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Future President



Lincoln

Have you ever met the president? Me neither! But I did receive an email from a future president. His name is Isaac and he is 7 years old. Isaac is very good at giving speeches and has some great ideas to share. Isaac also has a mood disorder but he doesn't let that stop him! He gave a speech in front of the whole class about sailing safety. Way to go Isaac! Did you know that at least three presidents had mood disorders (either bipolar disorder or depression)? Can you guess which three presidents they were? Check out the link below to find the answer. I will give honorable mention in my next newsletter to the children who take the time to look and email the answer to me!

Famous People With Mood Disorders

Brandon Now On DVD!!!



We have some really exciting news for you today! Our first story, Brandon and the Bipolar Bear, is now available as a Storybook DVD! We know that some children struggle with reading and some are too young to read on their own. Now they can listen to the narrated story and watch the pictures on their t.v. or computer screen. The story is narrated line by line as each sentence is displayed on the screen next to the picture. This will also make it easier to present to a group of children such as in the classroom setting.

(Editor's note: This item is no longer sold as a DVD. However it can be viewed by our facebook fans.)

Featured Tip



"I hate waking up for school and here are some tips that help me. " Vanessa

1. Always get up on time
2. Get ready with a nice attitude
3. Always eat breakfast

[Share your tips with us!!](#)

Two New DVD's



Brandon and the Bipolar Bear Storybook DVD

(To view this video become our fan on [facebook](#) then check under the 'notes' section for this special treat.)

Pediatric Bipolar Disorder DVD



In addition to our new Brandon DVD, we have developed a presentation for teachers and relatives to help them understand more about bipolar disorder in children. This 22 minute slide show style narrated presentation includes voice clips of a child with bipolar disorder describing how he experiences certain aspects of his illness and his hopes for the future. This presentation describes symptoms of the disorder, how it affects the child in the classroom setting and how accommodations can help. It also touches on genetics, onset, and the amazing contributions made by people with bipolar disorder.

[Play this presentation on our homepage](#)

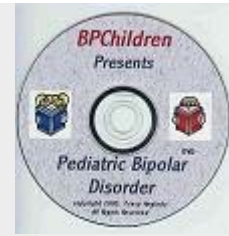
Local Nami Resources



Do you ever wish you had local support? Someone to talk to in real time instead of in the virtual world? Don't neglect your local resources! I am proud to be a member of my local NAMI and would encourage others to join also. We were very pleased to have the Executive Director of Nami DuPage, Mary Lou Lowry, write to us from Illinois, reminding us about the resources that local NAMI groups can provide for our readers. NAMI hosts a variety of education programs at no cost to you.

The Visions for Tomorrow class is a nationally recognized program for parents/caregivers who have a child under 18 with a mental illness. This class is an eight week program that meets once a week for two hours. The course is free and some affiliates have money to reimburse parents for babysitting while they are taking this course. Another program, Parents and Teachers as Allies, helps to educate schools about mental illness.

[Find out what programs are given in your state!](#)



[Play Pediatric Bipolar Disorder from our homepage.](#)

[More Lists of Famous People With Mood Disorders](#)

[Dr Ivan's Depression Central](#)

[Pendulum](#)

[Very attractive short printable list from School Behavior.com](#)

[NAMI Resources](#)

[NAMI Support Groups by State](#)

[Description of NAMI classes](#)