

DBSA West Hill and Valley Newsletter: February, 2011

Education Session

Mark your calendar for a valuable information session on **Sunday, February 13**. Rebecca Steinmetz, MSW, will deliver a presentation on how to "hire" and "fire" a therapist. Rebecca holds a master's degree in social work from the University of Chicago. In her presentation, Rebecca will discuss the importance of choosing the right therapist, will share techniques for selecting and also quitting a therapist, and will address many of the myths surrounding the therapist - patient relationship. **The meeting will be held in the Red Oak Room at Good Samaritan Hospital from 3pm to 4pm.** Questions and group participation are encouraged.

Teen / Young Adult Support Group

I have some really exciting news for our chapter. Alex Steinmetz, who is 20, has agreed to facilitate a Teen / Young Adult support group on Sunday afternoons. This new group will be specifically for members ages 16 to 25, and will meet in the black oak room, right next door to Bernadette's Sunday afternoon group, at the same time, 1:00pm to 3:00pm. This fills a very large gap in our support group coverage. Alex has been observing Bernadette's group, Norma's group, and mine, and is eager to get started. His first meeting is next Sunday, February 6. Spread the word!

MONTHLY BOARD OF DIRECTORS REPORT

Bank Account Balances

Checking Account Balance	\$ 908
Emergency Medical Fund:	\$5,125

Newsletter Distribution

Email Recipients	229
Hardcopy Recipients	57
Total Recipients	286
Last Email Date	1/30/11
Last USPS Mailing Date	1/31/11

Dues Paying Members

Individual Members	
Family Members	
Total Members	

Last Board of Directors Mtg	1/16/2011
-----------------------------	-----------

This month, we feature a short, but very good article about talking with your doctor regarding anti-depressants. The original article is in Health.com.

5 Questions to Ask Your Doctor About Antidepressants

1. How will you make a decision about which antidepressant I should use?
 - Why you should ask this question: If you have been on antidepressants before or have a first-degree relative who has had success with an antidepressant, your doctor should start there. Research suggests there is a genetic component to responding to depression treatment.
2. What side effects should I be aware of, and which should I call you about?
 - Why you should ask this question: Depending on what type of mood disorder you have, side effects could make your symptoms worse.
3. Is there a generic medication that would work just as well?
 - Why you should ask this question: Brand names often have a larger co-pay, and some insurance drug plans only cover generic versions.
4. How much time should we wait before we decide a drug is not working?
 - Why you should ask this question: You should know whether your doctor plans to increase the dosage or switch you to another medication, and in what time frame, if the one you are taking doesn't work.
5. How do you define "successful" drug therapy?
 - Why you should ask this question: The goal should be complete remission of symptoms, with regular checkups to assess your progress.

Please help DBSA West by becoming a dues-paying member.

DBSA is an all-volunteer organization dedicated to improving the lives of people living with mood disorders and their loved ones. Our primary focus is on providing support groups for persons dealing with depression and bipolar disorder and their friends and families.

We are constantly looking for ways to make people aware of our group, which means we spend money on postage, printing and distribution of our information. When you become a member of DBSA, your \$20 individual and \$30 family annual dues payments help us pay for the production and mailing costs of our newsletters and brochures. Please see the sign up form at the end of this newsletter.

Our Officers:

President: Bernadette Knudsen, beesnees1@sbcglobal.net

Vice President: Norma Wimunc, nwimunc25@earthlink.net

Treasurer: Mary Paganoni, marypaganoni@aol.com

Secretary: Bob Steinmetz, bob@steinmetzmail.com

Our Support Group Facilitators:

Sunday: Bernadette Knudsen, beesnees1@sbcglobal.net

Sunday: Linda Dougherty

Sunday (16-25): Alex Steinmetz, alexsteinm@gmail.com

Wednesday: Norma Wimunc, nwimunc25@earthlink.net

Thursday: Bob Steinmetz, bob@steinmetzmail.com

Support groups meet at Good Samaritan Hospital, 3815 Highland Ave in Downers Grove.

In January and February:

- **Patient Support Groups** are held in the Red Oak Room on the first floor in the main wing of the hospital on Sundays from 1:00 pm to 3:00 pm, and on Wednesdays in the White Oak room from 7:00 pm to 9:00 pm.
- **Patient Support Groups for ages 16-25** are held in the Black Oak Room on the first floor in the main wing of the hospital on Sundays from 1:00 pm to 3:00 pm.
- **Caregiver Support Groups** are held in the White Oak Room on Thursdays from 7:00 pm to 8:30 pm. NOTE: On December 9, the caregiver meeting will be held in the CEC conference room, on the ground floor of the North Pavilion.

Check for last minute changes at www.dbsawest.org

DBSA West – Suburban Chicago

We've been there. We can help.

BECOME A MEMBER: Print this form and mail it with your check to the address below:

Your annual dues (\$20 for an individual and \$30 for a family) will help us in our mission to provide support, friendship, hope and information for individuals with depression or bipolar disorder and to their friends and families.

Type of membership: Family (\$30) Individual (\$20)

Type of newsletter: US Mail: Email

Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email Address: _____

Make checks payable to: DBSA West

Mail checks to: DBSA West
 PO Box 4646
 Naperville, IL 60567

Thank you for your generous support!