

DBSA (Depression & Bipolar Support Alliance) Morristown Area

Independent Affiliate of the DBSA headquartered in Chicago, formerly National DMDA
For Patients & families -- Questions follow lectures. Since January 1986 -- the 1st chapter in NJ

THE IVAN K. GOLDBERG, MD MEMORIAL LECTURE SERIES (Our yearly speaker from 1987 thru 2013)

2018 Lectures & Educational Programs Planned

	2018 Planned So Far (No January lecture - there are peer groups)
February 28 2018	Panel of people living with mood disorders tell of their struggles and their successes -- what it was like, how it got better and what it is like now. Programs like this are very special. Please join us as this will not be recorded. <i>Should the weather be hazardous call 973-994-1143 after 6pm to see if a postponement notice or not.</i>
March 28 2018	Bruce P. Friedman, MD,, <i>An update on AD/HD medication strategies in children, adolescents and adults. Facts vs. Fads.</i> Then "ask the doctor" on mood disorder topics for all ages. Dr. Friedman's bio includes graduating magna cum laude from <i>Duke University</i> and earning a Medical degree from the <i>University of Arizona</i> . He became Chief Resident at <i>NYU/Bellevue</i> and was recognized for Clinical Excellence for <i>NYU Child and Adolescent Psychiatry</i> . Dr. Friedman is also licensed as a Diplomate in adult, child and adolescent psychiatry and TMS Neuromodulation. Currently, Dr. Friedman has a private psychiatric practice in Montclair, NJ.
April 25 2018	Thomas Zaubler, MD, MPH, <i>Collaborative Care Integrating Psychiatry into Primary Care, a Population Based Initiative to Make Psychiatric Care More Accessible, Affordable and Effective</i> followed by "Ask the Doctor" on all aspects of mood disorders.. Dr. Zaubler has been the chairman and medical director of the Department of Psychiatry and Behavioral Health at <i>Morristown Medical Center</i> since 2000. He is a Clinical Professor of Psychiatry, <i>Sydney Kimmel Medical College of Thomas Jefferson University</i> . He is board-certified in general adult psychiatry and psychosomatic medicine. Dr. Zaubler is a graduate of <i>Columbia College, the Albert Einstein College of Medicine</i> and completed his residency training at <i>New York Hospital, Cornell Medical Center</i> .
May 30 2018	Satish Reddy, MD, <i>The best way to treat someone is to obtain a good diagnosis (which can sometimes be hard). And then pick the treatment. Here is how I aim to accomplish the goal</i> followed by "Ask the Doctor" on All aspects of mood disorders. Dr. Reddy specializes in difficult to treat mood and anxiety disorders. He is trained in Psychiatry, Psychopharmacology, Internal Medicine and Psychoanalysis. He is Board certified in both Internal Medicine and Psychiatry. He is on the faculty of both the <i>Weill Medical College of Cornell University</i> and <i>Columbia's College of Physicians and Surgeons</i> . Dr. Reddy conceived and developed both the formation of the Mood Disorders Clinic at Internal Medicine Associates at the <i>Mt. Sinai Hospital</i> and the geriatric psychiatry home consultation program at <i>Mt. Sinai Hospital</i> . He is the executive editor of the late Ivan Goldberg's "Depression Central" website, personally asked to carry on the legacy. See depressioncentral.net/ Dr. Reddy's practice is in Manhattan.
June 27 2018	Li Faustino, PhD, <i>Bipolar and Depression psychotherapy. What are the best approaches, how are they different and do they really work? Dr Faustino is a clinical psychologist with almost two decades of experience working with people with mood disorders. She is an adjunct faculty at College of Saint Elizabeth. Dr. Faustino is the chair of MDSG-NY. She has a private practice in Chatham, NJ and New York City.</i>
July 25 2018	Sarah Dubinsky, Esq. <i>When Working Does Not Work: Social Security Disability Benefits for the Unemployed and Under-employed.</i> Giving up work is sometimes the hardest part of being disabled. This workshop will discuss how to get benefits when you are unemployed or working part-time. It will also cover returning to work after being found disabled. Sarah Dubinsky is a Social Security attorney. She was a staff attorney at the National Organization of Social Security Claimants Representatives and advised 4000 attorneys and legal representatives on how to work their disability cases. She also worked for the Social Security Administration and Legal Services of NJ. Sarah will share with us that she is on SSD for schizoaffective disorder and is using work incentives to get off -- and thus knows the Social Security process firsthand.
August 29 2018	Lily Arora, MD is board certified in both Psychiatry and Addiction Psychiatry. Her training in Psychiatry was at the <i>Mount Sinai School of Medicine</i> in New York followed by a fellowship in Addiction Psychiatry at the <i>Yale School of Medicine</i> . She trained in Psychodynamic Psychotherapy at the <i>New York Psychoanalytic Society and Institute</i> . She is a Clinical Assistant Professor at <i>Rutgers University</i> where she teaches and supervises residents in Psychiatry. She serves as the Chair of a Medication hearing panel at <i>Anne Klein Forensic Center</i> and <i>Trenton Psychiatric Hospital</i> in Trenton, NJ and <i>Greystone Park Psychiatric Hospital</i> in Morris Plains, NJ. She is in solo private practice in Morristown where she treats all psychiatric disorders in addition to substance and alcohol addiction. Dr. Arora is a dedicated advocate of bringing awareness to the issue of addiction in our society and providing effective treatment for this population. She enjoys teaching, speaking & writing about topics relevant to mental illness and addiction.
September 26 2018	Howard Rudominer, MD, <i>ASK THE EXPERT.</i> Before opening the floor up to general questions, Dr. Rudominer will first present a mini-topic. Dr. Rudominer enjoys educating audiences and he very much enjoys really taking time with straightforward as well as complex, difficult questions about adults, children or adolescents. He is Board Certified in child, adolescent & adult psychiatry and psychoanalysis & is an Ass't Clinical Professor of Psychiatry at <i>NYU Langone Medical Ctr.</i> He has had a full-time practice for 45 years. His practice, originally in Brooklyn, has now been in Livingston for over 24 years. Dr. Rudominer was awarded the prestigious National 2012 Patient's Choice Award as well as the Most Compassionate Doctor's Award. In addition he has been cited as one of best psychiatrists for mood disorders in the US and Canada on a prestigious website.

Date TBD	Rahul Malhotra, MD is a member of Partners in Psychiatry, LLP along with Mahamaya Malhotra, MD. He has a BS in Mathematics and Computer Science from <i>Rutgers University</i> , and graduated from <i>Tufts University School of Medicine</i> . He finished his residency in Adult Psychiatry at <i>Thomas Jefferson University Hospital</i> in Philadelphia PA. He won the Arnold P. Gold Award for Humanism and Excellence in Teaching Award in 2013.
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Using the facilities of The Morristown Unitarian Fellowship *Hall: 21 Normandy Heights Rd Morristown, NJ 07960*

Lecture starts 7:45 pm . Doors open 7pm. 7:15pm-7:45pm free literature and lending library of CDs, DVDs, cassettes available
 Non-members suggested fee is \$4 (\$7 a family). Handicap accessible. Can call Linda at 973-994-1143 or email LSB1@panix.com

If hazardous weather call 973-994-1143 after 6PM to check for a cancellation msg. (If no power try cell 973-768-9371.)

o) Free materials from DBSA at 800-826-3632/www.DBSAAlliance.org Download quarterly newsletters [About DBSA/Outreach Newsletter](#)

o) *Our Website is worth visiting* -- L I N K to our website: <http://www.dbsanewjersey.org/morristownarea>

o) **IMPORTANT RULES ABOUT PARKING**-- If MUF lots full Only park on MUF side of street. Not on any side street.



Peer Support Group Meetings

Assist one another in confidential discussion groups led by experienced peer facilitator, sharing personal experiences, thoughts, feelings & information.

EVERY Tuesday in Morristown 7:30-9 pm
 *except holidays and hazardous weather
 (Call Ed's cell 917-723-2258 after 6 to see if on if weather seems hazardous)

There are 2-3 groups each week for people with mood disorders. Family and friends are welcome and indeed are a priority - each week there will be an opportunity for learning & growth. Separate Young Adults (18-25) every week.

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Lectures and peer support groups are handicap accessible.