



Border Mountain News

Where Healing Happens

Early Spring 2010

Border Mountain
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Torn: A Family's Struggle With Bipolar Disorder

The Trailer is Completed!



Duane and Anthony have completed the trailer for the documentary and we have had a number of screenings for the

trailer already with amazing responses. You can view the trailer on YouTube under bipolar disorder, or just look up *Torn: A Family's Struggle with Bipolar Disorder* and it will come up. JoAnne and Duane also have it posted on their Facebook home pages.

We are still in the beginnings of the editing process awaiting funding to complete it. Please consider a tax-deductible donation to *Border Mountain, attn. Film Project* to help bring this important film to those who need to hear it's message of encouragement. You will be making a difference!

- Ever dream of cycling across the U.S.?
- Love camping with a group of positive nature-loving folks who want to make a difference in the world?
- Interested in raising awareness for early diagnosis and treatment of Bipolar Disorder?

If you answered yes to the above questions, then do we have an opportunity for you!

Border Mountain is organizing an awareness raising cycle ride across the United States from Anacortes, Washington to Washington, D.C. in memory of David Chitwood and all who have died in the grip of this disease. Our purpose is to raise awareness of the importance of early detection and treatment of bipolar disorder and to support families who have been torn by this sometimes heart breaking disease.

Cycle Across America for Bipolar Disorder

On a recent trip to alumni weekend at Little Creek Academy, the boarding school **JoAnne Chitwood** and her sister, **Jennifer McNeil**, attended as teenagers, JoAnne showed the documentary trailer to a group of interested former classmates. On the way out, Jennifer introduced her to **Michael Boyd**, a former student of Little Creek whose former wife had bipolar disorder and ended her life tragically.

JoAnne discovered very quickly in talking with Michael that he knows the pain in a family system that bipolar disorder can cause. He expressed a lot of interest in the documentary project and in helping raise the money to finish the film and in the Border Mountain ministry in general to the wounded and grieving.

One day, following a series of emails in which JoAnne shared the challenges of fund raising for the film, Michael called and offered to send a message to everyone on his email list to solicit help with the film so it could be edited and finished on schedule.

As they were talking, it came out that he would be willing to do an across the nation bicycle fund raiser for raising awareness for families dealing with bipolar disorder and for disabilities. The reason why this is amazing is that Michael is paralyzed from the neck down from a construction accident. He drives (with the generous donation of a special van from his Little Creek friends) and also canoes, kayaks, and camps on a regular basis. His dream has been to ride a tandem bicycle (he uses his arms to pedal while the other rider uses his or her legs) across the U.S. for a good cause. Which, of course, this is!

While ten million people in the U.S. alone have this disorder, at least one half of them receive no treatment. Often this is because of lack of information and insight on the part of the individual and/or his or her family. This is a terrible loss when you consider that treatment for this illness is generally safe and effective and getting better all the time. Left untreated, the disease tends to get worse. Recognition and diagnosis in its earliest stages is important so the ill person can receive treatment and avoid the harmful consequences of repeated episodes, which are all too often eventually fatal, as was the case with Jennifer and JoAnne's brother, David, and Michael's former wife, **Cindy**.

The **Cycle Across America for Bipolar Disorder** will occur Summer 2011 and we will be filming the entire ride as a second documentary with **Duane Lamar** officiating as director. We want to start either June 5 (David Chitwood's birthday) or June 21 (National Bipolar Awareness Day) the Marine Biology center that Walla Walla college has in Anacortes (since that was **David Chitwood's** favorite place on earth. There will be a memorial service at station for David and all those who have died in the grip of this disease.

The trip will end on the steps of the capitol building and the plan is to testify before Congress about bipolar disorder and disability issues. Duane is contacting his congressperson to set it all up on the D.C. end. We plan to take enough time for the trip so we aren't so exhausted when we stop that we can't enjoy our time on the road. It will take approximately two months to complete the trip.

One of our kickoff activities for the trip is to do a kayak excursion in the sound using David's kayak. Michael will be paddling his own kayak as well and anyone with a kayak is welcome to join us!



Calling for Cyclists



On the **Cycle Across America for Bipolar Disorder**, Michael will be using his arm power harnessed in tandem with the leg power of an able-bodied cyclist that is either bipolar or has a friend or family member that has been affected by the disorder.

This is significant to show how we can all pull together to help each other and that it doesn't matter if the disability is physical or mental, it still causes suffering and we need to support and help each other.

The vehicle that they will be riding is a customized Greenspeed recumbent trike that has hand cranks in the front for Michael and foot pedals for the able-bodied stoker seated at the rear.

The trip will be divided into numbered segments with dates attached to each segment. Interested cyclists may sign up for any of the segments, either to be the stoker on Michael's trike or to ride along in solidarity with the group. Each cyclist that joins the caravan will be asked to raise his or her support for the trip. Packets will be supplied to each applicant cyclist that will include information about the segment(s) he or she will be riding, a T shirt with the trip logo on it, and informational brochures to distribute to sponsors.

- Want a memorable activity to do with a group of good friends?
- Long for a great bonding experience with your mate?
- Looking for a fabulous "girl trip" that will give you something to talk about for years to come?
- Interested in a father/son or mother/daughter experience like no other?

Sign up as a team to take one or more segments of the *Cycle Across America for Bipolar Disorder* and make memories while participating in something that makes a difference!

Various Volunteer Positions Available for the Trip



Michael has a complete camping set up for eight people because he already does a lot of camping and traveling. He has attendants that help him with his personal care. On the **Cycle Across America for Bipolar Disorder** trip, we will be taking a carefully chosen route and camping every night (unless we are in a town where one of us knows someone who will put us up and let us take showers).

We have openings for:

- Cooks
- Attendants for Michael
- Drivers
- Film crew members



We plan to have campfires every night and have musical instruments along for singing and having a wonderful time of fellowship. Don't miss this chance for the experience of a lifetime!

Torn: A Family's Struggle with Bipolar Disorder

A documentary exploring sibling filmmaker's shattered dreams when mental illness leads to a family tragedy



JoAnne assisting with Randal Nowack's interview for **Torn: A Family's Struggle with Bipolar Disorder**

The documentary "**Torn**" is about two adult siblings, David and JoAnne Chitwood, whose lives and childhood dreams were shattered when David's mental illness lead to a fatal family tragedy.

The documentary tells the gripping story of the deep wounds and the healing that has happened in the Chitwood family. It also explore failures in the health care industry's treatment of mental illness. David Chitwood's inadequate diagnosis and treatment of his mental illness disorders will also be discussed. And finally, the documentary will examine improvements that the health care and penal systems can make to better treat those who suffer from mental illness and commit a crime under it's influence.



Duane Lamar filming the prison where David Chitwood was incarcerated with Howard Chitwood assisting.



Duane Lamar preparing Kathy Bruce for her interview for **Torn: A Family's Struggle with Bipolar Disorder**

Promise Films is a subsidiary of **Promise Publications, Inc.**, in business since 1997, and specializing in educational DVDs, videos, and books for those providing hospice, grief, and bereavement care. **Border Mountain** is a 501C non-profit corporation that specializes in providing counseling and retreat opportunities for processing grief issues surrounding deep life losses (www.bordermountain.org).

Torn is a joint project of **Promise Films**

and **Border Mountain**.

Any donations to the film project through **Border Mountain** are fully tax deductible. Please send any donations for the film to:



Duane Lamar filming the cabin where the tragic story told in the documentary, **Torn: A Family's Struggle with Bipolar Disorder** took place.

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Duane Lamar preparing to hike into the northern Idaho wilderness to film footage for the documentary **Torn: A Family's Struggle with Bipolar Disorder**.



How you can help even if you can't come along on the trip:

Every donation to Border Mountain for the documentary, ***Torn: A Family's Struggle with Bipolar Disorder***, or for the ***Cycle Across America for Bipolar Disorder*** project is fully tax deductible. Your donation, whether it be \$50 or \$50,000, will be put to work making a difference in the lives of those dealing with these painful issues. If you have a loved one or friend with this disease, please consider donating in their honor. We won't post their name unless you ask us to. We will give film credit to anyone donating toward the film, so if you don't want your name listed in the credits, please let us know at the time of your donation. Thank you!

The following are the items/services still needed for the trip:

- **Greenspeed GTT customized recumbent trike -- \$12,500**
- **Cash donations for sustaining the support team for an estimated 65-75 days on the road (at approx. \$150/day) Approx. \$6,000**
- **Donated items or services that can be raffled for cash**
- **Two team members responsible for setting up and taking down camp each day**
- **Two personal attendants responsible for Michael's care while on the road. These two attendants would also play a supportive role in helping with setting up and taking down camp each day**
- **Someone confident in bicycle repair**
- **Someone skilled in basic auto mechanics**
- **Bicycle riders willing to join the experience at intervals or for the entire journey (we'll have packets for riders to use to distribute information about the ride and solicit sponsorships for their segment of the ride)**
- **A media coordinator**
- **A nurse**
- **People experienced with film production**
- **Someone skilled in seeking sponsorships for providing various camping and cycling gear needs for the journey**
- **An RV loaner or donation that could be sold at the conclusion of the journey and proceeds placed into the completion of either of the film documentaries**