



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

Weekly Support Groups

Doors open at 7:00 p.m.; groups begin at 7:30 p.m.

Manhattan West Side on Wednesdays

St. Luke's Roosevelt Adult Outpatient Psychiatric Clinic

411 West 114th St (bet. Amsterdam and Morningside)

Manhattan East Side on Fridays

Beth Israel Medical Center, Bernstein Pavilion, 2nd floor

Nathan Perlman Place (bet. 15th & 16th Streets, First & Second Aves)

Support groups allow participants to share their thoughts, feelings and personal experiences in small, confidential gatherings. Separate groups are available for:

- newcomers
- unipolar (depressive)
- bipolar (manic depressive)
- Under-30s
- family and friends

Groups meet simultaneously. Support groups are free for members, and \$5 for nonmembers.

Upcoming Lectures of Note

Fall 2012

Ketamine: A Potential Game-Changer In Treatment-Resistant Depression

Gerard Sanacora, MD
Professor of Psychiatry and Director, Yale Depression Research Program

Tuesday, September 11



A drug that has traditionally been used as a general anesthetic for children, "has the potential to be the biggest change in treating depression in the last 50 years", according to Dr. Gerard Sanacora in a recent interview on ABC News. Clinical studies on ketamine conducted by Sanacora and his colleagues at Yale, at NARSAD and at the National Institute of Mental Health have shown positive results. In one study involving patients who had tried many medications without success, 12 of 17 participants not only got much better, they did so *within hours – and the effects lasted more than a week.*

Ketamine, however, has some severe side effects and questions remain about what happens if it's used long term. Yet this groundbreaking research opens the door to studying similar drugs that may be

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A Story of Madness, a Story of Hope: Insights Gained on the Road to Recovery

William Jiang
Author, *A Schizophrenic Will: A Story of Madness, A Story of Hope*

Tuesday, October 9



Will Jiang was a gregarious, popular and brilliant young man on the fast track to success. He graduated from Stuyvesant High School and was sailing through Stony Brook University when he was blindsided by schizophrenia.

Despite multiple hospitalizations, setbacks and complete derailments, Will was determined to figure out how to lead a meaningful life. His path to recovery wasn't discovered easily, and he still struggles to manage his symptoms, but William Jiang went on to earn undergraduate and master's degrees, and became employed as the librarian for The New York State Psychiatric Institute.

On October 9, Will Jiang will share his inspirational story with us – and tell us what he has discovered about the road to recovery. He'll offer insights and travel tips for our own journey, and help us recognize the road markers that make recovery easier to find.

What Top Researchers Are Studying That Might Help You

Panel of Four Leading Research Scientists

See page 5 for our list of eminent speakers

Tuesday, November 6

Some of the top psychiatric researchers in the world are located in New York City. Four of the very best in the field will come together on November 6 to fill us in on the fascinating studies they're working on – research that could minimize symptoms and improve the quality of our lives. Come learn about the new ideas being explored, and where your new hope for the future may lie!

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Ask the Doctor by Ivan K. Golberg, M.D.

Q. When should Electroconvulsive Therapy (ECT) be considered for people with a mood disorder?

A. ECT should be considered if severe depression is accompanied by weight loss, psychomotor retardation or severely guilty feelings. Other indicators for its use are: psychosis, suicidal or homicidal thinking, severe depression that does not respond to antidepressants. People who cannot take antidepressants because of co-existing medical problems are also good candidates for ECT.

Q. How effective is ECT?

A. Numerous studies show that ECT is effective about 80% of the time. It is regu-

larly effective in relieving depression in people who have not seen improvement through other treatments.

Q. Why do I have to discontinue taking lithium before I start my ECT?

A. When people taking lithium have ECT, they are at risk to become disoriented and confused.

Q. Is there a difference in the effectiveness of ECT for Major Depression and Bipolar Depression?

A. There is some evidence that ECT works faster in people with Bipolar Disorder, and that they require fewer treatments than people with Major Depression.

Q. My depression was successfully treated by a series of 16 ECTs. Now my doctor wants me to start taking an antidepressant that I've tried before, that didn't work. Is this likely to help?

A. For reasons that aren't clear, medications that weren't useful in treating depression before ECT treatment are often quite effective in preventing relapse afterwards. Although ECT is highly effective, it does have about a 50% relapse rate if antidepressants are not used for maintenance after treatment.

Interesting Things to Know About

Partnership for Prescription Assistance
pparx.org

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free.

Current Clinical Studies

You can find out about studies you may be able to participate in by calling:
Mount Sinai (212) 241-7906
Weill-Cornell (212) 746-5705
Columbia-Presbyterian (212) 543-5734

REEL Recovery Film Festival
Sept 28, 2012 - October 4

The New York City REEL Recovery Film Festival is a multi-day exhibition event showcasing first-time filmmakers and experienced professionals who make films about addiction, treatment, recovery and sobriety. Suggested donation: \$10.

Quad Cinema in the West Village! 34 West 13th Street New York, NY 10011

Mood Disorders Support Group
New York
MOODS
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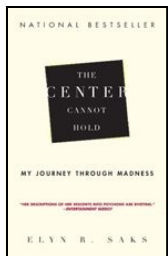
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All information in this newsletter is intended for general knowledge only and is not a substitute for medical or legal advice or treatment for a specific medical condition.

The Reader's Corner by Betsy Naylor

The Center Cannot Hold: My Journey Through Madness

by Elyn Saks
Hyperion 2007
351 pages



I was so immersed in this wonderful book I did not want to finish it. Elyn Saks's autobiography

contains so many important images, thoughts, and experiences that I wish I could write about them all!

Elyn Saks suffers from chronic schizophrenia, which first came to full lower while she was studying at Oxford University. Her parents were pretty dismissive: they said things many of us have heard: "Don't be silly! Buck up! Be tough!" When Elyn moved on to law school at Yale, she broke down completely and was hospitalized for months. In the hospital she was abused, and discovered the misery of life without civil rights -- experiences which later shaped her professional career (and where we in MDSG can see ourselves -- and learn).

For years Saks was of the unbending opinion that she did not need meds. She wanted to prove that if she just tried hard enough she would not break down. She feared that medication would take away her autonomy, and be an admission that she was sick. What she

discovered was that will-power cannot conquer all. Without medication her schizophrenia was absolutely terrifying. But, she notes, "While medication kept me alive, it [was] psychoanalysis that helped me find a life worth living."

One of the key factors that kept Saks going was her capacity for sustaining long-term friendships. Sometimes when she was becoming psychotic, her close friends were able to keep her out of the hospital. They flew long distances to help her. She was able to open herself up to them and confide everything. When nasty events dropped on her like bombs -- a journal rejection, the need to leave a trusted therapist, or a diagnosis of breast cancer -- her apartment was filled with flowers and people who cared. The importance of this support was immeasurable.

Like most of us, Elyn kept her symptoms out of public view until it was no longer possible. She felt that she was basically bad because she was schizophrenic, and that she deserved to lose her mind.

Fortunately, she found a group like MDSG in California, where people were trying to get better. They were learning how to handle stigma, and they were looking honestly at mistaken beliefs they held. She found that the more she was able to accept her illness, the less it defined her.

Dr. Saks found her path in

life in academia in mental health law. Ironically, given her long resistance to meds, the first journal article she wrote was asking how to determine competence when a mentally ill patient refuses to take medication.

She is currently a professor in an endowed chair at Southern California University, where she keeps an unvarying schedule and has good control of her life. She writes, "My good fortune is not that I've recovered from mental illness. I have not, nor will I ever. My good fortune lies in having found my life."

We have much to learn from this brave and wise woman. Her book is well worth reading.

"My good fortune is not that I've recovered from mental illness. I have not, nor will I ever. My good fortune lies in having found my life." — Elyn Saks



Elyn Saks was recently featured on a TED talk titled, "A Tale of Mental Illness -- From the Inside".

You can watch this 15-minute talk by visiting TED.com

The Mood Disorders Support Group

Upcoming Lectures – Fall 2012

Held at the Podell Auditorium, Bernstein Pavilion, Beth Israel Medical Center
 Enter at Nathan Perlman Place between First and Second Avenues and 15th and 16th Street
 Doors open at 7:00 p.m., lectures begin at 7:30 p.m. \$4 for members, \$8 for non-members.

<p>Sept 11 Tuesday 7:30</p>	<p>Ketamine: A Potential Game-Changer In Treatment-Resistant Depression</p>	<p>Gerard Sanacora, MD <i>Professor of Psychiatry and Director, Yale Depression Research Program</i> There's new hope for treatment-resistant depression in fast-acting ketamine and similar medications</p>
<p>Oct 9 Tuesday 7:30</p>	<p>A Story of Madness, a Story of Hope: Insights Gained on the Road to Recovery</p>	<p>William Jiang <i>Author, A Schizophrenic Will: A Story of Madness, A Story of Hope</i> Inspiration and practical tips on how to move forward despite mental illness.</p>
<p>Nov 6 Tuesday 7:30</p>	<p>Panel: What Top Researchers Are Studying That Might Help You</p>	<p>David Hellerstein, MD, Dan Iosifescu, MD, James Kocsis, MD, Patrick McGrath, MD Four highly-esteemed psychiatric researchers share their latest (and current) studies on treatment of Bipolar Disorder.</p>

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MDSG Membership

Send your check, **payable to MDSG, Inc.** to: MDSG, Inc., P.O. Box 30377 New York, NY 10011

_____ \$45 Individual Annual Membership

_____ \$65 Family Annual Membership

Is this a renewal? Yes No

Name _____

Address _____

Email _____

Your contributions are tax-deductible. Thanks for your support.

Membership in MDSG gives you FREE admission to support groups and a discount on all lectures

What Top Researchers Are Studying That Might Help You from p.1

Here are just some of the studies that will be covered at our November 6th lecture :

- Combined wake /light therapy and lithium
- Novel forms of transcranial massage stimulation
- New medicines that target glutamate, a unique neurotransmitter
- The use of Cognitive Remediation Therapy for working memory, attention, and executive function problems
- Low Frequency Magnetic Stimulation for treatment-resistant depression
- A new antidepressant that may help with sexual dysfunction



David Hellerstein, MD
Director of Medical Communications, Department of Psychiatry, Columbia University Medical Center; Research Psychiatrist, NY State Psychiatric Institute



James Kocsis, MD
Attending Psychiatrist, NY-Presbyterian Hospital; Professor of Psychiatry, Weill Cornell Medical College



Dan Iosifescu, MD
Associate Professor of Psychiatry and Neuroscience, Director of the Mood and Anxiety Disorders Program at Mount Sinai Medical School



Patrick McGrath, MD
Professor of Clinical Psychiatry, College of Physicians and Surgeons, Columbia University; Co-Director, Depression Evaluation Service, NY State Psychiatric Institute

The Family Toolkit: A Resource for All of Us

Last December, MDSG hosted a vibrant panel of speakers to talk about how providers, consumers and families can unite to make recovery possible. Judith Carrington, one of the panelists at the *Call to Action* discussion, recommended a new resource to help us along: The Family Toolkit.

The Toolkit consists of three downloadable pieces:

- The **Family Survival Handbook**, which covers real-life issues like what to expect when someone's in the hospital, ways to pay for medical costs, options upon release, and how to get – and stay – well;
- The **Family Participation Pamphlet**, which explains how families can

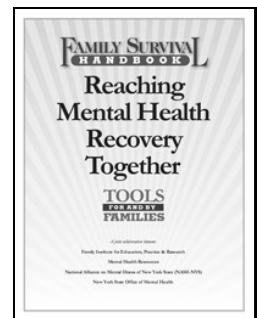
partner with the care team; and

- A booklet designed to de-mystify what confidentiality means under **HIPAA**.

These free and valuable resources are available on NAMI-NY's web site. To get your copies:

1. Go to NAMINYS.org
2. Click on the "Family Toolkit" button on the left-hand side of the web page.
3. When the Toolkit page opens up, scroll down until you see pictures of the Toolkit books and pamphlets.
4. Click on the picture of the publication you want, and a pdf will open for you automatically.

The Family Toolkit was written through the collaboration of four organizations: The Family Institute for Education, Practice & Research; Mental Health Resources; the National Alliance on Mental Illness of New York State; and the New York State Office of Mental Health.



Ketamine from p.1

safer to administer. And it proves that depression medication does not have to take weeks or months to start working. Join us on September 11 to hear from Dr. Sanacora about the exciting new possibilities that are emerging through ketamine and ketamine-like drugs.

MDSG, Inc.
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STAY HEALTHY, KEEP MDSG HEALTHY

We all know it takes a huge amount of work to keep ourselves stable and healthy. MDSG plays a key role in supporting us in those efforts. The cost of membership and lecture admission doesn't come close to covering our expenses. Your financial support is crucial. Please give what you can.

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