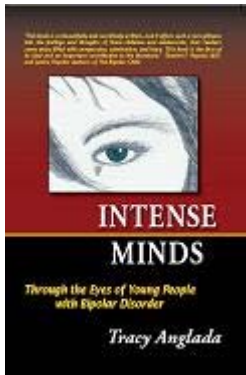


This month marks both Mental Health Month and the 5th year anniversary of BPChildren! In honor of these two events join me now in learning about some exciting new developments and take a look back on five years.

5

Intense Minds



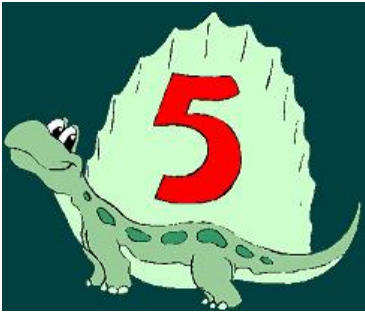
In conjunction with Mental Health Month and the 5th year anniversary of BPChildren, I am pleased to announce the upcoming release of my first full length book for adults, **Intense Minds: Through the Eyes of Young People with Bipolar Disorder**. The book will be available next month but I couldn't resist giving you a sneak peek!

Intense Minds is the result of a personal search to find the answer to one question: How does the internal experience of bipolar disorder feel to the child who is struggling with it? It seemed that all the clinical information and symptom lists in the world couldn't provide an answer to this one thing. For me, understanding how children feel while experiencing the symptoms of bipolar disorder is paramount. To find the answer, I turned to the only ones who truly know ... children with bp and adults whose onset was during childhood. Their insights were nothing short of amazing. At times they surprised me and caused me to alter some of my previously held beliefs. Some comments were enlightening, some were heartbreaking and all of them put together leave a picture the reader will never forget.

What do I hope this book will accomplish? I hope it will increase your understanding of what children with bipolar disorder experience. I hope it will increase your compassion for the human experience. I hope it will break down the stigma and increase the number of children who are able to access and receive appropriate treatment. I hope it will touch your heart.

I will let you know as soon as the book is available for pre-order. In the meantime please check out the reviews for **Intense Minds!**

[Read Reviews for Intense Minds](#)



It's hard to believe that five years have passed since the founding of BPChildren. In looking back over the years there is one thing that stands out as influencing the development of BPChildren: **need**. BPChildren began out of need and has continued to find more things that are needed in helping children with bp. After my son was diagnosed with bipolar disorder, I began searching for resources to help him understand his illness better. While I found support for myself as a parent, there was nothing available for children.

I wrote Brandon and the Bipolar Bear for my own son to help him understand his illness. I felt compelled to share this story with others but the traditional publishing houses were less than compelled to do the same. It seems they were not yet ready to recognize this illness in children and certainly didn't think it would be successful. It seems we had a difference in what "success" means. Success to me was helping even one child. Success to them meant a bank account. But this only made me more determined. So with the help of my cousin and artist, Toby Ferguson, my story came alive with some illustrations. I headed to my local printer and took a leap of faith by having my story printed in a 32 page black and white booklet. That was five years ago. Today it has helped more than 6,000 kids and is a full color library quality book.

It seems the longer I distributed my story the more "need" I found. There was nothing available for me to give to my son's 2nd grade teacher, so The Educator's Guide was born. Next, I needed to explain the illness to siblings and again it was need that helped create Turbo Max. As time passed, I realized that the children needed a place to express themselves and be heard. Thus my website expanded to include a place where kids could write in to share their thoughts and feelings. This has grown into a whole section of resources for children and teens with downloadable posters, coloring pages, and mood charts. Along the way, I have encouraged other authors to join me in providing materials for children with bp. Happily, children now diagnosed with the illness have several books to read on the topic. Now as I ponder over the next 5 years, I wonder what they will bring. I know one thing for sure, I'm happy that you have been a part of these first 5 years.



You will find that our site has a new look and hopefully easier navigation. We still have our great resources and "fun pages" for kids. We will include a list of some of your favorite resources below so that you can find them easily on the new site and change your bookmarks. During the change over to our new site, our email was accidentally deleted. OUCH! So if you emailed us recently and it bounced back we are sorry. We also had several features for upcoming newsletters that have been lost. If your child has not yet been featured in our newsletter, please

resend your experience. We apologize for the inconvenience. Our new email is:
tracy@bpchildren.com

<http://www.bpchildren.org>

New Items for Teacher Appreciation



Say thanks to that special teacher. We now have new teacher items along with your favorites. Send a custom Thank You note from BPChildren, a set of magnetic bookmarks, or small pins. However you say thanks to that special teacher make sure they know how special they are for helping a child with bp!

(Editor's Note: Teacher items are no longer available on our website. You may still find some of these items by searching 'teacher appreciation' at www.orientaltrading.com.)

Favorite Site Resources

- [Fun Pages for Kids](#)
- [Resources for Parents](#)
- [School Resources](#)
- [Back Issues of Our Newsletter](#)

email: tracy@bpchildren.com

web: <http://www.bpchildren.com>

www.bpchildren.com

email: tracy@bpchildren.com