

Bipolar from page C5

Today other mood stabilizers available to treat Bipolar Disorder include Depakote, Tegretol and Lamictal, originally designed as anti-seizure medicine. Newer classes of antidepressant medicines such as Prozac and Zoloft are now being tried.

Electric shock therapy was popular before the 1970s, then

often being too crude and drastic. Newer methods and refinements in this treatment have been made and its use is on the rise again with better results.

Contemporary thinking tells us that many forms of psychological therapy are enormously helpful in Bipolar Disorder, typically when combined with medication.

In his 1999 book, *Bipolar Disorder: A Guide for Patients and Families*, Francis Mondimore, M.D., described the type of psychological therapy appropriate for patients and families.

In therapy, a patient and family members allow an objective but empathetic individual with knowledge and expertise about mental illness and psychological

processes to present facts about Bipolar Disorder to increase their understanding of the illness.

This understanding helps them make sense of their thoughts and feelings about this problem and how it affects them, and helps them prepare to make decisions based on knowledge rather than on emotions of fear or anger about the illness. This is, in large measure, what therapy is all about.

Resources:
In the bookstore or library: *Bipolar Disorder* by Francis Mondimore, 1999, John Hopkins University Press. On the Internet: soc.support.depression.manic (a support group for individuals suffering with Bipolar Disorder and their families). By phone: The National Alliance for the Mentally Ill, (800) 950-6264. Locally: The Michigan Psychanalytic Institute, Farmington Hills, (248) 851-3380, for referral

to professionals who treat individuals and families with Bipolar Disorder.

Len McCulloch is a diplomat of the American Psychotherapy Association and board-certified in Trauma. His monthly column, *Our Mental Health*, appears in the Observer & Eccentric Newspapers the first Thursday of each month. He is on staff at Broe Rehabilitation Services Inc. in Farmington Hills.

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Camp from page C5

offers training in speed and agility, positioning, team fundamentals and a whole lot more. Also included is a field trip to a state-of-the-art football facility and a week-ending scrimmage and visit with special guests.

Offered: July 22-26 (9 a.m.-3 p.m.) at the Costick Center, Farmington Hills

Cost/Registration: \$150, registration deadline is July 12; call the Farmington Hills Recreation Division (248) 473-1800

Rockers Soccer Camp - These fun but challenging camps are designed for boys and girls of all skill levels. Players will learn how to develop individual technique and team strategy. Players may participate individually or as a team.

Who: Ages 4-14
Offered: June 17-Aug. 23, Mon.-Fri. (Times vary from 9:30 a.m.-4 p.m.) at sites throughout Livonia, Plymouth, Westland, Farmington, Redford, Canton, and more

Cost/Registration: \$135, discounts available for additional family and team members; call Rockers Soccer (734) 427-6017



SPECIALTY CAMPS

Farmington Hills Children's Summer Tour Program - You do not have to travel far to discover exciting, fun-filled attractions this summer. Join the Children's Tour Program for a week filled with new adventures everyday. Various locations in Southeast Michigan include the Detroit Zoo, Cranbrook Planetarium, Kensington Metropark, Henry Ford Museum and assorted water parks.

Who: Ages 6-15
Offered: Seven weeks, June 17-Aug. 2, Mon.-Fri. (9 a.m.-3 p.m.); departures/return site is Heritage

Park Visitor Center Parking Lot, Farmington Hills
Cost/Registration: \$105; call the Farmington Hills Recreation Division (248) 473-1800

Computer Camps 2002 - Sign up for "Brainy Zany" (Grades K-2), "Mission Mind-Max" (Grades 3-5), or "Mind-Masters" (Grades 6-9) and enjoy a summer full of computer fun! Activities vary for each age group but all campers can expect hands-on experiments, incredible demonstrations and the chance to check out some cool new technology and computer gadgets.

Who: Grades K-8
Offered: June 17-21 (9 a.m.-3 p.m.) at the Costick Center, Farmington Hills

Cost/Registration: \$175; call Farmington Hills Recreation Division (248) 473-1800

Chess Camp for Children - Learn how to play chess or how to improve your game. This week-long camp will teach children how to perform basic checkmates, how to use tactics to gain advantage or win material and how to apply strategies in the chess opening, middle and end game. Classes will include formal instruction followed by hands-on practice in actual play.

Who: Ages 8-14
Offered: June 24-28 (12.3 p.m.) at the Heritage Park Visitor Center, Farmington Hills

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

Farmington Schools Lanigan Math Academy - This camp will challenge children to think mathematically with hands-on activities.

Who: Grades 1-5
Offered: June 17-21 at Lanigan Elementary School, Farmington
Cost/Registration: \$100; call Farmington Youth Assistance (248) 459-3434

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