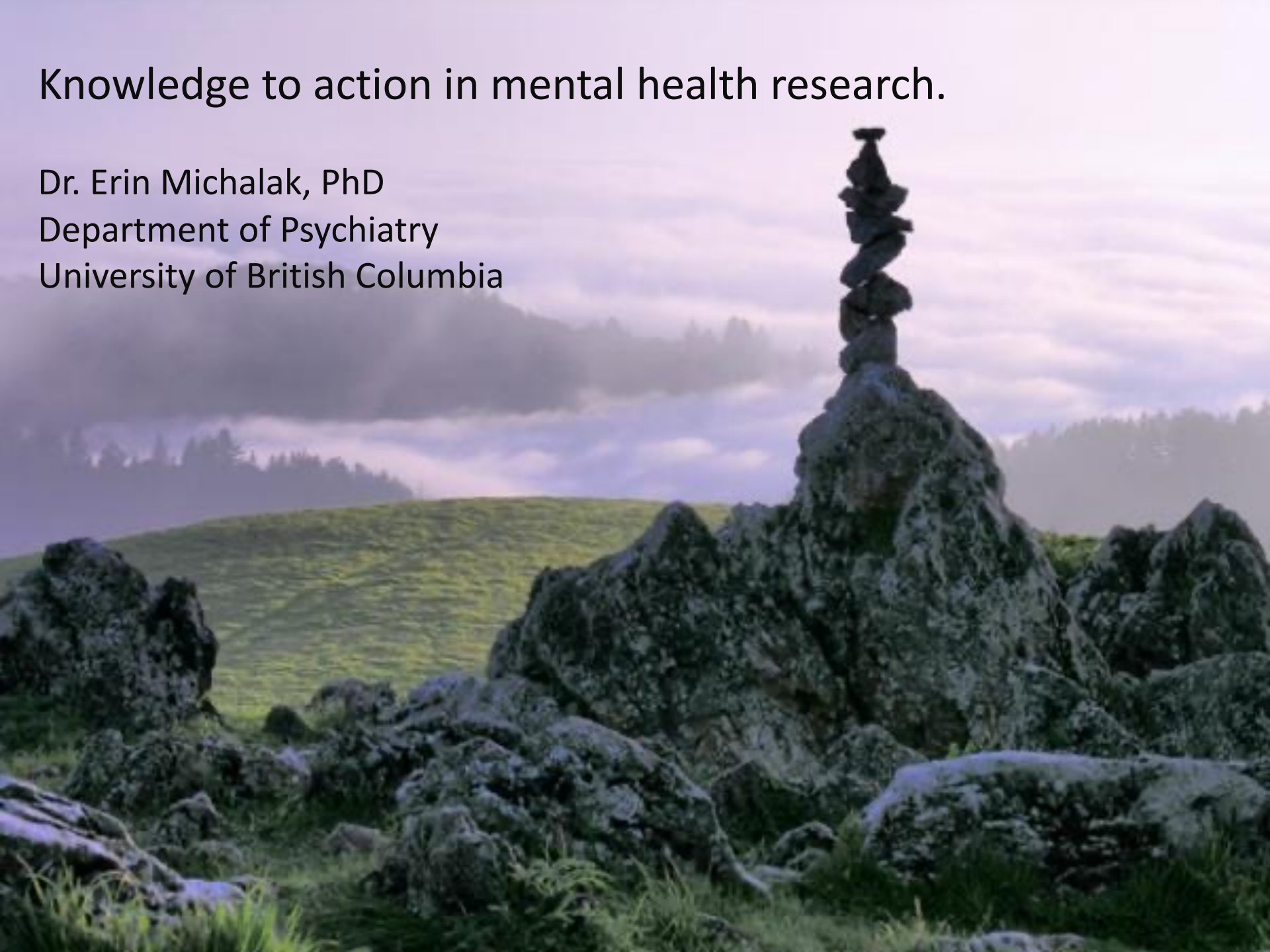


Knowledge to action in mental health research.

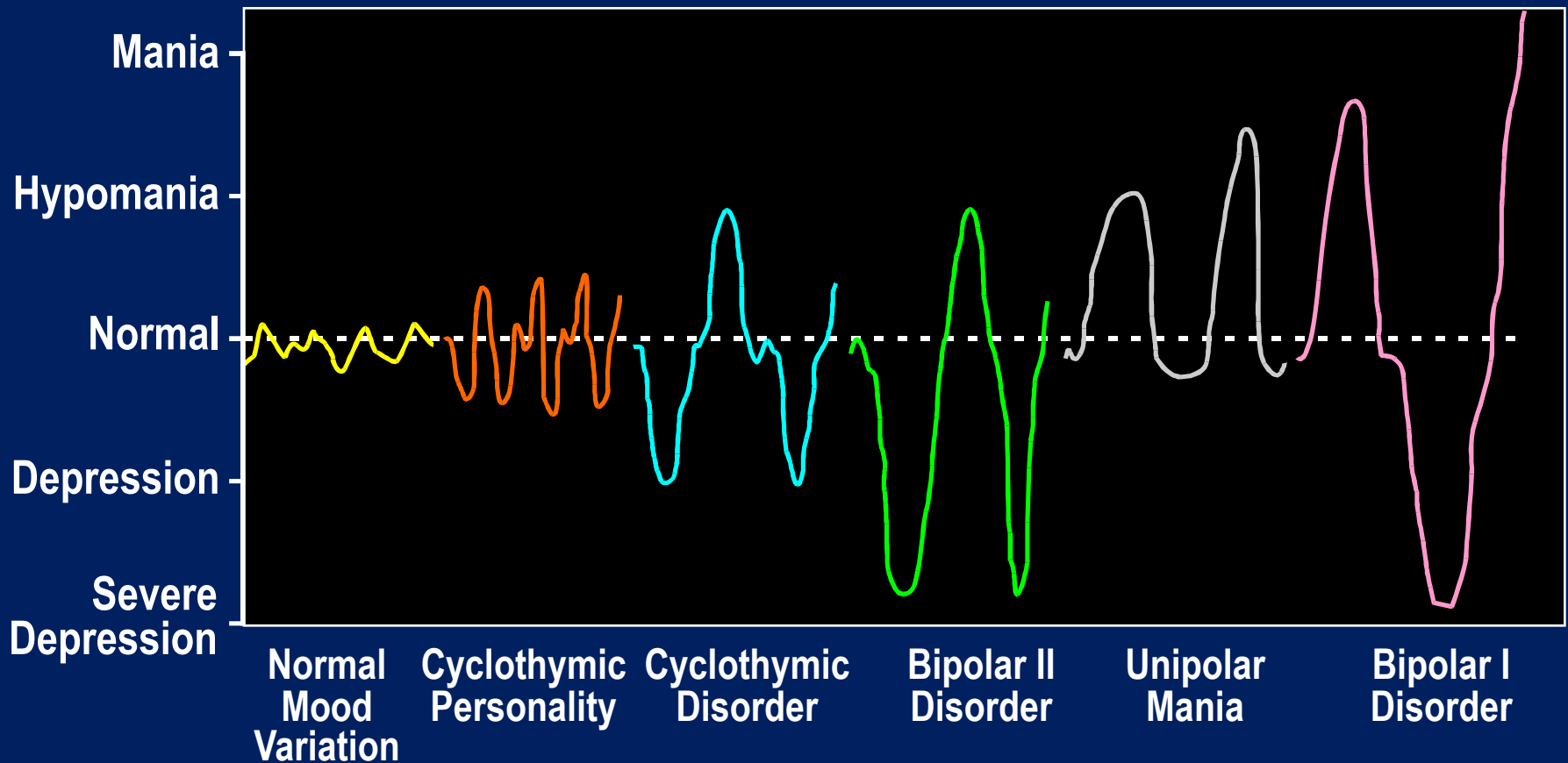
Dr. Erin Michalak, PhD

Department of Psychiatry

University of British Columbia



The spectrum of bipolar disorder



Goodwin FK, Jamison KR. *Manic-Depressive Illness*; 1990.

Bipolar disorder: the low down

- Common - robust epidemiological studies suggest a lifetime prevalence rate of 1-3%, but bipolar spectrum disorders will affect many more
- Complex, chronic, highly disabling
- Striking comorbidity, particularly with substance abuse (50-60%) and anxiety disorders (80%)
- High rates of suicide
- Serious public health concern



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CREST.BD – Collaborative REsearch Team to study psychosocial Issues in Bipolar Disorder

Studying Psychosocial Issues in Bipolar Disorder

The Collaborative REsearch Team to study psychosocial issues in Bipolar Disorder (CREST.BD) is a team of researchers, clinicians, and consumers dedicated to developing knowledge on bipolar disorder. The international team includes representatives from a variety of health disciplines, including psychology, psychiatry, occupational therapy, nursing, genetic counseling, and mental health advocacy.

A guiding principle of CREST.BD is to foster and promote 'Community Based Research', whereby individuals with bipolar disorder and their family members are active participants in research and knowledge exchange.

CREST.BD Team

The CREST.BD team leader is [Dr. Erin Michalak](#), Assistant Professor in the Mood Disorders Centre of the Department of Psychiatry at UBC. CREST.BD encompasses [researchers](#), clinicians and community members with a special interest in developing knowledge about psychosocial issues in Bipolar Disorder.



'Like' us on Facebook to stay current with CREST.BD news, events, and other Bipolar Disorder information.

Upcoming Events

Toronto Performance of "That's Just Crazy Talk"

7:00 pm - 10:00 pm

Victoria Maxwell's anticipated new stage play "That's Just Crazy Talk", based on her lived experiences with bipolar disorder, will be performed in Toronto on July 28, 2011. [MORE »](#)

Vancouver Performance of "That's Just Crazy Talk"

7:00 pm - 10:00 pm

Victoria Maxwell's anticipated new stage play "That's Just Crazy Talk", based on her lived experiences with bipolar disorder, will be performed in Vancouver on July 6, 2011. [MORE »](#)

RESEARCH PROJECTS »

Get involved in bipolar disorder studies.

CREST.BD News

"That's Just Crazy Talk" to be Performed in Vancouver and Toronto in 2011

Two examples

1. Creativity in people with bipolar disorder
2. Using theatre to shift mental illness stigma project

Living -- well -- with bipolar disorder

It's all about focusing on the success stories, says a researcher who's writing a guidebook for patients

By Randy Shore, Vancouver Sun December 30, 2009



Erin Michalak, who is researching bipolar disorder, talks with client Michael Crain at a coffee shop in Vancouver. 'Stigma is a major barrier to living well with a psychiatric condition,' she says. 'Our high-functioning individuals had developed their own techniques for coping with stigma.'

Photograph by: Glenn Baglo, Vancouver Sun

Consumer perspectives on the role of creativity in bipolar disorder

Erin Michalak, PhD, Department of Psychiatry,
University of British Columbia

International Review of Bipolar Disorders
April 4th 2011



Collaborative RESearch Team to study
psychosocial issues in Bipolar Disorder



1.

CREST.BD: The Collaborative RESearch Team to study psychosocial issues in Bipolar Disorder is a team of researchers, clinicians, and community members dedicated to developing knowledge on bipolar disorder.
www.crestbd.ca

CREST.BD Presents:

Film Screening


Crooked Beauty
by Ken Paul Rosenthal
A powerful documentary that explores understandings of creativity and bipolar disorder.
(www.crookedbeauty.com)

Chomavision
by Bruce Saunders
An 85-year-old lifelong artist whose story is archetypal of a life lived with creativity and bipolar disorder as major drivers

Why?
by Carol Halstead
A woman who at 60 years of age, finally has a chance to talk about her life through art.

Exploring Bipolar Disorder and Creativity

Date: March 31, 2011 Time: 7:00-9:00pm
Location: Goldcorp Centre for the Arts, SFU
149 W. Hastings Street, Vancouver, BC
Free Public Event, no tickets are required.
Contact: sally.mcbride@ubc.ca
Website: www.crestbd.ca

Sponsored by:  The films will be followed by a post-screening dialogue session facilitated by Bruce Saunders and Dr. Erin Michalak. The evening will provide a venue for the community to discuss the films, with a focus on how we can better understand creativity and bipolar disorder, and possible alternatives to the stigmas and stereotypes of bipolar disorder as repression.

2011 Consultation Events

2.

CREST.BD: The Collaborative RESearch Team to study psychosocial issues in Bipolar Disorder is a team of researchers, clinicians, and community members dedicated to developing knowledge on bipolar disorder.
www.crestbd.ca

CREST.BD Presents:

Touched with Fire, or Burnt Out?
Igniting a Dialogue

BIPOLAR? CREATIVE? YOU'RE IN GOOD COMPANY

A Community Consultation Day Exploring Creativity and Bipolar Disorder

with Support from:  www.thecreativeinstitute.org

CREST.BD Would Like to Talk with You
Each year, CREST.BD holds a consultation day designed to explore a topic of interest to people with bipolar disorder. This year, we would like to talk to Creative People (musicians, artists, writers, performers, designers etc) who live with bipolar disorder about the relationship between creativity and their condition.

Date: April 1, 2011 Time: 9:30am – 3:30pm
Location: Cecil Green Park House
University of British Columbia
6251 Cecil Green

Registration is Required, Limited Seating
Contact: sharon.f...@ubc.ca

3.


CREST.BD: The Collaborative RESearch Team to study psychosocial issues in Bipolar Disorder is a team of researchers, clinicians, and community members dedicated to developing knowledge on bipolar disorder.
www.crestbd.ca

CREST.BD Presents:

The Creative Life
A Night of Music
Celebrating Bipolar Disorder

Featuring Live Music from members of:
the **New Pornographers**
Vancouver Nights
Shane Turner Overdrive
with DJ sets featuring eclectic hits by musicians who live with bipolar disorder

BIPOLAR? CREATIVE? YOU'RE IN GOOD COMPANY

with Support from:  www.seanmcbrideford.com

Date: April 1, 2011 Time: 8:00-11:00pm
Location: Chapel Arts, 309 Dunlevy Street, Vancouver, BC.
Entry is Free or by Donation. Must be 19+ to attend
Tickets are Required.
Contact: sally.mcbride@ubc.ca
Website: www.crestbd.ca

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CREST.BD

Presents:

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(www.crookedbeauty.com)

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An 86 year-old lifelong artist whose story is archetypical of a life lived with creativity and bipolar disorder as major drivers

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by Carol Halstead

A woman who at 60 years of age finally has a chance to talk about her life through art.

Film Screening

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Date: March 31, 2011 Time: 7:00-9:00pm

Location: Goldcorp Centre for the Arts, SFU
149 W. Hastings Street, Vancouver, BC

Free Public Event, no tickets are required.

Contact: sally.mcbride@ubc.ca

Website: www.crestbd.ca

Sponsored by:



MOVIE MONDAY

The films will be followed by a post-screening dialogue session facilitated by Bruce Saunders and Dr. Erin Michalak. The evening will provide a venue for the community to engage in discussion about creativity and bipolar disorder, with a focus on how wellness is nurtured through creativity, and possible alternatives to the stigmas and stereotypes associated with bipolar disorder as represented in the media.

Documentary Screening



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www.crestbd.ca

CREST.BD
Presents:

Touched with Fire, or Burnt Out? Igniting a Dialogue

**BIPOLAR?
CREATIVE?
YOU'RE IN
GOOD
COMPANY**

CREST.BD Would Like to Talk with You

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This year, we would like to talk to Creative People (musicians, artists, writers, performers, designers etc) who live with bipolar disorder about the relationship between creativity and their condition.



with
Support
from:



CREST.BD



Date: April 1, 2011 Time: 9:30am – 3:30pm

Location: Cecil Green Park House
University of British Columbia
6251 Cecil Green Park Road
Vancouver, BC

Registration is Required, Limited Capacity.

Contact: sharon.hou@ubc.ca

Community Consultation Day



Methods

22 participants with BD,
mean age 43 years, 17
women, 5 men

Questionnaires completed

Divided into four focus
groups, 1.5 hours

Tape recorded,
undergoing qualitative
analysis.



How does BD enhance/add to creativity?

How does creativity relate to treatment?

Do BD medications help or hinder creativity?

Are there ways of tailoring treatments for BD that could help you express your creativity?



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CREST.BD

Presents:

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Featuring Live Music
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New Pornographers

Vancouver Nights

Shane Turner Overdrive

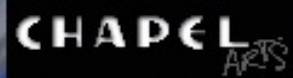
with DJ sets

featuring eclectic hits

by musicians who live with bipolar disorder

BIPOLAR ?
CREATIVE ?
YOU'RE IN
GOOD COMPANY

with
Support
from:



Location: Chapel Arts, 309 Dunlevy Street, Vancouver, BC.

Entry is Free or by Donation. Must be 19+ to attend

Tickets are Required.

Contact: sally.mcbride@ubc.ca

Website: www.crestbd.ca



www.seancostellofund.org



The Creative Life: A Night of Live Music Celebrating BD



Knowledge to Action

Quality of Life, Stigma, and Bipolar Disorder: A collaboration for change

Three study components:

1. Stigma
2. QoL assessment
3. Wellness strategies

Two target groups:

1. People with BD
2. BD healthcare providers

Two primary research sites:

1. Vancouver
2. Toronto



Theatrical- based performance

- Actor & writer with lived experience of BD
- Explore impacts on mental illness stigma



July 2011

- Two research events
- Vancouver & Toronto

Participants

- 65 health care providers
- 54 people with BD
- 3 individuals indentifying as both provider & person with BD
- 100 general public



Next Up

- Three performances scheduled for winter 2011-2012
- Production of DVD





Enlarge this image

THEATRE

Playwright Victoria Maxwell's journey from the psych ward to the stage

PAMELA POST

From Thursday's Globe and Mail

Published Wednesday, Jul. 27, 2011 5:30PM EDT

Last updated Wednesday, Jul. 27, 2011 5:36PM EDT

0 comments



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