

MOODS

Serving people with depression and manic depression, their families and friends since 1981

Happy 25th Anniversary To MDSG Taking a Look at How it All Began A Quarter Century Ago

By Betsy Naylor, MDSG Chair

The territory of mood disorders has changed so much in the past twenty-five years. Put yourself in 1981: Ronald Reagan had just taken office, Pac-Man was all the rage, Ed "How'm I doin" Koch was Mayor of New York. At that time, the majority of clinically depressed and manically depressed people were not only devastated by the symptoms of this terrible illness, but they were made even more miserable by the need to keep quiet.

So little was known about mood disorders and the stigma so intense that to acknowledge what you were going through, even to friends, usually caused so much trauma that it was safer to suffer in silence. Furthermore, psychiatrists had few tools to work with: the workings of the brain were not as well understood and the inventory of psychiatric medications was scant. Often the clincher for the patient would have been frequent and long hospitalizations. Thankfully at that moment in 1981 several smart, prescient people founded the Mood Disorders Support Group (MDSG). They started small, but stuck with it. We are all in their debt. For the untold thousands of people who have come through our doors since then, MDSG has been a lifeline of empathy, information and hope. I'm proud and never cease to be amazed that week after week we keep go-

ing and growing—and on a miniscule budget. At the heart of our activities are our support groups, lectures by the top researchers, authors and clinicians, this quarterly newsletter, a very active website, ongoing facilitator training classes, an efficient telephone information line, books, articles and recorded lectures for sale, and our loyal volunteers, always busy behind the scenes making sure everything runs smoothly.

Five years ago when we reached our twenty-year mark, Jane Cartwright, then newsletter editor, wrote a fine article about MDSG's beginning. Jane, unfortunately, died of complications from cancer in 2003 and is sorely missed. It is at this appropriate juncture that we are reprinting that article:

MDMSG started out "like a mom-and-pop store," said co-founder Betty Mackintosh, and in the early days, it was run from the apartment of Mackintosh and her husband, past MDSG chair Rich Satkin. The two and a handful of others returned phone calls, typed the newsletter, sorted all the mail. Mackintosh remembers licking "many, many stamps" and having "work parties"

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Roundtable : Therapists Discuss Therapy Everything You Ever Wanted to Know Panel of Psychologists — June 6, 2006

Almost everyone struggling with a mood disorder eventually ends up on the couch. Not only the one in front of the television, but the one that Freud made notorious. Numerous studies have shown that in addition to the right medication, psychotherapy gives mood disorder patients a far better chance of getting better.

Yet in spite of therapy's proven efficacy and popularity, lots of folks still have questions. For starters, what the heck does word "therapy"

refer to exactly? How do you know it will benefit you? How do you find the right therapist? Must it take so long to work? What type should you chose? Whatever your question, this discussion will provide answers. Four prominent New York therapists will be on the panel and they will take all questions from the audience.

For time, location and other lecture details, see page. 5.

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~~25th Anniversary~~

The Perfect Gift

Listen Up! MDSG is turning 25 this year so why not show your love with an anniversary check? Best of all, if you make a contribution right now, your dollars will go even further thanks to a special matching offer from the MDSG board of directors. To celebrate this important milestone, for every three dollars you donate (up to \$25,000), the board will ante up another dollar. The money raised will fund our support groups, facilitator training, lectures, website, newsletter and other valuable services. Please be as generous as you can and help ensure another quarter century of support, education, and hope.

It's just what we always wanted!

Thanks from all of us at MDSG

.....

Enclosed is my anniversary contribution to MDSG.

- \$1000 Patron
- \$500 Benefactor
- \$250 Donor
- \$75 Friend
- _____ Other amount

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Mood Disorders Support Group
New York

MOODS

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P.O. Box 30377, New York, NY 10011

Phone (212) 533-MDSG

FAX (212) 675-0218

E-mail address: info@mdsg.org

Web site: www.mdsg.org

Sarah Schmidt
Editor

Betsy Naylor
Chair

Ivan K. Goldberg, M.D.
Medical Advisor

Michael Horowitz
Webmaster

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Newsletter Contributions,
MDSG-NY
PO Box 30377 New York,
NY 10011
E-mails should be sent to
newsletter@mdsg.org

Ask the Doctors with Ivan Goldberg, Psychopharmacologist



Q: After several years of being mildly depressed, I saw a psychiatrist for the

first time. He prescribed Prozac, which gave me panic attacks and did nothing to improve my mood even after I tried it for several weeks. My doctor has now taken me off Prozac and wants me to try Celexa. Is Celexa any less likely to cause panic attacks and other side effects? Since my depression is mild and the side ef-

fects I felt were severe, shouldn't I be given one of the less powerful drugs or a lower dose?

A: Of all the antidepressants used to treat people with depression, Prozac, if initially prescribed at full dosage, is more likely to cause panic than any other antidepressant. Celexa is less likely to cause panic than Prozac, but in someone who is prone to develop panic attacks, the starting dose should be 10 mg per day and the

dose then increased every 7 to 12 days.

Q: Are manic episodes that are induced by antidepressants the same as spontaneously occurring episodes of mania?

A: There is evidence that manic episodes induced by antidepressant treatment of depression are somewhat milder and shorter in duration than spontaneously occurring manic episodes.

...and Joe Nieder, Pediatric Psychiatrist

Q: I'm a grade school teacher and I'm worried that one of my fourth graders may be using his asthma inhaler improperly. He seems to use it whenever he's upset, not necessarily when he's having breathing problems, and it seems to be making him hyperactive. Is there any potential for addiction or abuse of inhalers? I also wonder if he might have undiagnosed attention deficit hyperactivity disorder. If a child has both asthma and ADHD, is it safe for him to use an inhaler?

A: Asthma inhalers have a potential for abuse, because they are stimulant type medications, with some similarity to stimulants like Ritalin or Adderall or Dexedrine.

Used properly they are excellent medications, which can treat or prevent the contraction of bronchial tubes (called bronchospasm) that impairs breathing in asthma. Because they have stimulant properties, they can produce excitation, agitation, hyperactivity, tremor, rapid heart beat or an increase in blood pressure. The common asthma medications in use are Albuterol, Serevent (salmeterol), Advair, Flovents and others.

It is very important that they be used exactly as directed, because worsening asthma can be a serious sign of progressing asthma, which can be a life threatening condition. There has been a concern that the number of deaths from asthma has in-

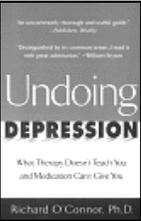
creased since the introduction of stimulant inhalers, because they were used improperly, or were depended upon for relief when the inhalers were empty.

If a child has both ADHD and asthma, the child can still use an inhaler if the child's parent or caretaker is instructed carefully in its proper use and knows to notify the physician if the asthma is worsening or requires more frequent use of the inhaler to control the symptoms. If the asthma is not controlled, it is often necessary to add a selective steroid inhaler to control inflammation in addition to controlling the bronchospasm. Inhalers are potent medications and must be used with medical supervision.



The Reader's Corner with Betsy Naylor

In our twenty-five years of existence, one of our goals has always been to promote education about depressive and manic depressive illness. To that end, we screen books, recommend those that meet our high standards, and offer them for sale at our support group meetings and lectures. Within this select group, some have emerged as favorites over the years. Here are the top five MDSG best-sellers.



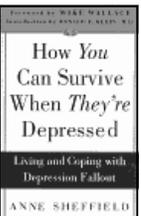
**Undoing Depression:
What Therapy Doesn't Teach You
and Medicine Can't Give You**
by Richard O'Connor, Ph.D.,
Berkley, \$12.95.

This common sense guide helps readers identify self-defeating habits common to those suffering from depression and then offers specific avenues to change those negative thoughts and activities. O'Connor is also one of our most popular lecturers and his compassionate presence comes through in *Undoing Depression* just as it does in his personal appearances.



**An Unquiet Mind:
A Memoir of Moods and Madness**
by Kay Redfield Jamison, Ph.D.
Vintage, \$12.95

From early on, Jamison has lived with bipolar disorder. She's been, at times in denial, at other times suicidal, and sometimes stable and productive. A psychologist, Jamison has also written other books and done cutting edge research on bipolar disorder, but in this memoir, she recounts experiences affected by her mood, each one reading like a small adventure. Readers can learn from her hard-earned lessons and identify with what has happened as she struggles with her disorder.



**How you Can Survive while They're
Depressed: Living and Coping with
Depression Fallout**
By Anne Sheffield
Harmony, \$15.00

Those of us who suffer from depression or manic depression are sometimes unaware of the fallout that spreads to spouses, parents, children and friends.

Sheffield addresses the needs of these significant others who try to help, even when they can barely tolerate their loved one's behavior. Sheffield knows her subject inside and out from her own family experience; she also researched the book with help from MDSG. She offers great comfort, solid advice, and resources both concrete and cerebral.



**Undercurrents:
A Therapist's Reckoning with Her
Own Depression**
by Martha Manning
Harper, \$13.00

Manning, a busy therapist, becomes immobilized by depression and because of her professional knowledge, has a special awareness of what is happening to her. One medication after another does not relieve her hopelessness and suicidality. Finally she is offered electroshock therapy, a story in itself. Her tale recounts how she slid from psychotherapist to patient, and back.



**The Bipolar Disorder Survival Guide:
What You and Your Family Need to
Know**
by David Miklowitz
Guilford, \$19.95

The more you and your family members can learn about bipolar disorder, the better able everyone will be to accept this illness and live with it. Dr. Miklowitz has arrived at his points of view through experimentation and studies of what behaviors work. His book is meant to help patients and families to learn pertinent information and develop other tools handling ongoing problems. The ultimate goal is the best quality of life possible.

Shopping on Amazon? If you go to our website (mdsg.org) and click on the Amazon logo, you'll be taken to their site. As long as you have reached their site through ours, MDSG will receive a commission on what you buy. It's that simple!

Mood Disorders Support Groups and Lectures

Spring 2006

Support Groups

Manhattan – West Side/Carnegie Hall
Every Wednesday

Doors open at 7:00pm, groups begin at 7:30pm **Jewish Board of Family and Children Services**,
Third floor, 120 West 57th Street
(between 6th and 7th Avenues, east of Carnegie Hall)

Manhattan – East Side/Downtown
Every Friday

Doors open at 7:00pm, groups begin at 7:30pm,
Beth Israel Medical Center, Bernstein Pavilion,
2nd floor, Enter on Nathan Perlman Place
(between 15th & 16th Sts and 1st & 2nd Avenues)

Support groups enable participants to share personal experiences, thoughts, and feelings in small confidential gatherings. Separate groups are available for newcomers, unipolar (depressive), bipolar (manic depressive), family members, and friends. At *both* locations, all groups meet at the same time, including the Under-30 Group. The support groups are free for members. A \$5 contribution is suggested for non-members.

Lectures

(now on Tuesdays)

June 6, 2006
Tuesday
7:30 p.m.

Panel of Psychologists
Eminent NYC therapists with a wealth of knowledge to share.

Therapists Discuss Therapy: Everything You Ever Wanted to Know How do you find the right therapist? Which style is best for you? Will you ever be “done?” Whatever your question, this discussion will provide answers.

September 12, 2006
Tuesday
7:30 p.m.

David Hellerstein, MD
Cutting edge researcher, top psychopharmacologist, and clinical director of the New York State Psychiatric Institute.

Healing Your Brain: Can Your Mood Disorder Go Into Long Remission? Exciting new evidence in neuroscience and psychiatry suggests that successful treatment can *reverse*—not just improve—depressive illness. Be sure to attend this provocative lecture.

October 10, 2006
Tuesday
7:30 p.m.

Richard O'Connor, PhD
Celebrated author of *Undoing Depression* and *Undoing Perpetual Stress*, and practicing psychotherapist.

Making the Best of Depression: You Can Do Better Than Coping* Learn how setting the bar higher can help you recapture true enjoyment and pleasure out of life. Dr. O'Connor is one of our most popular speakers—don't miss him!

Lectures are *usually* held on **Tuesdays** (call and listen to message for last minute changes). Doors open at 7:00 pm; lectures begin at 7:30 p.m. in Podell Auditorium, Dazion Pavillion, Beth Israel Medical Center (enter at northwest corner of 1st Avenue and 16th Street). Lectures are free for members. A \$5 contribution is suggested for non-members. *Fundraiser: \$10 non-members, \$6 members.

Recordings of our past lectures are for sale on our website.

Contact us for more information and a copy of our newsletter.

THE MOOD DISORDERS SUPPORT GROUP, INC.

(212) 533-MDSG

P.O. Box 30377, New York, NY 10011 FAX (212) 675-0218

e-mail: info@mdsg.org web site: www.mdsg.org

And The Awards For the Funniest Title Go To . . .

In our last issue, we asked readers to poke fun of mood disorders (and Hollywood) by inventing spoof movie titles about depression, manic depression, and psychiatry. These Oscar-worthy entries top the list:

First Prize:
Escape from Medicare—Part D
—Kurt Sass

Second Prize:
Up and Down the Down Staircase
—Joanne Gruber

Third Prize:
Sorry, Wrong Number of Pills
—Ann Wilensky

Honorable Mention:

Crimes and Mood Disorders
—Harold Freier

Dances With Wellbutrin
—Marylou Eagle

Capturing the Freuds
—Carole S.

Buspar Stop
—Valerie Sannino

Lamictal, Actually
—Roseanne Keady

Friends With Mania
—Alice Arner

Snow White and the Seven Psychopharmacologists
—Brady Smith

Valium of the Dolls
—Abbe Phillips

A Funny Thing Happened on the Way to the Pharmacy
—Joanne Gruber

A Room Without a View
—Kurt Sass

Good Night and Good Mood
—Jay Munson

Thanks to everyone who entered!

Have you AND a family member ever been DEPRESSED?

We want to learn more about how Major Depression is inherited.

You may be eligible to participate in a National Institute of Mental Health study if you:

- are 21 years or older
- have had 2 or more episodes of depression
- have had depression by age 30
- have a brother, sister or parent who has had depression
- do not have bipolar disorder

Participation involves medical and psychiatric evaluations and giving a small blood sample. Interview and blood draw can be done in your own home.

Participants will be paid for their involvement.

For more information:

Columbia University – New York State Psychiatric Institute
(212) 543-6297 or **(212) 543-6697**
sibhealth@childpsych.columbia.edu

ALL INQUIRIES ARE STRICTLY CONFIDENTIAL
NYSPI – IRB Protocol #5094 approved 1/13/06

Get your MDSG T-shirts

Available in medium and large, the shirts feature this cute cat picture on the front; the back says *Support Someone* www.mdsg.org.



The \$16 price includes shipping and handling. Order more for a discount: Two are \$30; three are \$44. Supply is limited so get them while you can. To order, send a check payable to the Mood Disorders Support Group/ New York to:

T-shirts orders
MDSG-NY
PO Box 30377
New York, NY 10011

(from page 1)

with pizza and soda. Satkin recalls the mosaic of paper spread out on the floor while the mail was sorted by zip code to save money on bulk rate postage.

Twenty years later, MDSG sends out more than 7,000 newsletters and runs more than eight hundred support groups a year. We're still an all-volunteer organization, but we reach approximately 10,000 people annually. People find us via the Internet, and are sent by their doc-

“In 1984, we had very simple brochures, and we wanted to give them to psychiatrists attending the American Psychiatric Association Convention...We had to stand on the sidewalk or out on the steps of the hotel to hand them out, because we were seen as evil—as anti-psychiatry.”

tors—the name MDSG invokes wide respect. Recently, Satkin and Mackintosh, along with past board members Marylou Selo and Ngaere Baxter, Ph.D., (also a co-founder) sat down and talked about why, when and how this remarkable organization got started.

In 1981, Satkin and Mackintosh wrote a letter to Ronald Fieve, M.D. at the Foundation for Depression and Manic Depression inquiring about a support group. At the time, Dr. Baxter (formerly Dr. Goldring), a psychologist, was clinical director of the foundation, and the letter peaked her interest in starting such a group. “I invited the two of them to my office...We immediately found that we shared many common ideas about how valuable a support group would be in an era when treatment of depression and manic depression had become heavily ‘medicalized’ and ‘cliniced.’ Many people couldn’t afford psychotherapy, but they needed some support in addition to medication,” said Dr. Baxter. “It seemed incredible to me then that there was no support group in the city that dealt with patients’ and family members’ issues,” she added.

Meanwhile, in May of 1981, Selo was released from Roosevelt Hospital after she suffered what was called “a nervous breakdown.” “A social worker there told me I would never work again, and that I could forget about returning to my career as an interpreter, translator and tour guide,” Selo said. “I was told the best I could hope for would be volunteer work somewhere. Quite by coincidence, I found the foundation of Dr. Fieve. He was looking for someone to work the telephones, and I remember I never did a job as badly as I did this one.

“One day Dr. Fieve came storming down the stairs, because I had misconnected him again, and he said: ‘What did you do before this?’ ... I told him a little bit about my

history, and he said, ‘I think it would be very good for you to be in a support group,’” recalled Selo. “I had never heard of a support group. I didn’t even know what one was.” She attended the very first meetings of MDSG. (Oh, and by the way, eventually she did work again, and her career now takes her around the world.)

In the early years, psychiatrists were suspicious of mental-health support groups, according to Satkin and Selo.

“In 1984, we had very simple brochures, and we wanted to give them to psychiatrists attending the American Psychiatric Association Convention at what was then the Americana Hotel,” recalls Selo. “We had to stand on the sidewalk or out on the steps of the hotel to hand them out, because we were

seen as evil—as anti-psychiatry.” That has changed, said Satkin. “Today there are many more psychiatrists open to support groups. . .Doctors want to come to us. They’re our friends, but they weren’t in 1981.”

Looking back, our founders say that their early goals have not only been met, but surpassed. “The initial goal was to form a place where we could meet and talk and learn something,” said Satkin, but the group quickly branched out to offer lectures and extensive training for the volunteer facilitators who lead our support groups. The mission, however, has remained the same.

“When I first got sick in 1976,” said Selo, “I thought, ‘Okay, they tell me this is going to take six or eight weeks. Then I’m going to be able to go home, take the cast off, so to speak, and walk again.’ No one told me that this illness might come back. No one told me I would have to stay on my medications to keep the episodes from coming back—that I was in this for the rest of my life—that there was no cure.”

All say that establishing MSSG has been personally rewarding. “MDSG has helped me take the complete disruption of my career and aspirations and turn it into something positive,” said Satkin. “It was a healing experience for us after the trauma of the years of illness before. It was a way of putting ourselves back together again.” Mackintosh said.

“My work with MDSG has brought me enormous fulfillment,” said Selo, who helped set up the National Depression and Bipolar Support Alliance, which became MDSG’s “parent” organization. “But most of all,” Selo added, “now that my family is gone, the friends I’ve made at MDSG have become my family.”

MDSG, Inc.
PO Box 30377
NEW YORK, NY 10011

We Get By with a Little Help from our Friends . . .

MDSG provides award-winning services to thousands of New Yorkers—over 600 individual support groups a year, the distinguished lecture series, our telephone information service, our website, this newsletter. And all at the lowest possible cost, through volunteers.

The \$5 contribution for meetings doesn't cover all our expenses. We need your help to pay the phone bill, print the newsletter, promote MDSG in the media, and meet other needs.

Annual membership is \$45 for individuals, \$65 for families. Your membership card is a free ticket to support groups and most lectures. Contributions are tax deductible.

Annual Membership	Additional Contribution to MDSG
To: MDSG, Inc., P.O. Box 30377, New York, NY 10011	To: MDSG, Inc., P.O. Box 30377, New York, NY 10011
I enclose: \$45 Individual Annual Membership \$65 Family Annual Membership Is this a renewal? Yes No	I enclose: \$1000 Patron \$500 Benefactor \$ 250 Donor \$ 75 Friend _____ Other
Name _____ Address _____ _____ E-mail _____	Name _____ Address _____ _____ E-mail _____
<i>Make check payable to MDSG, Inc.</i>	<i>Make check payable to MDSG, Inc.</i>