

BPChildren Newsletter



[Be our fan on facebook!](#)

Newsletter Volume #31 June 2009

IN THIS ISSUE

- [Madeline's Award Winning Essay](#)
- [Brandon and the Bipolar Bear is Newly Revised](#)
- [Bickering with Siblings](#)

"I Will Never, Ever Let Bipolar Beat Me"



Madeline is a 13 year old girl who loves to do almost anything artistic. She enjoys singing, dancing, drawing and writing. Three years ago Madeline was diagnosed with bipolar disorder. Like other kids with this illness she has some extra challenges. She doesn't always feel like she fits in with others her age. She is also very aware that many people don't want to understand bipolar disorder. For a long time Madeline didn't feel like she could tell others about her illness, but now she wants to speak out. Madeline found a unique way to do just that. While looking for information on the Scholastic website, she came across the "2009 Breaking Barriers: In Sports, In Life" essay contest sponsored by Scholastic publishers and Major League Baseball. Madeline chose to write about her struggle with bipolar disorder concluding with the statement, "...I will never, ever let bipolar beat me." By sharing her story she is truly helping to break down barriers. Madeline was 1 of 8,000 people to enter this contest. Her essay was chosen as a second place winner. Way to go!

Featured Poem

by Kyle age 12

My life is a race,
Impossible to slow.
Where am I going,
I do not know.

I flail, I fall,
I spin, and yell.
No matter what,
I have to tell.

I always run,
I never stand.
I wish I can stop,
but I can't.

What is wrong?
I always ask.
To find this out
is my task.

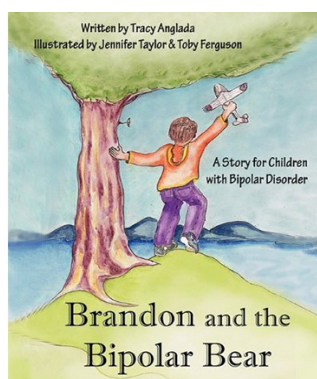
Madeline has received recognition for her winning essay both at her local school and by Scholastic and Major League Baseball. She even got her picture taken at home plate! It's all been very exciting to say the least but what Madeline really wants is to make a difference and help others. That's why Madeline would like to share her winning essay with you. She would also like to share some important advice for other kids with bipolar disorder: "Be Yourself!"

[Read Madeline's winning essay](#)

[Read Major League Baseball's press release about Madeline](#)

[Learn more about the Breaking Barriers Contest](#)

Revised Edition of Brandon and the Bipolar Bear Now Available



Keeping in Step with Current Research

Written for the author's own son, Brandon and the Bipolar Bear - A Story for Children with Bipolar Disorder has been comforting and educating children with bipolar disorder for nearly a decade since its initial release as the first story for children with bipolar disorder. Now revised and reissued by BPChildren, the story will continue to touch

the hearts and lives of children who suffer from this illness and the adults who care for them.

The revised version features the same story line and illustrations that readers have come to know and love. Additions and small changes in the story reflect current research in the field of childhood bipolar disorder. Here are some changes that you will find in this newly revised book:

- Acknowledgement that children with bipolar disorder have difficulty accurately processing facial expressions.
- Clarification that Brandon has already been seeing both a therapist and psychiatrist prior to his diagnosis.
- A positive statement from the doctor regarding the talents of children with bipolar disorder encouraging Brandon to identify something he's good at.
- A more complete treatment outline from the doctor acknowledging the need for therapy and school intervention along with medication.
- Additionally the explanation of bipolar disorder has been somewhat expanded while remaining simplified for children to understand.

[Available at BPChildren](#)

If you want to
find out too,
This is Bipolar
from me to you.

New Study in Oregon

Are you located in Southern Oregon? Is your child with bipolar disorder between the ages of 15 and 25? Would you like to participate in a study?

[Click Here to Learn More](#)

Free Book Offer for Minority Mental Health Month (July)



[or Amazon](#)

Teen Blog Excerpt: Bickering with Siblings

"Most of the time it's harder to stop an argument, which can quickly lead to a melt down, than it is to start one. If you're like me then you could probably start one in you sleep. So, Tip#1- Know when to stop. It's easy to take things too far. I know it is for me. You might start out just kidding and messing around, but you may end up in a shouting match or with a door being slammed in your face. Try and gauge your sibling's reaction. If you see the situation going south it's up to you to put on the brakes, and trust me, you will be glad you did. Tip#2- Walk Away. Sometimes the best thing you can do is to walk away. Put ice on the fire. If you leave the room the situation is out of sight, and will be out of mind quicker. While it may be the best to walk away for some people, it can be the worst for others. For example, my brother gets more aggravated if I walk away, and yells at me to stop ignoring him. That's also an example of knowing what does and doesn't help a situation."

[Read more of Ciara's Blog for Teens](#)

Wishing you and yours stability and peace,

Tracy Anglada
BPChildren

In honor of Minority Mental Health Month, BPChildren is donating a limited number of Brandon y el Oso Bipolar (Spanish) to affiliates, doctor's offices or mental health resource centers who are reaching out to the Hispanic Community. This offer is first come first served while supplies last. If you think your organization qualifies to receive a complimentary copy please contact me at: tracy@bpchildren.org

Please forward this information to organizations or affiliates who may benefit.

SPECIAL OFFERS 50% OFF



1. Mood Charts
2. Awareness Car Magnets
3. Self Esteem Magnets

[Click Here to Save on these items!](#)

www.bpchildren.org

