



The Depression and Bipolar Support Alliance - Greater Chicago, DBSA-GC,
Publication for members, friends and family, and health professionals

Depression and Bipolar
Support Alliance
Greater Chicago

Good Sleep Hygiene

Louis Dvorkin, Ph.D.



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How you might jump start those elusive New Year's Resolutions-Part II

So, where to start? Well, you are going to need a lot of energy to invest in making that change/those changes as well as having the ability and capacity to focus. One of the most common challenges reported by individuals involves some form of sleep disorder. Of course, this is a very serious matter that should first be addressed with your physician. Following medical consultation with whom you can review the below suggestions, you may well be able to acquire the needed energy needed to initiate your resolution(s):

Some Tips for Better Sleep

1. Go to bed at a consistent time.
2. Do not go to bed too early.
3. Determine how many hours you need for optimal functioning.
4. Develop habits that signal that your day has come to an end.
5. Keep your bedroom for sleep and intimate relationships only.
6. Avoid physical and mental stimulation just before bed time.
7. Taking naps may or may not interfere with your sleep-wake cycle.
8. Get daily, regular exercise.
9. Take a warm bath or shower 1-2 hours before bedtime.
10. Review your planner/scheduler for the next day.
11. Select an outfit for the following day.

Ultimately, you should not obsess and ruminate about sleep. You cannot force yourself to sleep. You allow yourself to sleep. Try counting sheep. Relax and think about something pleasant. If, after 20 minutes or so, you are unable to fall asleep, get out of bed, go to another room. Try meditation. Do some deep breathing and/or mental relaxation exercises. Drink a glass of warm water, green tea or water. Then, when drowsy, return to your bedroom. Sorry, I must end, I'm going to sleep now. Good night. If you have any other tips, we welcome your contributions and suggestions.

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Outside-in Solutions vs. Inside-out Solutions

Louis Dvorkin, Ph.D.

No one is born with a self-concept. It develops in part by those people who are important influences, be they positive or negative, us during our developmental years. Those who struggle with low self-worth or, who are chronically anxious, tend not to adopt an assertive attitude. This is a fundamental ingredient in achieving "inside-out solutions". Or, aka, ones that stick and self-sustaining.

You need not go for a personality makeover (i.e., who you are) to overcome any resistance to make positive changes in the coming year.

Some key factors to consider for the upcoming year to promote change and to overcome friction: think small; build self-trust; invent challenges; cultivate optimism; and develop critical awareness.



Depression and Bipolar Support Alliance – Greater Chicago Membership & Donation Form

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We need and appreciate your generosity.

2017 New Year's Resolutions: Resolve vs. Resistance

Louis Dvorkin, Ph.D.

Quit smoking? Lose weight? Exercise more? Find a hobby? Unfortunately, researchers have found that less than 10% of well-intended choice changes are likely to be achieved and/or maintained. What can be done to increase the likelihood of achieving and maintaining positive change? Secret sauce: Simpler is better. 1) Pick one, specific goal. 2) Do it now! 3) Take small steps. 4) Avoid repeating past errors 5) Expect relapse(s) 6) Be kind to yourself. 7) Reach out. Ask for support from family members and friends. 8) Recognize that change is a process. Acceptance of a challenge and commitment to change are the two most important keys to achieving and maintaining change in 2017.

HARVARD HEALTH LETTER--FOOT AND ANKLE HEALTH

Miriam Silvergleid

You might not give much thought to the health of your feet and ankles, but it's crucial to your mobility and independence. "Most people ignore problems with their feet until they can't walk.", says Dr. Holly Johnson, an orthopedic surgeon and instructor at Harvard Medical School.

If you can't walk, you may not be able to enjoy your favorite activities, let alone perform the routine activities of daily living such as standing up to cook a meal or walking to a bathroom. Immobility will also prevent you from exercising. Exercise is essential for a long list of health benefits like maintaining thinking skills, lowering the risk of heart disease and diabetes, controlling blood pressure, lowering cholesterol, maintaining healthy bones, and preventing osteoporosis.

Dr. Johnson says the most frequent issues for older adults include sprains. Achilles' tendinitis (inflammation of the tendon in your heel that results from overuse or a lack of stretching and flexibility), plantar fasciitis (inflammation of the band of tissue in the arch of your foot, associated with flat feet, a lack of flexibility, and over use) and bunions (an inherited deformity that causes the bones in your midfoot to sag and point inward while the big toe points outward, causing a large bump to form where the big toe meets the foot). Dr. Johnson has tips to prevent some of these issues.

STRETCH: If you don't stretch your calves, hamstrings, and Achilles' tendons, they'll contract and stop working properly. Stretching enables the muscles and tendons to do their job without putting too much pressure on the feet and ankles, and allows the foot ankle to better accommodate uneven terrain. Dr. Johnson recommends stretching for five minutes in the morning and five minutes at night, with quick stretches throughout the day.

DO WEIGHT-BEARING ACTIVITIES: The force of resistance on your skeleton through weight-bearing activity stimulates cells that create new bone material, and makes your bones stronger which can help one maintain stability. Weight-bearing activity includes anything that's done on your feet, such as walking, stair climbing, and dancing. Dr. Johnson recommends at least 30 minutes three times a week.

STOP SMOKING: Nicotine causes your vessels to constrict, so smoking diminishes oxygen delivery to the tissues of the feet and toes. That makes healing all the more challenging if you have any foot or ankle ailments.

LOSE WEIGHT: Too much weight that's present all the time can hurt your ankles. That's because every step you take puts the equivalent of five to seven times your body weight on your ankle. Even a 10-pound weight loss can reduce the strain and stress on the joint.

The Spectrum Staff

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Other DBSA Chapters are welcome to reprint *The Spectrum* articles in whole only and with proper notification and citation.

All contributions are encouraged. *The Spectrum's* content are not intended to provide advice for individual problems.

Such advice should be offered only by a health care professional familiar with the detailed circumstance in which the problem arises. Please direct submissions including "Ask the Doctor" questions to our editor: jurowicz@aol.com

DBSA-GC Mission Statement

The Depression and Bipolar Support Alliance-Greater Chicago, a non-profit, self-help group of lay persons, endeavors to help people whose lives are affected by mood disorders to better their lives:

By offering emotional support and practical advice for dealing with the illness.

By educating those with the illness, their families and friends, government officials, and the general public as to the causes, symptoms, treatments, and the personal and social costs of mood disorders and the stigma attached.

By counteracting the isolation caused by such illness, providing a sense of community, sharing the expense of the illness and its management.

By restoring self-esteem so as to empower members to live responsibly, to be fulfilled, and with as much enjoyment as can be achieved.

Board Announcement Bridget Maul, Esq.

DBSA-GC is pleased to announce it's 2016-2017 Board Members and Officers. Please join us in congratulating all of our new board members and officers, as well as those remaining in their previous positions. Additionally, DBSA-GC has worked hard in developing the board members into committees, outlined below, to continue to our mission.

President: Bill Cocagne

First Vice President: Mary Vreugdenhil (Peer Support Committee)

Second Vice President: Bridget Maul (Symposium Committee)

Third Vice President: Hank Trenkle (Spectrum Committee, Peer Support Committee)

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Judy Sturm (Peer Support Facilitator Trainer)

Peer to Peer Support from Trained Veterans John Ross

Select Veterans have been chosen to serve as Volunteer Veterans in the Warrior to Warrior program from a variety of Veteran Service Organization and the community. Warriors receive training in communication skills and community resources from the Illinois National Guard and Health & Disability Advocates with the common purpose to *Leave No Soldier Behind*. Volunteer Veterans are able to provide resources that may be unfamiliar to Soldiers while helping them through whatever problem might be standing in their way.

John Ross, along with his service dog, Eli are now actively engaged in this program visiting armories as volunteer Warrior to Warrior peer support Veterans.

Eli is making lots of new friends.

Press Release

Via Sharp Pencil Marketing

YELLOWBRICK CELEBRATES 10-YEAR ANNIVERSARY HELPING YOUNG ADULTS WITH MENTAL HEALTH ISSUES

10-year data shows patients showed significant improvements in brain functioning

Evanston, IL—Ten years after Yellowbrick first opened its residential and outpatient treatment center specializing in the psychiatric challenges of emerging young adults and their families, a newly released 10-Year Outcome Report shows that successful completion of treatment brings life-transforming results, including symptom relief, reduction in self-damaging behavior patterns, improved relationships with family and friends, improved executive/life skill functioning and a return to educational and career paths. These results are further validated by pre- and post-treatment neuroimaging studies demonstrating significant improvements in brain functioning.

Dr. Jesse Viner, CEO and Chief Medical Officer, founded Yellowbrick in 2005 with the goal of creating a mental health treatment center dedicated exclusively to helping young adults aged 17 to early 30s who struggle with a wide range of difficulties, including mood and anxiety disorders, substance abuse, eating disorders, ADHD, and personality disorders. In contrast to other centers, Yellowbrick takes a developmental rather than a diagnosis-specific approach. This is because all of the young adults who come to Yellowbrick are faltering while facing the universal challenges of launching into adulthood. That 50 percent of the young adults at Yellowbrick come from across the country testifies to the uniqueness of the model.

"Young adults have unique mental health issues that are very different from those of either adolescents or fully launched adults," Dr. Viner explains. "Not only are their brains still developing, but this population also struggles with developmentally-specific issues such as consolidating their unique identity and competencies, transitioning from family and creating a community support system, and evolving a value-driven purpose in their lives. Psychiatrically vulnerable and at-risk emerging young adults often need a comprehensive, intensive and extended intervention and support to launch a meaningful and productive future."

In the summer of 2005, Yellowbrick took the first step by purchasing and fully rehabbing an apartment building on the lakefront in Evanston where young adults are supported living together while participating in Yellowbrick's intensive outpatient treatment program receiving professional services in Yellowbrick's offices in downtown Evanston. The first emerging young adults started receiving treatment at Yellowbrick in August 2006.

Since then, Yellowbrick has treated hundreds of young adults from across the nation, helping them find relief from depression and anxiety, maintain sobriety, reduce the risk of self-injury and suicide, improve relationships with family and friends, and increase their ability to effectively manage their time, money, food and more.

In order to track outcome, Yellowbrick performs neuroimaging of all young adults when they are first admitted for treatment and when they transition. Computerized cognitive assessment also tracks the outcome of efforts in the *ReCognition Service*, which provides cognitive enhancement to improve foundational capacities such as attention, concentration, processing speed and working memory.

Recently, Yellowbrick analyzed the data from all their patients over past 10 years and found:

- Nearly all who came in with "moderate and severe" levels of depression and anxiety improved to having only "mild" levels at time of completion
- Nearly all showed significant improvement in attention, memory, executive functioning, problem solving and decision-making
- Nearly all showed significant improvement in ability to effectively manage their home, time, money and food
- Nearly all were either employed or going to college or technical school within two to four years after completing treatment

"Psychiatric treatment, provided within the context of accurate diagnosis, personalized medicine and passionate commitment to collaborative, healing relationships, is effective in creating a broad range of life-changing results," Dr. Viner says. "We really do believe that our method helps young adults heal their brains and transform their lives."

#

Yellowbrick's mission is to serve as the national leader in psychiatric healthcare for emerging young adults and their families. *Yellowbrick's* comprehensive, integrated model of intensive outpatient treatments are based on the frontiers of neuroscience, psychotherapy, life skills and wellness research and practice. *Yellowbrick's* naturalistic, real-time sober therapeutic community model offers an immersion in expert, collaborative, caring and healing relationships. Learn more at www.yellowbrickprogram.com.

January 2017

Su	Mon	Tue	Wednesday	Thu	Fri	Sat		
1	2 NEW YEARS DAY OBSERVED	3 Evanston Hospital Support Groups 4:00 & 6:30pm	4 Palatine Support Group 7:00pm at Palatine Library	Uptown Andersonville Support group 7:00pm	5 Northwestern Hospital Support Group 6:30pm	6 Brookfield Support Group 7:00pm	7 Berwyn Public Library Support Group 1:00pm	
8	9 Chicago Educational Meeting 6:30	10	11 Chicago North Support Group 6:30pm	Uptown Andersonville Support group 7:00pm	12	13 Brookfield Support Group 7:00pm	14 Brookfield Support Group 12noon	
15	16 DBSA-GC Board Meeting 7:00pm	17 Evanston Hospital Support Group 4:00pm	18 Chicago South Support Group 4:00pm	Palatine Support Group 7:00pm at Palatine Library	Uptown Andersonville Support group 7:00pm	19 Northwestern Hospital Support Group 6:30pm	20 Brookfield Support Group 7:00pm	21 Berwyn Public Library Support Group 1:00pm
22	23 Chicago-North Support Group 6:30pm	24	25	Uptown Andersonville Support group 7:00pm	26	27 Brookfield Support Group 7:00pm	28 Brookfield Support Group 12noon	
29	30	31						

February 2017

Su	Mon	Tue	Wednesday	Thu	Fri	Sat		
			1 Palatine Support Group 7:00pm at Palatine Library	Uptown Andersonville Support group 7:00pm	2 Northwestern Hospital Support Group 6:30pm	3 Brookfield Support Group 7:00pm	4 Berwyn Public Library Support Group 1:00pm	
5	6	7 Evanston Hospital Support Groups 4:00 & 6:30pm	8 Chicago-North Support Group 6:30pm	Uptown Andersonville Support group 7:00pm	9	10 Brookfield Support Group 7:00pm	11 Brookfield Support Group 12noon	
12	13 Chicago Educational Meeting 6:30	14	15 Chicago South Support Group 4:00pm	Palatine Support Group 7:00pm at Palatine Library	Uptown Andersonville Support group 7:00pm	16 Northwestern Hospital Support Group 6:30pm	17 Brookfield Support Group 7:00pm	18 Berwyn Public Library Support Group 1:00pm
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26	27 Chicago-North Support Group 6:30pm	28						

Event Locations:

Chicago-North at Devon Bank, 6445 N. Western Ave., (Lower Level), Chicago, Illinois

Educational Meeting-2nd Monday of the month at 6:30 pm. Support Groups- 2nd Wednesday and 4th Monday at 6:30pm.

Chicago-South at St. Benedict the African (East) Church, 6550 S. Harvard St., Chicago, Illinois, Martin Luther King Room, (773) 776-3316. Enter parking lot north side of building. Then enter door at the NE corner of the building.

Support Group-3rd Wednesday of the month at 4:00pm.

Evanston Hospital, 2650 Ridge Ave., Evanston, IL. Support groups- 1st Monday (6:30pm) and 1st & 3rd Tuesdays (4:00pm) of the month. [Check main desk for room assignment.]

Chicago-Central at Northwestern Hospital, Feinberg Pavillion, 251 E. Huron St., Room 2-715 or 2-716, Chicago, Illinois. Support group-1st & 3rd Thursday of the month at 6:30pm

Uptown Andersonville, Ebenezer Lutheran Church, 1650 West Foster Avenue in Chicago, IL. Support group Every Wednesday 7:00-8:30pm. NOTE: Street parking only. Arrive 15 minutes before start time to help door monitors.

Palatine Support Group. Meets 1st Wednesday at Palatine Public Library, 700 N. North Court, Meeting Room 3, Palatine, IL.

Meets third Wednesday at St. John United Church of Christ, 308 N. Evergreen Ave, Arlington Heights, IL. Meetings start 7:00pm.

Brookfield (IL) Municipal Building 8820 Brookfield Ave.-Police entrance-Stay left-downstairs Conference Room C. Contact John Ross (708) 856-1992. Veterans welcome. 7-8:30pm EVERY Friday night. We also meet from 12:00 noon to 1:30pm on the 2nd & 4th Saturdays of the month.

Berwyn Public Library, 2701 Harlem, Berwyn, Illinois, 2nd floor, Boardroom. 1:00pm to 2:30pm 1st & 3rd Saturdays of the month. Contact John Ross (708) 856-1992

For More Information:

Visit the DBSA-GC website www.dbsa-gc.org

For the National DBSA visit www.dbsalliance.org

Educational Speakers

Hank Trenkle

November 2016 Speaker

Our educational speaker for Nov. was:

Dr. Scott O'Donnell who specializes in pediatric medicine. He is very knowledgeable regarding mood disorders and treats many patients with these illnesses.

He began his talk by stating that many mood disorders are inherited and thus are genetic. Mood and anxiety disorders in children can have the same symptoms as adults but children also exhibit the illnesses by: refusing to go to school, thinking they are stupid, refusing to do anything, are upset, have stomach aches, headaches and outbursts. When a child has abdominal pain, usually, it is psychologically related.

January 9, 2017 Speaker

Our educational speaker for Jan. 9, 2017 will be:

John Kennedy who will speak on the topic of: Neuroplasticity. This is an up and coming treatment modality for the treatment of mood disorders and anxiety. Mr. Kennedy is on the "ground floor" regarding this very promising treatment.

The theory of this treatment is to stimulate the brain by giving it something to do. The brain is very lazy and if stimulated in a positive way, we can actually physically change the brain based on what we give it. This involves repeated stimulation that scientists call a "zombie system" or a system that is automatic. A procedural example of this is called muscle memory whereby a person practices throwing a ball over and over again until it becomes automatic and ingrained in the brain. This same principle is involved psychologically involving how we think and feel about ourselves and in our world. If we practice thinking positively with positive input, we can change our mode of thinking and thus alleviate mood disorder and anxiety.

Mr. Kennedy has spoken to our membership before and received a very positive response. He is currently working with an attendee who previously had no positive outcome with regard to mood disorder and is now, for the first time, having a positive result

February 13, 2017 Speaker

Our speaker for Feb 13 is Dr. Neil Bockain, Ph.D. He is an Ill. licensed clinical psychologist, is founder and President of Behavioral Health Assoc. He has been a professor of Clinical Psychology and Behavioral Medicine since 1995, first at the Illinois School of Professional Psychology and then at the Adler School of Professional Psychology. He has taught classes in Cognitive-Behavioral Therapy, Diagnostic Seminal, Therapy Seminar, Introduction to Psychopathology and Wellness, Behavioral Medicine and Mindfulness Meditation Skills Lab and Research Methods. He is currently the Director of the Cognitive - Behavioral Therapy Concentration at the Adler School. He is very aware of the use of mindfulness as therapy for mental illness including depression, bipolar disorder and anxiety disorders.

Dr. Bockain is the lead author of three books and over 40 presentations - publications. He is very much involved in the treatment mode of mindfulness and teaches and does research in this area.

If you are interested in hearing from a psychologist who has taught and done research in many areas of mental health treatment, you should try to be at this presentation where Dr. Bockain will concentrate on the "hot treatment mode" of mindfulness that many people find very helpful in their quest for normalcy.



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