

OUR MENTAL HEALTH



LEN MCCULLOCH

Learning about bipolar disorder

Bipolar Disorder is a psychiatric/psychological illness characterized by alternating extreme mood states. At one end of the spectrum are severe depressive episodes and at the other end are dramatic manic episodes.

Many famous people are now thought to have suffered from this disorder, discovered through medical biographies. These include the artist Vincent Van Gogh, the writer Ernest Hemingway, and the actor Patty Duke.

Bipolar Disorder is a recurring disorder, which means that once it appears there is a high likelihood that it will return. More than 90 percent of individuals who have had a single manic episode go on to have future episodes of mania and depression.

Recent studies in the United States indicate that Bipolar Disorder is equally common in men and women, and there have been reports of a differential incidence of the disorder based on race or ethnicity.

The disorder is usually seen first in young adulthood but can certainly occur in adolescence. Ten to 15 percent of adolescents with recurring depressive episodes will go on to develop Bipolar Disorder as adults.

Also, Bipolar Disorder can coexist with other psychiatric/psychological disturbances and can be masked by alcoholism. Many alcoholics who quit drinking in later life will show the emergence of extreme fluctuations of mood, characteristic of Bipolar Disorder within a year or two.

Symptoms
The criteria for having a major depressive episode include symptoms that represent a change from previous functioning, causing significant distress or impairment in social, occupational or other important areas of functioning. These symptoms can be:

- Depressed mood most of the day nearly every day
- Markedly diminished interests or pleasure in activities
- Significant weight and sleep changes

- Fatigue or loss of energy
- Feelings of worthlessness or excessive inappropriate guilt
- Diminished ability to concentrate
- Increased indecisiveness
- Recurring thoughts of death with or without suicidal ideation

In contrast, criteria for a manic episode include:

- A distinct period of abnormally and persistently elevated or irritable mood with an inflated self-esteem or feelings of grandiosity
- Decreased need for sleep
- Being more talkative and giddy
- Having increased distractibility
- Involving oneself in excessive pleasurable activities that have a high potential for bad consequences, such as spending excess, sexual indiscretions, and driving erratically. This manic mood disturbance is sufficiently severe to cause marked impairment in occupational and social functioning.

These types of depressive episodes usually last much longer (weeks or months) compared to the brief manic episodes (hours, days or a week or so).

When individuals must be "committed" to a psychiatric hospital by relatives, it is usually because of manic depressive illness or schizophrenia, which represent the two classes of most severe mental illness.

Treatment

Crude, early treatments for this disorder were seen in "asylums," with seclusion and rest for the depressed and shocking and containment for the manic.

In the 1930s Lithium was discovered to have a calming effect on agitation in experimental studies on guinea pigs. The first attempts at trying this compound were with manic individuals and marked calmness was induced.

BY CHRISTINE BRODA
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With the end of the school year fast approaching, your little ones will soon be tossing their backpacks to the wayside and heading out in search of summer fun. Help give them an experience they will never forget by signing them up for camp - there is still time! Many openings exist for camps appealing to a variety of interests - from sports, to art, to science, to general day camps, there is something for everyone. The benefits of summer camp are endless - children will meet new friends, try exciting things and have their imaginations challenged. And better yet, they will never utter the words "I'm bored" again!



DAY CAMPS

■ **Farmington Hills Summer Fun Centers** - Get ready for a summer of fun at the Fun Center near you! There will be sports activities, arts and crafts, special events and much more.

Who: Ages 6-12
Offered: June 17-Aug. 2, Mon.-Fri. (9:11:45 a.m. at Forest and Longacre, 12:30-3 p.m. at Wooddale and Old Town Park) at Forest Elementary, Longacre Elementary, Wooddale Elementary, Old Town Park.

Cost/Registration: Free; call Farmington Hills Recreation Division (248) 473-1800

■ **Camp All-U-Wanna, Camp Com-On-A-Wanna** - These camps concentrate on arts and crafts, nature, sports, games, archery and special activities, all in a park setting. One field trip will be held each week.

Who: Ages 6-8 (All-U-Wanna), Ages 9-12 (Com-On-A-Wanna)
Offered: Nine 5-day sessions June 17-Aug. 16, Mon.-Fri. (9 a.m.-3 p.m.) at Heritage Park, Farmington Hills

Cost/Registration: \$95/session; call the Farmington Hills Recreation Division (248) 473-1800

■ **Nature's Way Camp** - In addition to regular day camp activities such as arts and crafts, sports and games, this camp will concentrate more on the outdoor through arts and crafts, music, storytelling, nature exploration, games and outdoor fun.

Who: Ages 6-12
Offered: Four 4-, 6-, or 10-day sessions June 17-Aug. 9, Mon.-Fri. (9:11:30 a.m. to 12:30-3 p.m.) at Heritage Park, Farmington Hills

Cost/Registration: \$42 (4-day session), \$65 (6-day session), \$95 (10-day session); call the Farmington Hills Recreation

Division (248) 473-1800

■ **Camp Wonna-Bee, Camp When-A-Wonna** - These camps give children the chance to enjoy a wide variety of activities, including arts and crafts, sports, games, swimming and special events, in addition to a weekly field trip.

Who: Ages 6-7 (Wonna-Bee), Ages 8-10 (When-A-Wonna)

Offered: Nine 5-day sessions June 17-Aug. 16, Mon.-Fri. (9 a.m.-3 p.m.) at the Costick Center, Farmington Hills

Cost/Registration: \$95/session; call the Farmington Hills Recreation Division (248) 473-1800

■ **Camp There-You-Wonna** - Summer is full of fun at this camp! Activities include ice skating, basketball, volleyball, soccer and crafts in addition to a field trip each week.

Who: Ages 6-10

Offered: Ten 5-day sessions June 17-Aug. 23, Mon.-Fri. (9 a.m.-3 p.m.) at Founders Sports Park, Farmington Hills

Cost/Registration: \$95/session; call the Farmington Hills Recreation Division (248) 473-1800

■ **Farmington Hills Jump-A-Rama Summer Camp** - This program is proud to bring its popular summer camp to Farmington Hills. Children will focus on play as well as learning activities. Sports, crafts and organized games will also take place.

Who: Ages 6-9

Offered: July 15-19, July 29-Aug. 2 (9 a.m.-3 p.m.) at the Heritage Park Visitor Center, Farmington Hills; July 22-26 (9 a.m.-3 p.m.) at the Costick Center, Farmington Hills

Cost/Registration: \$100; call the Farmington Hills Recreation Division (248) 473-1800

■ **Farmington Youth Assistance Summer Activities Center** - The drop-in center will provide many special summer activities in addition to standard offerings which include video games, billiards, basketball and food nights. There will also be field trips to such attractions as the Waterford Oaks Wave Pool, COSI Science Center, Toledo Zoo and Greenfield Village.

Who: Ages 9-13

Offered: June 24-Aug. 9, Mon.-Fri. (10 a.m.-6 p.m.) at East Middle School, Farmington Hills

Cost/Registration: \$20, plus additional costs for field trips; call the Farmington Hills Recreation Division (248) 473-1800

■ **Farmington Family YMCA Day Camp** - This week-long camp program offers a variety of exciting camps that include activities such as sports, swimming, service projects, games and crafts.

Who: Grades K-5

Offered: June 18-Aug. 23 at the Farmington Family YMCA Day Camp

Cost/Registration: \$90-170; call the Farmington Family YMCA (248) 563-4020

■ **Farmington Salvation Army** - This 7-week-long religious-based day camp will have children participating in a number of well-rounded activities as well as two field trips per week.

Who: Grades K-5

Offered: June 18-Aug. 3 at the Farmington Salvation Army

Cost/Registration: \$60; call Farmington Youth Assistance (248) 469-3434



ARTS/MUSIC/THEATER CAMPS

■ **Art Around the World Summer Camp** - Let art be your passport to summer fun! Enjoy the morning or afternoon session, or both. Campers in the morning session will explore Asian, European, North and South American arts and crafts while children in the afternoon session will experience Australian, Pacific Island, African and Antarctic art.

Who: Ages 5-11

Offered: July 8-19, Mon.-Fri. (10 a.m.-12 p.m., 12:30-2:30 p.m.) at the Heritage Park Stables, Farmington Hills

Cost/Registration: \$60, plus \$25 materials fee; call the Farmington Hills Recreation Division (248) 473-1800

■ **Theatre Day Camp, Advanced Theatre Camp** - These camps offer the beginning or advanced student the opportunity to be a part of a complete musical theater.

Who: Grades 3-10 (Day Camp), Grades 6-12 (Advanced Camp)

Offered: Aug. 5-16, Mon.-Fri., (Day Camp, 8:30 a.m.-3 p.m.; Advanced Camp, 3:30-6:30 p.m.) at the First Presbyterian Church, Farmington Hills

Cost: \$400 (Day Camp), \$300 (Advanced Camp); call the Farmington Hills Recreation Division (248) 473-1800

■ **Farmington Schools Arts Camp** - This camp provides children the opportunity to discover individual interests in art, dance, music or theater.

Who: Grades 3-8

Offered: July 8-19 at Dunekel Middle School, Farmington

Cost/Registration: \$185; call Farmington Youth Assistance (248) 469-3434



SPORTS CAMPS

■ **Pato Margetic's "Magic" Soccer Camp** - This soccer week of fun - led by Pato "Magic Man" Margetic, professional soccer player and coach - is for boys and girls who want to improve their soccer skills and have a little fun.

Who: Ages 4-7

Offered: June 17-21, 9:10-10:30 a.m. (ages 4-7), 10:30 a.m.-12 p.m. (ages 4-5) at the Costick Center soccer fields, Farmington Hills

Cost/Registration: \$75; call the Farmington Hills Recreation Division (248) 473-1800

■ **Preschool Soccer Camps** - Join Coach Karen Galinsky for this popular program designed for fun and an early start to soccer skill development.

Who: Ages 3-5

Offered: June 24-28 (1-2 p.m.), July 22-26 (10:30-11:30 a.m.), Aug. 5-9 (10:30-11:30 a.m.) at the Costick Center soccer fields, Farmington Hills

Cost/Registration: \$50; call the Farmington Hills Recreation Division (248) 473-1800

■ **Kiddie T-Ball Camp** - In this camp children will learn the fundamentals of T-ball while having an opportunity to play games and participate in fun contests.

Who: Ages 4-6

Offered: July 1-3 (9-11 a.m.) at the Costick Center, Farmington Hills

Cost/Registration: \$30; call the Farmington Hills Recreation Division (248) 473-1800

■ **Kids All Sports Camp** - The children will learn the fundamentals of such games as soccer, basketball, kickball and

much more. Campers will play games as well as participate in contests.

Who: Ages 4-6

Offered: July 1-3 (1-3 p.m.) at the Costick Center, Farmington Hills

Cost/Registration: \$30; call the Farmington Hills Recreation Division (248) 473-1800

■ **All Sports Camp** - Campers will receive group and individual instruction from Sports Around Town on the fundamentals of floor hockey, basketball, soccer, touch football and kickball through games, skill contests, and mini-tournaments. Campers will get to play multiple sports daily.

Who: Ages 6-14

Offered: July 8-12 or July 29-Aug. 2 (9 a.m.-3 p.m.) at the Costick Center, Farmington Hills

Cost/Registration: \$150; call the Farmington Hills Recreation Division (248) 473-1800

■ **Non-Contact Football Camp** - This camp will teach children the basics of throwing, catching, kicking, offense, defense, plus much more! The goal is to teach the game of football in a safe and fun manner, while kids receive the instruction they need to proceed on to tackle football.

Who: Ages 6-14

Offered: July 15-19 (9 a.m.-3 p.m.) at the Costick Center, Farmington Hills

Cost/Registration: \$150; call the Farmington Hills Recreation Division (248) 473-1800

■ **Britannia Soccer Camp** - Britannia Soccer USA is a full-service soccer education program that specializes in providing professional coaches and trainers across the country. Join us for a summer of soccer fun!

Who: Ages 6-16

Offered: June 24-28, Aug. 12-16 (half day 9 a.m.-12 p.m., half day 12:30-3:30 p.m., or full day 9 a.m.-3:30 p.m.) at the Costick Center soccer fields, Farmington Hills

Cost/Registration: \$100/half day, \$165/full day; call the Farmington Hills Recreation Division (248) 473-1800

■ **In-Line Hockey Camp** - This instructional program will teach the fundamentals of the game on in-line hockey skates. Focus is on skating, stick handling, passing, shooting, game strategies and teamwork. Campers will participate in games, skill contests and a mini-tournament.

Who: Ages 6-14

Offered: June 24-28 (9:30 a.m.-3 p.m.) at the Farmington Hills Ice Arena

Cost/Registration: \$150; call the Farmington Hills Recreation Division (248) 473-1800

■ **Lacrosse Camp** - Beginner and intermediate players will receive instruction on catching, shooting, scooping, throwing, defense and teamwork.

Who: Ages 9-14

Offered: Boys Camp June 24-28 (1-4 p.m.), Girls Camp July 8-12 (9:00 a.m.-12:00 p.m.) at Founders Sports Park, Farmington Hills

Cost/Registration: \$55; call the Farmington Hills Recreation Division (248) 473-1800

■ **Oakland County Parks and Recreation Sports Camp** - This travel camp offers a wide variety of activities utilizing Oakland County parks and facilities. Oakland County provides transportation and campers will enjoy a cookout on Friday.

Who: Ages 8-13

Offered: July 22-26 (8:30 a.m.-4:30 p.m.); pickup/drop off at Heritage Park Day Camp Parking Lot, Farmington Hills

Cost/Registration: \$125; call the Farmington Hills Recreation Division (248) 473-1800

■ **Total Football Camp** with Mill Coleman, II - Campers will advance their skills and experience the training methods that college and professional athletes use in their daily practices. This camp

will teach the fundamentals of such games as soccer, basketball, kickball and

much more. Campers will play games as well as participate in contests.

Who: Ages 4-6

Offered: July 1-3 (1-3 p.m.) at the Costick Center, Farmington Hills

Cost/Registration: \$30; call the Farmington Hills Recreation Division (248) 473-1800

■ **Kids All Sports Camp** - The children will learn the fundamentals of such games as soccer, basketball, kickball and

much more. Campers will play games as well as participate in contests.

Who: Ages 4-6

Offered: July 1-3 (1-3 p.m.) at the Costick Center, Farmington Hills

Cost/Registration: \$30; call the Farmington Hills Recreation Division (248) 473-1800

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