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Read Colton's Story



Astonishing! That is the only word that comes close to describing Colton and his recent triumphs. He is thirteen and in eighth grade. His bipolar diagnosis came in second grade at age 7. He has been hospitalized multiple times for repeated infections, dehydration and respiratory problems. In third grade, when his bipolar disorder was at it's worst, he was hospitalized with mononucleosis and missed 10 weeks of school. Colton has been described as compliant, well behaved and a joy to have in class and has received numerous conduct awards. What teachers often fail to realize is that underlying depression and anxiety prevented him from passing tests, participating in social events and competitive activities-- except for baseball. In baseball, he shines. Even though he is the shortest one in eighth grade, the other team backs up when he comes to bat and he can pitch a no hitter because as he says, "it's just me and the ball out there."

Last year Colton played trumpet in band. What a disaster! He was too anxious to play in class, even to tune his instrument, and he definitely couldn't practice because someone might hear. The band director was rigid and unrelenting. Amazingly, Colton took it upon himself to go to the counselor's office and change his schedule and joined the cross-country team. As with most teenagers, I couldn't get him to walk to the mailbox; I certainly didn't think he would ever run 2 miles...

[Click here to read the rest of Colton's courageous and heartwarming story as told by his mother!!](#)

Pediatric Bipolar Disorder Awareness Ribbon

Do Something Nice!



If you want to help your mood get better, try and do something nice for someone else. I like to write music for a kid I know who is really sick or give away some of the stuff I felt like I couldn't live without in the past. [Send us your Tip!](#)

Introducing a New DVD, "Beyond the Book: Bipolar Children and Their Families"



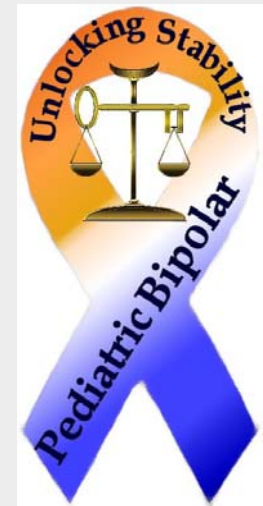
[Purchase the DVD](#)

When tied on a finger, it helps us remember. When tied on a package, it beckons us to open and peer inside. When tied on a tree, it shows we have not forgotten. When tied in the hair, it adorns with beauty. When displayed prominently it promotes awareness and saves lives. What is this incredibly versatile object? It is none other than the ribbon!

The ribbon was designed by parents of children with bipolar disorder. The colors orange and blue represent the opposite ends of bipolar disorder, mania and depression. The scale represents attaining the fragile balance in mood, treatment, and educational environment. This balance is the key to stability for children with bipolar disorder. Work on this project was spearheaded by Lisa Stotsenburg, founder of the Pediatric Bipolar Disorder Awareness Foundation. Lisa's own son first began exhibiting signs of the illness before the age of two. Through many dark days, Lisa struggled to find help for her child. Today, Lisa says she has hope for her son. She has hope that one day the many cries for help will not be mere whispers but strong voices shouting for recognition.



Pediatric Bipolar Awareness Ribbon



Ribbons available while supplies last!

While Supplies Last!

Beyond the Book, An In-Depth Interview



BPChildren is excited to let you know about a new resource for families of children with bipolar disorder. **Beyond the Book, Bipolar Children and Their Families, An In-depth Interview Mary A. Fristad, Ph.D., ABPP**, is a new 85 minute DVD in which Dr. Fristad candidly answers some very difficult questions. Here are some examples of just a few of the questions

addressed in the DVD:

1. Could the increased level of stress in our culture be triggering the onset of bipolar disorder in children?
2. How does the disorder affect normal development in children?
3. Why do bipolar children often seem to misread social situations?
4. Is this a life long disorder?
5. Why do parents have to shoulder so much responsibility?
6. Parents do the best they can but sometimes they unknowingly work against each other.
7. What are some of the barriers preventing children from receiving adequate mental health care?
8. How can parents identify a good doctor?
9. What is "psychosocial intervention"?
10. What benefits can a therapist offer parents over and above the information they can get from a book or the internet?

Dr. Fristad, a leading clinical researcher in the field, has developed and tested family-based treatments for children with bipolar disorder, and co-authored the popular book, *Raising a Moody Child: How to Cope with Depression and Bipolar Disorder*.

[Learn more about "Beyond the Book"](#)

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