





# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

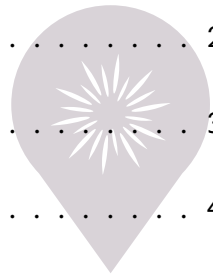
## WELCOME!

This year’s DBSA Virtual Leadership Summit has been expanded to a weeklong event, providing expanded sessions with practical information and resources for our community.

DBSA will be offering sessions on a variety of topics during the course of the Summit, including wellness resources, how to become a mental health advocate, tools for building your DBSA Chapter, and some fun extras along the way, too.

## SESSION INFORMATION

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Depression and Bipolar Support Alliance

## EVENT CALENDAR

Click on the event titles to jump to the complete information.



Time	Monday, Sept 27	Tuesday, Sept 28	Wednesday Sept 29	Thursday, Sept 30	Friday, Oct 1
1:30-1:50 PM EDT 12:30-12:50 PM CDT 11:30-11:50 AM MDT 10:30-10:50 AM PDT	<b>Welcome to the 2021 Leadership Summit Week! General Session</b>	<b>Key:</b> General Session Course Options Non-Coursework Event No events planned Facilitator Training Peer and Caregiver Leadership Advocacy			
2:00-2:50 PM EDT 1:00-1:50 PM CDT 12:00-12:50 PM MDT 11:00-11:50 AM PDT	I'm a New DBSA Leader, What Do I Need to Know? The Importance of Emotional Literacy for Children and Families Facilitator Training Part 1a: Basics			<b>Mindfulness Meditation Circle</b> Hosted by DBSA Boston	Experienced Facilitator Lab Session A Know Your Rights: Addressing Mental Health Discrimination in the Workplace and at Home Preventing Caregiver Burnout and Compassion Fatigue Using the Wellness Wheel to Make Wellness a Focus of Support Group Meetings
3:00-3:50 PM EDT 2:00-2:50 PM CDT 1:00-1:50 PM MDT 12:00-12:50 PM PDT	DBSA Asked You and Here are the Results: Advocacy Survey and Next Steps Using the Wellness Wheel to Make Wellness a Focus of Support Group Meetings Facilitator Training Part 1b: Basics			<b>General Session and Keynote Interview</b>  Featuring DBSA CEO Michael Pollock DBSA Board Chair, Kent Dauten,  Keynote Interview with Maurice Benard, "Sonny Corinthos," from ABC's General Hospital	Experienced Facilitator Lab Session B In Person Vs. Virtual: <i>That is the Question</i> What Do You Say When Asked About DBSA: Developing Your Story When You Are At Your Best You Are At Your Best for All Those You Care For
4:00-4:50 PM EDT 3:00-3:50 PM CDT 2:00-2:50 PM MDT 1:00-1:50 PM PDT	DBSA and Advocacy: How It All Happens Everything We Learned from COVID Facilitator Training Part 1c: Basics Practical Applications of Financial Wellness		In Person Vs. Virtual: <i>That is the Question</i> Walking the Road to Wellness: How Peer Support Models Valuable Steps in the Lived Experience What Do You Say When Asked About DBSA: Developing Your Story Facilitator Training Part 2a: Advanced Topics		Experienced Facilitator Lab Session C I'm a New DBSA Leader, What Do I Need to Know? Transition Ages: Challenges Facing Young Adults Living with Depression and Bipolar Words Matter: The Journey to Where We Are
5:00-5:50 PM EDT 4:00-4:50 PM CDT 3:00-3:50 PM MDT 2:00-2:50 PM PDT	<b>Nutrition and Cooking with Chef Quinton</b> Hosted by DBSA Greater Chicago	Mental Health Equity: Access and Outcome Disparities in Black Communities The Role of Creative Outlets in Participant Wellness A Strength-Based Approach: How Peer Specialists Improve the Shared Experience of Their Peers Facilitator Training Part 2b: Advanced Topics		Beyond Government: Amplifying the Peer Voice in the Private Sector Specialized and High Risk Support Groups: Formation of Virtual Support Groups for the Black Community Facilitator Training Part 3b: Role Plays Voices of Parents in Recovery as a Catalyst for Change	<b>Leadership Summit Week Closing Celebration General Session</b>
6:00-6:50 PM EDT 5:00-5:50 PM CDT 4:00-4:50 PM MDT 3:00-3:50 PM PDT		DBSA Priorities in Mental Health Equity The Effectiveness of Peer Specialists in Mental Health Recovery <i>I'm Living Proof: A Letter to My Younger Self</i> Panel Discussion How Do I Get the Word Out About My Support Group? Facilitator Training Part 2c: Advanced Topics		Demystifying Fundraising Incorporating Peer Preferred Treatment Outcomes to Change the Face of Mental Health Care Specialized and High Risk Support Groups: Formation of Groups for Other Populations	<b><i>They All Laughed</i></b> <b>Open Mic Comedy Event</b> 6:30 EDT   5:30 CDT   4:30 MDT   3:30 PDT  Hosted by DBSA Portland Eastside



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# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## GENERAL SESSIONS

**Monday,  
September 27**

1:30-1:50 PM EDT  
12:30-12:50 PM CDT  
11:30-11:50 AM MDT  
10:30-10:50 AM PDT

### Welcome to Leadership Summit Week

Start your Leadership Summit week off right. Join other attendees for this brief kickoff that will include a look at highlights for the week.

**Wednesday,  
September 29**

3:00-3:50 PM EDT  
2:00-2:50 PM CDT  
1:00-1:50 PM MDT  
12:00-12:50 PM PDT

### General Session and Keynote Interview

Get the latest news about DBSA National from CEO Michael Pollock and Board Chair Kent Dauten.

Then join Michael Pollock as he interviews film and television veteran, member of the Actor’s Studio, and three-time Emmy Award winner Maurice Benard whose recent acting credits include starring as John Gotti in Lifetime’s acclaimed *Victoria Gotti: My Father’s Daughter*, which aired this year; the horror film *Nightmare Cinema* with Mickey Rourke, which opened the New York Horror Film Festival Certified Fresh on Rotten Tomatoes and will be in theaters June 21st; the Indie film *Hold On*, and *Equal Standard*,” alongside Ice T; and Lifetime’s “A Lover Betrayed.”

In August 2018, Benard celebrated 25 years on the award-winning series *General Hospital*, cementing his status as an enduring television icon. The popular character Michael “Sonny” Corinthos, Jr. originated with Benard in 1993, initially written as only a six-month guest arc. However, Benard became wildly popular with fans around the world and the celebrated actor quickly took Sonny from a peripheral to central role in the fictional city of Port Charles. His portrayal has garnered eight Emmy Award nominations, in addition to taking the statue home in 2003 and 2019.

Away from the spotlight, Benard has always mentored individuals in mental health crisis. However, a letter from a young man whose brother died by suicide moved Benard to begin a public commitment to mental health awareness. On *The Oprah Winfrey Show* In 2009, he shared his own bipolar diagnosis at the age of 22 and the ensuing struggle to manage his illness, from surviving a stint in a mental health facility as a young man to becoming a television star. Benard’s journey with mental illness has also been profiled in magazines including *PEOPLE*, *LA LIFE*, and *BP*.

Benard’s *General Hospital* character has long been on the forefront of socially relevant issues woven into storylines like AIDS and Alzheimer’s awareness. He also pushed for his character to be diagnosed as bipolar so men’s health awareness could be forefront on a daily television platform.



Michael Pollock  
DBSA CEO



Kent Dauten  
DBSA Board Chair



Maurice Benard

**Friday,  
October 1**

5:00-5:30 PM EDT  
4:00-4:30 PM CDT  
3:00-3:30 PM MDT  
2:00-2:30 PM PDT

### Closing Session

Mental Illness Awareness Week is October 3- 9. Get ready by accepting DBSA’s challenge to continue to show that Our Story Goes On. Explore ways to continue the conversation beyond one week each year and reflect on how you can take action using what you have learned throughout the Summit.



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# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## FUN EVENTS

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**Monday,  
September 27**

5:00-5:50 PM EDT  
4:00-4:50 PM CDT  
3:00-3:50 PM MDT  
2:00-2:50 PM PDT

### Nutrition and Cooking with Chef Quinton

Hosted by DBSA Greater Chicago

DBSA Greater Chicago's own "celebrity chef," Quinton Smith, joins this year's Leadership Summit to teach us about nutrition and how to prepare a delicious meal while on Zoom.

Quinton Smith is a research and development chef at CSSI Marketing & Culinary. He has several years of experience in the restaurant industry, and can cook you just about anything. We will be making Vietnamese Beef Noodle Soup (Pho). Be sure to buy all the ingredients and have them laid out and ready before joining!

**Ingredients:**

3 cups unsalted beef stock  
2 cups water  
1 tbsp agave syrup  
1in. piece ginger  
1 med white onion  
1 tbsp low-sodium soy sauce  
0.5 tbsp fish sauce  
Two 8-oz packages of thin rice noodles  
3 limes

Salt and freshly ground pepper  
0.5 lb thinly sliced beef tenderloin  
1 tsp toasted sesame oil  
0.5 cup chopped basil  
0.25 cup chopped cilantro  
0.25 cup chopped scallions  
1 cup mung bean sprouts  
Sriracha or other garlic-chili sauce, for serving

**Wednesday,  
September 29**

2:00-2:50 PM EDT  
1:00-1:50 PM CDT  
12:00-12:50 PM MDT  
11:00-11:50 AM PDT

### Mindfulness Meditation Circle

Hosted by DBSA Boston

Join DBSA Boston's Meditation Team for this lightly guided practice. No prior experience with mindfulness or meditation is required. Everyone is welcome.

**Friday,  
October 1**

5:30-6:50 PM EDT  
4:30-5:50 PM CDT  
3:30-4:50 PM MDT  
2:30-3:50 PM PDT

### They All Laughed, an "Open Mic" Comedy Event

Hosted by DBSA Portland Eastside

Finish your Leadership Summit week with big laughs on "National Smile Day."

We are looking forward to seeing DBSA's comic talent and celebrating the end of the conference!



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# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## ADVOCACY

**Monday,  
September 27**

3:00-3:50 PM EDT  
2:00-2:50 PM CDT  
1:00-1:50 PM MDT  
12:00-12:50 PM PDT

### DBSA Asked and Here are the Results: Advocacy Survey and Next Steps

*Featured Speakers: Andrew Smith, Community Engagement Program Manager;  
Eric Scharf, Federal Advocacy Advisor*

The Advocacy department surveyed peers to find out how we can best support their efforts. Attend this session to learn about an overview of the survey results and participate in a discussion about next steps.

At the end of this session, the participant will be able to:

- identify DBSA’s key advocacy issues and how DBSA’s advocacy opportunities support the organization’s strategic goals;
- understand the data received in a recent DBSA Survey on advocacy issues and strategies;
- provide input to DBSA Advocacy Team with regard to ways to better engage grassroots advocates into the advocacy process.

**Monday,  
September 27**

4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT

### DBSA and Advocacy: How It All Happens

*Featured Speakers: Andrew Smith, Community Engagement Program Manager; Douglas Hulst, Peer Support Specialist Workforce Development Program Manager, TBD*

Attend this session for an overview of advocacy topics we will cover in more depth throughout the rest of the week.

At the end of this session, the participant will be able to:

- understand how peer specialists use a strengths-based approach to wellness to support another peer and improve overall mental health outcomes;
- understand how amplifying the peer voice can bring about systemic change;
- understand how self-advocacy impacts your environment and those around you.

**Tuesday,  
September 28**

4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT

### Walking the Road to Wellness: How Peer Support Models Valuable Steps in the Lived Experience

*Featured Speaker: Phyllis Foxworth, Advocacy Vice President*

Attend this session to learn outcomes of DBSA’s demonstration projects about the effectiveness of peer support services delivered by peer specialists.

At the end of this session, the participant will be able to:

- feel comfortable speaking about the value of peer support services;
- learn how DBSA is gathering evidence on the value of peer support services through real-world demonstration projects;
- understand the quantitative results of the evidence.



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# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## **ADVOCACY** (Continued)

**Tuesday,  
September 28**

5:00-5:50 PM EDT  
4:00-4:50 PM CDT  
3:00-3:50 PM MDT  
2:00-2:50 PM PDT

### **A Strength-Based Approach: How Peer Specialists Improve the Shared Experience of Their Peers**

*Featured Speaker: Douglas Hulst, Peer Support Specialist Workforce Development Program Manager, TBD*

Have you ever heard of a peer specialist? Do you know where they work and what they do? Have you ever wondered how to become a peer specialist? Attend this session to learn the answers to all of these questions.

At the end of this session, the participant will be able to:

- demonstrate increased awareness about the role and scope of responsibilities of the peer specialist;
- speak more accurately and comfortably about the role of the peer specialist;
- identify how you can become part of this growing profession.

**Tuesday,  
September 28**

6:00-6:50 PM EDT  
5:00-5:50 PM CDT  
4:00-4:50 PM MDT  
3:00-3:50 PM PDT

### **The Effectiveness of Peer Specialists in Mental Health Recovery**

*Featured Speaker: Douglas Hulst, Peer Support Specialist Workforce Development Program Manager*

Attend this panel discussion to learn how the peer specialist role works alongside and complements the work of other mental health professionals, including clinical treatment providers.

At the end of this session, the participant will be able to:

- understand the role of the peer specialist as an adjunct to clinical care;
- understand how the peer specialist can help address the clinical workforce shortage.

**Thursday,  
September 30**

4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT

### **DBSA's Key Advocacy Issues: What, Why, and How**

*Featured Speakers: Andrew Smith, Community Engagement Program Manager; Eric Scharf, Federal Advocacy Advisor*

Have you ever wondered why DBSA Advocacy focuses on the issues it does or how you can get involved? Attend this session for an overview of DBSA's state and national legislative and regulatory policy issues.

At the end of this session, the participant will be able to:

- describe DBSA's key advocacy issues;
- decipher whether legislative and regulatory policies fall under access to health care, workforce development and crisis response issues;
- identify resources and skills needed to take practical steps to be an effective advocate on state and federal policy issues.



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# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## **ADVOCACY** *(Continued)*

**Thursday,  
September 30**

5:00-5:50 PM EDT  
4:00-4:50 PM CDT  
3:00-3:50 PM MDT  
2:00-2:50 PM PDT

### **Beyond Government: Amplifying the Peer Voice in the Private Sector**

*Featured Speaker: Andrew Smith, Community Engagement Program Manager*

Have you ever heard of a peer council? Do you know what they do? Attend this session to learn the answers to these questions and how you can participate.

At the end of this session, the participant will be able to:

- articulate how sharing your lived experience with product makers, researchers, and trial designers can support better health outcomes;
- become inspired to share your experience with trusted partners.

**Thursday,  
September 30**

6:00-6:50 PM EDT  
5:00-5:50 PM CDT  
4:00-4:50 PM MDT  
3:00-3:50 PM PDT

### **Incorporating Peer Preferred Treatment Outcomes to Change the Face of Mental Health Care**

*Featured Speaker: Phyllis Foxworth, Advocacy Vice President*

Attend this session to learn how DBSA is working to change the landscape of how mental health care is delivered to match the needs, preferences, and goals of the people receiving those treatments.

At the end of this session, the participant will be able to:

- understand the results of DBSA's 3-year initiative to hear from peers what their preferred treatment outcomes are;
- describe how DBSA is using the peer voice to shape medical product development, clinical practice, and third party reimbursement.

**Friday,  
October 1**

2:00-2:50 PM EDT  
1:00-1:50 PM CDT  
12:00-12:50 PM MDT  
11:00-11:50 AM PDT

### **Know Your Rights: Addressing Mental Health Discrimination in the Workplace and at Home**

*Featured Speaker: TBD*

You must know your rights in order to fight discrimination. Attend this session to learn from practical examples and your specific rights.

At the end of this session, the participant will be able to:

- articulate your rights under legislation that addresses the workplace, housing and health insurance;
- describe strategies to respond and address mental health discrimination;
- understand how to access community resources that can assist you when confronted with discriminatory practices in your daily life.



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# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## **ADVOCACY** *(Continued)*

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**Friday,  
October 1**

3:00-3:50 PM EDT  
2:00-2:50 PM CDT  
1:00-1:50 PM MDT  
12:00-12:50 PM PDT

### **When You Are At Your Best You Are At Your Best For All Those You Care For**

*Featured Speaker: Douglas Hulst, Peer Support Specialist Workforce Development Program Manager*

Attend this session to learn practical steps you can take toward your own wellness.

At the end of this session, the participant will be able to:

- understand how self-care is a foundation for wellness;
  - explain the difference between selfish and self-caring behaviors.
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**Friday,  
October 1**

4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT

### **Words Matter: The Journey to Where We Are**

*Featured Speaker: Andrew Smith, Community Engagement Program Manager*

The language we use frames the context of the conversation. Attend this session to learn why DBSA chooses the language we use and encourage others to use.

At the end of this session, the participant will be able to:

- discuss the history and the origins of recovery and wellness;
  - think critically about the language they and others use;
  - describe why and how you choose language and engage with others.
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# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## → LEADERSHIP

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**Monday,  
September 27**

2:00-2:50 PM EDT  
1:00-1:50 PM CDT  
12:00-12:50 PM MDT  
11:00-11:50 AM PDT

### **I'm a New DBSA Leader: What Do I Need to Know?**

*Featured Speaker: Mike Kuhl, DBSA Louisville and Immediate Past Board Chair of the DBSA National Board*

Your state organization or chapter put their faith in you to help lead the organization. Get the fundamentals to effectively lead a chapter, including structure of the relationship between DBSA National and local organizations, fiduciary duties of Board members, and more. Attend this important “basics” course to learn the essentials from a veteran DBSA leader.

At the end of this session, the participant will be able to:

- list the three fiduciary duties;
  - explain the affiliation arrangement between DBSA National and the local DBSA organizations;
  - name two resources for assistance to DBSA local organization leaders.
- 

**Monday,  
September 27**

3:00-3:50 PM EDT  
2:00-2:50 PM CDT  
1:00-1:50 PM MDT  
12:00-12:50 PM PDT

### **Using the Wellness Wheel to Make Wellness a Focus of Support Group Meetings**

*Featured Speaker: Jimmy Gibbs, DBSA Comfort Zone*

The DBSA Wellness Wheel is an excellent resource for everyone and was designed for those who live with mood disorders. Learn how to use the DBSA Wellness Wheel to center the focus on wellness during your support group meetings.

At the end of this session, the participant will be able to:

- name the seven key areas of the wellness wheel;
  - describe at least two resources to follow up on the results of assessments;
  - explain at least two ways to use the wellness wheel within the context of a DBSA support group meeting.
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# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## → LEADERSHIP *(Continued)*

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**Monday,  
September 27**

4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT

### Everything We Learned from COVID (Panel Discussion)

*Moderator: Bridget Maul, DBSA Greater Chicago, Panelists: Brian Chase, DBSA Portland Eastside, Bonnie Rosenthal, DBSA Hope & Cope Support Group*

COVID-19 affected DBSA local organizations deeply. Within a short amount of time, a majority of DBSA local organizations converted in-person meetings to virtual meetings. It was certainly a great lesson in how nimble and creative we can be. What other unexpected learnings did DBSA local organizations discover in this time of DBSA history? Join a panel of Chapter and Support Group leaders to talk about how this unexpected turn created learnings beyond expectation.

At the end of this session, the participant will be able to:

- describe how DBSA local organizations converted support groups from in-person to virtual meetings within one week of shutdown at the local level;
  - articulate at least three learnings from DBSA Chapters and support groups;
  - explain how DBSA local organizations plan to move forward as a result of these learnings.
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**Tuesday,  
September 28**

4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT

### In-Person or Virtual: That is the Question

*Featured Facilitator: Carla DeFlorio, DBSA Chapter Relations Director*

Over 270 virtual support groups have been in operation for more than a year. DBSA Chapters are slowly resuming in-person support group meetings. Attend this interactive session to discuss considerations and hear what other DBSA Chapters are doing.

At the end of this session, the participant will be able to:

- name three considerations when making a decision to return to in-person support group meetings;
  - learn at least two tips related to returning to in-person meetings from fellow session attendees;
  - describe considerations to keeping some virtual presence in the local community.
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**→ LEADERSHIP** *(Continued)*

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**Tuesday,  
September 28**4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT**What To Say When Asked About DBSA: Developing Your Story***Featured Speakers: Kevin Williams, DBSA Communications Vice President; Dontae Freeman, DBSA Digital Communications Manager*

As an active stakeholder and advocate for DBSA, consider yourself a de facto 365/24/7 spokesperson for the organization. You never know how the person(s) you're speaking with might be an ally to our cause. As such, when asked about DBSA, you should be prepared to speak powerfully and persuasively to all types of audiences about our mission, our goals, and the impact we make for our community.

At the end of the session, the participant will be able to:

- develop and deliver an effective “elevator pitch” for DBSA;
- understand the importance of knowing the audience;
- discuss DBSA’s mission within a “problem/solutions/provider” context;
- understand why it’s important to “put a human face” to DBSA’s work.

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**Tuesday,  
September 28**5:00-5:50 PM EDT  
4:00-4:50 PM CDT  
3:00-3:50 PM MDT  
2:00-2:50 PM PDT**The Role of Creative Outlets in Participant Wellness***Featured Speaker: Christian Tiongson, DBSA Boston*

Quiet crafting and creativity can be fulfilling ways of building mindful activity into our lives. Whether you play music, paint, stitch, sew, make, bake, or decorate, creativity can tick all three wellness boxes of achievement, connection and enjoyment. Imagine the advantages to using these outlets to enhance participant wellness. Join Christian Tiongson as he shares DBSA Boston’s approach to meshing mindful creativity with wellness.

At the end of this session, the participant will be able to:

- explain the rationale behind incorporating creative activities;
  - articulate at least three creative activities that can be used to enhance participant wellness;
  - make a plan to incorporate at least two creative outlets in regular support group and Chapter activities.
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**→ LEADERSHIP** *(Continued)***Tuesday,  
September 28**5:00-5:50 PM EDT  
4:00-4:50 PM CDT  
3:00-3:50 PM MDT  
2:00-2:50 PM PDT**Mental Health Equity: Access and Outcome Disparities in Black Communities**

*Featured speaker: Dr. Altha Stewart, Senior Associate Dean for Community Health Engagement in the College of Medicine at the University of Tennessee Health Science Center, and member of the DBSA Board of Directors. Moderator, Chrissy Gargano*

Due to decades of systemic racism, research has shown that Black individuals in the U.S. are less likely to have access to mental health services, less likely to seek out treatment, and more likely to receive poor quality health care. This session will explore barriers to mental health care in Black communities and opportunities to address them.

At the end of this session, the participant will be able to:

- describe the term “mental health equity” and how it is used;
- define how communities rise to address the disparities.

**Tuesday,  
September 28**6:00-6:50 PM EDT  
5:00-5:50 PM CDT  
4:00-4:50 PM MDT  
3:00-3:50 PM PDT**How Do I Get the Word Out About My Support Group?**

*Featured Speaker: Jill Burgos, DBSA Chapter Relations Manager*

How does your support group publicize meetings? As DBSA Chapters and Support Groups begin to offer in-person sessions, learn about different meeting places and methods to let people know about your meetings from DBSA Chapter Manager, Jill Burgos.

At the end of this session, the participant will be able to:

- name three non-traditional meeting places where support groups can meet;
- describe at least two new ways to publicize new and current support groups.

**Tuesday,  
September 28**6:00-6:50 PM EDT  
5:00-5:50 PM CDT  
4:00-4:50 PM MDT  
3:00-3:50 PM PDT**DBSA's Priorities in Mental Health Equity**

DBSA is committed to expanding resources in Black, Brown, and Indigenous communities. Join us to learn more about our work to identify where resource gaps exist, how we can collaborate with organizations serving these communities, and what DBSA has accomplished thus far.

*Featured Speakers: Kevin Williams, DBSA Communications Vice President, and Kimberly King, DBSA Industry Relations and Partnerships Manager.*

At the end of this session, the participant will be able to:

- decipher why DBSA has prioritized the unmet needs in the Black community;
- describe DBSA short and intermediate outcomes.

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**→ LEADERSHIP** *(Continued)*

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**Thursday,  
September 30**4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT**Call-to-Action: The Role of Peers in Mental Health Research**

*Featured Speaker: Carol Witham, Board Chair of the STARR Coalition, Adam Simmons, MPH, Director, Clinical Program Management, Alkermes, Inc.; Erin Tireman, Psy.D, Director of Buisness and Clinical Development, Segal Trials; Moderator: Kimberly King, DBSA*

Untreated mental illness wreaks havoc on millions of lives – With one in four Americans affected at some point each year, the issue will touch us all. Based on data from 2010, the global direct and indirect economic costs of mental disorders were estimated at US \$2.5 trillion. Despite this, the disparity between mental health research and other disease research is vast. NIH spends around \$239 billion on research, but only about 7% of the funds go towards mental health (source: [ncbi.nlm.nih.gov/pmc/articles/PMC5007565](https://ncbi.nlm.nih.gov/pmc/articles/PMC5007565)).

DBSA National is part of a workgroup composed of mental health stakeholders, including clinician investigators, pharmaceutical and CRO R&D executives, and advocacy leaders, that have developed the call to action to actively support mental health clinical research with concrete actions people can take immediately.

Learn more about how peers can support mental research efforts and its impact on mental wellness.

At the end of this session, the participant will be able to:

- explain why peer engagement is important to mental health research;
- name obstacles and challenges that peers face when involved with mental health research;
- list at least two actions peers can take to support mental health research efforts.

**Thursday,  
September 30**4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT**How Do I Get the Word Out About My Support Group?**

*Featured Speaker: Jill Burgos, DBSA Chapter Relations Manager*

How does your support group publicize meetings? As DBSA Chapters and Support Groups begin to offer in-person sessions, learn about different meeting places and methods to let people know about your meetings from DBSA Chapter Manager, Jill Burgos.

At the end of this session, the participant will be able to:

- name three non-traditional meeting places where support groups can meet;
- describe at least two new ways to publicize new and current support groups.

**→ LEADERSHIP** *(Continued)***Thursday,  
September 30**5:00-5:50 PM EDT  
4:00-4:50 PM CDT  
3:00-3:50 PM MDT  
2:00-2:50 PM PDT**Specialized and High-Risk Support Groups: Formation of Virtual Support Groups for the Black Community***Featured Speakers: Michele Bibby and Arnold Tyler, Facilitators of DBSA National Online Support Groups for the Black Community*

DBSA Chapters are beginning to learn the value of specialized support groups at the local level. In this first part of a two-part series, join DBSA National Online Support Group Facilitators Michele Bibby and Arnold Tyler as they discuss the process for systematically creating online support groups designed specifically for the Black Community and how this can be utilized for any specialized group.

At the end of this session, the participant will be able to:

- describe the “gap” created in grouping people all together;
- articulate why specialized groups make sense and how DBSA worked with the black community to create a model.

**Thursday,  
September 30**6:00-6:50 PM EDT  
5:00-5:50 PM CDT  
4:00-4:50 PM MDT  
3:00-3:50 PM PDT**Specialized and High Risk Support Groups: Formation of Groups for Other Populations (Panel Discussion)***Moderator: Dontae Freeman, DBSA Digital Communications Manager**Panelists: Brian Chase, DBSA Portland Eastside, Yi Lin, DBSA Orange County, Alisa Stephanson, DBSA Boston*

Join DBSA Digital Communications Manager, Dontae Freeman, and a group of Chapter leaders from around the country to discuss the start of different specialized support groups at the local and National levels. The specialized groups that are planned to be discussed include: LGBTQIA+, Chinese, Vietnamese, Seniors, and the Black Community.

At the end of the session, the participant will be able to:

- describe the role of partnership with local specialized community organizations
- articulate the importance of listening to the needs of the specialized community rather than presenting them with a preconceived idea;
- understand the importance of true partnership with community organizations.

### → LEADERSHIP *(Continued)*

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**Thursday,  
September 30**

6:00-6:50 PM EDT  
5:00-5:50 PM CDT  
4:00-4:50 PM MDT  
3:00-3:50 PM PDT

### Demystifying Fundraising

*Featured Speakers: Kimberly King DBSA Industry Relations and Partnerships Manager and Chrissy Gargano, Foundation and Corporate Relations Manager.*

Having the resources you need to accomplish your goals means you're going to need to ask! And, oftentimes, that means asking for money, which can be scary. Understanding the process and using best practices make it less intimidating. Whether you're seeking sponsorship for an event or a grant to support a program, we can provide a roadmap to make your efforts more successful. DBSA National's development managers will share best practices they've learned throughout the years.

At the end of the session, the participant will be able to:

- describe three pieces of information that you should have prepared before your first "ask";
  - name two ways to ask for corporate sponsorships;
  - access at least one new avenue to research grants and foundations;
  - name two helpful hints for submitting proposals.
- 

**Friday,  
October 1**

3:00-3:50 PM EDT  
2:00-2:50 PM CDT  
1:00-1:50 PM MDT  
12:00-12:50 PM PDT

### In-Person Vs. Virtual: That is the Question

*Featured Facilitator: Carla DeFlorio, DBSA Chapter Relations Director*

Over 270 virtual support groups have been in operation for more than a year. DBSA Chapters are slowly resuming in-person support group meetings. Attend this interactive session to learn considerations to consider and what other DBSA Chapters are doing.

At the end of this session, the participant will be able to:

- name three considerations when making a decision to return to in-person support group meetings;
  - learn at least two tips related to returning to in-person meetings from fellow session attendees;
  - describe considerations to keeping some virtual presence in the local community.
-



Depression and Bipolar  
Support Alliance

# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## → LEADERSHIP *(Continued)*

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**Friday,  
October 1**

2:00-2:50 PM EDT  
1:00-1:50 PM CDT  
12:00-12:50 PM MDT  
11:00-11:50 AM PDT

### Using the Wellness Wheel to Make Wellness a Focus of Support Group Meetings

*Featured Speaker: Jimmy Gibbs, DBSA Comfort Zone*

The DBSA Wellness Wheel is an excellent resource for everyone and was designed for those who live with mood disorders. Learn how to use the DBSA Wellness Wheel to center the focus on wellness during your support group meetings.

At the end of this session, the participant will be able to:

- name the seven key areas of the wellness wheel;
  - describe at least two resources to follow up on the results of assessments;
  - explain at least two ways to use the wellness wheel within the context of a DBSA support group meeting.
- 

**Friday,  
October 1**

3:00-3:50 PM EDT  
2:00-2:50 PM CDT  
1:00-1:50 PM MDT  
12:00-12:50 PM PDT

### What To Say When Asked About DBSA: Developing Your Story

*Featured Speakers: Kevin Williams, DBSA Communications Vice President; Dontae Freeman, DBSA Digital Communications Manager*

As an active DBSA stakeholder and advocate, consider yourself a de facto 365/24/7 spokesperson for the organization. You never know how the person(s) you're speaking with might be an ally to our cause. As such, when asked about DBSA, you should be prepared to speak powerfully and persuasively to all types of audiences about our mission, our goals, and the impact we make for our community.

At the end of the session, the participant will be able to:

- develop and deliver an effective “elevator pitch” for DBSA;
  - understand the importance of knowing the audience;
  - discuss DBSA’s mission within a “problem/solution/provider” context;
  - understand why it’s important to “put a human face” to DBSA’s work.
- 

**Friday,  
October 1**

4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT

### I’m A New DBSA Leader, What Do I Need to Know?

*Featured Speaker: Mike Kuhl, DBSA Louisville and Immediate Past Chair, DBSA National Board of Directors*

Your state organization or chapter put their faith in you to help lead the organization. Get the fundamentals to effectively lead a chapter including structure of the relationship between DBSA National and local organization, fiduciary duties of Board members, and more. Attend this important “basics” course to learn the essentials from a veteran DBSA leader.

At the end of this session, the participant will be able to:

- list the three fiduciary duties;
  - explain the affiliation arrangement between DBSA National and the local DBSA
  - name two resources for assistance to DBSA local organization leaders.
-



 **PEER AND CAREGIVER****Monday,  
September 27**2:00-2:50 PM EDT  
1:00-1:50 PM CDT  
12:00-12:50 PM MDT  
11:00-11:50 AM PDT**Importance of Emotional Literacy for Children and Families***Featured Speakers: Maria Margaglione, DBSA Programs Director; Hannah Zeller, DBSA Programs Manager*

Emotional literacy is made up of the ability to identify and understand our emotions. Increasing emotional literacy at an early age is important for children to be able to process, understand, and work through their emotions. Learn more about how the DBSA Mood Crew™ resources can help children and families increase their emotional literacy and set the stage for good life-long mental health.

At the end of this session the participant will be able to:

- describe how early emotional literacy increases lifelong wellness outcomes;
- learn how parents and caregivers, clinicians, and educators can use the DBSA Mood Crew™ as a tool to increase emotional literacy;
- articulate the importance of emotional literacy from the peer perspective.

**Monday,  
September 27**3:00-3:50 PM EDT  
2:00-2:50 PM CDT  
1:00-1:50 PM MDT  
12:00-12:50 PM PDT**Using the Wellness Wheel to Make Wellness a Focus of Support Group Meetings***Featured Speaker: Jimmy Gibbs, DBSA Comfort Zone*

The DBSA Wellness Wheel is an excellent resource for everyone and was designed for those who live with mood disorders. Learn how to use the DBSA Wellness Wheel to center the focus on wellness during your support group meetings.

At the end of this session, the participant will be able to:

- name the seven key areas of the wellness wheel;
- describe at least two resources to follow up on the results of assessments;
- explain at least two ways to use the wellness wheel within the context of a DBSA support group meeting.

**Monday,  
September 27**4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT**Practical Applications of Financial Wellness***Featured Speaker: Maria Margaglione, DBSA Programs Director, Holly Swartz, MD*

Finances can be challenging. When symptoms of depression or bipolar interfere with money management it can feel even more overwhelming. In this session we will dive into the financial wellness section of the DBSA Wellness Wheel and learn practical advice for managing money.

At the end of this session the participant will be able to:

- describe two techniques of how to prevent problematic spending that may be related to symptoms of a mood disorder diagnosis;
- implement at least two tips of managing a budget;
- name three practical steps to improve financial literacy.



Depression and Bipolar  
Support Alliance

# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## PEER AND CAREGIVER *(Continued)*

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**Tuesday,  
September 28**

5:00-5:50 PM EDT  
4:00-4:50 PM CDT  
3:00-3:50 PM MDT  
2:00-2:50 PM PDT

### The Role of Creative Outlets in Participant Wellness

*Featured Speaker: Christian Tiongson, DBSA Boston*

Quiet crafting and creativity can be fulfilling ways of building mindful activity into our lives. Whether you play music, paint, stitch, sew, make, bake, or decorate, creativity can tick all three wellness boxes of achievement, connection and enjoyment. Imagine the advantages to using these outlets to enhance participant wellness. Join Christian Tiongson as he shares DBSA Boston's approach to meshing mindful creativity with wellness.

At the end of this session, the participant will be able to:

- explain the rationale behind incorporating creative activities;
  - articulate at least three creative activities that can be used to enhance participant wellness;
  - make a plan to incorporate at least two creative outlets in regular support group and Chapter activities.
- 

**Tuesday,  
September 28**

6:00-6:50 PM EDT  
5:00-5:50 PM CDT  
4:00-4:50 PM MDT  
3:00-3:50 PM PDT

### I'm Living Proof: A Letter to My Younger Self Panel Discussion

*Moderators: Dontae Freeman, DBSA Digital Communications Manager; Hannah Zeller, DBSA Programs Manager*

*Panelists: TBD*

DBSA's new series *I'm Living Proof: A Letter to My Younger Self* shares the experiences of young adults that live with depression or bipolar through a letter written and read to their younger self. The blog and podcast feature stories of hope and inspiration. When we reflect on all the challenges we have overcome, we can often find that we are living proof of the strength we carry. Join us for a panel discussion with contributors to hear what the experience of writing to their younger selves was like.

At the end of this session the participant will be able to:

- learn how the process of reflection can be inspiring;
  - articulate how reflection can help us understand our own resilience;
  - describe how sharing your story can normalize the experience of having mental health symptoms.
-

 **PEER AND CAREGIVER** *(Continued)***Thursday,  
September 30**4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT**How Addressing Physical Health Can be Good for Mental Health***Featured Speaker: Maria Margaglione, DBSA Programs Director*

Our physical and mental health go hand in hand. Symptoms of a mood disorder can impact how we feel physically, which makes it hard to take care of our physical wellness. Physical Wellness is a part of the DBSA Wellness Wheel. Learn what steps we can take for our physical health to help improve our overall well being.

At the end of this session the participant will be able to:

- describe how sleep, nutrition, and physical activity play a role in regulating physical and mental health;
- discuss how routine can improve mental health symptoms;
- name at least two small steps to create physical health goals while still being gentle with yourself in the process.

**Thursday,  
September 30**5:00-5:50 PM EDT  
4:00-4:50 PM CDT  
3:00-3:50 PM MDT  
2:00-2:50 PM PDT**Voices of Parents in Recovery as a Catalyst for Change***Featured Speakers: Anne Whitman, Alisa Stephanian, Cynthia Piltch, Jacquie Martinez*

Parents with mental health and/or substance use challenges often feel shame and stigma from their communities when it comes to their role as parents. This understated issue is brought to light in video form and shares experiences of six parents in the metro-Boston area with mental health and/or substance use challenges. The goal is to utilize this video as a tool for parents and their mental health providers to normalize discussions about parenting.

At the end of this session the participant will be able to:

- identify ways to reduce stigma of parents with lived experience;
- promote hope and resiliency;
- activate ways to break negative cycles around parenting;
- share lessons learned and resources.

**Friday,  
October 1**2:00-2:50 PM EDT  
1:00-1:50 PM CDT  
12:00-12:50 PM MDT  
11:00-11:50 AM PDT**Preventing Caregiver Burnout and Compassion Fatigue***Featured Speaker: Beth Vaccaro, LPC*

Understanding caregiver burnout and compassion fatigue is the first step to preventing it. This session will explore the causes, and signs of burnout or compassion fatigue and offer strategies to caregivers on how to prevent burnout and compassion fatigue.

At the end of this session, the participant will be able to:

- recognize the signs and symptoms of caregiver burnout and compassion fatigue;
- name at least two strategies can be useful to help protect against developing burnout and compassion fatigue;
- outline the steps to can take if you are feeling burnout or compassion fatigue.



Depression and Bipolar  
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# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## PEER AND CAREGIVER *(Continued)*

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Friday,  
October 1

2:00-2:50 PM EDT  
1:00-1:50 PM CDT  
12:00-12:50 PM MDT  
11:00-11:50 AM PDT

### Using the Wellness Wheel to Make Wellness a Focus of Support Group Meetings

*Featured Speaker: Jimmy Gibbs, DBSA Comfort Zone*

The DBSA Wellness Wheel is an excellent resource for everyone and was designed for those who live with mood disorders. Learn how to use the DBSA Wellness Wheel to center the focus on wellness during your support group meetings.

At the end of this session, the participant will be able to:

- name the seven key areas of the wellness wheel;
  - describe at least two resources to follow up on the results of assessments;
  - explain at least two ways to use the wellness wheel within the context of a DBSA support group meeting.
- 

Friday,  
October 1

4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT

### Transition Ages: Challenges Facing Young Adults Living with Depression and Bipolar

*Featured Speakers: Members of the DBSA Young Adult Council*

Transitioning to independence in an ever-changing world can be difficult for young adults, particularly those living with a mood disorder. Living on your own, moving to a new environment, and managing your wellness can be a lot to take on. The DBSA Young Adult Council will discuss their own experiences with these transitions, from what they wish they had known to what they were glad they learned.

At the end of this session the participant will be able to:

- learn from young adults peers about how they navigated challenging transitions;
  - learn more about the DBSA Young Adult Council and how they offer resources to young adults who live with a mood disorder;
  - explain how DBSA Young Adult Council members are committed to sharing their own experiences as a way to advocate for themselves and others.
-



Depression and Bipolar Support Alliance

# 2021 DBSA LEADERSHIP SUMMIT WEEK SESSION INFORMATION

## FACILITATOR TRAINING

Sessions will be held during the following times:

### Facilitator Training Basics

#### Monday, September 27

2:00-2:50 PM EDT  
1:00-1:50 PM CDT  
12:00-12:50 PM MDT  
11:00-11:50 AM PDT

3:00-3:50 PM EDT  
2:00-2:50 PM CDT  
1:00-1:50 PM MDT  
12:00-12:50 PM PDT

4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT

### Facilitator Training Advanced

#### Tuesday, September 28

4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT

5:00-5:50 PM EDT  
4:00-4:50 PM CDT  
3:00-3:50 PM MDT  
2:00-2:50 PM PDT

6:00-6:50 PM EDT  
5:00-5:50 PM CDT  
4:00-4:50 PM MDT  
3:00-3:50 PM PDT

### Facilitator Training: Role Plays

#### Thursday, September 30

4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT

5:00-5:50 PM EDT  
4:00-4:50 PM CDT  
3:00-3:50 PM MDT  
2:00-2:50 PM PDT

## Facilitator Training

*Featured Trainers: Jean Duncan, DBSA Portland Eastside and Rhonda Greder, DBSA Colorado Springs*

Last year, Chapter Relations began a tradition of bringing the 8-hour Support Group Facilitator Training to the DBSA Leadership Summit. If you or anyone you know is a peer or family/friend of a peer and would like to go through DBSA National's official Facilitator Training as part of their Leadership Summit Experience, they must attend all Facilitator Training Sessions in order to receive a certificate of participation.

**Registration will be limited.**

At the end of this 8-hour training session, the participant will be able to:

- name and explain all eight of the DBSA Support Group Guidelines;
- describe the structure of a DBSA Support Group Meeting;
- execute at least two different techniques for opening a DBSA Support Group meeting;
- utilize at least three techniques of meeting flow management;
- name at least three potential meeting challenges and how to approach or handle each of them;
- apply lessons learned in role plays to real-life support group facilitation.

 **FACILITATOR TRAINING** *(Continued)***Friday,  
October 1****Session A**2:00-2:50 PM EDT  
1:00-1:50 PM CDT  
12:00-12:50 PM MDT  
11:00-11:50 AM PDT**Session B**3:00-3:50 PM EDT  
2:00-2:50 PM CDT  
1:00-1:50 PM MDT  
12:00-12:50 PM PDT**Session C**4:00-4:50 PM EDT  
3:00-3:50 PM CDT  
2:00-2:50 PM MDT  
1:00-1:50 PM PDT**Experienced Facilitator Lab Sessions A, B, and C***Featured Facilitator: Chuck Weinstein, CPS, Master Facilitator & Trainer, Facilitator Solutions*

Let's say that you've been a DBSA support group facilitator for 2 to 3 years. You are a seasoned facilitator but every once in a while even YOU get stumped by something that happened in group. Where do you go for answers? To the DBSA Leadership Summit, of course!

Join Master Facilitator & Trainer Chuck Weinstein of Facilitator Solutions as he facilitates three different discussions based on the situations that are brought to each session and the wisdom in the room. If you are an experienced facilitator and want to continue your learning about facilitation tips, techniques and nuances, one (or more if space is available) of these sessions are for you!

**Note:** Due to the nature of conversation, the session will be limited to the first 20 people who join the session.

At the end of each of these sessions, the participant will be able to:

- learn at least one new technique of handling a “sticky situation;”
- name two different challenges and how each can be handled in an effective, compassionate manner, focusing on strengths not deficits;
- connect with fellow experienced facilitators from throughout the country.