

M | HEINZ C. PRECHTER BIPOLAR RESEARCH PROGRAM  
MICHIGAN MEDICINE E-Newsletter

This e-newsletter has been sent to you because you are a friend or supporter of the Heinz C. Prechter Bipolar Research Program.

## From The Director



Greetings,

I feel inspired these days! Yes, there is chaos in our world, and yes, I feel the stress of the conflict in Eastern Europe and challenges facing humanity. Yet it is precisely humanity that inspires me. The humanity that is found in everyday interactions, going to the store, the post office, a restaurant, engaging with co-workers even if it is primarily on zoom.

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## News



## New \$1 Million Gift Brings Support for Bipolar Research

A fraternity fundraising walkathon led to an extraordinarily generous gift and the beginning of a new relationship for the Heinz C. Prechter Bipolar Research Program.

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## Alumni Spotlight: Bethany Navis

One of our former Research Technicians is now a Postgraduate Social Work Fellow with Michigan Medicine Child & Adolescent Outpatient Psychiatry

[Read more](#)

## Alumni Spotlight: Jennifer Noblet (nee Montgomery)

One of our former social workers is now Manager of Behavioral Health for Healthcare Transformation Initiatives at UTHHealth.

[Read more](#)

## Why I Fight, or Team Wristband, Premiere a Success

The world premiere of the short film was an engaging and insightful event.

[Read more](#)

## Blackbird Dreams by Meg LeDuc

New personal account written by Meg LeDuc, who has been a Longitudinal Study of Bipolar Disorder research participant for 12 years.

[Read more](#)

## Managing Disruptions to Daily Routines to Minimize Impact on Mood

The latest "Ask the Doctor" column in BP Magazine by Melvin G. McInnis, M.D.

[Read more](#)

## Pregnancy and Bipolar

An "Ask the Doctor" column in BP Magazine by Richard Dopp, M.D.

[Read more](#)

## Research Updates



The University of Michigan Department of Psychiatry has released a moving video about ECT treatment highlighting the stories of people who have found the treatment to be beneficial and vital to their wellness.

[View the video](#)

## Upcoming Events

VIRTUAL COMMUNITY FORUM  
**THURSDAY, MAY 5**  
6:30 PM TO 8:00 PM EST

**BIPOLAR DISORDER: THEN AND NOW**

REGISTER TODAY! [MICHMED.ORG/8RPJ2](https://michmed.org/8RPJ2)

FREE AND OPEN TO THE PUBLIC



Join the Prechter Program in a discussion about the history of bipolar disorder, current knowledge of the disorder, and looking forward into the future of research.

[Click here for more information and to register.](#)

## COVID-19 Resources



Psychiatry faculty members with extensive expertise in many of the issues affecting you and your families during the pandemic share helpful resources for coping with the current COVID-19 situation.

[Visit this micro-site for tips and practical links.](#)

## How You Can Help



The mission of the Heinz c. Prechter Bipolar Research Program is to discover the mechanisms that contribute to bipolar disorder, predict and improve outcomes, and develop effective, innovative treatments.

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