



SESSION INFORMATION

WELCOME!

Thank you for joining us at the Depression and Bipolar Support Alliance Summit 2022 as we come together to *Find Community. Find Wellness. Find Hope.*

This year’s summit is packed with informative, engaging sessions designed to equip our community of mental health advocates with the education and tools needed to impact change at the individual, local, state, and national levels. We also have some fun, after-hour events planned: a movie screening, a night Off-Broadway, a virtual game session, a guided meditation, and a cooking class.

SESSION INFORMATION

Event Calendar	2
General Sessions	3
Fun Events	5
Peer and Policy Advancement Sessions	6
Leadership Sessions	9
Peer, Parent, and Caregiver Sessions	13
Facilitator Training.	16



Depression and Bipolar Support Alliance



Depression and Bipolar Support Alliance

EVENT CALENDAR

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

Time	Monday, October 10	Tuesday, October 11	Wednesday October 12	Thursday, October 13	Friday, October 14
10:00-1:15 PM EDT 9:00-12:15 PM CDT 8:00-11:15 AM MDT 7:00-10:15 AM PDT				10:00-1:00 PM EDT 9:00-12:00 PM CDT 8:00-11:00 AM MDT 7:00-10:00 AM PDT	
		11:30-1:00 PM EDT 10:30-12:00 PM CDT 9:30-11:00 PM MDT 8:30-10:00 AM PDT			
		Next Level Thinking: Suicide Prevention Part 1: Info Session			
			11:40-12:30 PM EDT 10:40-11:30 AM CDT 9:40-10:30 AM MDT 8:40-9:30 AM PDT		
			Mindful Meditation Circle <i>Sponsored by DBSA Boston</i>		
				Next Level Thinking: Suicide Prevention Part 2: Workshop	
	12:00-1:15 PM EDT 11:00-12:15 PM CDT 10:00-11:15 AM MDT 9:00-10:15 AM PDT		12:45-1:15 PM EDT 11:45-12:15 PM CDT 10:45-11:15 AM MDT 9:45-10:15 AM PDT		
	Opening Session Maurice Benard's State of Mind, with CEO, Michael Pollock		Plenary Session State of DBSA and Peer and Policy Advancement Awards		
1:30-2:45 PM EDT 12:30-1:45 PM CDT 11:30-12:45 PM MDT 10:30-11:45 AM PDT	🔴 Bipolar Disorder Across the Lifespan ➔ Chapter Communications Strategies 🎯 The Core Components of Peer Support: Human-to-Human, Trained, State Credentialed, and Making Sense of It All	Basic Facilitator Training Part 1	🎯 988: Where Do We Go From Here? ➔ Leveraging DBSA Brand Equity to Strengthen Communications Outcomes	Basic Facilitator Training Part 2	➔ DBSA Sustainability Model: How It Can Work 🎯 Elections 2022: Evaluating the Candidates' Mental Health Positions
3:00-4:15 PM EDT 2:00-3:15 PM CDT 1:00-2:15 PM MDT 12:00-1:15 PM PDT	➔ DBSA's Sustainability Model: How It Can Work		🔴 Misdiagnosis and Taking Charge of Your Care ➔ Engaging Your Audience: A Workshop 🎯 to Amplify the Peer Voice		🔴 Just Diagnosed: Perspectives from the DBSA Young Adult Council
4:30-5:45 PM EDT 3:30-4:45 PM CDT 2:30-3:45 PM MDT 1:30-2:45 PM PDT	🎯 Changing the Mental Health System: 8 Steps to Bring About Reform ➔ Effective Outreach to BIPOC Communities 🔴 Words Matter: How to Talk about Mental Health		Next Level Thinking: <i>Using DBSA Resources to Enhance Your Participants' Wellness Journey</i>		
			➔ The Key Three: Who Does What and Why? 🔴 Pulling Back the Curtain on Depression's Lies ➔ The Ins & Outs of Fundraising	Next Level Thinking: <i>Managing Disruptions and Disruptive Peers</i>	Closing Session Maurice Benard's State of Mind, featuring a DBSA Peer Participant
6:00-7:15 PM EDT 5:00-6:15 PM CDT 4:00-5:15 PM MDT 3:00-4:15 PM PDT	Cooking and Nutrition		Virtual Game Night		
8:30-11:00 PM EDT 7:30-10:00 PM CDT 6:30-9:00 PM MDT 5:30-8:00 PM PDT		After Hours Event: Movie Night Feature <i>Touched with Fire</i> followed by a facilitated discussion		After Hours Event: A Night Off Broadway <i>The Road Back</i> featuring Actor/Playwright Adina Taubman for a talk back session after the show	

Key:

- General Session
- Course Options
- Facilitator Training
- Non-Coursework Event
- 🔴 Peer, Parent, and Caregiver
- ➔ Leadership
- 🎯 Peer and Policy Advancement



SESSION INFORMATION

GENERAL SESSIONS

Monday,
October 10

12:00-1:15 PM EDT
11:00 AM-12:15 PM CDT
10:00-11:15 AM MDT
9:00-10:15 AM PDT

Opening Session

Film and television veteran, member of the Actor’s Studio, and three-time Emmy Award winner Maurice Benard returns to DBSA’s Summit to feature two episodes of his YouTube series *State of Mind with Maurice Benard*. This year’s opening session will turn the interview tables, with Benard interviewing DBSA CEO Michael Pollock.



Michael Pollock
DBSA CEO



Maurice Benard



Benard recently starred as John Gotti in Lifetime’s acclaimed *Victoria Gotti: My Father’s Daughter*, which aired last year; the horror film *Nightmare Cinema*, with Mickey Rourke, which opened the New York Horror Film Festival certified fresh on rotten tomatoes and was in theaters in 2021 and the indie films *Hold On*, and *Equal Standard*, alongside Ice T; and Lifetime’s *A Lover Betrayed*.

Among his other film and television credits are David O’Russell’s critically acclaimed *Joy*, with Robert De Niro and Jennifer Lawrence; *Lucy & Desi: Before the Laughter*; *Ruby*; and *Mi Vida Loca*. The indie film *The Ghost and the Whale*, produced by Benard’s wife, Paula, in which he starred as a bipolar man losing the battle with his illness after his wife’s death, was a labor of love underscored by his strong commitment to raise awareness about mental health issues.

Although Benard has always worked out of the spotlight mentoring individuals in mental health crisis, a letter from a young man whose brother died by suicide while struggling with mental illness moved Benard to begin a public commitment to mental health awareness outside the confines of *General Hospital*. In 2009, on *Oprah*, he shared with the world his own bipolar diagnosis at the age of 22 and the ensuing struggle to manage the illness, from surviving a stint in a behavioral health institution 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*. HarperCollins published his memoir about the journey, *Nothing General About It: How Love and Lithium Saved Me On and Off General Hospital* in 2020.

He has lent his face and voice to numerous organizations to further the cause, including the International Bipolar Foundation (IBPF), the National Alliance of Mental Illness (NAMI), Mental Health America (MHA), the Depression and Bipolar Support Alliance (DBSA) and Didi Hirsch Mental Health Services, to name a

few. For his contribution to mental health awareness, Benard has received numerous awards, including IBF’s Imagine Award, NAMI’s Lionel Aldridge Award, and the Erasing the Stigma Award alongside Carrie Fischer and Rod Steiger.

In addition to testifying before Congress on mental health issues, Benard’s keynote speaker engagements detailing his experience include the annual conference for The National Manic Depressive and Manic-Depressive Association and to hundreds of students at the University of San Diego.

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 Sonny “Michael” Corinthos, Jr. originated with Benard in 1993, initially written as only a six-month guest arc; however, Benard’s powerful portrayal 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. Benard has maintained lead status on *General Hospital* for the past 17 years, garnering ten Emmy Award nominations, in addition to taking the statue home in 2003, 2019, and 2021.

Benard was previously on *All My Children* as another popular character, Nico, from 1987-1990.

His many loyal fans have not only tuned in for almost three decades, but also repeatedly nominated Benard for a Soap Opera Digest Award, honoring him as a winner three times. Benard has also received a Prism Award and four Latino Media Arts Award nominations.

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 with bipolar so mental health awareness can be front and center on a daily television platform.



SESSION INFORMATION

GENERAL SESSIONS

**Wednesday,
October 12**

12:45-1:15 PM EDT
11:45 AM-12:15 PM CDT
10:45-11:15 AM MDT
9:45-10:15 AM PDT

Plenary Session

State of DBSA and Peer and Policy Advancement Awards

Join DBSA CEO Michael Pollock and DBSA Board Chair Kent Dauten for an update on DBSA's programs, initiatives and goals. The session will conclude with DBSA's presentation of several new awards.

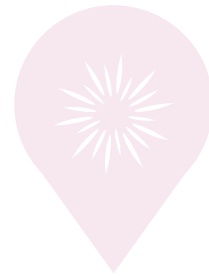
**Friday,
October 14**

4:30-5:45 PM EDT
3:30-4:45 PM CDT
2:30-3:45 PM MDT
1:30-2:45 PM PDT

Closing Session

As we close out DBSA Summit 2022, hear from a DBSA peer participant, as they share their story of finding community, wellness, and hope through DBSA. This closing session is hosted by Emmy-Award-winning film and television actor Maurice Benard, who now channels his mental health advocacy through his YouTube series *State of Mind with Maurice Benard*.

[Read more about Maurice Benard on Page 2](#)





SESSION INFORMATION

FUN EVENTS

**Monday,
October 10**

6:00-7:15 PM EDT
5:00-6:15 PM CDT
4:00-5:15 PM MDT
3:00-4:15 PM PDT

Cooking and Nutrition

Back by popular demand, join a professional chef to cook a nutritious and delicious meal as you watch. The chef and recipe will be shared in advance so that you can be ready to cook. Don't miss this chance to learn a new recipe and have dinner made with your fellow Summit participants.

**Tuesday,
October 11**

8:30-11:00 PM EDT
7:30-10:00 PM CDT
6:30-9:00 PM MDT
5:30-8:00 PM PDT

Movie Night: Touched with Fire

Join fellow Summit participants to watch the 2015 film *Touched with Fire*. While staying at a behavioral hospital, two poets who live with bipolar disorder (Katie Holmes, Luke Kirby) begin a romance that continues to blossom after their release. The screening will be followed by a facilitated discussion.

This movie is a realistic depiction of two people who live with bipolar disorder. Some scenes may be triggering or disturbing.

**Wednesday,
October 12**

11:40 AM-12:30 PM EDT
10:40-11:30 AM CDT
9:40-10:30 AM MDT
8:40-9:30 AM PDT

Mindful 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.

**Wednesday,
October 12**

6:00-7:15 PM EDT
5:00-6:15 PM CDT
4:00-5:15 PM MDT
3:00-4:15 PM PDT

Virtual Game Night

Unwind from a day of learning with a Virtual Game Night hosted by DBSA Wichita support group leader Stephen Cotter. Have some fun, learn a new game, and make new friends during this session.

**Thursday,
October 13**

8:30-11:00 PM EDT
7:30-10:00 PM CDT
6:30-9:00 PM MDT
5:30-8:00 PM PDT

After Hours Event: A Night Off Broadway featuring *The Road Back*

Get ready for a night off-Broadway! Fresh off its Spring 2022 run, *The Road Back* is the very personal story of Adina Taubman's journey into and out of a severe depression twelve years ago. With humor and honesty, she tells the story of the experience that transformed her life for the better and led her down a road of discovery to a new, more enlightened sense of self. This entertaining and courageous new play includes helpful strategies for managing depression and anxiety that will inspire anyone who has ever struggled with their mental health. The session will include a talk-back session with the playwright and featured actor Adina Taubman following the show.

This play is a realistic depiction of a person who lives with depression. Some subjects within the show may be triggering or disturbing



SESSION INFORMATION

PEER AND POLICY ADVANCEMENT

**Monday,
October 10**

1:30-2:45 PM EDT
12:30-1:45 PM CDT
11:30 AM-12:45 PM MDT
10:30-11:45 AM PDT

The Core Components of Peer Support: Human-to-Human, Trained, State Credentialed, and Making Sense of It All

Featured Speakers: Douglas Hulst, DBSA Peer Support Specialist Workforce Development Program Manager; Lisa Goduco, DBSA Peer and Policy Advancement Coordinator

Ever wondered about the difference between the various levels of qualifications for peer support? We will present a definition in plain language which helps the public understand those levels and the pathway to state credentials.

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

- Describe the three legs of the stool of peer support.
- Identify three top organizations and websites to learn more information and stay connected and informed via these communities.
- Demonstrate understanding of the stool and the pathway to state credentials.

**Monday,
October 10**

4:30-5:45 PM EDT
3:30-4:45 PM CDT
2:30-3:45 PM MDT
1:30-2:45 PM PDT

Changing the Mental Health System: 8 Steps to Bring About Reform

Featured Speaker: Phyllis Foxworth, Vice President, Peer and Policy Advancement

Transformations in the policies, practices, power dynamics, social norms, or mindsets underlie societal issues. Systemic change must be fundamental and affect how the entire system functions.

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

- Understand the meaning of systemic change.
- Feel comfortable following a provided step-by-step tutorial on how they can create a plan to transform mental health policies and bring about mental health reform.
- Share knowledge to gain confidence to begin creating their own plan.



SESSION INFORMATION

PEER AND POLICY ADVANCEMENT *(Continued)*

Wednesday,
October 12

1:30-2:45 PM EDT
12:30-1:45 PM CDT
11:30 AM-12:45 PM MDT
10:30-11:45 AM PDT

988: Where Do We Go From Here?

Featured Speakers: Eric Scharf, Federal Advocacy Advisor; Andrew Smith, LSW, MPH, Senior Community Engagement Manager

988 is the new three-digit dialing code which routes callers to the National Suicide Prevention Lifeline. When people call, text, or chat 988, they will be connected to trained counselors who will listen, provide support, and connect callers to resources.

The 988-crisis line, if effectively resourced, will:

- Connect people in mental health distress to a trained counselor who can address their immediate needs and help connect them to ongoing care.
- Reduce use of law enforcement and other safety resources.
- Help end stigma toward those seeking or accessing mental health care.

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

- Demonstrate knowledge and understanding of the existence of the 988 Mental Health Crisis Hotline.
- Describe community crisis response, including 988.
- Articulate ways that the DBSA 988 advocacy toolkit can be used in their local community.

Wednesday,
October 12

3:00-4:15 PM EDT
2:00-3:15 PM CDT
1:00-2:15 PM MDT
12:00-1:15 PM PDT

Engaging Your Audience: A Workshop to Amplify the Peer Voice

Featured Speakers: Kevin Williams, DBSA Communications Vice President; Dontae Freeman, DBSA Senior Manager Digital Communications; Andrew Smith, Senior Community Engagement Manager, DBSA Peer and Policy Advancement

The power of great storytelling lies in its ability to transform any story into a compelling narrative that engages listeners to a degree that they feel they're living the experience as they listen to it. Great storytelling can make all the difference in changing hearts and minds and moving listeners to a desired action.

As a peer-centric organization, DBSA recognizes our peers as our voice to the DBSA stakeholder community and beyond, relaying their personal testimonies and stories of courage, and discussing other critical issues related to advocacy, recruitment, and fundraising. This workshop will prepare peers to speak confidently and powerfully about their personal experiences and about the issues that matter to them and to DBSA.

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

- Understand why great storytelling matters.
- Name at least two elements that make a memorable story.
- Act as a speaker before different types of audiences



SESSION INFORMATION

PEER AND POLICY ADVANCEMENT *(Continued)*

Friday,
October 14

1:30-2:45 PM EDT
12:30-1:45 PM CDT
11:30 AM-12:45 PM MDT
10:30-11:45 AM PDT

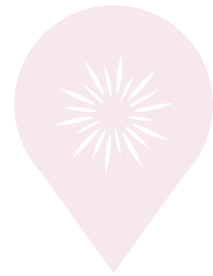
Elections 2022: Evaluating the Candidates' Mental Health Positions

Featured Speakers: Eric Scharf, Federal Advocacy Advisor; Andrew Smith, LSW, MPH, Senior Community Engagement Manager

Elections can be overwhelming. We will share a rubric for evaluating candidates on their positions on mental health issues and trusted resources to find the information you need to make an informed choice.

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

- Utilize three questions in evaluating a candidate's position on mental health issues that matter to them.
 - List three resources to learn candidates' positions.
 - Name DBSA's three policy priorities.
-





SESSION INFORMATION

LEADERSHIP

**Monday,
October 10**

1:30-2:45 PM EDT
12:30-1:45 PM CDT
11:30 AM-12:45 PM MDT
10:30-11:45 AM PDT

Chapter Communications Strategies

Featured Speakers: Kevin Williams, DBSA Communications Vice President; Dontae Freeman, DBSA Senior Manager, Digital Communications; Olivia Dimmer, DBSA Communications Manager

The DBSA chapter network offers peer-run support groups across the nation where participants find comfort and direction in a confidential and supportive setting and can make a difference in the lives of others. The chapters are the way support groups develop strong relationships at the local level with their respective communities.

For chapters to continue to grow in their impact and ability to serve more people, it is essential they practice effective communications strategies to build awareness of support group offerings and create opportunities for partnership with the diverse populations that make up the local peer, caregiver, and healthcare provider communities.

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

- Understand more about the types of communications tactics available for local market use.
- Demonstrate how to build a communications plan.
- Describe how to match specific communications tactics to the desired marketing and communications goals.
- Measure progress towards marketing and communications goal.

**Monday,
October 10**

3:00-4:15 PM EDT
2:00-3:15 PM CDT
1:00-2:15 PM MDT
12:00-1:15 PM PDT

DBSA's Sustainability Model: How It Can Work

Featured Speakers: Jill Burgos, MBA, DBSA Manager, Support Group and Chapter Services; Jean Duncan, DBSA Pacific NW Regional Chapter Treasurer (DBSA Portland Eastside Chapter); David Holter, DBSA Pacific NW Regional Chapter President (DBSA Greater Seattle Support Group); Larry Vanderpol, DBSA Pacific NW Regional Chapter Secretary (DBSA Whatcom County Support Group)

Hear a happy ending to a story about several chapters' struggles to be sustainable. This panel discussion features chapter officers who will discuss their former chapters' struggles, dissolution and evolution to a new, larger organization.

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

- Name at least two factors that can lead to chapter dissolution.
- Describe the process for new chapter formation.
- Articulate the advantages of forming a larger, more sustainable regional chapter.



SESSION INFORMATION

LEADERSHIP *(Continued)*

**Monday,
October 10**

4:30-5:45 PM EDT
3:30-4:45 PM CDT
2:30-3:45 PM MDT
1:30-2:45 PM PDT

Effective Outreach to BIPOC Communities

Featured Speakers: Kevin Williams, DBSA Communications Vice President; Dontae Freeman, DBSA Senior Manager, Digital Communications; Karen Fragoso, DBSA Social Media Coordinator

DBSA has long understood that mood disorders affect people of all ages, races, ethnic groups, and social classes. To continue to expand its mission of providing hope and support to people living with mood disorders, DBSA wants to equip its chapter network and support groups with the necessary tools to reach more underserved communities that have experienced long-standing inequities that have hindered access to mental health services and created significant disparities in the quality of mental healthcare.

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

- Describe how to use tactics in the DBSA Diversity, Equity, and Inclusion Toolkit to identify underserved populations and where local needs and resource gaps exist.
- Create mutually beneficial partnerships with other advocacy organizations that share the same wellness goals for the communities they represent.
- Support diverse communities in a culturally competent manner.

**Wednesday,
October 12**

1:30-2:45 PM EDT
12:30-1:45 PM CDT
11:30 AM-12:45 PM MDT
10:30-11:45 AM PDT

Leveraging DBSA Brand Equity to Strengthen Communications Outcomes

Featured Speakers: Dontae Freeman, DBSA Senior Manager, Digital Communications; Olivia Dimmer, DBSA Communications Manager

The Depression and Bipolar Support Alliance brand is built upon the inspirational truth of our origin and the strength of our community of people living with mood disorders and their families. The way our brand is communicated—its look, feel, and tone—reflects what the Depression and Bipolar Support Alliance is and aspires to become.

The DBSA brand is more than a logo, colors, website, or even our tagline. It's how we are perceived holistically. Our brand is what people living with mood disorders, their families and loved ones, clinicians, and thought leaders feel and think when they read our words and see our content. How we use these brand assets can make a significant difference in how DBSA and its chapters communicate and connect with audiences at the national and local level.

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

- Properly utilize the DBSA Brand Guide information and materials.
- Understand the correct ways to apply the DBSA logo and tagline to chapter logo designs.
- Understand why a stronger more consistent use of DBSA imagery supports communications and outreach efforts.



SESSION INFORMATION

LEADERSHIP *(Continued)*

**Wednesday,
October 12**

3:00-4:15 PM EDT
2:00-3:15 PM CDT
1:00-2:15 PM MDT
12:00-1:15 PM PDT

Engaging Your Audience: A Workshop to Amplify the Peer Voice

Featured Speakers: Kevin Williams, DBSA Communications Vice President; Dontae Freeman, DBSA Senior Manager Digital Communications; Andrew Smith, Senior Community Engagement Manager, DBSA Peer and Policy Advancement

The power of great storytelling lies in its ability to transform any story into a compelling narrative that engages listeners to a degree that they feel they're living the experience as they listen to it. Great storytelling can make all the difference in changing hearts and minds and moving listeners to a desired action.

As a peer-centric organization, DBSA recognizes our peers as our voice to the DBSA stakeholder community and beyond, relaying their personal testimonies and stories of courage, and discussing other critical issues related to advocacy, recruitment, and fundraising. This workshop will prepare peers to speak confidently and powerfully about their personal experiences and about the issues that matter to them and to DBSA.

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

- Understand why great storytelling matters.
- Name at least two elements that make a memorable story.
- Act as a speaker before different types of audiences.

**Wednesday,
October 12**

4:30-5:45 PM EDT
3:30-4:45 PM CDT
2:30-3:45 PM MDT
1:30-2:45 PM PDT

The Key Three: Who Does What and Why?

Featured Speakers: Carla DeFlorio, MBA, CAE, DBSA Director, Support Group and Chapter Services; Monique Gamache, President, DBSA Greater Milwaukee; Marisa Valdez, Secretary, DBSA Colorado Springs; Kathy Franklin, Treasurer, DBSA San Antonio

What is fiduciary responsibility and why do I need to learn about it? Learn how the "key three" chapter officer positions apply the fundamentals of fiduciary responsibility to each of their positions. Learn how a chapter president, chapter secretary, and chapter treasurer fulfill their roles and responsibilities in the real chapter world. Each officer will share some of their triumphs as well as some of the challenges.

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

- Name and describe the three fiduciary duties.
- Describe which officer is responsible for particular fiduciary responsibilities.
- Articulate at least one strategy used by other Chapter leaders to ensure adherence to their fiduciary responsibilities.



SESSION INFORMATION

LEADERSHIP *(Continued)*

**Wednesday,
October 12**

4:30-5:45 PM EDT
3:30-4:45 PM CDT
2:30-3:45 PM MDT
1:30-2:45 PM PDT

The Ins & Outs of Fundraising

Featured Speakers: Vera Lewis, DBSA Vice President of Partnerships and Development; Kimberly King, DBSA Senior Manager, Mental Health Equity and External Partnerships; Jessica Chervinko, DBSA Annual Fund Coordinator

Join the DBSA development team for advice on building your fundraising program. We will discuss how to successfully connect with and secure funding from foundations, individuals, and corporate donors. Get tips, techniques, and tools to help appeal to your audience.

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

- Articulate what you should have prepared before reaching out to corporations.
- Navigate how to find potential grants and foundations that support the organization's mission.
- Explain peer-to-peer fundraising and how to engage and encourage others to fundraise for you.
- Understand the importance of relationship cultivation and stewardship and their role in securing individual donations.

**Friday,
October 14**

1:30-2:45 PM EDT
12:30-1:45 PM CDT
11:30 AM-12:45 PM MDT
10:30-11:45 AM PDT

DBSA Sustainability Model: How It Can Work

Featured Speakers: Jill Burgos, MBA, DBSA Manager, Support Group and Chapter Services; Jean Duncan, DBSA Pacific NW Regional Chapter Treasurer (DBSA Portland Eastside Chapter); David Holter, DBSA Pacific NW Regional Chapter President (DBSA Greater Seattle Support Group); Larry Vanderpol, DBSA Pacific NW Regional Chapter Secretary (DBSA Whatcom County Support Group)

Hear a happy ending to a story about several chapters' struggles to be sustainable. This panel discussion features chapter officers who will discuss their former chapters' struggles, dissolution and evolution to a new, larger organization.

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

- Name at least two factors that can lead to chapter dissolution.
- Describe the process for new chapter formation.
- Articulate the advantages of forming a larger, more sustainable regional chapter.



SESSION INFORMATION

PEER, PARENT, AND CAREGIVER

**Monday,
October 10**

1:30-2:45 PM EDT
12:30-1:45 PM CDT
11:30 AM-12:45 PM MDT
10:30-11:45 AM PDT

Bipolar Disorder Across the Lifespan

Featured Speakers: Tina R Goldstein, PhD, Associate Professor of Psychiatry and Psychology University of Pittsburgh Department of Psychiatry Pittsburgh, PA; Andrew A. Nierenberg, MD. Director, Bipolar Clinic and Research Program Bipolar Clinic and Research Program Massachusetts General Hospital Boston, MA

In this session, we will hear from leading experts in the field of bipolar research to talk in detail about what living with bipolar looks like across the lifespan. From diagnosis to treatment options, we will hear how individuals can take charge of their wellness while living with bipolar.

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

- Explain the challenges of diagnosing a child with bipolar disorder.
 - Articulate how symptoms may be different throughout the lifespan.
 - Name at least two current treatment options for bipolar disorder.
-

**Monday,
October 10**

4:30-5:45 PM EDT
3:30-4:45 PM CDT
2:30-3:45 PM MDT
1:30-2:45 PM PDT

Words Matter: How to Talk about Mental Health

Featured Speakers: Members of the DBSA Young Adult Council

Mental health conditions have historically been associated with what we now consider stigmatizing language. While the terminology is constantly evolving, using language that affirms individuals living with mental health conditions can serve as a tool for empowerment. In this session, we will hear from members of the DBSA Young Adult Council (YAC) on language that can be helpful and what can be harmful.

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

- List at least three sets of words that are helpful and words that are harmful when talking to a young adult who is living with a mental health condition.
 - Articulate the detrimental nature of stigmatizing language.
 - Describe the importance of using language that leads to empowerment.
-



SESSION INFORMATION

PEER, PARENT, AND CAREGIVER *(Continued)*

Wednesday,
October 12

3:00-4:15 PM EDT
2:00-3:15 PM CDT
1:00-2:15 PM MDT
12:00-1:15 PM PDT

Misdiagnosis and Taking Charge of Your Care

Featured Speakers: Roger McIntyre, MD, FRCPC Professor of Psychiatry and Pharmacology, University of Toronto, Canada Head, Mood Disorders Psychopharmacology Unit Toronto, Canada; Mark A. Frye, MD Stephen & Shelly Jackson Family Professorship in Individualized Medicine Mayo Clinic Rochester, MN

Diagnosis is an integral part of treating a mental health condition, but sometimes finding the correct one can be a challenging process. In this session we will focus on how mood disorder diagnoses are made, factors that lead to misdiagnosis, and ways peers can take an active role in their mental health care.

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

- Explain how mood disorders are diagnosed.
 - Understand common mood disorder misdiagnoses.
 - Name at least two ways to take an active role in your treatment.
-

Wednesday,
October 12

4:30-5:45 PM EDT
3:30-4:45 PM CDT
2:30-3:45 PM MDT
1:30-2:45 PM PDT

Pulling Back the Curtain on Depression's Lies

Featured Speaker: Terry McGuire, Founder/President, Giving Voice to Mental Illness, Inc.; Host, Giving Voice to Depression Podcast; Didi Hairston, "Diva with Depression" Mental Health Advocate and Podcaster; and panelists TBD

Depression symptoms vary for the many people who live with the disorder. But there are some very common experiences, too. Knowing that can help us feel less alone in our experience. For more than five years, Terry McGuire has interviewed people across the globe about their mental health journeys for her weekly podcast, [Giving Voice to Depression](#).

This session will begin with the 10-minute video *Pulling Back the Curtain on Depression's Lies*, which features the voices of several people sharing about depression's dark thoughts.

That powerful video will be followed by a panel discussion with Terry, an award-winning journalist turned mental health advocate, and [Didi Hairston](#), a "mental illness warrior" whose mission is to break the chains of generational shame and trauma regarding mental illness in the black and brown communities.

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

- Better understand the warning signs that indicate when a person is experiencing symptoms of depression.
 - Use proven tactics to help alleviate the impact of a depression episode.
 - Address the stigma that affects some people who live with depression.
-



SESSION INFORMATION

PEER, PARENT, AND CAREGIVER *(Continued)*

**Friday,
October 14**

3:00-4:15 PM EDT
2:00-3:15 PM CDT
1:00-2:15 PM MDT
12:00-1:15 PM PDT

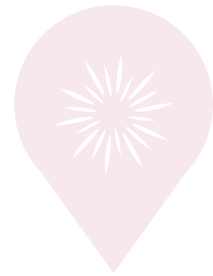
Just Diagnosed: Perspectives from the DBSA Young Adult Council

Featured Speakers: Members of the DBSA Young Adult Council

Many feelings can arise when receiving a mood disorder diagnosis. Understanding what steps to take can help navigate the process. In this session, we will hear from members of the DBSA Young Adult Council (YAC) on their own experiences and what was helpful or unhelpful in managing their new diagnosis.

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

- Use practical tips on steps to consider after receiving a mood disorder diagnosis.
 - Articulate young adults' stories on their experiences of being newly diagnosed.
 - Describe how diagnosis can serve as a tool for empowering your own wellness journey.
-





SESSION INFORMATION

FACILITATOR TRAINING

Part 1

**Tuesday,
October 11**

1:30-5:45 PM EDT
12:30-4:45 PM CDT
11:30 AM-3:45 PM MDT
10:30 AM-2:45 AM PDT

Basic Facilitator Training (2 Parts)

Registration will be limited.

Trainers: Jean Duncan, DBSA Senior Facilitation Trainer from DBSA Portland Eastside; Rhonda Greder, DBSA Facilitation Trainer from DBSA Colorado Springs

Whether you are a new facilitator or an experienced one, raise your facilitation skills to the next level by attending this interactive virtual facilitator training. Taught by experienced support group facilitators, this 8-hour introductory training class includes two mandatory sessions featuring lecture, question and answer segments, and mock facilitator practice. Participants must attend both sessions to receive a certificate of participation.

At the end of this two-part, 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.

**Tuesday,
October 11**

4:30-5:45 PM EDT
3:30-4:45 PM CDT
2:30-3:45 PM MDT
1:30-2:45 PM PDT

Next Level Thinking: Using DBSA's Resources to Enhance Your Participants' Wellness Journey

Featured Speakers: Hannah Zeller, MSW, DBSA Programs Manager; Jimmy Gibbs, DBSA Triangle Comfort Zone

The DBSA Wellness Wheel is a free resource created to support peers through their wellness journey. In this session, we'll review this holistic wellness tool and discuss how support groups might use Wellness Wheel resources in their meetings.

At the end this session, participants will be able to:

- Identify all DBSA Wellness Wheel resources.
- Understand how DBSA Wellness Wheel resources might be used on a week-to-week basis in support groups.
- Learn how taking a strengths-based approach to wellness can be empowering.



SESSION INFORMATION

**Monday,
October 10**

3:00-4:15 PM EDT
2:00-3:15 PM CDT
1:00-2:15 PM MDT
12:00-1:15 PM PDT

OR

**Thursday,
October 13**

4:30-5:45 PM EDT
3:30-4:45 PM CDT
2:30-3:45 PM MDT
1:30-2:45 PM PDT

Next Level Thinking: Managing Disruptions and Disruptive Participants

Registration will be limited.

Trainer: Chuck Weinstein, LMHC, CPRP, CPS, Master Facilitator and Trainer, Facilitator Solutions, Facilitation Advisor from DBSA-Boston

This training is intended for support group facilitators, both volunteer and professional, as well as allies, including clinicians, social workers, counselors, psychologists, clergy, etc.

When leading a peer-facilitated support group, one will probably encounter a person who is disruptive. This workshop focuses on understanding “disruptive people,” and seeing this person and the challenging event as an opportunity for deeper connection and positive change.

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

- Understand where the opportunity lies for positive change in the moment of disruption.
- Identify when a disruption is better addressed inside or outside of the group and how to facilitate this transition.
- Name three principles of human experience language and the power of responding versus reacting.
- Decipher two separate and equally effective techniques in transitioning from a disruption or potential crisis to a successful outcome.

**Part 1
Tuesday,
October 11**

11:30-1:00 PM EDT
10:30 AM-12:00 PM CDT
9:30-11:00 PM MDT
8:30-10:00 AM PDT

**Part 2
Thursday,
October 13**

10:00 AM-1:00 PM EDT
9:00 AM-12:00 PM CDT
8:00-11:00 AM MDT
7:00-10:00 AM PDT

Next Level Thinking: Suicide Prevention (2 Parts)

Registration will be limited.

Trainer: Max Banilivy, PhD

Max Banilivy, PhD, will conduct this two-part series for those interested in learning a comprehensive assessment model for suicide risk. Tuesday’s session will cover the basic components of a comprehensive risk assessment, identify several categories of risk factors in suicide risk assessment; and how to distinguish among warning signs. Thursday’s session will take Tuesday’s basic lessons and apply them in a workshop format. If you are a more seasoned facilitator, be sure to join this Next Level Thinking session that will change your approach to suicide risk assessment.

At the end this two-part session, participants will be able to:

- List the basic components of comprehensive suicide risk assessment.
- Describe at least two categories of risk factors.
- Distinguish the warning signs of suicide.