

A PEER-CENTERED MENTAL HEALTH CONFERENCE FOR CONSUMERS, FAMILY MEMBERS, AND PROVIDERS



Featuring

Kay Redfield Jamison, PhD, Calen Pick, Ron Manderscheid, PhD, Paula Kamen, Marya Hornbacher, Graeme Cowan, Jessie Close, and many more renowned experts, authors, and consumer advocates

Thursday, April 29 - Sunday, May 2, 2010
Eaglewood Resort & Spa • Itasca, IL (Chicago suburb)

3-DAY CONFERENCE REGISTRATION AS LOW AS \$95
Register Before March 15, 2010, and Save Up to 30%



RELAX. RENEW. RECONNECT.



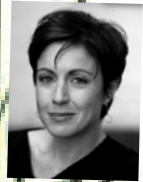
Redfield Jamison



Manderscheid



Kamen



Hornbacher



Cowan



Close



Pick



Eaglewood Resort & Spa



Depression and Bipolar
Support Alliance

(800) 826-3632
www.DBSAlliance.org/Conference2010

CONFERENCE OVERVIEW

This year, DBSA celebrates a quarter of a century of peer support. To truly do that, we need the people who make it all happen—YOU. Join us at the DBSA 2010 National Conference for a weekend of moving keynote presentations and educational workshops that celebrate inspiration, support, laughter, and hope!

THURSDAY FULL-DAY CHAPTER LEADERSHIP FORUM (CLF)



Are you part of a DBSA chapter or support group? If so, then you're invited to the best party around—Chapter Leadership Forum 2010: Party with Your Peers! This FREE one-day grassroots forum brings together DBSA chapter participants from around the country to share their passion and ideas for developing outstanding peer support opportunities. Learn new ways to enhance the quality and scope of your chapter—and have some well-deserved fun! You'll leave reenergized, reconnected, and ready to bring the party home with you! (Note: Registration for CLF is FREE, within guidelines, and is separate from conference registration. Visit www.DBSAlliance.org/CLF2010 to learn more.)

FRIDAY AM PRE-CONFERENCE INSTITUTES: CONSUMER, COMMUNITY, & FAMILY



CONSUMER

COMMUNITY

FAMILY

Getting Well in a Crazy System: Recovery Still Remains a Reality! (Consumer)

“Steps to Wellness” Introduction: Building Community Supports (Community)

What Really Helps: Practical Steps You Can Take to Assist Others (Family)

Sponsored by Rebecca's Dream



KEYNOTE PRESENTATIONS

Jessie Close (author & Bring Change 2 Mind consumer advocate) & her son, **Calen Pick** (artist & Bring Change 2 Mind consumer advocate), share how their lives been shaped by their family's history of mental illness as well as their experience with genetic research, looking back to the past & ahead to the future.

Sponsored by Rebecca's Dream



Graeme Cowan (Australian author, consultant, & consumer) describes how to move from a “victim” to “victor” mindset, drawing on the stories of over 3,000 people he has interviewed who have struggled with adversity.

Marya Hornbacher (Pulitzer Prize nominee, author, & consumer) tells of both the challenges and revelations of her own experience with bipolar disorder, sharing a message of faith in mental wellness & the power of personal stories to heal.

Paula Kamen (playwright, author, & humorist) shares the inspiration she found in the life of an extraordinary friend whose successes were staggering & whose struggles, she learned only later, were not unlike her own.

Ron Manderscheid, PhD (health care reformer, researcher, & executive director), shines light on the complex topic of health care reform, discussing parity, access to care, quality of care, & outcomes, as well as the results of a recent national meeting.

Kay Redfield Jamison, PhD (world-renowned researcher, author, & consumer), reflects on her journey through the loss of her beloved husband, sharing strength & strategies for consumers faced with grief & searching for grace.

FRIDAY NOON TO SUNDAY NOON INSPIRING CONFERENCE KEYNOTE SPEAKERS



CLOSE

COWAN

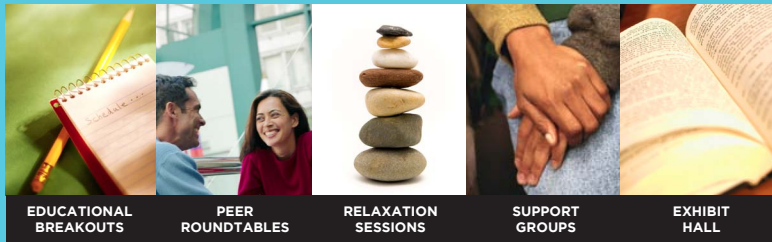
HORNBACHER

KAMEN

MANDERSCHIED

REDFIELD JAMISON

FRIDAY NOON TO SUNDAY NOON EDUCATIONAL CONFERENCE SESSIONS



EDUCATIONAL BREAKOUTS

PEER ROUNDTABLES

RELAXATION SESSIONS

SUPPORT GROUPS

EXHIBIT HALL

Celebrate education, information, and peer support in these peer-centered sessions.

FRIDAY NOON TO SUNDAY NOON CONFERENCE SPECIAL EVENTS



MEET & GREET

KLERMAN AWARDS

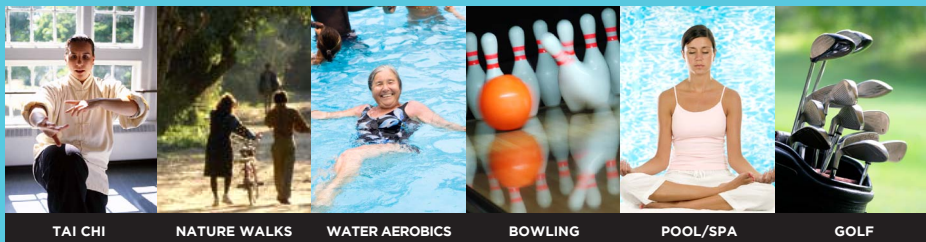
FRIENDS RECEPTION

COMEDY NIGHT

PRESIDENT'S LUNCH

Have fun and mingle with new friends at these events and benefits.

FRIDAY NOON TO SUNDAY NOON UPLIFTING ACTIVITIES



TAI CHI

NATURE WALKS

WATER AEROBICS

BOWLING

POOL/SPA

GOLF

SPECIAL EVENTS & SESSIONS

Take advantage of all the extra perks at the DBSA 2010 National Conference. Connect with Klerman Award-winning researchers, scenic nature views, thought-provoking roundtables, a night of comedy...and so much more!

PRE-CONFERENCE INSTITUTES

Don't miss these special in-depth workshops, each with a specific focus.

Getting Well in a Crazy System: Recovery Still Remains a Reality! (Consumer)

Rethinking, retooling, & recharging your recovery in a broken system.
Presented by Steve Propst

What Really Helps: Practical Steps You Can Take to Assist Others (Family)

Responding in practical ways when a loved one experiences a mental health crisis.
Presented by Larry Fricks & Lisa Goodale, ASCW, LSW

"Steps to Wellness" Introduction: Building Community Supports (Community)

Moving forward in recovery & turning outward to new relationships & community involvement.
Presented by Jane Winterling

PEER ROUNDTABLES

Join your peers from around the country in small-group, peer-led discussions to share knowledge, be creative, and empower each other. Participate in one of several roundtables addressing topics related to

- Depression
- Bipolar Disorder
- Family & Friends
- Special Interests (Peer Providers, Faith-Based Groups, Veterans, & GLBT Community)
- 2010 Conference Comics

RELAXATION SESSIONS

Music, watercolors, Zentangles®, and more await you in one of our five special relaxation sessions, scattered throughout the conference weekend.

HOSPITALITY SUITE

Hosted by DBSA Greater Chicago

If you need a break from all the conference activities, stop by the hospitality suite. Hosted by DBSA Greater Chicago, this is a place for you to relax and find caring support throughout the weekend.

MEET & GREET

Thursday evening, 7:00 pm - 8:00pm
FREE with conference registration

Kick off the celebration with other conference attendees, DBSA staff, and select conference presenters at this informal gathering. Mingle in the beautiful Eaglewood Resort & Spa's Prairie River Lounge or wander out onto the terrace to warm up by the bonfire. If you're a first-time attendee or just looking for tips on how to make the most of your conference weekend, join us before the Meet & Greet for a 30-minute Conference Orientation from 6:30 p.m. - 7:00 p.m.



FRIENDS RECEPTION FUNDRAISER

Friday evening, 6:30 pm - 8:30 pm \$40 / \$60 / \$80

Join friends—both old and new—for an intimate evening of merriment and music! With a gracious array of refreshments and music by excellent Chicago-area artists, this evening is sure to be a memorable celebration of peer support! It's also a chance to make a difference by helping educate DBSA chapter leaders: this annual fundraiser benefits the DBSA Chapter Leadership Forum (CLF) Scholarship Fund.



KLERMAN AWARDS

Friday afternoon, 3:15 pm

DBSA is proud to honor two leading mental health researchers (David E. Kemp, MD, and David J. Miklowitz, PhD) with the Klerman Awards at this year's conference. Named after Gerald L. Klerman, MD, a pivotal figure in psychiatry, these are the highest honors that DBSA extends to members of the scientific community. They recognize a young and senior researcher whose work contributes to understanding the causes, diagnosis, and treatment of depression and bipolar disorder.



PRESIDENT'S LUNCH

Saturday noon \$400 / \$450 / \$500

Join DBSA President Peter Ashenden and other distinguished professionals to discuss ideas and offer feedback on DBSA's important work. Ticket includes a complimentary full conference registration (Friday noon through Sunday noon) as well as a special 25th Anniversary commemorative gift.



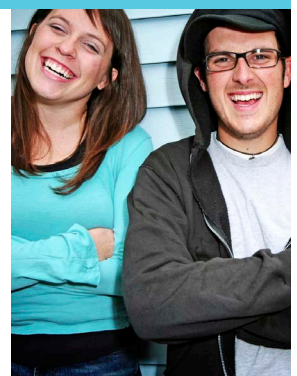
DBSA STAND-UP COMEDY NIGHT

Saturday evening, 7:00 pm - 9:00 pm \$5 / \$10 / \$15

Celebrate laughter with David Granirer on Saturday evening, May 1! DBSA Stand-Up Comedy Night is back for the third straight year—don't miss this show where David, 10 conference attendees (newly trained as stand-up comics), and some special guests look at the lighter side of taking meds, seeing counselors, getting diagnosed, and surviving the mental health system. David is the founder of Stand Up for Mental Health, a program that aims to reduce stigma and spread a message of hope, confidence, and empowerment.

"...the most terrifying thing I have ever done. And so far, the most rewarding. Be not afraid of who you are, who others think you are, or who you were. Instead, laugh at yourself and the world will laugh with you."

-R. Meyer, Conference Comic



RISE & RENEW

Friday, Saturday, & Sunday morning, 7:45 am
FREE with conference registration

Celebrate the start of a new day! On Friday, rise and renew with the gentle moves of Tai Chi...Saturday, join your peers for a refreshing walk through the scenic grounds of the Springbrook Nature Center...and Sunday, immerse yourself in an invigorating water aerobics class!



CONFERENCE BREAKOUT SESSIONS



COOK

CORCORAN

COWAN



ELLIOTT

GOODALE

HARRINGTON



KEMP

MIKLOWITZ

NOSTRAND



NYCHAY

PROPST

SALZER



SEALE

SELO

SIMON

Sincere thanks from DBSA to all of our presenters for their generous gifts of time and expertise!

I've felt tossed around by the system as though I had no choice. This conference has empowered me to go back and hold my head up high and stand up for my rights as an individual. I've been inspired by the stories of successful return to productivity.

FRIDAY, 1:45 PM - 2:45 PM

The Link Between Metabolic Health & Depression

Klerman Award winner David Kemp, MD, discusses how the development of depressive symptoms & the response to psychiatric treatment can be affected by metabolic syndrome, a cluster of conditions that increases the risk of heart disease & diabetes.

Improved Interactions = Improved Outcomes

Klerman Award winner David Miklowitz, PhD, discusses family interaction strategies that will lead to better treatment outcomes for the loved one living with a mood disorder.

Reentering the Workforce

Judith A. Cook, PhD, offers practical tips for those whose careers were interrupted by mental illness, discussing tools & resources to help you prepare to reenter the working world & to manage your recovery once you're there.

Peer Roundtable: Special Interest Groups

Explore tools & strategies to manage the unique challenges faced by special interest groups such as peer providers, faith-based support groups, veterans, & the GLBT community.

Relaxation Session: Tai Chi

Bring yourself into a state of calm & clarity with the simple, soothing movements of Tai Chi. Find out why it's known as "meditation in motion."

SATURDAY, 11:00 AM - 12:00 PM

Acting on Impulse

Steve Propst addresses the causes & the consequences of impulsivity, an unspoken side of mania, as well as ways to manage its addictive behaviors—anger, hypersexuality, excessive spending, etc. *(This session openly deals with sensitive, adult topics.)*

The Future of Peer Specialists

Mark Salzer, PhD, reviews the current evidence supporting the effectiveness of peer specialist training & employment experiences, including wages, hours, job titles, work activities, & emerging policy, program, & practice issues.

Getting Help When You Need It Most

Acknowledging that discussing suicidal thoughts with a provider can easily go wrong, Greg Simon, MD, MPH, and DBSA President Peter Ashenden discuss ways that consumers & providers can communicate more effectively & build better partnerships.

Peer Roundtable: Family & Friends

Explore tools & strategies that can help both consumers & family/friends strengthen their lives' important relationships.

Relaxation Session: The Sound of Music

Take a seat & sink into the soothing sounds of classical music. Let it calm your mind & speak to your soul.

SATURDAY, 1:30 PM - 2:30 PM

Historical & International Perspectives on Stigma

Marylou Selo takes a look at the still-powerful stigma of mental illness in America—where we've been & where we are—and explores the steps other nations & cultures are taking in the fight against it.

Mood Disorders in Late Teens & Early Adulthood

Chris Seale examines the ways that "standard" challenges young adults face are compounded by a diagnosis, & he shares strategies that they—and their parents/family—can use to navigate this difficult period. *(Co-sponsored by the Child & Adolescent Bipolar Foundation, CABF)*

Rediscovering Your Passions

Graeme Cowan helps you reconnect with the joy in life, guiding you through a reflection on what makes you *you*—your strengths, core values, & those things you enjoyed most during childhood & the times you've been "at your best."

Peer Roundtable: Bipolar Disorder

Explore tools & strategies to manage challenges like bipolar depression, impulsivity, rapid cycling, & medication changes.

Relaxation Session: Exploring Zentangles®

Take out a pen & learn about Zentangles®, an uplifting art form that increases focus & creativity through repetitive patterns.

SATURDAY, 3:00 PM - 4:00 PM

Recovery Relationships

Steve Harrington & Zack Corcoran use visual aids & interactive, instructional techniques to explore ways to create & maintain healthy relationships among family, friends, mental health workers, & others.

Creativity & Healing

Cartoonist Scott Nychay demonstrates how healing art therapy can be in the fight against mood disorders. You will learn to communicate through images & symbols, taking pen to paper yourself...no artistic talent required!

To Be Announced

DBSA is making final arrangements for an additional session. For more information on the breakouts and speakers, please visit www.DBSAAlliance.org/Sessions2010.

Peer Roundtable: Depression

Explore tools & strategies to manage challenges like confronting the symptoms of depression, surviving everyday problems, surviving thoughts of suicide, & managing side effects and medication changes.

Relaxation Session: Breathing Easy

Learn how to change your physical & emotional response to stress by focusing on your breathing. It's a simple technique called the relaxation response.

SUNDAY, 10:15 AM - 11:15 AM

Breaking the Cycle: Getting Beyond Recovery

In this session, George V. Nostrand explores the barriers to recovery; he examines why the journey seems to entail "one step forward, then two steps back" & presents practical tips for breaking, & moving beyond, this cycle.

Consumer-Provider Panel

Lisa Goodale, ACSW, LSW, moderates this panel discussion which addresses the challenges & benefits that come from being a mental health professional who is also a diagnosed consumer.

Women & Mood Disorders

Sonni Elliott, MD, PGYIV, addresses the issues specific to women living with a mood disorder & the unique role hormones play. Topics include how to manage both symptoms and recovery during premenstrual syndrome (PMS), pregnancy, menopause, etc.

Peer Roundtable: 2010 Conference Comics

Talk with some of this year's stand-up comics & learn about their training, how they faced the fears of being on stage, & how they feel about the experience now that they've performed.

Relaxation Session: Your Inner Artist

Awaken the artist in you with watercolors, colorful collages, jewelry making, & more. Reconnect with your creative side.

CONFERENCE SCHEDULE

THURSDAY, APRIL 29			
10:00am - 5:00pm	2010 CHAPTER LEADERSHIP FORUM (CLF) <i>Separate registration required online at www.DBSAlliance.org/CLF2010.</i>		
6:30pm - 7:00pm	Conference Orientation		
7:00pm - 8:00pm	Meet & Greet for conference and CLF attendees		
FRIDAY, APRIL 30			
7:45am - 8:30am	Tai Chi		
9:00am - 11:00am	Practical Ways to Truly Help Pre-Conference Institute (Family) <i>Lisa Goodale & Larry Fricks</i> <i>Special registration required.</i>	Getting Well in a Crazy System Pre-Conference Institute (Consumer) <i>Steve Propst</i> <i>Special registration required.</i>	Steps to Wellness Pre-Conference Institute (Community) <i>Jane Winterling</i> <i>Special registration required.</i>
	CONFERENCE CHECK-IN/REGISTRATION 8:00am - 6:00pm		
11:15am - 12:15pm	Rebecca's Dream Scholars Lunch (<i>Ticket not available for purchase</i>)		
12:30pm - 1:30pm	OPENING KEYNOTE ADDRESS: Kay Redfield Jamison, PhD, "Finding Grace in Grief"		
1:30pm - 1:45pm	Travel Break		
1:45pm - 2:45pm	Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts)		
2:45pm - 3:15pm	Travel & Beverage Break		
3:15pm - 4:30pm	General Session: Klerman Awards & Ask the Doctor		
4:30pm - 5:30pm	KEYNOTE ADDRESS: Ron Manderscheid, PhD, "Demystifying Health Care Reform"		
6:00pm - 7:00pm	DBSA Support Groups (Depression, Bipolar Disorder, Family, or GLBT)		
6:00pm - 7:00pm	"Start a DBSA Support Group" Workshop		
6:30pm - 8:30pm	Friends Reception Fundraiser (<i>Purchase ticket with registration.</i>)		
	EXHIBITS OPEN 10:00am - 6:00pm		
SATURDAY, MAY 1			
7:45am - 8:45am	Nature Walk		
9:00am - 10:00am	KEYNOTE ADDRESS: Marya Hornbacher, "Finding Solid Ground: A Journey Toward Health"		
10:00am - 10:30am	DBSA President's Message with special guest, Lei Ellingson, MPP, MSSE, of The Carter Center		
10:30am - 11:00am	Travel & Beverage Break		
11:00am - 12:00pm	Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts)		
12:15pm - 1:15pm	Lunch with Peers (<i>FREE with Saturday/full registration</i>) or lunch on your own		
12:15pm - 1:15pm	President's Lunch (<i>Purchase ticket with registration.</i>)		
1:30pm - 2:30pm	Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts)		
2:30pm - 3:00pm	Travel & Exhibits Break		
3:00pm - 4:00pm	Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts)		
4:00pm - 4:30pm	Travel & Beverage Break		
4:30pm - 5:30pm	KEYNOTE ADDRESS: Jessie Close & Calen Pick, "All in the Family"		
6:00pm - 7:00pm	DBSA Support Groups (Depression, Bipolar Disorder, Family, or GLBT)		
6:00pm - 7:00pm	"Start a DBSA Support Group" Workshop		
7:00pm - 9:00pm	Stand-Up Comedy Night		
	CONFERENCE CHECK-IN/REGISTRATION 8:00am - 6:00pm		
	EXHIBITS OPEN 8:00am - 6:00pm		
SUNDAY, MAY 2			
7:45am - 8:15am	Water Aerobics		
9:00am - 10:00am	KEYNOTE ADDRESS: Paula Kamen, "Finding Iris Chang: Two Friends' Secrets"		
10:00am - 10:15am	Travel Break		
10:15am - 11:15am	Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts)		
11:15am - 11:30am	Travel Break & Beverage Break		
11:30am - 12:30pm	KEYNOTE ADDRESS: Graeme Cowan, "How to Bounce Back & Thrive in Challenging Times"		
	REGISTRATION DESK 8:00am - 1:00pm		
	EXHIBITS OPEN 8:00am - 1:00pm		
MONDAY, MAY 3 - 7			
9:00am - 5:00pm (12:00pm on Friday)	DBSA PEER SPECIALIST TRAINING <i>Separate application required online at www.DBSAlliance.org/PSTraining.</i>		

NOTE: While DBSA will do its best to ensure that the presentation, speaker, and session times remain as posted, all are subject to change. Speakers' travel schedules, the weather, and other unforeseen circumstances, on occasion, may cause us to make a change in the schedule. We appreciate your understanding and flexibility. **For the most up-to-date session times, visit www.DBSAlliance.org/Sessions2010.**

THANK YOU: For their assistance in planning this year's conference, DBSA extends its thanks to members of the Conference Advisory Committee from DBSA Greater Chicago, DBSA GLBT Chicago, DBSA Arlington Heights, DBSA Central Illinois, and DBSA Hope-Dixon.

RESORT & SPA



The DBSA 2010 National Conference will be held at the beautiful, award-winning Eaglewood Resort & Spa in Itasca, Illinois, a suburb of Chicago. Constructed in Frank Lloyd Wright-influenced Prairie-style architecture, this stunning resort features upscale hotel accommodations, luxurious amenities, sophisticated technology, and a myriad of recreational options.

Eaglewood Resort & Spa
1401 Nordic Road
Itasca, IL 60143

Reservations: Online at DBSAAlliance.org/Hotel2010 or toll-free at (877) 285-6150

Important: When making room reservations by phone, you must indicate that you are attending the DBSA National Conference to receive the negotiated, discounted rates listed here.

Single/Double \$ 95/night + tax
Triple/Quadruple \$105/night + tax
Parking FREE

NOTE: If you're considering an extended stay, the above rates apply Sunday, April 25, through Monday, May 10, 2010, based on availability.

Reservation Cut-Off Date for Guaranteed Discount: April 8, 2010
After the April 8 cut-off date, reservations will be accepted, based on availability, at the regular room rate.

Room Cancellations must be made no later than 72 hours before your scheduled date of arrival.

Learn more about hotel amenities and travel information online at www.DBSAAlliance.org/Hotel2010.

The resort is only a few minutes from O'Hare International Airport and a short drive or train ride from downtown Chicago. The local commuter train service—Metra—runs from Union Station in downtown Chicago to Itasca (take the Milwaukee West, MD-W, Metra train to the Itasca stop). Complimentary shuttle service is available from the Itasca Metra stop to Eaglewood Resort & Spa. However, shuttle reservations must be made in advance with Eaglewood by calling (630) 773-1400. For Metra schedules and rates, visit www.Metrarail.com.

CHICAGOLAND



From the vibrant, urban bustle of Chicago, the country's third largest city, to the small-town charm of neighboring communities like Itasca, there is something for everyone in Chicagoland. Chicago itself boasts first-rate museums like the Art Institute of Chicago, home to the world's largest collection of Monet paintings; an architecturally-unparalleled downtown where the modern skyscraper was born; professional sports like Chicago Cubs baseball, Bulls basketball, and Bears football; and a kaleidoscope of famous stores and eateries on The Magnificent Mile.

A short drive away, Itasca offers its own attractions including a historic downtown district with beautiful 19th-century buildings; Eaglewood's championship golf course where 100-year-old oak trees and three lakes adorn the greens; and the Springbrook Nature Center with its captivating butterfly and hummingbird gardens and scenic hiking trails.

PERSPECTIVES



Each year, we hear from attendees that one of the best things about our conferences is the opportunity to connect with others...to confirm and realize that they're not alone and to learn from each other how to develop their own paths to recovery. Read what attendees at the DBSA 2009 National Conference had to say about their experiences:

"This was the most important experience I have had since I was first diagnosed—I finally found others who understood—even without having to say a thing. I don't feel so alone."

"The energy generated by these conferences will have a wellness ripple effect throughout all those touched by the attendees when they go home. For sure, an event that will 'improve the lives of those living with mood disorders.' What a concept. It is really a blessing for me to be here at the conference."

BEFORE THE CONFERENCE

2010 Chapter Leadership Forum (CLF) "Party With Your Peers"
Eaglewood Resort & Spa
Thursday, April 29, 2010
10:00 a.m. – 5:00 p.m.

This one-day grassroots forum provides an opportunity for DBSA chapter leaders from around the country to share their passion and ideas for developing outstanding peer support opportunities. Registration is free, within guidelines, and is separate from the DBSA 2010 National Conference registration. Learn more at www.DBSAAlliance.org/CLF2010.

AFTER THE CONFERENCE

DBSA Peer Specialist Training Course
Eaglewood Resort & Spa
Monday, May 3 – Friday, May 7, 2010

This course prepares those who live with mental illnesses to use their experiences to work with others as peer specialists. It is delivered in affiliation with Appalachian Consulting Group, Inc., innovators of the Georgia Certified Peer Specialist Project that pioneered Medicaid-billable peer support services. Enrollment is limited. Learn more at www.DBSAAlliance.org/Training.

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically based tools and information written in language the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments, and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably. Assisted by a Scientific Advisory Board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has more than 1,000 peer-run support groups across the country. Nearly five million people request and receive information and assistance each year. DBSA's mission is to improve the lives of people living with mood disorders.



Depression and Bipolar
Support Alliance

DBSA NATIONAL CONFERENCE REGISTRATION

REGISTRANT INFORMATION. Please print or type clearly. One registrant per form.

Form may be photocopied if needed.

- ◆ Denotes required fields by all participants.
- ☛ Denotes required fields by DBSA chapter/support group participants.
- ▼ Denotes required accessibility/accommodation needs. See important note below.

◆ Name	◆ Daytime Phone	E-mail
◆ Address	◆ City	◆ State
Special Dietary Restrictions		▼ Special Accessibility/Accommodation Needs
Emergency Contact		Emergency Contact Phone
Organization		How did you hear about the conference?
☛ Name of DBSA chapter/support group	☛ City of chapter/group	☛ State of chapter/group

Please circle the cost of each event you're purchasing in either the Early Bird, Advance or Late & On-site column based on whether you are a DBSA Donor*, chapter/support group participant, or Non-Donor.

EVENT	Early Bird <i>(on/before March 14)</i>		Advance <i>(March 15 - April 14)</i>		Late & On-site <i>(April 15 - April 30)</i>	
	Donor* or Chapter	Non-Donor	Donor* or Chapter	Non-Donor	Donor* or Chapter	Non-Donor
CONFERENCE (■ FULL Conference and Saturday ONLY Registrations Include Box Lunch on Saturday)						
FULL Conference ■ (Fri. noon - Sun. noon)	\$95	\$110	\$110	\$125	\$125	\$140
Friday Afternoon ONLY	\$40	\$45	\$45	\$50	\$50	\$55
Saturday ONLY ■	\$75	\$85	\$85	\$95	\$95	\$105
Sunday Morning ONLY	\$40	\$45	\$45	\$50	\$50	\$55
SPECIAL EVENTS (**Proceeds from reception and lunch benefit Chapter Leadership Fund and DBSA Programs)						
Meet & Greet (Thur.)	FREE	FREE	FREE	FREE	FREE	FREE
Comedy Night (Sat.)	\$5	\$5	\$10	\$10	\$15	\$15
Friends Reception** (Fri.)	\$40	\$40	\$60	\$60	\$80	\$80
President's Lunch** (Sat.)	\$400	\$400	\$450	\$450	\$500	\$500
PRE-CONFERENCE INSTITUTES (Only available with purchase of full or single-day conference registration)						
Family (Fri., 9:00 - 11:00)	\$20	\$25	\$25	\$30	\$30	\$35
Consumer (Fri., 9:00 - 11:00)	\$20	\$25	\$25	\$30	\$30	\$35
Community (Fri., 9:00 - 11:00)	\$20	\$25	\$25	\$30	\$30	\$35
*Donor discounts do NOT apply to organizations. Non-donors will receive the donor rate if they contribute at least \$50 at the time of registration.						

IMPORTANT NOTE

Individuals MUST indicate on this form any special accessibility or accommodation needs they require so that DBSA can provide the appropriate resources. We request that individuals provide a minimum of one month's notice (March 29, 2010) so that we can ensure that resources are available and that they can be secured at a reasonable rate.

PLEASE CONSIDER

Did you know that DBSA spends over \$250/person in actual costs for each conference (Friday noon through Sunday noon) registrant? If you have the means to do so, please consider donating below to help offset the difference in actual costs and the registration fee. By doing so, you're helping ensure that future educational programs are available to as many individuals as possible. Thank you!

DONATION

- Donors are those who have given \$50 or more to DBSA's national office within the past 12 months.
- Non-donors will receive the donor rate if they contribute at least \$50 at the time of registration.

I'd like to give to DBSA.

You may choose one of the following donor categories:

- | | | |
|--|---|---|
| <input type="checkbox"/> Hope \$50 - \$149 | <input type="checkbox"/> Strength \$150 - \$299 | <input type="checkbox"/> Wellness \$300 - \$499 |
| <input type="checkbox"/> Empowerment \$500 - \$1,499 | <input type="checkbox"/> Recovery \$1,500 + | <input type="checkbox"/> Other amount |

DONATION AMOUNT.....\$ _____

CONFERENCE FEES.....\$ _____

TOTAL AMOUNT ENCLOSED(in U.S. dollars)\$ _____



ITASCA, IL (CHICAGO SUBURB) • APRIL 30 - MAY 2, 2010

YOU MAY ALSO REGISTER ONLINE AT
www.DBSAlliance.org/Conference2010

PLEASE RETURN REGISTRATION FORM WITH PAYMENT TO:

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