

*Now Available through CafePress*

**My Special Brother Turtle is Now Available as a Book -**

Thanks to everyone who gave encouraging feedback to Karina about "My Special Brother Turtle." Since its release on our website as a narrated story, Karina has had some exciting developments. For her contribution to helping other siblings, Karina was recognized by a chapter of Mental Health America and given an award and a standing ovation for her advocacy. Karina's story will continue to be available on our website in the narrated format but it is now also available as a black and white book with a color cover. To order the book from Cafe Press follow the link below:



[My Special Brother Turtle](#)

*Watch **Ketchup War** and Help Raise Awareness of  
Pediatric Bipolar*



You can help fight against pediatric bipolar disorder simply by viewing [Ketchup War](#) -- a 30 second commercial on YouTube. David Barker with the Depression and Bipolar Support Alliance is competing for the \$57,000 Grand Prize in the Heinz Ketchup "Top This TV Challenge." If he wins, all money will be donated to make the documentary film, *Beyond Nuclear: Bipolar Children and Their Families*. The judges at Heinz will be picking the top 15 entries based on originality and overall appeal from the hundreds of entries on YouTube. Those commercials will then be put to a national vote on a Heinz website. You can watch now and then vote if Ketchup War makes the top 15! Let's help out now by leaving positive comments and stars so the judges take notice!

[Ketchup War](#)

## *Visit Me at the DBSA Conference!!*



BPChildren will have an information stand at the Depression and Bipolar Support Alliance National Conference in Orlando August 10-12. If you are planning to attend please swing by and say hello! Look for me in the Exhibit Hall. Can't wait to meet you there. If you haven't registered yet there is still time.

[Register Today](#)

### *Meet my co-author, Dr. Hakala*



I would like to introduce you to Dr. Hakala. She is my co-author on our upcoming book, [The Childhood Bipolar Disorder Answer Book](#), I am enjoying our partnership as we continue writing answers to tough questions that parents have about bipolar disorder. As a parent, I know what those questions are both for beginners and long timers as we travel this road. The quest to answer those questions for this book has turned into a real learning experience.

You may wonder why Dr. Hakala and I decided to work together on this project. I met Dr. Hakala several years ago. Dr. Hakala was working with the same practice where I was bringing my own children for treatment. She spent over a year caring for my children before moving on to her own practice. During this year we gained a mutual respect. I found her compassionate, caring, knowledgeable and responsive. So when the opportunity arose to write this unique Q & A book, I wanted someone I could trust. I did some searching and thinking about whose name I wanted next to mine on this book. When it came down to it, who better than someone I entrusted with my own children's care?

To learn more about Dr. Hakala and her private practice visit: [DrKares.com](#)

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