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%

(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!

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.)

PRE-COEFFERENCE INSTITUTES: CONSUMER, COMMUNITY, & FAMILY

INSPIRING CONFERENCE KEYNOTE SPEAKERS

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.

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.
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 - 8:00 pm
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, 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

FRIDAY, 1:45 PM - 2:45 PM
The Link Between Metabolic Health & Depression
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, 11:00 AM - 12:00 PM
Reconnecting with your soul.
Classical music. Let it calm your mind & speak to your soul.

SATURDAY, 12:00 PM - 1:00 PM
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.

SATURDAY, 1:00 PM - 2:00 PM
Relaxation Session: Tai Chi
Bring yourself into a state of calm & clarity with uplifting art form that increases focus & creativity through repetitive patterns.

SATURDAY, 2:00 PM - 3:00 PM
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.

SATURDAY, 3:00 PM - 4:00 PM
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, 4:00 PM - 5:00 PM
Breaking the Cycle: Getting Beyond Recovery
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
Drawn by the stories of successful individual. I’ve been inspired stand up for my rights as an individual. I’ve been inspired by the stories of successful return to productivity.

FRIDAY, 3:00 PM - 4:00 PM
Peer Roundtable: 2010 Conference Comics
Explore tools & strategies to manage challenges like bipolar depression, impulsivity, rapid cycling, & medication changes.

Relaxation Session: The Power of Humor
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.DBSAlliance.org/Sessions2010.

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.

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Peer Roundtable: 2010 Conference Comics
Drawn by the stories of successful individual. I’ve been inspired stand up for my rights as an individual. I’ve been inspired by the stories of successful return to productivity.
## THURSDAY, APRIL 29

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>10:00am - 5:00pm</td>
<td><strong>2010 CHALLENGE LEADERSHIP FORUM (CLF)</strong>&lt;br&gt;Separate registration required online at <a href="http://www.DBSAlliance.org/CLF2010">www.DBSAlliance.org/CLF2010</a>.</td>
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<tr>
<td>6:30pm - 7:00pm</td>
<td>Conference Orientation</td>
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<tr>
<td>7:00pm - 8:00pm</td>
<td>Meet &amp; Greet for conference and CLF attendees</td>
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### FRIDAY, APRIL 30

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:45am - 8:30am</td>
<td>Tai Chi</td>
</tr>
<tr>
<td>9:00am - 11:00am</td>
<td><strong>Practical Ways to Truly Help</strong>&lt;br&gt;Pre-Conference Institute (Family)&lt;br&gt;<strong>Getting Well in a Crazy System</strong>&lt;br&gt;Pre-Conference Institute (Consumer)&lt;br&gt;<strong>Steps to Wellness</strong>&lt;br&gt;Pre-Conference Institute (Community)&lt;br&gt;Jane Winterling Special registration required.</td>
</tr>
<tr>
<td>11:15am - 12:15pm</td>
<td><strong>Rebecca's Dream Scholars Lunch</strong> (Ticket not available for purchase)</td>
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<tr>
<td>12:30pm - 1:30pm</td>
<td><strong>OPENING KEYNOTE ADDRESS</strong>: Kay Redfield Jamison, PhD, “Finding Grace in Grief”</td>
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<tr>
<td>1:30pm - 1:45pm</td>
<td>Travel Break</td>
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<tr>
<td>1:45pm - 2:45pm</td>
<td>Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts)</td>
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<tr>
<td>2:45pm - 3:15pm</td>
<td>Travel &amp; Beverage Break</td>
</tr>
<tr>
<td>3:15pm - 4:30pm</td>
<td>General Session: Klerman Awards &amp; Ask the Doctor</td>
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<tr>
<td>4:30pm - 5:30pm</td>
<td><strong>KEYNOTE ADDRESS</strong>: Ron Manderscheid, PhD, “Demystifying Health Care Reform”</td>
</tr>
<tr>
<td>6:00pm - 7:00pm</td>
<td>DBSA Support Groups (Depression, Bipolar Disorder, Family, or GLBT)</td>
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<tr>
<td>6:00pm - 7:00pm</td>
<td>“Start a DBSA Support Group” Workshop</td>
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<tr>
<td>6:30pm - 8:30pm</td>
<td>Friends Reception Fundraiser (Purchase ticket with registration.)</td>
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### SATURDAY, MAY 1

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:45am - 8:45am</td>
<td>Nature Walk</td>
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<tr>
<td>9:00am - 10:00am</td>
<td><strong>KEYNOTE ADDRESS</strong>: Marya Hornbacher, “Finding Solid Ground: A Journey Toward Health”</td>
</tr>
<tr>
<td>10:00am - 10:30am</td>
<td>DBSA President’s Message with special guest, Lei Ellingson, MPP, MSSE, of The Carter Center</td>
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<tr>
<td>10:30am - 11:00am</td>
<td>Travel &amp; Beverage Break</td>
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<tr>
<td>11:00am - 12:00pm</td>
<td>Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts)</td>
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<tr>
<td>12:15pm - 1:15pm</td>
<td><strong>Lunch with Peers</strong> (FREE with Saturday/full registration) or lunch on your own</td>
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<tr>
<td>12:15pm - 1:15pm</td>
<td>President’s Lunch (Purchase ticket with registration.)</td>
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<tr>
<td>1:30pm - 2:30pm</td>
<td>Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts)</td>
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<tr>
<td>2:30pm - 3:00pm</td>
<td>Travel &amp; Exhibits Break</td>
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<tr>
<td>3:00pm - 4:00pm</td>
<td>Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts)</td>
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<tr>
<td>4:00pm - 4:30pm</td>
<td>Travel &amp; Beverage Break</td>
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<tr>
<td>4:30pm - 5:30pm</td>
<td><strong>KEYNOTE ADDRESS</strong>: Jessie Close &amp; Calen Pick, “All in the Family”</td>
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<tr>
<td>6:00pm - 7:00pm</td>
<td>DBSA Support Groups (Depression, Bipolar Disorder, Family, or GLBT)</td>
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<tr>
<td>6:00pm - 7:00pm</td>
<td>“Start a DBSA Support Group” Workshop</td>
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<tr>
<td>7:00pm - 9:00pm</td>
<td>Stand-Up Comedy Night</td>
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### SUNDAY, MAY 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>7:45am - 8:15am</td>
<td>Water Aerobics</td>
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<tr>
<td>9:00am - 10:00am</td>
<td><strong>KEYNOTE ADDRESS</strong>: Paula Kamen, “Finding Iris Chang: Two Friends’ Secrets”</td>
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<tr>
<td>10:00am - 10:15am</td>
<td>Travel Break</td>
</tr>
<tr>
<td>10:15am - 11:15am</td>
<td>Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts)</td>
</tr>
<tr>
<td>11:15am - 12:00pm</td>
<td>Travel &amp; Beverage Break</td>
</tr>
<tr>
<td>11:30am - 12:30pm</td>
<td><strong>KEYNOTE ADDRESS</strong>: Graeme Cowan, “How to Bounce Back &amp; Thrive in Challenging Times”</td>
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### MONDAY, MAY 3 - 7

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9:00am - 5:00pm (12:00pm on Friday)</td>
<td><strong>DBSA PEER SPECIALIST TRAINING</strong>&lt;br&gt;Separate application required online at <a href="http://www.DBSAlliance.org/PSTraining">www.DBSAlliance.org/PSTraining</a>.</td>
</tr>
</tbody>
</table>

**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.
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.DBSAlliance.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.

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### 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**
- **Zip**

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.

<table>
<thead>
<tr>
<th>EVENT</th>
<th>Early Bird (on/before March 14)</th>
<th>Advance (March 15 - April 14)</th>
<th>Late &amp; On-site (April 15 - April 30)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donor* or Chapter</td>
<td>Non-Donor</td>
<td>Donor* or Chapter</td>
<td>Non-Donor</td>
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<tr>
<td>FULL Conference ** (Fri. noon - Sun. noon)</td>
<td>$95</td>
<td>$110</td>
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<td>Friday Afternoon ONLY</td>
<td>$40</td>
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<td>Saturday ONLY **</td>
<td>$75</td>
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<tr>
<td>Sunday Morning ONLY</td>
<td>$40</td>
<td>$45</td>
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**SPECIAL EVENTS** (**Proceeds from reception and lunch benefit Chapter Leadership Fund and DBSA Programs**)

- Meet & Greet (Thur.): FREE
- Comedy Night (Sat.): $5
- Friends Reception** (Fri.): $40
- President's Lunch** (Sat.): $400

**PRE-CONFERENCE INSTITUTES** (**Only available with purchase of full or single-day conference registration**)

- Family (Fri, 9:00-11:00): $20
- Consumer (Fri, 9:00-11:00): $20
- Community (Fri, 9:00-11:00): $20

*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:

- Hope $50 - $149
- Strength $150 - $299
- Wellness $300 - $499
- Empowerment $500 - $1,499
- Recovery $1,500 +
- Other amount

### PAYMENT METHOD

- Check or money order is enclosed payable to DBSA (in U.S. dollars).
- Charge my credit card.
  - MasterCard
  - Visa
  - Discover
  - AmEx

Account Number   Expiration Date

Name as it appears on card (Please Print)

Signature (Required)
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