better Treatment and Access to Care with Ground-Breaking State of Depression in America White Paper and CD-ROM

Hundreds of people gathered at Washington, DC's Press Club on February 8, 2006, including mental health experts, journalists, and representatives from leading associations and government agencies, for the unveiling of *The State of Depression in America*. This position paper, or "White Paper," along with scenes from its accompanying CD-ROM, was featured on CNN's "Headline News," and praised in many national radio broadcasts, television stations and magazines as a first-of-its kind, comprehensive analysis of depression. After the press briefing and launch, DBSA Board members and staff visited a number of Congress members to discuss the points of the paper and current mental health policy issues.

The State of Depression combines information from hundreds of sources to provide a thorough view of the landscape, economic impact, barriers to care, treatment and quality of care of depression. The full published report includes a CD-ROM, narrated by Mike Wallace, which details the seriousness and treatability of depression with the help of stories from several individuals, including Tom Johnson, the former CEO of the CNN news network.

Many of the CD-ROM participants spoke of hiding their depression, ashamed and afraid people would find out and view them differently. Health care professionals also talked about depression. Ellen Frank, Chair of DBSA's Scientific Advisory Board (SAB), explained that depression causes people to lose faith in themselves, their lives and their future, and even think their lives may not be worth living.

Several participants talked about feeling suicidal, and being grateful today that they are alive.

Recommendations for Improving the State of Depression:

- Congress must equalize Medicare reimbursement coverage to patients for mental health care services.
- Private insurers must provide greater incentives for primary care physicians (PCPs) to identify and treat depression.
- The government and private sector must enact loan forgiveness programs to provide incentives for students to specialize in mental health care.
- Academic and private researchers must expedite biologic and genetic research to develop better treatments.
- The government and private sector must support and promote increased access to peer support services.

The state of depression in America, as many consumers know, is in need of improvement. More than 19 million Americans live with depression, but only 57% receive any treatment. The cost of depression is over \$80 billion per year. Because of stigma, incomplete public awareness and education, and lack of resources, those who do seek treatment often find it is less than adequate. By the year 2010, in the developed world, depression will be the number one cause of disability.

However, there are things people can do. DBSA's White Paper details a variety of ways Americans can change the state of depression for the better by increasing quality of care, awareness about

depression, and availability of peer support.

On the CD-ROM, Wallace discloses his own battle with depression, and drives home a point against stigma when he says, "Depression is more than just sadness. It can be crippling, disabling and even life-threatening." He goes on to explain, "Depression can be treated and prevented if we take the right actions. No one chooses to have this illness, but we can choose to provide better care for those who suffer from it."

To read the paper and view the CD-ROM, visit www.DBSAAlliance.org/stateofdepression1.html. You may also purchase a copy by ordering online or calling (800) 826-3632.

President's Outlook



Sue Bergeson

As I write this, Spring is dancing on the air. I can feel it in the quality of light and smell it in the wind – even here in the middle of Chicago's urban sprawl. Spring and Fall always signal change for me and change is on my mind a lot these days. Four big changes are happening right now.

- Many of you are aware that DBSA's long-time President, Lydia Lewis is no longer on staff. We wish her well in her life journey and are thankful for all she did to move DBSA forward.
- The DBSA Board approved a new strategic plan that focuses us on recovery-oriented, strength-based, peer-delivered tools, services and products.
- The new strategic plan goals mean changes in staffing structure and while no additional staff members have left, many are moving to new positions within DBSA as we expand.
- I have just signed off on the final look for DBSA's new web site which will go live about the time you read this. The site should allow you greater ability to personalize content based on your needs and should be much easier to navigate.

For me change is always a combination of excitement and concern. Excitement because change can signal great things, including new possibilities and more opportunities. Concern because change can signal giving up some of the old things and I always mourn those losses – sometimes briefly, sometimes for a longer period of time.

When I am struggling with my own recovery, external changes can sometimes help and sometimes get in the way of my wellness. For that reason, we don't take changes lightly here at DBSA's national office. We work to ensure these changes are going to be truly beneficial to the maximum number of individuals and families who use our services.

So as we initiate these changes, I hope you can move with us from concern to excitement. It feels like Spring here in more ways than one as we grow and change in order to meet the needs of all of us living with mood disorders.

Save the Dates!
DBSA 2006 Conferences

San Mateo, California: September 8–10
Chicago, Illinois: October 20–22

DBSAAlliance.org AND ME

I began reading the DBSA online forum in 2003. I had sunk into a depression and was isolating myself from the world. It was a scary time for me. I saw a lot of camaraderie and friendship there and wanted to reach out, but was afraid. I saw people go to great lengths to help each other when they were feeling down. I saw problem solving, compassion, and so much hope. It inspired me.



Sarah Couch

Two years ago, I was thrown into a dysphoric mania and was hospitalized in June. It was my first hospitalization in 10 years. Even though I had been following my prescribed treatment plan for seven years, this disease jumped up and took me under with very little warning. It was terrifying and humbling.

I had completely cut myself off from all of my "real life" supports, so I turned to DBSA, I turned to the forum, and I posted. I was welcomed and embraced – they threw me a lifeline to hang onto as I waded through three more inpatient hospitalizations and a round of ECT. They told me I was not a freak, they told me I was worthy, they told me there was hope, but perhaps the most important thing they told me was that I was not alone. They confirmed that by being there every time I turned on my computer. I knew there were real people on the other side of the monitor who were just like me.

As I got better, I was able to support them too. We struggled together; triumphed together, laughed, cried, and screamed about the stigma we faced – together. All of this through typed words and screen names.

When DBSA's conference information was posted on the web site, I knew I would be going. I have attended DBSA conferences for four years and I find it an integral part of my wellness. People on the forum began talking about attending too. Several said they lived near Chicago, so we agreed on that city.

We came as strangers from Virginia, Oregon, New Mexico, Wisconsin, Chicago, and Minnesota. We knew each other only by our online names and the words we had typed. We had one commonality: we all live with a mood disorder. As we sat in the atrium of the Embassy Suites laughing and talking we realized that we weren't strangers at all.

Meeting each other allowed us to bridge some of the gaps in our support systems. We now have people we can call who understand where we have been, and encourage us to reach forward. The prevailing feeling we all left with is strength, and we found that in each other – there is nothing more powerful than that. We still meet on the forum to catch up, trade stories, debate, and support each other. For me, DBSA is a foundation, the forum is a brick in that foundation, and the people I have met surround me, so that even if I waver, I will never fall.

www.DBSAAlliance.org/forums.html





Miriam Johnson-Hoyte, Esq.

In the Eastern spiritual tradition, "change" is symbolized by the character for "opportunity" written above the character which symbolizes "risk."

Opportunity over risk is an appropriate way of thinking about change. Both are true, in a time of change; we risk losing the old in order to take

advantage of the opportunity to try something new. But, risk can overtake us, and become just another anxiety-provoking experience, unless there is something enduring to hold on to.

This Spring has been filled with changes for DBSA. Lydia Lewis, our former president has moved on. We are grateful for her leadership over the years. This could be a risky time for DBSA, but, both our Staff and Board are delighted that Sue Bergeson (our former Vice President) has accepted the risk of becoming our new leader. As our new president, Sue is doing a masterful job, by reminding us how important it is to hold on to our mission: *improving the lives of people living with mood disorders.*

We are embarking on the most challenging and thrilling time in our history. At the national, state and local level, DBSA is experiencing the change occurring throughout the mental health "recovery movement." This reinforces our belief that recovery is possible for everyone and anyone

who is suffering from mood disorder. Moreover, I believe that everyone is in some form of recovery and, that not only people, but organizations and even entire systems can recover.

The cornerstone of recovery is finding one's "higher power." Jack Erdmann in his book "Whiskey's Children" describes how in his early recovery he found his "higher power" in the form of a door knob. It was all that his hallucinations, delirium and anxiety allowed him to focus on. From moment to moment that unwavering door knob gave him the strength to reclaim his life. In the Judeo-Christian tradition we honor stability, our unchanging God gives us strength in difficult times. Finding the god of "your own understanding" is the beginning; whether you call him Jesus, Jehovah, Allah, Buddha or door knob, it doesn't matter. To find that "god" is our window of opportunity. In fact, the Bishop of my church says, "A window of opportunity is a break in the chronology where God steps in!" Change is so much easier if we can focus on the unchanging.

Whatever your religious or spiritual belief is, even if you don't believe, Spring is a time of excitement and renewed possibility. Whether you pray, meditate, make spiritual affirmation or just think positive thoughts, please know that my thoughts and prayers are with DBSA and the people we serve. Throughout this time of change we at DBSA want to encourage your wellness, by providing hope, help and support.

Did you know?

DBSA reaches over four million people each year! In addition, billions of people in 2006 alone have heard our message through the media: that depression and bipolar disorder are real, treatable illnesses, that there is help and hope, and that no one with these illnesses needs to feel alone.

Top Ten Ways People Heard About DBSA in 2005-2006

1. Media Impressions to Date in 2006	1,603,598,454
2. Web unique visitors	1,291,164
3. DBSA brochures distributed	1,175,232
4. Forum discussion group participants	285,520
5. <i>Bipolar Disorder For Dummies</i> (Wiley Publishing), copies sold	148,972
6. Recovery Dialogues Training participants	120,000
7. Support groups, unique participants	75,000
8. Hospitalization outreach programs, participants	52,500
9. Unique Online Chat Users	44,000
10. Calls to DBSA's 800 line	35,016

DBSA 2006 Board of Directors

EXECUTIVE COMMITTEE

Chair

Miriam Johnson-Hoyte, Esq.
Boston, MA

Vice Chair

Stephen Propst, M.B.A.
Atlanta, GA

Secretary

Larry Fricks
Atlanta, GA

Treasurer

Alan Zais
Rockford, IL

Chair, Scientific Advisory Board

Ellen Frank, Ph.D.
Pittsburgh, PA

Randy Revelle, Esq.
Seattle, WA

DIRECTORS

Peter C. Ashenden
Albany, NY

Judith A. Cook, Ph.D.
Chicago, IL

Sheila Fine
Pittsburgh, PA

Polly D. Sherard
Bethesda, MD

James C. Swinney
Grapevine, TX

Marshall Thomas, M.D.
Denver, CO

PRESIDENT

Sue Bergeson
Chicago, IL

Scientific Advisory Board Update

Talking to your Health Care Providers about the Importance of Peer Support

Ellen Frank, Ph.D.
SAB Chair



Recently I attended a professional conference where a group of psychiatrists and I discussed the value of peer support. We found all of the doctors in attendance to be enthusiastic and receptive to the idea that peer support is an integral part of a wellness plan.

Depression and bipolar disorder are isolating illnesses. So it is not always easy to say to your health care provider, "I need someone to talk to who understands exactly what I am going through, someone who's been there." But support is an important part of your treatment, as a part of a three-pronged approach that also includes therapy and medication. When you attend a support group and learn more about coping with symptoms and life events, you learn more about staying well. And when you know more about staying well, it helps your health care provider treat you.

In the late 1970s, Jan Fawcett, M.D., and his patients saw the unique therapeutic power of people with mood disorders talking to each other. Dr. Fawcett, a top researcher in a mood disorder program, enlisted the help of other health care providers as advisors and supporters of National DMDA. Every professional, myself included, who has served on DBSA's Scientific Advisory Board since its inception has found it an honor and a pleasure to be part of an organization that focuses on empowering consumers and families.

Unfortunately, not all health care providers are familiar with the power of DBSA support groups. And DBSA support groups are needed in many communities. Sharing the benefits of peer support with your health care provider can touch countless lives. Even if it is

difficult for you to bring up the subject, find out if your provider is willing to serve as a professional advisor to a support group and/or recommend DBSA support to his or her other patients.

The positive effects of peer support on treatment adherence and treatment outcomes are well documented:

- Interpersonal support
- Increased understanding of treatment
- Help decreasing or eliminating hospital stays
- Help making decisions
- Help communicating with health care providers
- Increased motivation to stay with treatment
- Help re-discovering your strengths and humor

Just offering your health care provider a copy of this newsletter or DBSA's Support Groups brochure can be a good first step. Your provider knows how to find other people with depression and bipolar disorder. These people can be an important part of your wellness, and you can be an important part of theirs. If there is not already a DBSA group in your area, let your provider know that being a professional advisor is a very small investment of time that can lead to very big improvements in wellness for many consumers.

More than 20 years ago, a nationwide movement was started by just a few people. Even when you feel like you do not even



www.DBSAlliance.org/bookstore/SupportGroups.html

have the energy of one person, know that making

DBSAAlliance.org — Your Voice is Being Heard!

DBSA's web site is going through changes! Soon, DBSAAlliance.org will be more interactive, tailored to individual needs and easier to navigate. Please bookmark DBSAAlliance.org on your computer so you can be among the first to use our new wellness and communication tools.

Some aspects of the site will remain the same. It will still offer comprehensive, easy-to-understand information, and connections to in-person and online support.

DBSA will also continue surveying web site visitors on important topics. We are very grateful for your input and feedback over the past year; it has been put to good use. In the past year, DBSA has shared survey results about consumer and family needs and concerns in meetings, papers and testimony presented to:

- The director and staff at the National Institute of Mental Health (NIMH), the largest research organization in the U.S.

- Training directors of all psychiatric residency programs in the U.S.
- The leading mood disorder researchers across the country
- Mental health community thought leaders at the Carter Center (www.cartercenter.org)
- Policy makers in Washington, DC
- The Institute of Medicine (IOM) as they developed policy papers
- The Annapolis Coalition as they developed a blueprint for changing the way mental health care professionals are trained
- Executive staff and policy decision makers at mental health care industry meetings

DBSA represents the voices of millions throughout the country. And now is the time for mental health consumers and their families to step forward and make their needs known. So thank you for taking the time to participate in our surveys. Your voice is being heard.

Chapter Highlights

Kudos to Lehigh Valley from Author Behrman

Andy Behrman, author of *Electroboy: A Memoir of Mania*, is a busy man. Among other things, Behrman was a speaker at DBSA's 2005 National Conferences, advocates for people with mental illness, wrote his life story and is having it made into a Hollywood movie, and tours the country speaking to hundreds of people. Recently though, Behrman spoke to DBSA Lehigh Valley (PA) and their local constituency at a conference organized by the chapter, and he had great things to say:

"This small group of 30 people with four amazing leaders rounded up almost 300 people for a mental health fair and my presentation. I've never worked with a local group this motivated, dedicated and driven – I was literally blown away by their determination. I needed this event to 'keep going' and to be reminded that what we do is so important."

For more information, contact: Sharon Wright, (610) 443-0463

Seen Your Shadow?

In early February each year many people turn to an unusual place looking for hope that the dark days of Winter will end and the Spring will begin: a groundhog. In the spirit of "Punxatawny Phil," and in a more traditional way to seek hope, the participants of DBSA Libertyville (IL) observe the coming of Spring with a Groundhog Day Party.

Leah Nakamura, who among other leadership positions in the chapter claims

"Party Queen" as her role, says, "The party was to 'celebrate' those days when you don't feel like you fit in and want to go back to your hole. Nothing matches – the napkins, tablecloth, plates, or cups... we had some great snacks for 30 minutes before our support group meeting."

For more information, contact: Leah Nakamura, (847) 541-7754, mrsn@comcast.net

Partners in Support

DBSA Huntsville (AL) has added an innovative service for their support group participants that adds a personal touch to the way they support each other. The group has implemented a system over the past several months of members voluntarily partnering with each other as "Accountability Partners."

"An accountability partner is someone who can help guide you through the first couple of weeks or months of that lonely feeling. Both inside and outside the support group room," says Doug Harvey, Vice President of the chapter. "They keep in touch with each other and can let the group know when someone is having a difficult time."

Doug points out how important it is that this is a voluntary program. "Healthy boundaries are required here. New participants are only offered Accountability Partners as a suggestion, not a requirement. A shoulder to lean on is a good thing as long as it is not forced upon someone."

For more information, contact: Doug Harvey, doug@loriengroup.com.

New Groups

Call (800) 826-3632 or visit our web site for group contact information.

- DBSA Texarkana (AR)
- DBSA Castro Valley (CA)
- DBSA Central Valley (CA)
- DBSA San Bernardino – Highland (CA)
- DBSA Highlands Ranch (CO)
- DBSA Greater Hartford (CT)
- DBSA Gwinnett County (GA)
- DBSA Toccoa (GA)
- DBSA Warner Robins (GA)
- DBSA Palo Alto County (IA)
- DBSA Western Des Moines (IA)
- DBSA Clearwater (ID)
- DBSA Adams County (IL)
- DBSA Belleville (IL)
- DBSA Freeport (IL)
- DBSA GLBT Chicago (IL)
- DBSA Palos Heights (IL)
- DBSA Will County West (IL)
- DBSA Abilene (KS)
- DBSA Franklin County (KS)
- DBSA Meriden (KS)
- DBSA Miami County (KS)
- DBSA Overland Park (KS)
- DBSA Topeka Freedom House (KS)
- DBSA Topeka Mood Swingers (KS)
- DBSA Open Minds Cottonport (LA)
- DBSA Baltimore County (MD)
- DBSA Columbia (MD)
- DBSA Montgomery County (MD)
- DBSA Hillman (MI)
- DBSA North Mississippi (MS)
- DBSA Greenville (NC)
- DBSA Sanford – Fayetteville Area (NC)
- DBSA Triangle Comfort Zone (NC)
- DBSA Omaha New Hope (NE)
- DBSA Winnemucca (NV)
- DBSA High Flyers and Low Landers (OH)
- DBSA Harrisburg Area (PA)
- DBSA Coffee Talk Aiken County (SC)
- DBSA Bartlett (TN)
- DBSA Central Texas (TX)
- DBSA Northern Virginia (VA)
- DBSA Petersburg Southside (VA)

Help
Expand
the DBSA
Grassroots
Network
of Support

With a grassroots network of DBSA chapters that offer more than 1,000 support groups, no one with a mood disorder needs to feel alone or ashamed. DBSA chapters and support groups provide the kind of caring and assistance that is important to lasting recovery. Each chapter and support group is operated by volunteer consumer leaders and advised by a mental health professional. Participants are people with mood disorders and/or their family members and friends.

You can all help!

- As a consumer
- As a health professional
- As a friend/family member

Contact DBSA at (800) 826-3632, chapters@DBSAAlliance.org, or fill out a form online at www.DBSAAlliance.org/InterestIndicator.html to receive a DBSA Chapter Start-Up Guide.

www.DBSAAlliance.org/info/findsupport.html



DBSA's 2005 Road to Recovery Conferences and Ceremonies of Hope



A volunteer from DBSA Berwyn lights candles for Help, Hope and Support at DBSA's first Ceremony of Hope in Chicago.



DBSA Ceremonies of Hope



DBSA Board Member Steve Propst gets the Ceremony crowd going.



Chicago's Rehoboth Church Choir provides music and spirituality.



(L to R) Dolores Segal, John Massolio, and Rose Kurland reminisce about the early DMDA days.

Save the Dates! DBSA 2006 Conferences

San Mateo, California: September 8-10 • Chicago, Illinois: October 20-22

The Inaugural Rebecca Lynn Cutler Legacy of Life Foundation Gala



Rebecca Lynn Cutler was a beautiful, gifted, talented, funny, best friend to so many. She loved her family, enjoyed a good time and lived with bipolar disorder.

Every day of her life she fought the demons that plagued her.

Rebecca talked about her illness to

bring light and hope into the lives of those she cared about. Since

Rebecca made her statement that she could no longer live with her disease in June 2004, her family has increased their efforts to encourage people to talk about bipolar disorder and its effects on individuals, families, friends and co-workers. Because of this, The Rebecca Lynn Cutler Legacy of Life Foundation, under the auspices of DBSA, is holding its inaugural "Rebecca's Dream" benefit gala on Saturday evening, November 11, 2006 in Chicago.

To learn more about "Rebecca's Dream" and the benefit, or to support the Foundation, please visit www.RebeccasDream.org.

Recovery in Action



Jane Mountain, M.D.

Jane Mountain, M.D., first began experiencing bipolar depression when she was four years old. In spite of this, her diagnosis came when she was in her forties. By this time she had completed medical school and residency and was in solo practice as a family physician.

In learning about bipolar disorder in medical school, she had actually said to herself, "Oh, that's what I have." By then recurrent depression and occasional episodes of hypomania had just become a part of her rhythm of life. She had accepted these patterns as ones that she had learned to live with or at least "get through".

By the time she sought treatment she was extremely ill. Life had become even more challenging when her son was diagnosed with bipolar disorder at age eleven and her husband was challenged with multiple medical illnesses.

At first Jane dealt with what was by this time a severe, life-threatening depression by working harder and spending more time at her busy practice. In the end this proved to be an ineffective coping strategy. She remained in treatment, but wellness was hard to come by. Finally she chose to sell her practice in 1999 and work in the field of mental health advocacy.

By 2000, Jane had found DBSA Northstar in Thornton, Colorado, but unfortunately it was too far from her home for her to attend regularly.

So she founded the Depression/Bipolar Recovery Group of Midtown Denver. Jane is grateful to DBSA Northstar for helping her group get started, showing her the ropes and providing small group leaders for the first few meetings.

For the first four years of the group, a DBSA Northstar member sat on the steering committee of the group. As Jane's expertise grew, she provided leadership trainings for support and recovery groups. Local DBSA groups were always invited to attend.

Today Jane is a nationally known speaker and writer. She writes articles about recovery for the ISBD Global, newsletter of the International Society on Bipolar Disorders. She makes sure her website at www.beyondbipolar.com contains recovery-focused information. In her seminars and keynotes or her trainings for community groups and clinicians, Jane emphasizes the important role of groups like DBSA in finding the road to recovery. She can't talk enough about the importance of support groups in finding good mental health when facing depression or bipolar disorder.

In 2003, Jane published her first book, *Bipolar Disorder: Insights for Recovery*. Here's what she says about it: "This is the book I wish I had had long before I was first diagnosed. I wrote it so others would not have to get as sick as I did before finding the road to recovery." Her book, *Beyond Bipolar: Principles for Recovery*, will be out this Fall.

Highest Honors: DBSA Presents the 2005 Gerald L. Klerman Awards

Each year, DBSA presents its highest honor, the Gerald L. Klerman Awards, at the American Psychiatric Association's annual meeting. The Klerman Awards recognize outstanding researchers in the field of mood disorders. This year the awardees are Lori Altschuler, M.D. and Holly Swartz, M.D.

Gerald L. Klerman Senior Investigator Award

Lori Altschuler, M.D., has dedicated her professional life to studying and improving treatment of patients with mood disorders, particularly bipolar disorder. She has published hundreds of articles in peer-reviewed medical journals, and currently holds a number of positions, including the Julia S. Gouw Professor of Psychiatry at the Department of Psychiatry and Biobehavioral Sciences at UCLA Neuropsychiatric Hospital; Director of Mood Disorders Research at UCLA Neuropsychiatric Institute and West Los Angeles Veterans Affairs Medical Center; and Director of Research at the Women's Life Center of the UCLA Neuropsychiatric Hospital.

Dr. Altschuler's research has shown special concern about psychiatric illness in the prison population as well as mood disorders and treatments in women. She has studied polycystic ovary syndrome, antidepressant medications during pregnancy, and mood disorder treatment approaches for obstetricians and gynecologists. She has also made major contributions to understanding the long-term health of patients in her work with the former Stanley Foundation Bipolar Network.

The colleague who nominated Dr. Altschuler said that her "care and attention to detail in academic matters, particularly those related to clinical therapeutics would also appear to typify the work of Gerald L. Klerman himself. No effort is too great in order to get things right."

The Gerald L. Klerman Young Investigator Award

Holly Swartz, M.D., is Assistant Professor of Psychiatry at the Western Psychiatric Institute and Clinic of the University of Pittsburgh Medical Center. Since coming to Western Psychiatric, she has focused on the treatment of mood disorders, publishing over 30 articles and chapters on both unipolar and bipolar disorder. She has been recognized nationally and internationally for understanding the role of psychosocial interventions in the management of mood disorders. She has a special expertise in interpersonal psychotherapy.

Dr. Swartz has dedicated her career to improving the available treatments for people with mood disorders and in doing so, improving their quality of life. The colleague who nominated her says, "her enthusiasm, intelligence, and compassion will continue to lead her toward clinically-relevant work that directly benefits those who struggle with mood disorders."

DBSA is grateful to these groundbreaking researchers on behalf of all of those who live with mood disorders.



DBSA
730 N. Franklin Street, Suite 501
Chicago, IL USA 60610-7224
(800) 826-3632
Fax (312) 642-7243
www.DBSAAlliance.org

Non-Profit Organization
 U.S. Postage
 P A I D
 Chicago, IL
 Permit No. 8331

DBSA *Outreach* is a quarterly publication serving supporters and constituents of the organization.

Editor: Laura Hoofnagle



WYETH PHARMACEUTICALS



ABBOTT LABORATORIES
 ASTRAZENeca PHARMACEUTICALS
 BRISTOL-MYERS SQUIBB COMPANY
 CYBERONICS
 ELI LILLY AND COMPANY
 PFIZER INC

DBSA acknowledges Its Alliance League, organizations that contributed a minimum of \$500,000 and its Leadership Circle, organizations that contributed a minimum of \$150,000 to DBSA during 2005.

©2006 DBSA. All rights reserved. Statements of fact or opinion are the responsibility of the authors and do not necessarily imply an opinion of DBSA or its officers or supporters.

Support DBSA!

Just your gift alone will make a difference. Your gift alone will change a life. It may even save one. Contribute to DBSA by using this form, calling us at (800) 826-3632 or visiting our secure website at www.DBSAAlliance.org.

All information provided is held in strict confidence. If you have any questions, please call (800) 826-3632 or (312) 642-0049. *Thank you for your gift!*



Please check 0581 to support DBSA through the Combined Federal Campaign or Community Health Charities.



Please shop through www.igive.com to support DBSA when you buy online.

DBSA does not endorse or recommend the use of any specific treatment or medication. For advice about specific treatments or medications, patients should consult their health care providers.

Change of address?
development@DBSAAlliance.org

Questions?
questions@DBSAAlliance.org

Yes, I want to make a difference. Enclosed is my gift of:

\$500 Gold \$150 Silver \$50 Bronze \$20 Member Other \$ _____

Name _____

Address _____ City _____

State/Province _____ Country _____ Zip/Postal Code _____

Daytime Telephone _____ E-mail _____

Check (payable to DBSA) Money order Mastercard Visa Discover American Express

Account Number _____ Exp. Date _____

Signature _____

- Please send me information on including DBSA in my will. I wish my gift to remain anonymous.
- I have enclosed my company's matching gift form. Please send me _____ donation envelopes to share.

To make a recurring donation or pledge, visit www.DBSAAlliance.org/gifttypes.html

If you would like to make your gift a Memorial or Honorary Tribute, please complete the following:

In Memory of / In Honor of (circle one) _____

Please send an acknowledgment of my gift to:

Name _____

Address _____

City, State, Zip _____

Please send this form and payment, using the envelope in the center of *Outreach*, to:
 DBSA, 730 N. Franklin St., Suite 501, Chicago, IL 60610-7224 USA.
 Credit card payments may be faxed to (312) 642-7243.

DBSA is a not-for-profit, 501(c)(3) Illinois corporation. All gifts are deductible based on federal IRS regulations. Please consult your tax advisor for details. All information is held in strict confidence and will never be shared with other organizations. Please call the DBSA office with any questions. Thank you for your gift!
 [OUT SPR06]