



Depression and Bipolar  
Support Alliance

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**DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBSA) PRESENTS TWO AWARDS  
IN CELEBRATION OF 30 YEARS OF SAVING LIVES**

September 29, 2015, Chicago, IL -- The Depression and Bipolar Support Alliance (DBSA), the nation's leading peer-directed national organization devoted to depression and bipolar disorder, has presented two awards in celebration of its 30<sup>th</sup> anniversary and thousands of lives saved. The awards honor outstanding service to the depression and bipolar community and were presented on Saturday, September 26, at the Alliance's Mental Wellness Conference and Leadership Forum, held in Itaska, IL.

The Legacy of Hope Award recognizes longtime leadership and service to DBSA as well as lifetime achievement in the support of peers. It was presented jointly to **Jan Fawcett, MD** and **Rose Kurland**, both of whom were instrumental in founding what is today known as DBSA, growing it from an inspired idea to a national movement. **Carolyn Burke** received the Life Unlimited Award which honors individuals exemplifying a life not limited by depression or bipolar disorders and who helps others do the same.

Dr. Fawcett was DBSA's first medical advisor, helping to shape the organization in its formative years and guiding its acceptance into the clinical community. He has pursued a career of research in the treatment of affective disorders and the prevention of suicide and is the recipient of numerous awards, including lifetime research awards by the American Association of Suicidology, the American Foundation for Suicide Prevention, as well as the Menninger Award given by the College of Physicians. Dr. Fawcett is co-author of the APA Practice Guidelines on the assessment and management of suicidal patients and was the chairperson of the DSM-5 Mood Disorders Task Force from 2007-2012. He is a graduate of Yale University School of Medicine and was for thirty years the Stanley Harris, Sr. Chairman

of the Department of Psychiatry at Rush Medical College in Chicago. He is currently a member of the Department of Psychiatry of the University of New Mexico School of Medicine.

In 1978 Rose Kurland discovered that there was no organization to serve the needs of those diagnosed with manic depressive disorder. She decided to host a meeting for suffers of this destructive condition at her home and it was not long before the group had far outgrown her living room. She filed for non-profit status for the group in 1979, starting the process through which the present-day DBSA was born. In addition to serving as the founding organization's co-president for many years, Kurland's many other activities have included heading the Committee for National Education on Clinical Depression for the Chicago Mental Health Association; public speaking on behalf of individuals with mood disorders; and co-founding the scientific education booth for the American Psychiatric Association convention.

Carolyn Burke's struggle with depression began during her teens. Over the years, she came to realize she could not recover the time lost to her illness but could begin to live in the present and move herself and others forward. She now volunteers for DBSA and the National Alliance on Mental Illness and works in the mental health field as a peer case manager, using her experiences with depression to educate and encourage others towards acceptance of their conditions and maintaining wellness. She is an artist and graphic designer.

DBSA president Allen Doederlein said, "All of us within the DBSA family gratefully acknowledge the leadership and vision of our extraordinary 2015 DBSA Legacy of Hope award recipients, Dr. Jan Fawcett and Rose Kurland. Three decades ago—when very little was understood about the clinical benefits of peer support and it was very difficult to 'come out' as a person with a mood disorder—Dr. Fawcett and Ms. Kurland blazed a trail that has literally saved thousands of lives and supported millions of people toward being healthier, more connected versions of themselves. Our Life Unlimited winner, Carolyn Burke, is a wonderful example of thriving and living a healthy, connected life, so it seems all the more

fitting that she be recognized at the same event as our beloved founders. Indeed, DBSA is proud to recognize all three individuals' achievements in conjunction with our thirtieth anniversary 'I to We' celebration here in our hometown of Chicago."

The **Depression and Bipolar Support Alliance (DBS)** strives to improve the lives of people living with mood disorders. The organization fosters an environment of understanding of the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information; supports research; and works to ensure that people living with mood disorders are treated equitably. Assisted by a scientific advisory board, comprising leading researchers and clinicians in the field of mood disorders, DBSA has more than 700 peer-run support groups across the country. Millions of people are assisted each year with in-person and online peer support; readily understandable and current information about depression and bipolar disorder; and empowering tools focused on an integrated approach to wellness. For more information go to [www.DBSAAlliance.org](http://www.DBSAAlliance.org) or call (800) 826-3632.

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