



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

**CELEBRATING 20
25 YEARS OF
PEER SUPPORT 10**

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

CONFERENCE PROGRAM



Depression and Bipolar
Support Alliance

HANDOUTS AVAILABLE AT
WWW.DBSALLIANCE.ORG/HANDOUTS2010

ABOUT DBSA

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on depression and bipolar disorder. 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. 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.

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Celebrating 25 Years of Peer Support—Celebrating YOU!

Together with our colleagues on the Depression and Bipolar Support Alliance board and staff, we welcome you to Chicagoland, where DBSA was founded some 25 years ago. Thank you for joining us for an inspiring and empowering weekend of learning with, and from, each other.

At the DBSA 2010 National Conference, we build on the strong foundation of peer support that was laid by our founders, who recognized the critical importance of aligning forces to represent consumers' needs and concerns. These consumer pioneers came together with the conviction that peer support is a crucial component of recovery from a mood disorder—a conviction that remains at the core of DBSA's mission today. Now, 25 years later, we come together this weekend, not only to learn from renowned mental-health experts and consumer leaders, but also to learn from each other—to share vital knowledge and the unique mutual support that people with the lived experience of a mood disorder can provide their peers. Indeed: We've been there. We can help.

The DBSA of 2010 is an impressive alliance of over 450 chapters, 1,000 support groups, and 70,000 individuals across the country who work to ensure that mental health resources are available when people need them, where they need them, and how they need to receive them. Thank you for being part of our nationwide, grassroots network of peer support—and for the knowledge, spirit, and hope you bring to the DBSA 2010 National Conference.

We celebrate DBSA. We celebrate YOU.

Christy B. Beckman
Chair
DBSA Board of Directors

Allen Doederlein
Interim Executive Director,
External Affairs
DBSA

Cynthia Specht
Interim Executive Director,
Operations
DBSA

KEYNOTE PRESENTERS



Jessie Close is a consumer bravely sharing her story nationally to fight stigma through Bring Change 2 Mind (BC2M), a new campaign established in part by her sister, Glenn Close. DBSA is proud to be a partner in this important campaign, the first effort of this magnitude in U.S. history. Oscar-winning director Ron Howard generously donated his time in directing BC2M's first PSA that features Jessie with her sister, Glenn. Jessie has spoken about BC2M, as well as her own story, on *The View* and *Good Morning America*. She is the author of *The Warping of AI* and is coming out soon with her second book, *Silence You*.

Sponsored by Rebecca's Dream 

Graeme Cowan, an award-winning Australian author, passionately believes that we can bounce back and thrive from adversity and depression. He has delivered seminars throughout Australia and Asia, written two best-sellers, and is frequently interviewed by the media on this topic. He is also a consultant to organizations on creating strong employee mental health programs. After working in marketing management for Johnson & Johnson and Pfizer, Graeme moved into human resources. In 2000, he became joint managing director of the Australian Executive Search division with global consulting group AT Kearney. Soon after, he entered a five-year episode of depression, which his psychiatrist described as the most serious he had ever treated. After recovering, Graeme wrote two best-sellers: *Back from the Brink* and *Back from the Brink, Too*, awarded SANE Australia's 2009 Book of the Year. Currently, Graeme is partnering with DBSA on an American version of *Back from the Brink*.

Marya Hornbacher is an award-winning journalist and the author of three books, including *The New York Times* best seller *Madness: A Bipolar Life*. Hornbacher was nominated for a Pulitzer Prize for her best seller, *Wasted*, and lectures frequently on the subject of mental health, including recent appearances at Harvard, Yale, and Columbia universities. Her writing in the fields of mental health and the arts has brought her widespread critical acclaim; more importantly, her readers and listeners have sent thousands of letters sharing their stories with her. A frequent consultant and interview subject, Hornbacher finds inspiration in the message of strength they've sent and in the people who are living with mental illness day by day.

Paula Kamen is the author of *Finding Iris Chang: Ambition, Friendship and the Loss of an Extraordinary Mind*. A biography and a tribute, the book was Paula's quest to understand the suicide of her longtime friend, Iris. The book was described by Kirkus Reviews as "a rewardingly complex portrait of a driven and troubled woman." The *Chicago Tribune* called it "engrossing" and "fascinating" and named it as one of its "favorite books of 2007." Paula's commentaries and book reviews have appeared in numerous publications including *The New York Times* print edition, *Washington Post*, *Chicago Tribune*, and over a dozen anthologies. In spring 2008, she was a guest blogger for *The New York Times* online in a special feature on migraine. She has enjoyed having three plays produced throughout the U.S. (and once in Canada) and is the author of three other books as well: *All in My Head: An Epic Quest to Cure an Unrelenting, Totally Unreasonable, and Only Slightly Enlightening Headache*; *Her Way: Young Women Remake the Sexual Revolution*; and *Feminist Fatale: Voices from the "Twentysomething Generation Explore the Future of the Women's Movement."*

Ron Manderscheid, PhD, has dedicated the last 30 years to advocating for better health care. In October 2009, he was named executive director of the National Association of County Behavioral Health and Developmental Disabilities Directors (NACBHDD). Previously, he was the director of Mental Health & Substance Use Programs at Global Sector for SRA International, Inc. There, he developed demonstration and research projects addressing mental health and substance use services, programs, and systems, using a public health framework. Throughout his career, Dr. Manderscheid has also held several other prestigious roles. At the Center for Mental Health Services (CMHS), he served as chief of the Survey and Analysis Branch. During the Clinton National Health Care Reform debate, he was the senior policy advisor on national health care reform in the Office of the Assistant Secretary for Health at the U.S. Department of Health and Human Services. He has also served as principal editor for SAMHSA's *Mental Health*, United States.

Calen Pick is a successful artist who stays busy with commissioned projects, and is an active advocate in the Bring Change 2 Mind (BC2M) campaign with his mom, Jessie, and aunt, Glenn Close. Calen lives with schizoaffective disorder and talks about his experience in one of the PSAs featured on BC2M's website. His art has been integral to his recovery and can be viewed at www.CalenPick.com.

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Kay Redfield Jamison, PhD, is professor of psychiatry at the Johns Hopkins University School of Medicine and codirector of the Johns Hopkins Mood Disorders Center. She is also honorary professor of English at the University of St. Andrews in Scotland and author of the national best sellers, *An Unquiet Mind: A Memoir of Moods and Madness* and *Night Falls Fast: Understanding Suicide*, as well as *Exuberance* and *Touched with Fire: Manic-Depressive Illness and the Artistic Temperament*. Her latest book, *Nothing Was the Same: A Memoir*, was released in 2009. Additionally, she coauthored the standard medical text on manic-depressive illness and is author or coauthor of over 100 scientific papers about mood disorders, creativity, and psychopharmacology. Dr. Jamison is the recipient of numerous national and international scientific awards, including a John D. and Catherine T. MacArthur Fellowship.

PRE-CONFERENCE INSTITUTES

Friday, 9:00 a.m. - 11:00 a.m

“Steps to Wellness” Introduction: Building Community Supports

Presenter: Jane Winterling

This introductory course focuses on the journey of personal recovery back into the community.

“What Really Helps: Practical Steps You Can Take to Assist Others”

Presenters: Larry Fricks and Lisa Goodale,
ASCW, LSW

This course instructs participants how to respond to such situations in productive and practical ways.

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

Presenter: Steve Propst

This session will help you rethink, retool, and recharge your recovery.

Sponsored by Rebecca's Dream



EDUCATIONAL BREAKOUT SESSIONS

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: Street-Wear Yoga

Bring yourself into a state of calm & clarity with the simple, soothing movements of Street-Wear Yoga.

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 Interim Co-Executive Director, Allen Doederlein, 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 art therapy can be healing in the fight against mood disorders. You will learn to communicate through images & symbols, taking pen to paper yourself...no artistic talent required!

Living Well After High School

Cinda Johnson, EdD, and her daughter, Linea, discuss the transition to life after high school, legal issues, and research in the outcomes for young people living with mental illness.

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 & 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.

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!

ASK THE DOCTOR PANEL

Friday, 3:30-4:30 p.m.

Hear our distinguished panel of Klerman Award-winning researchers and mental health professionals answer questions submitted by audience members:

David E. Kemp, MD

(Klerman Young Investigator Awardee)

David J. Miklowitz, PhD

(Klerman Senior Investigator Awardee)

Greg Simon, MD, MPH

(DBSA Scientific Advisory Board Chair)

John Zajecka, MD

(DBSA Scientific Advisory Board Member)

Note: Please submit your questions on the index cards provided in your conference registration bag. They can be dropped off at the DBSA Registration and Information Desk anytime prior to 3:00 p.m. on Friday, April 30.

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

HOSPITALITY SUITE

Co-hosted by DBSA Greater Chicago

Perkins Suite, 11th Floor

If you need a break from all the conference activities, stop by the hospitality suite. The suite 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. Also, 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 \$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.



A MESSAGE FROM DBSA

Saturday, 10:00 a.m. -10:30 a.m.

Join DBSA Interim Co-Executive Directors, Allen Doederlein and Cindy Specht, and special guest Lei Ellingson of The Carter Center. Learn more about DBSA's efforts to bring hope, help, and support among the over 21 million Americans who live with mood disorders; as we pay homage to our past and look ahead to the next 25 years of peer support!



Depression and Bipolar Support Alliance

DBSA STAND-UP COMEDY NIGHT

Saturday evening, 7:00 pm - 9:00 pm \$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, conference attendees (newly trained as stand-up comics), and alumni comics 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

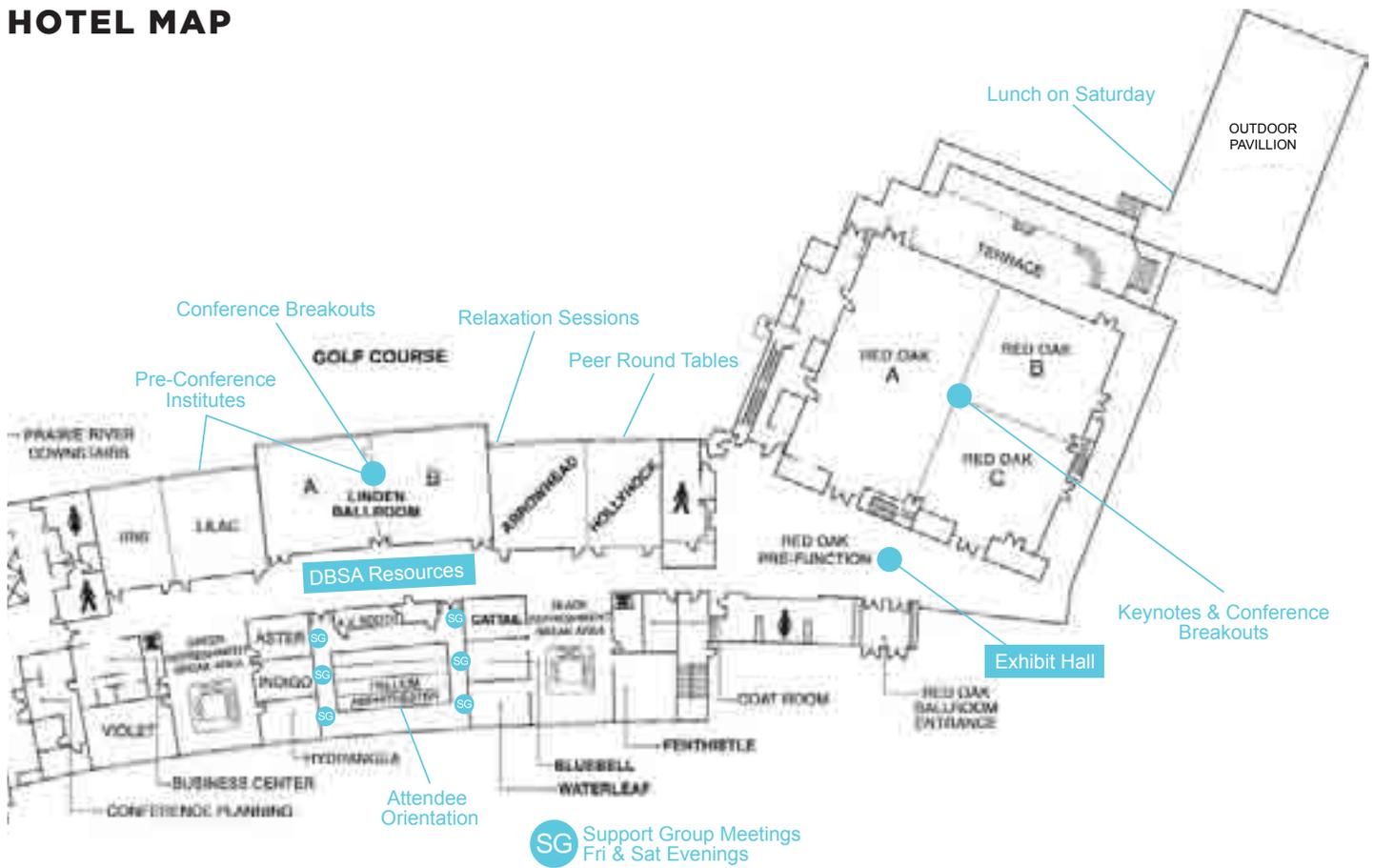
Friday, Saturday, & Sunday morning (see schedule)

FREE with conference registration

Celebrate the start of a new day! On Friday, rise and renew with the gentle moves of Chi Gong...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!



HOTEL MAP



EXHIBITOR LIST

- ABRAHAM LOW SELF-HELP SYSTEMS
- THE AWAKENINGS PROJECT
- AZ&ME™ PRESCRIPTION SAVINGS PROGRAMS
- “THE BIPOLAR JOURNEY” EXHIBIT
- BP MAGAZINE / ESPERANZA
- CARF: COMMISSION ON ACCREDITATION FOR REHABILITATION FACILITIES
- CENTER FOR COGNITIVE MEDICINE UIC MEDICAL
- THE COPELAND CENTER & MENTAL HEALTH RECOVERY AND WRAP
- THE JOINT COMMISSION
- MANUEL S. SILVERMAN, PHD CHICAGO, IL
- “MEMORIAL OF RECOVERED DIGNITY” EXHIBIT
- NEURONETICS, INC.
- PAMLAB, LLC
- RIVEREDGE HOSPITAL
- SCOTT NYCHAY STUDIO
- SSA TICKET TO WORK

DBSA RESOURCES

- DBSA REGISTRATION DESK
- DBSA BOOTH
- DBSA ILLINOIS CHAPTERS
- DBSA CHAPTER EXCHANGE
- “TAKE ONE” TABLE

CONFERENCE SCHEDULE

THURSDAY, APRIL 29				
6:30pm - 7:00pm Trillium Ampitheater	Conference Orientation			
7:00pm - 8:00pm Prairie River (Lower Level)	Meet & Greet for conference and CLF attendees			
FRIDAY, APRIL 30				
7:45am - 8:30am Arrowhead	Chi Gong			
9:00am - 11:00am Linden A (Family) Linden B (Consumer) Lilac (Community)	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 EXHIBITS OPEN 10:00am - 6:00pm
11:15am - 12:15pm Burnham Private Dining Rm	Rebecca's Dream Scholars Lunch (<i>Ticket not available for purchase</i>)			
12:30pm - 1:30pm Red Oak Ballroom A,B & C	OPENING KEYNOTE ADDRESS: Kay Redfield Jamison, PhD, "Finding Grace in Grief"			
1:30pm - 1:45pm	Travel Break			
1:45pm - 2:45pm Red Oak Ballroom A Red Oak Ballroom B&C Linden Ballroom A&B Arrowhead Hollyhock	Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts) <ul style="list-style-type: none"> • "The Link Between Metabolic Health & Depression" with David Kemp, MD • "Improved Interactions = Improved Outcomes" with David Miklowitz, PhD • "Reentering The Workforce" with Judith A. Cook, PhD • Relaxation Session - Street-Wear Yoga • Peer Roundtable: Special Interest Groups 			
2:45pm - 3:15pm	Travel & Beverage Break			
3:15pm - 4:30pm Red Oak Ballroom A,B&C	General Session: Klerman Awards & Ask the Doctor			
4:30pm - 5:30pm Red Oak Ballroom A,B&C	KEYNOTE ADDRESS: Ron Manderscheid, PhD, "Demystifying Health Care Reform"			
6:00pm - 7:00pm Aster & Indigo Hydrangea & Cattail Bluebell Waterleaf Hollyhock	DBSA Support Groups <ul style="list-style-type: none"> • Bipolar Disorder • Depression • Family & Friends • 2nd Disability • Start a DBSA Support Group 			
6:30pm - 8:30pm Wisteria Rooftop Terrace	Friends Reception Fundraiser (<i>Purchase tickets at DBSA Registration Desk.</i>)			
SATURDAY, MAY 1				
7:45am - 8:30am	Nature Walk (Meet in hotel lobby at 7:45am sharp—Limited to 20 walkers.)			
9:00am - 10:00am Red Oak Ballroom A,B&C	KEYNOTE ADDRESS: Marya Hornbacher, "Finding Solid Ground: A Journey Toward Health"			CONFERENCE CHECK-IN/REGISTRATION 8:00am - 6:00pm EXHIBITS OPEN 8:00am - 6:00pm
10:00am - 10:30am Red Oak Ballroom A,B&C	DBSA Message with special guest, Lei Ellingson, MPP, MSSE, of The Carter Center			
10:30am - 11:00am	Travel & Beverage Break			
11:00am - 12:00pm Red Oak Ballroom A Red Oak Ballroom B&C Linden Ballroom A&B Black Kiosk Hollyhock	Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts) <ul style="list-style-type: none"> • "Getting Help When You Need It Most" with Greg Simon, MD, MPH, & Allen Doederlein • "Acting on Impulse" with Steve Propst • "The Future of Peer Specialists" with Mark Salzer, PhD • Relaxation Session - Music • Peer Roundtable: Family & Friends 			
12:15pm - 1:15pm	Lunch with Peers (<i>FREE with Saturday/full registration</i>)			
12:15pm - 1:15pm	President's Lunch (<i>Purchase ticket with registration.</i>)			
1:30pm - 2:30pm Red Oak Ballroom A Red Oak Ballroom B&C Linden Ballroom A&B Arrowhead Hollyhock	Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts) <ul style="list-style-type: none"> • "Rediscovering Your Passions" with Graeme Cowan • "Mood Disorders in Late Teens & Early Adulthood" with Chris Seale • "Historical & International Perspectives on Stigma" with Marylou Selo • Relaxation Session - Exploring Zentangles • Peer Roundtable: Bipolar Disorder 			
2:30pm - 3:00pm	Travel & Exhibits Break			
3:00pm - 4:00pm Red Oak Ballroom A Red Oak Ballroom B&C Linden Ballroom A&B Arrowhead Hollyhock	Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts) <ul style="list-style-type: none"> • "Recovery Relationships" with Steve Harrington & Zach Corcoran • "Living Well After High School" with Cinda Johnson, EdD, and Linea Johnson • "Creativity & Healing" with Scott Nychay • Relaxation Session - Breathing Easy • Peer Roundtable: Depression 			

SATURDAY, MAY 1 (CONTINUED)		
4:00pm - 4:30pm	Travel & Beverage Break	
4:30pm - 5:30pm Red Oak Ballroom A,B&C	KEYNOTE ADDRESS: Jessie Close & Calen Pick, "All in the Family"	
6:00pm - 7:00pm Aster & Indigo Hydrangea & Cattail Bluebell Waterleaf Hollyhock	DBSA Support Groups • Bipolar Disorder • Depression • Family & Friends • 2nd Disability • Start a DBSA Support Group	
7:00pm - 9:00pm Red Oak Ballroom A	Stand-Up Comedy Performance (Purchase tickets at DBSA Registration Desk.)	
SUNDAY, MAY 2		
7:45am - 8:15am Spa Pool	Water Aerobics (Be in the pool at 7:45am sharp—Limited to 30 participants)	
9:00am - 10:00am Red Oak Ballroom A,B&C	KEYNOTE ADDRESS: Paula Kamen, "Finding Iris Chang: Two Friends' Secrets"	REGISTRATION DESK 8:00am - 1:00pm EXHIBITS OPEN 8:00am - 1:00pm
10:00am - 10:15am	Travel Break	
10:15am - 11:15am Red Oak Ballroom A Red Oak Ballroom B&C Linden Ballroom A&B Arrowhead Hollyhock	Educational Session, Relaxation Session, or Peer Roundtable (Attend 1 of 5 breakouts) • "Breaking the Cycle: Getting Beyond Recovery" with George V. Nostrand • "Women & Mood Disorders" with Sonni Elliot, MD, PGYIV • "Consumer-Provider Panel" with Lisa Goodale, ACSW, LSW • Relaxation Session - Your Inner Artist • Peer Roundtable: 2010 Conference Comics	
11:15am - 11:30am	Travel Break & Beverage Break	
11:30am - 12:30pm Red Oak Ballroom A,B&C	KEYNOTE ADDRESS: Graeme Cowan, "How to Bounce Back & Thrive in Challenging Times"	
12:30pm	CONFERENCE CLOSSES	

SESSION HANDOUTS

We have provided attendees with handouts, *if provided by our presenters*. Some presenters will be distributing handouts during their sessions as well, and several presenters have posted additional handouts on our conference website. You may download any, or all, of those at www.DBSAlliance.org/Handouts2010.

OUR THANKS

DBSA extends its heartfelt gratitude to the many individuals without whom this conference would not be possible: our 2010 conference sponsors for their generous support (please see the back cover of this program for a listing); our conference presenters for their gracious gifts of time, talent, and expertise; our 2010 Chapter Conference Advisory Committee for their input and legwork; our conference volunteers for their invaluable behind-the-scenes work; and, last but not least, our conference attendees for all of the peer support you provide—this weekend and always. Many, many thanks to all!

GENERAL INFORMATION

Conference Orientation

Thursday evening, 6:30 pm - 7:00 pm

Join us for a 30 minute session on how you can get the most from your conference experience.

Meet & Greet with Conference Attendees

Thursday evening, 7:00 pm - 8:00 pm

Meet other conference attendees, DBSA staff, and select conference presenters at this informal gathering. It's a great way to network in a beautiful atmosphere—mingle in the resort's Prairie River Lounge or wander out onto the terrace for some fresh air by the fire pit. FREE Non-Alcoholic Refreshments will be served. Bowling Raffle: Win 1 hour of lane time for you and 5 friends!

DBSA Registration & Information Desk

The DBSA Registration and Information Desk is located in the Linden Ballroom Foyer. The registration table will serve as the center of activity during the conference. Stop here to check the announcement and message boards, to pick up registration materials, purchase presenter books, or to ask questions. The desk will be staffed during the following hours:

Thursday, April 29	9:00 am - 6:00 pm
Friday, April 30	8:00 am - 6:00 pm
Saturday, May 1	8:00 am - 6:00 pm
Sunday, May 2	8:00 am - 12:30 pm

Power of Peers Roundtables

In these peer-led, small group discussions, network with peers from around the country, share knowledge and be creative. Brainstorm on a wide variety of wellness-focused topics, from strategies for living better with depression or bipolar disorder, to issues like disclosure, rapid cycling, impulsivity, substance use, pain, culturally-based challenges and much, much more! DBSA Peer Round Tables will be held:

Day	Time	Roundtable Topic	Meeting Room
Friday, April 30	1:45 pm - 2:45 pm	Strategies for Special Interest Groups	Hollyhock
Saturday, May 1	11:00 am - 12:00 pm	Strategies for Family & Friends	Hollyhock
Saturday, May 1	1:30 pm - 2:30 pm	Strategies for Bipolar Disorder	Hollyhock
Saturday, May 1	3:00 pm - 4:00 pm	Strategies for Depression	Hollyhock
Sunday, May 2	10:15 am - 11:15 am	Strategies for 2010 Comics	Hollyhock

Exhibit Hours

Interact with peers as you explore new resources and tools to aid in your recovery in our Exhibit Hall in the Red Oak Ballroom Pre-Function space. Connect with mental health organizations and learn about programs centered on your health and well-being (see page 6 for a list of exhibitors).

Exhibit Hall Hours

Day	Time
Friday, April 30	10:00 am - 6:00 pm
Saturday, May 1	8:00 am - 6:00 pm
Sunday, May 2	8:00 am - 1:00 pm

Meals

Lunch on Saturday is included with a FULL conference registration or Saturday ONLY registration. Eaglewood's inviting restaurants feature upscale cuisine, al fresco dining and alluring views. DBSA also worked with Eaglewood to offer attendees some economical breakfast, lunch and dinner options. See discounted menu options in your registration bag. Eaglewood offers free shuttle service to/from any restaurant within 5 miles of the hotel. Note that reservations must be made in advance at the hotel reception desk.

Hospitality Suite

Co-hosted by DBSA Greater Chicago

If you need a break from all the conference activities and are looking for a place to relax, stop by the Hospitality Suite, located in the Perkins Suite, 11th Floor.

Chapter Exchange Tables

Literature, newsletters, and other materials created by DBSA support groups and chapters throughout the country are available at these tables. Stop by to collect and share information and learn how others work to strengthen their DBSA groups. The Chapter Exchange Tables are located in the Linden Ballroom Foyer.

No or Low-Cost Evening Activities

In addition to Thursday evening's Conference Meet & Greet, there are many no-or-low-cost activity options for attendees to take advantage of at the Eaglewood Resort & Spa.

Take advantage of the many FREE amenities offered by Eaglewood Resort & Spa:

- Pool, Sauna & Steam Room
- Fitness Room
- Arcade Game Room
- Billiards (in Spa building or in Prairie River Lounge)
- Bocce Ball
- Outdoor Fire Pit

GENERAL INFORMATION (CONTINUED)

Also Available for a Fee

- 6-Lane Bowling Alley (Individuals can rent a lane for \$20/hour for up to 6 bowlers/lane.)
- Golf
- Spa Treatments

Feel like venturing out? Eaglewood also offers FREE shuttle services to/from any location within 5 miles of the hotel. However, reservations must be made in advance at the hotel reception desk. So, getting to local restaurants and attractions, such as Woodfield Mall, is easy and free with a little planning.

DBSA Bookstore

Several of our presenters' books, CDs, or DVDs—as well as DBSA items—will be available for purchase during the conference. Purchases may be made at the DBSA Registration and Information Desk. **Books and merchandise cannot be purchased during the primary conference check-in hours of 10:30 am - 12:30 pm on Friday, April 30.**

Lost and Found

Items turned into the DBSA Registration and Information Desk as lost and found will be kept there until the end of each day and then will be given to hotel security. DBSA assumes no responsibility for lost and found items. Please put your name on/in your registration bag to help identify your things should they be misplaced. Do not leave your personal items unattended at any time.

Session Handouts

We have provided attendees with key handouts, *if provided by our presenters*. Some presenters will be distributing handouts during their sessions as well. Many presenters have additional handouts posted on our conference website; those can be downloaded from www.DBSAAlliance.org/Handouts2010.

Safety

Safety is everyone's concern. Please keep an eye on personal items, and do not leave items unattended in meeting rooms or hotel common areas. DBSA assumes no responsibility for stolen or lost items. If you are staying in the Eaglewood Resort & Spa or a neighboring hotel, you may wish to speak with the hotel's front desk about renting a safety deposit box to store your valuables. Consult a hotel staff member when planning to walk through any unfamiliar areas outside the hotel. Remember to remove your name badge whenever you leave the hotel.

Smoking

DBSA's National Conference is a non-smoking event and the Eaglewood Resort & Spa is a smoke-free environment. Smoking is not allowed in any indoor areas, including guest rooms. Smoking is only allowed outside where smoking trash receptacles are located. They are generally found 15 feet or more outside of hotel entrances

Medical Emergencies

If you are experiencing a medical emergency, we recommend that, instead of dialing 911 from your cell phone, pick up a hotel courtesy phone and dial 0 to be connected to the Eaglewood Resort & Spa team who will assist you. For non-medical emergencies, please visit the DBSA Registration and Information Desk; our staff there will direct you to the services and resources you might need.

CLOSEST EMERGENCY ROOMS (ER)

Adventist GlenOaks Hospital
701 Winthrop Avenue
Glendale Heights, IL 60139
(630) 545-8000

Alexian Brothers Medical Center
800 Biesterfield Road
Elk Grove Village, IL 60007
(847) 437-5500

CLOSEST PSYCHIATRIC CARE FACILITY

Clarian Behavioral Health Access Center
1801 N. Senate Blvd.
Rm. C115
(800) 745-HELP (4838)

CLOSEST 24-HOUR PHARMACY

Walgreen's
930 Elk Grove Town Center
Elk Grove Village, IL 60007
(847) 439-4710

Intersection of Arlington Heights Road & Biesterfield

*There is another Walgreen's Pharmacy located in Itasca, IL, but it is *not* open 24 hours. The address is 1325 E. Irving Park Rd., and the phone number is (630) 875-0244. Pharmacy hours are
M - F: 8:00AM-10:00PM,
Sat: 9:00AM-6:00PM,
Sun: 9:00AM-5:00PM

We're here. We want to help. DBSA staff (wearing orange ribbons) is here to help make your conference experience a pleasant one. Please let us know if you need anything during your visit or have questions about the area.

IMPORTANT NOTES

- Select sessions will be photographed. If you are concerned about being photographed, please let the photographer know.
- Personal cameras or audio/video recorders are not permitted in any of the sessions.
- Please silence your cell phones during conference sessions.
- Please do not leave personal items unattended in the meeting rooms.
- Room temperature may vary. We recommend bringing a sweater or light jacket with you.

DO YOU KNOW ABOUT THESE DBSA PROGRAMS OR PARTNERSHIPS?

FACING US CLUBHOUSE

WWW.FACINGUS.ORG



The Clubhouse is home to a wealth of customizable, personal wellness tools to help you live a full, healthy, and happy life. The doors are open 24/7 at no charge, and inside you can use tools like the following:

- DBSA Wellness Tracker
- Dave's Spark Creativity Center
- Wellness plan
- Wellness tips & books
- Personal journal
- Multimedia room full of inspirational resources like personal video stories
- Facing Us Radio
- E-postcards

DBSA WELLNESS TRACKER

WWW.FACINGUS.ORG/TRACKER



DBSA Wellness Tracker is an online tool to help you better recognize potential health problems and mood triggers in your daily life. Daily life is filled with ups and downs...charting them is a great way to spot trends affecting your health and treatment. On DBSA Wellness Tracker, you'll track key mental and physical health trends related to your overall mood, mood disorder symptoms, lifestyle choices, and physical health.

Visit the Facing Us Clubhouse to stay "on track" with DBSA Wellness Tracker. It's easy, takes only a few minutes a day, and like the other tools in the Facing Us Clubhouse, it's free!

REBECCA'S DREAM FAMILY CENTER

WWW.DBSALLIANCE.ORG/FAMILYCENTER



Family support is crucial for those affected by depression or bipolar disorder. If you or someone in your family lives with a mood disorder, the Rebecca's Dream Family Center is a place of compassion, hope, and understanding. It is a central place for a wide variety of family-focused resources and information.

If you're a family member of someone coping with bipolar disorder or depression, you'll find resources to help you learn the facts about these illnesses, take care of yourself and let your loved one know you're there to listen and help.

DBSA TRAINING & CONSULTATION SERVICES

WWW.DBSALLIANCE.ORG/TRAINING



As the nation's largest consumer-driven mental health organization, DBSA delivers world-class training and consultation services from our unique vantage point. DBSA regularly trains and certifies people who live with mental illnesses to use their experiences to work with others as Peer Specialists. Recovery-focused training courses for consumers, providers and other stakeholders are available for delivery on-site and via our website.

Contact the DBSA Training Department at Training@DBSAlliance.org for information on how you can bring DBSA training and consultation to your area.

DBSA FIND A PRO

WWW.DBSCALLIANCE.ORG/FINDAPRO



Search a list of providers and facilities recommended by others living with a mood disorder. Search by city, zip code, type of professional, specialty, gender, age and language(s) spoken.

The first 2,000 people to submit a recommendation will receive a special DBSA lapel pin and will also be entered into a drawing for a beautiful Swarovski crystal bracelet, handmade by jewelry artist and consumer Sharon Baum Crawford. Your recommendation will help us build our database. But, more importantly, it's an invaluable service to your peers!

BRING CHANGE 2 MIND

WWW.BRINGCHANGE2MIND.ORG



DBSA IS A PROUD SUPPORTER OF BRING CHANGE 2 MIND

1 in 6 adults and almost 1 in 10 children suffer from a diagnosable mental illness. Yet, for many, the stigma associated with the illness, can be as great a challenge as the disease itself. This is where the misconceptions stop. This is where bias comes to an end. This is where we change lives. Because this is where we Bring Change 2 Mind.

THE WALK TO WASHINGTON

WWW.WALKTOWASHINGTON.ORG



DBSA IS A PROUD SUPPORTER OF THE WALK TO WASHINGTON

Saturday, August 14, 2010. That's the day a handful of volunteers will depart St. Louis for an 850 mile, 50 day walk to Washington, D.C. The goal is to gather 1,000,000 signatures on a petition for greater access, research and treatment for dealing with depression. Along the journey, we will host rallies and educate people to raise depression awareness. We encourage you to join us by signing the petition, providing a donation or getting involved in any way you can.

MEMORIAL OF RECOVERED DIGNITY

WWW.MEMORIALOFRECOVEREDDIGNITY.ORG



DBSA IS A PROUD SUPPORTER OF THE MEMORIAL OF RECOVERED DIGNITY

Help us recover the dignity of the hundreds of thousands buried in unmarked graves at America's state psychiatric hospitals. Plans are underway to construct the National Memorial of Recovered Dignity in a peaceful outdoor setting on the grounds of St. Elizabeth's Hospital in Washington, DC, and to develop as well an online memorial. Organizations such as DBSA, USpra, NASMHPD, NAMI, and MHA are working together to plan the memorial and raise the more than \$1 million needed for its construction.

Please consider sending a tax-deductible contribution to:
Mental Health America
2000 North Beauregard St., 6th Floor
Alexandria, VA 22311

Please indicate on the donation that it is for The Gardens at Saint Elizabeths.

DBSA GRATEFULLY ACKNOWLEDGES THE SPONSORS OF OUR 2010 NATIONAL CONFERENCE:

LEADERSHIP SPONSORS

- Merck & Co., Inc.
- Rebecca's Dream



SUSTAINING SPONSORS

- AstraZeneca
- Eli Lilly and Company



FAMILY PRE-CONFERENCE INSTITUTE SPONSOR

- Rebecca's Dream

SCHOLARSHIP SPONSORS

- OptumHealth Public Sector
- Rebecca's Dream
- U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA) Center for Mental Health Services (CMHS)



We look forward to seeing you next year!