



**Depression and Bipolar
Support Alliance**

Welcome to the Depression Community Education Kit!

We created this kit to help DBSA Chapters and State Organizations break down stigma in their communities and educate the public about depression.

Your DBSA Depression Community Education Kit includes:

- DVD of Depression Education Video Series
- Print Public Service Announcement (PSA)
- Radio Public Service Announcement (PSA) script
- Sample cover letter for providing PSA to your local media
- Press release
- Guide to managing your Depression Community Outreach Program
- Discussion questions for the Depression Community Outreach Program
- Sample Depression Community Outreach Program planning checklist
- Sample flyer for promoting your educational session
- Sample sign-in sheet for your community outreach session
- Sample of brochures you may wish to have at your chapter program
- Evaluation to provide event participants
- CD with all print materials in this kit

All materials enclosed in this packet may be downloaded from the chapter management section of the DBSA website (www.DBSAAlliance.org/chaptermgmt) or photocopied as needed. Both discs can be copied.

We hope these tools will assist you in hosting an outreach event for individuals in your community as well as provide you with tools to advertise your chapter and increase the public's understanding of depression.

Please consider completing an evaluation of this kit at www.DBSAAlliance.org/DepressionKitEval to help us evaluate this program and develop future educational programs.

Thank you to our generous sponsors, Forest Laboratories, Inc. and Takeda-Lundbeck Alliance, for supporting the development of the DBSA Depression Community Education Kit.

Together, we can make a difference!

Sincerely,

Ingrid Deetz
Vice President of Chapter Relations

We've been there. We can help.

730 N. Franklin Street, Suite 501 Chicago, IL 60654
(312) 642-0049 Toll Free (800) 826-3632 Fax (312) 642-7243 www.DBSAAlliance.org



I have depression, but depression doesn't have me.

With support and education I was able to laugh again and enjoy life.

DBSA's network of more than 700 local, peer-led support groups provides comfort and direction to help people find wellness.

DBSAAlliance.org/FindSupport



Depression and Bipolar
Support Alliance

Toll-free: (800) 826-3632

Radio Public Service Announcements (PSA)

How to use the radio PSAs

Each radio station has its own requirements for submitting and placing PSAs. Contact your local radio stations to find out their policies including what format they accept, how much notice is required, and the maximum PSA length. Some stations will simply request the script and use their own personalities to record the PSA, while others will require a fully produced PSA. If the station requires a pre-recorded version, check with your local public or college radio station to ask if an announcer will volunteer to record the PSA for you. After you have determined the station's requirements and guidelines, you can edit the sample print PSA cover letter to submit the PSA and thank them for their support.

Radio PSA Scripts

60 Second PSA:

When experiencing depression, I couldn't get out of bed or focus. My goals and dreams drifted away.

I got my life back through the help of a support group of people who had been where I was. They helped me see that my life wasn't limited – that I could still achieve my dreams.

Fifty thousand people find compassion and encouragement at their local Depression and Bipolar Support Alliance support group. Visit supporthelpsdotorg, or call eight hundred eight two six three six three two to learn more. We've been there. We can help.

30 Second PSA:

When experiencing depression, I couldn't get out of bed or focus. My goals and dreams drifted away.

I got back my life through the help of a support group where I found hope and released my bitterness about having depression.

Fifty thousand people find comfort and direction at their local Depression and Bipolar Support Alliance support group. Visit supporthelpsdotorg, or call eight hundred eight two six three six three two to learn more. We've been there. We can help.

15 Second PSA:

Fifty thousand people find comfort and direction at their local Depression and Bipolar Support Alliance support group. Visit supporthelpsdotorg, or call eight hundred eight two six three six three two to learn more. We've been there. We can help.



Depression and Bipolar
Support Alliance

<<Chapter Name>>

DBSA «Delete and enter chapter name»

«Delete and enter chapter address»

«Delete and enter chapter city, state and zip»

«Delete and enter chapter phone number»

«Delete and enter chapter email address»

Mission: To improve the lives of people living with mood disorders.

<<Month, Day>>, 2014

Dear << Media contact >>,

We at DBSA << Chapter Name >> are delighted to be working with you on the important health issue of depression. We would like to encourage <<newspaper or magazine name >> to print the enclosed PSA. We believe this print PSA will go a long way toward educating the public and reducing the stigma associated with depression.

Here are a few quick facts about depression:

- Affects about 15 million American adults each year in the US
- Is the leading cause of disability in the United States for individuals aged 15–44
- Is the cause of more than two-thirds of the reported suicides in the US each year

We hope this information helps your understanding of this life-threatening illness that affects so many Americans. If you need any further information or would like a digital version of the PSA, please don't hesitate to contact us.

We are honored to be working with you.

Sincerely,

<< Chapter contact name >>

<< Chapter name >>

<< Phone number >>

<< eMail address >>

An independent affiliate of the Depression and Bipolar Support Alliance

730 N. Franklin Street, Suite 501, Chicago, IL 60654, USA

www.DBSAAlliance.org (800) 826-3632

Support

Education

Community Outreach

Advocacy



Depression and Bipolar
Support Alliance

Contact: Chapter Leader Name
Phone Number
Email Address
FOR IMMEDIATE RELEASE

Depression and Bipolar Support Alliance (DBSA) Launches Depression Community Education Program in [Town]

[Town, Date] – Depression and bipolar disorder affect more than 21 million Americans and account for 90% of the nation's suicides every year. After proper diagnosis and treatment, the support of others is vital to a lifetime of wellness.

To help provide peer support to those in the **[Town Name]** community, **[Chapter Name]** is proud to announce the launch of The Depression Community Education Program to be held **[Date, Place, Time]**. This program was created by DBSA to help educate individuals about depression and help them learn from first-hand stories of those dealing with the many facets of depression.

[Quote from a chapter participant about how peer support positively affected them]

The Depression Community Education program is a two-hour session that features educational videos, open dialogue and panel discussions. It is free and open to people diagnosed with a mood disorder as well as family, friends and the general public.

The program utilizes personal stories to focus on:

- What depression is
- Its impact on work/employment
- Its impact on relationships

- How it manifests in young adults
- How men may experience depression
- Special issues related to having a dual diagnosis
- And recovery after experiencing suicidal thoughts

[Quote from the Chapter Leader about the importance of the program for those living with a mood disorder.]

The [Chapter Name] also holds a weekly peer-run support group at [Location, Time] where individuals living with a mood disorder can find comfort and direction in a confidential and supportive setting.

If you are interested in participating the Depression Community Education program in [Anytown] or learning more about our peer-run support group, please contact [Name] at [Contact Information].

###

The **Depression and Bipolar Support Alliance (DBSA)** is the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder, which affect more than 21 million Americans, account for 90% of the nation's suicides every year, and cost \$23 billion in lost workdays and other workplace losses. DBSA's peer-based, wellness-oriented, and empowering services and resources are available when people need them, where they need them, and how they need to receive them—online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, our chapters, and mental health care facilities across America. Through more than 750 support groups and nearly 300 chapters, DBSA reaches millions of people each year with in-person and online peer support; current, readily understandable information about depression and bipolar disorder; and empowering tools focused on an integrated approach to wellness.

Managing your Depression Community Education Program

The Depression Community Education Program was created by DBSA to help educate individuals about depression and learn from first-hand stories of those dealing with the many facets of depression.

The following information is provided to help you, as a chapter leader, manage an effective Depression Community Education Program.

Structure of Program

The program is intended to take approximately two hours, but this can be adjusted to meet your group's needs.

Ideally, you would secure a panel of speakers (3-4 would be great), for this program. Panelists may include chapter participants, local mental health professionals, or others in the community who would be willing to share their thoughts and experiences.

The program should begin with an introduction, including welcoming attendees, introducing panelists and going over the program's schedule. The panelists may wish to say a few words about the unique perspective they bring to the panel.

After the introduction, we recommend that you show one video clip and then utilize the supplied discussion questions for that clip to begin directing questions at the panelists. You may wish to allow attendees to ask questions of the panelists at this time as well, or you may wish to do this at the end of the program.

Once you have had a few questions answered by the panelists, move on to the 2nd video clip and repeat.

Each video clip is from 5-6 minutes long. As there are 6 videos you should strive to spend no more than 8-10 minutes in discussion over each video.

You do not need to have each panelist answer every question – just make sure that you are directing questions at each panelist equally.

At the end of the program, be sure to thank your panelists and all of the attendees. You may wish to remind them of the next support group meeting time and location and ask them to sign up to be on your chapter email list (make sure you have a sign-up sheet handy.)

Materials and audio-visual needs

Videos

There are six educational videos and one introductory video that can be used as part of your session. They are included on the enclosed DVD. If you are using an LCD projector, you should be able to project these videos onto the screen through your computer. If you are not using this technology a DVD player and TV will work just fine. You will want to be sure that you have speakers that are loud enough to project the audio to the entire room.

Microphone(s)

Depending on the size of the room and how well the panelists' voices carry, you may wish to have a microphone or two for the panelists to use when responding to questions. If you have a relatively small group and/or a smaller room this will likely not be necessary.

Discussion Questions

This program is designed to allow the chapter to share video clips on each topic and then lead a discussion amongst a panel and the participants. DBSA has prepared questions that you may wish to use in conjunction with each video. You may also add or delete questions as you wish. Some questions may take more time than others, so be flexible in which questions are asked. You do not need to cover all the questions for each section. The goal is to have an informative and relaxed conversation around each of these important areas.

As an alternative, you may decide to share one video a week in your support group meetings and then lead a shorter discussion, without a panel, on that topic before going onto your regular support group format.

As some of the video topics and questions may trigger unwelcomed feelings in certain participants, please be sure to share in advance what topic(s) will be discussed and remind people that they are welcome to step out of the room or ask to speak with a group participant privately if they feel that they are experiencing negative emotions related to the video(s) or discussion.

Finding a location for your program

The location of your program should be easy for people to find, with sufficient parking and near public transportation, if this is available in your community. The site should offer privacy and access to restrooms and be accessible to persons whose mobility is impaired. For reasons of personal comfort and security, we recommend that you meet in a public site and not in a private home.

- **Likely sites**

Begin by identifying sites where support groups meet and by identifying organizations that have an interest in the success of

your group and its participants. They may be looking for a group like yours to assist their clients or members. Your group can gain visibility for a hosting organization and help them meet their mission. Ask supportive local professionals like a physician, psychiatrist, social worker or religious leader if they can help you locate a site. Remember, many spaces are in great demand, especially if they are free of charge.

Many DBSA groups meet in or near a health care facility, for example, a hospital, community mental health clinic or counseling center. Potential group participants will be familiar with these sites, and they usually offer parking, restrooms, and other amenities. Other groups prefer to meet at a location not associated with mental health care. This could be a library, community center, restaurant meeting room, or local church, temple, or mosque. Some cities and towns make government buildings available to local residents.

- ***How to approach a site***

Find out the name of the person or department that coordinates meeting space and contact the designated person by telephone or in person. Explain the purpose of the group and what will happen at the program. A sample letter is attached. If required, fill out an application for meeting space and provide references.

Some organizations may be unfamiliar with self-help groups or reluctant to offer meeting space. If this is the case, ask if the organization would be willing to host one program and then re-evaluate if they will allow you to continue holding educational sessions and/or support groups there.

After finalizing any necessary paperwork, thank them for their consideration and outline next steps. If approval is required from others, find out when you should re-contact them for their decision. Exchange contact information so that you can reach one another. When you get home, write a brief letter thanking them for their time and reiterating why you feel their site would be a good one. Check back with them as agreed.

- ***Should you pay for a site?***

Work to secure free meeting space when at all possible. When talking with those in charge of a potential site, make sure the person knows your group is run by volunteers and has no funding, if this is the case. Ask if your group can meet there free of charge, at least initially. Agree to leave the space tidy after it is used.

▪ ***Working with your site***

Once you have finalized a meeting site, make sure you and your contact at the site have a clear understanding of which day your program will take place, how long it will last, and who will be responsible for opening and closing the room. Make sure you know how to contact that person during the meeting time, and that they know how to contact you before, during, and after the meeting.

If you are continually using the space for programs or groups, keep your contact person informed of changes in your meeting schedule (cancelled meetings, etc.) during the year. And remember to express your gratitude to the organization with a sincere letter of thanks, at least annually.

▪ ***Other useful information***

Some sites may be concerned about potential crises or emergencies. Be prepared to emphasize the fact that your group does not offer crisis intervention services, and that your chapter is peer led. As a chapter, it is important to develop a crisis plan, and be prepared. If your chapter has done this, share that your chapter *has* a crisis plan in the event someone requires professional attention.

Finding panelists for your program

Panelists for your program may include chapter participants, local mental health professionals, or others in the community who would be willing to share their thoughts and experiences. Draw panelists from your existing contacts or ask your contacts to recommend others. It would be helpful if each panelist can speak to more than one topic (for example, both Young Adult and Relationships.)

When inviting a panelist to participate be sure to offer the following information.

- Explain the format of the session. (For example, “We will invite our panelists to introduce themselves with a short personal story of no more than 1 minute at the beginning of the program and then we will direct questions to the panel after the group has watch a video addressing a specific topic.)
- Share how many panelists you intend to have at the session.
- Share the discussion questions that will be asked. Additional questions may be asked by the attendees, but this will help them get comfortable with the focus.
- Tell them why you think they would make a good panelist.
- Let them know when they should arrive for the session and where it will be held.

Sample letter requesting a meeting site

July 20, 2014

Mr. Network Person
12345 Community Way
City, ST 98765

Dear Mr. Person,

Thank you for your interest in providing meeting space for an educational program being offered by your local chapter of the Depression and Bipolar Support Alliance (DBSA). After proper diagnosis and treatment, the support of others is vital to a lifetime of wellness. DBSA educational programs provide the kind of information and caring that is crucial for sustained recovery.

What is DBSA?

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder, which affect more than 21 million Americans, account for 90% of the nation's suicides every year, and cost \$23 billion in lost workdays and other workplace losses.

DBSA's peer-based, wellness-oriented, and empowering services and resources are available when people need them, where they need them, and how they need to receive them—online 24/7, in local support groups, in audio and video casts, or in printed materials distributed by DBSA, our chapters, and mental health care facilities across America.

Through more than 700 support groups and nearly 300 chapters, DBSA reaches millions of people each year with in-person and online peer support; current, readily understandable information about depression and bipolar disorder; and empowering tools focused on an integrated approach to wellness.

Assisted by a Scientific Advisory Board comprised of leading researchers and clinicians in the field of mood disorders, DBSA provides help and information to millions of people each year.

What is the Depression Community Education program?

Our Depression Community Education program is a two hour session developed by the Depression and Bipolar Support Alliance to be delivered in local communities by DBSA's grassroots chapters. This program provides educational

videos that cover a basic exploration of depression as well as an open dialogue for individuals experiencing the many facets of depression as well as for their loved ones and other interested community members.

Who can participate in the Depression Community Education program?

This session is open to people diagnosed with a mood disorder as well as family and friends and the general public.

DBSA chapters are expected to provide services equally to all persons in need, and should not discriminate on the basis of race, color, gender, religion, age, sexual orientation, national or ethnic origin, disability, marital status, veteran status, or any other irrelevant criteria.

Other useful information

Rental fees: Most DBSA chapters operate on a very limited budget, if any, and have few financial resources. One important way you can lend support to your local group is by offering meeting space free of charge. If appropriate, group participants may be available to assist with room set-up.

Thank you for helping to support people with mood disorders in your community.

Sincerely,

Jane Doe, Chapter President

Promoting the Depression Community Education Program

Even the very best program cannot succeed if the public doesn't know it exists. If you want people to attend, they must know about your program, its purpose, when and where it is taking place. You can publicize the program by seeking a listing in meetings sections of community papers and local radio/television community announcements. Contact the newspaper/radio or television station to determine what information they need, how they want to receive it, and the deadlines to receive this information for publication.

To seek additional coverage, consider sending out a meeting announcement or press release to area newspapers, radio and television stations (commercial and cable access).

Other ways to announce your meetings and chapter events:

Flyers: Photocopy and distribute a flyer to hospitals, community mental health centers, doctors' offices, libraries, places of worship, grocery stores, and other highly visible locations. Remember to ask for the location's permission before posting or distributing a flyer. Information and referral sources like your local human services council or United Way are always pleased to know of community resources for people in need.

Letters: Send out an announcement describing your group and its services to local mental health agencies, psychiatrists, and therapists. A sample letter is attached.

Personal invitations: Invite friends, neighbors, people at work, and members of groups to which you belong. You can do this in person or by sending a version of the letter sent to local professionals and organizations.

Sample letter to professionals

July 20, 2014

Mr. Network Person
12345 Community Way
City, ST 98765

Dear Mr. Person,

Kindness is probably the most important thing that our Depression and Bipolar Support Alliance chapter participants are looking for when they come seeking our services. And it is kindness that guarantees our services remain available to this community.

“If it was not for the support that I received ... I probably would not be here today.” Words like these may remind you of how someone you care about was helped by a support system — or maybe how a close circle of supporters helped pull you through a difficult time in your life.

At DBSA Anytown, we know the services we provide do more than provide comfort and guidance. *They save lives.*

As we have been providing kindness and support services to people affected by mood disorders in the Anytown community for 6 years, we are now asking for your support and kindness.

Often when you are asked for support, the requestor is looking for money. However, today we are hoping we can count on you to refer members of the community to our chapter.

We are hosting a new Depression Education Program in our community. This 2 hour program will bring together people living with depression and bipolar disorder, their friends and family and the general public to learn more about depression. The program utilizes personal stories to focus on:

- What depression is
- Its impact on work/employment
- Its impact on relationships
- How it manifests in young adults
- How men may experience depression
- Special issues related to having a dual diagnosis
- And recovery after experiencing suicidal thoughts

People you know can contact us through the information listed on this letterhead to learn more about this program or other services our chapter offers. Please share our information with them, and if possible, we would greatly appreciate it if you could share any referrals with us – so that we can reach out to them ourselves.

Sincerely,

Jane Doe, Chapter President



Relationships

DISCUSSION QUESTIONS

1. How and at what point in the relationship did you disclose that you have depression?
2. Who did you choose to disclose this information to?
3. How did it go? Were they surprised? Did it seem to change their opinion of you?
4. When you first experienced depression while in a relationship, how did it go? How did your friend/family member react?
5. How has depression affected your relationship(s)?
6. Did you work to include your friends/family in your recovery plan? If so, in what ways have you involved them?
7. What are some things your friend/family member did or said that was helpful when you were experiencing a depressive episode?
8. Has there ever been a situation where a friend/family member has intervened against your wishes? If so, are there things you wish they had done differently? What thoughts might you share with others' family members/friends who may be in a similar situation?

The Workplace

DISCUSSION QUESTIONS

1. How did depression affect your work?
2. Did anyone notice changes in you? If so, what kind of changes did they see?
3. How did you deal with your depression during the work day?
4. Did being stressed at work seem to trigger your depression? How so?
5. What has been your experience with disclosure and stigma in the workplace?
6. If you have had any gaps in employment, what have you done during those gaps to help you prepare to re-enter the workforce? How have you dealt with gaps on your resume?
7. What were/are your hopes and fears about returning to work?
8. Did you disclose your diagnosis at work? Why or why not?



Dual Diagnosis

DISCUSSION QUESTIONS

1. How did you determine that you were experiencing a substance use disorder?
2. Did you ever try to “self-medicate” by using substances? If so, please describe your experience.
3. Do you feel there was a “vicious cycle” between your addiction and depression? Please explain.
4. Did you have concerns about whether you could consider yourself clean/sober while taking medications? If so, how have you addressed these concerns?
5. What kind of professional mental health/addiction help have you utilized?
6. What, if any, problems have you had with your various doctors communicating with one another to make sure treatment is spanning both addiction and depression?
7. What self-help strategies have been successful for you?
8. If someone was experiencing depression and a substance use disorder, what would you share with them?
9. For Mental Health Professionals – What are the different ways that dual diagnosis may be treated?

Men and Depression

DISCUSSION QUESTIONS

1. What symptoms of depression did you have?
2. Did these symptoms differ from what you expected? If so, how?
3. Did you try to ignore your symptoms or “power through” the depression? What was the outcome?
4. What was your reaction/how did you feel when you were diagnosed with depression?
5. How have education and support helped you? What things seem to help you the most?
6. What has been your experience with stigma and self-stigma?
7. Did you disclose your depression to your friends and family? If so, what was their reactions and what, if anything, have they done to help?
8. What do you think could be done to help men feel more comfortable sharing their diagnosis?
9. For Mental Health Professionals – What are some of the unique ways you have seen depression manifest in men?



Suicidal Thoughts

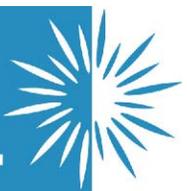
DISCUSSION QUESTIONS

1. Share a bit about your experience with suicidal thoughts—what were they like, how did you feel about yourself for experiencing them?
2. Was there anyone you talked to about these thoughts? If so, who, and why did you choose to speak to them?
3. What were some helpful and not-so-helpful ways people responded?
4. Are there any tools or activities that have helped you in recovering after experiencing suicidal thoughts?
5. In what ways did people help you? Or what are some things that you wish people had done/said to help you?
6. Did you notice suicidal feelings first, or did you know you were experiencing depression first? When did you seek treatment?
7. Was there a “turning point” for you in which you began to be able to handle suicidal thoughts differently? If so, what do you believe happened to create this turning point?
8. Is there anything you would like to share with others who may be experiencing suicidal thoughts?

Young Adults

DISCUSSION QUESTIONS

1. What did depression feel like to you? Was it different from what you thought depression looked like?
2. How did you know you needed help?
3. What was treatment like?
4. How did you deal with school or work? Did you have to take an absence or delay either?
5. How was “coming out” to your friends? Did you experience stigma? What did your friends do or say that was helpful or not-so-helpful?
6. How was talking to your parents about depression? Did they treat you differently after your diagnosis?
7. What tools or activities have you found to be most helpful in dealing with depression?
8. Now that you’ve been living with depression for a while, what advice do you wish someone would have given you at the beginning of your experience?
9. For Mental Health Professionals – What depressive symptoms do you commonly see in young adults? When is depression most likely to occur?



Sample Depression Community Education Program Planning Checklist

- Set the date/time of program
- Define your target audience
- Determine any possible partners
- Determine what resources/funds are needed
- Determine who will be in charge of planning
- Find a location for the program
- Make sure the meeting facility is accessible to those with disabilities
- Request or get any needed equipment (audio-visual, seating, tables)
- Decide if refreshments will be served and, if so, who will be responsible for them
- Select and invite the panelists
- Decide if people will need to RSVP in advance and if they do need to, how this will happen
- Decide how the program will be publicized
 - Post flyers advertising the program
 - Place announcement in local paper calendar listing
 - Contact media to inform them of the program and invite them to attend
 - Send letters/flyers to local mental health professionals and other community members who may be interested
 - Online promotion through our website/Facebook page
 - Email announcement to everyone on our mailing list
 - _____
 - _____
- Determine if any accompanying materials (brochures, displays, etc) are needed
- Develop signage for the day of the event
- Walk through the program to make sure you are comfortable with the flow and any speaking parts
- Confirm the program details with the panelists
- Secure volunteers to help with the program as needed
- Keep publicizing and sending reminders!
- Order/gather any handouts/brochures for attendees
- Consider printing an email list sign-up sheet for program attendees
- Consider creating an evaluation form for participants to complete
- Send thank you notes to the panelists, volunteers and others who were helpful
- Let DBSA staff know how it went!



Depression and Bipolar
Support Alliance

Our Mission:

DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

We've been there. We can help.

Depression Community Education Program Screening and Panel Discussion

Learn from the first-hand stories of those dealing with the many facets of depression:

- Relationships
- Suicidal Thoughts
- The Workplace
- Men and Depression
- Young Adults
- Dual Diagnosis

This class helped me understand that my illness is real and I can recover if I educate myself as much as possible. There is hope!

– DBSA chapter participant

You're invited to participate in the
Depression Community Education Program

Day/Time: _____

Location: _____

Contact: _____



DBSA Depression Community Education Program Evaluation

Depression and Bipolar
Support Alliance

<<Chapter Name>>

Thank you for attending our event. Your responses on this evaluation are voluntary but are very helpful for planning future community activities.

Check the box that matches your experience:	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
1. The information was helpful.	<input type="checkbox"/>				
2. The session was well organized.	<input type="checkbox"/>				
3. The facilitator was positive and encouraging.	<input type="checkbox"/>				
4. The panelists were engaged and involved.	<input type="checkbox"/>				
5. My learning needs were met.	<input type="checkbox"/>				
6. The videos and materials were helpful.	<input type="checkbox"/>				

Comments on any of the above (indicate number): _____

Briefly describe the most important thing you learned and how you plan to apply it.

Briefly describe anything that limited your ability to participate or learn.

My overall rating of the session is (circle one):

Poor Fair Average Above Average Excellent

Optional:

Your name: _____

Email and/or phone number: _____



Depression Education Kit Program Evaluation

**Depression and Bipolar
Support Alliance**

We would love to have your feedback so we can continue to improve our programming!

Chapter Name: _____

How many people participated in your event? _____

Did you feel the event was successful in your community? Yes No

Why or why not?

What, if any, additional resources did you need from DBSA to make the event a success?

Will you host a similar event in the future? (circle one) Yes No

Did the event result in drawing in new chapter participants? (circle one) Yes No

Did you provide evaluation sheets to attendees? Yes No

If you requested participant evaluations, share any feedback that struck you:

How did you use the print PSA?

- a) we had it printed in a local newsletter or magazine
- b) we posted it as a flyer in the community
- c) we did not use it
- d) other _____

Did you use the radio PSA? (circle one) Yes No

What did you feel were the most valuable parts of the kit? The least?

Please complete this form and return it to:
DBSA
Attn: Chapter Relations
730 N. Franklin Street, Suite 501
Chicago, Illinois 60654
(312) 642-7243 (fax)



DBSA GRANT OPPORTUNITY FOR AFFILIATED CHAPTERS
2014 Depression Community Education Program

For grant consideration, complete all sections of this application.

Name of chapter: _____ City/State: _____

Primary contact person: _____

Mailing address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ E-mail: _____

Please answer the following questions. (You may attach an additional sheet of paper with your answers if you prefer.)

1. Who will be the primary person responsible for this program? Are there others who will assist with this program?

2. Please describe the educational program you propose to hold, including where the educational activities will be held/distributed and the beginning and end date of the program.

Application continues on the back.

3. What pertinent experiences does your chapter bring to this type of program?

Terms and Conditions:

Terms:

- Selected applicants will receive a \$100 grant to be used towards the Depression Community Education Program.
- If the chapter does not perform the activity the chapter will be required to repay the grant to DBSA.

Conditions:

Up to 30 chapters will be awarded a grant.

Selected chapters agree to:

1. Perform the activity by November 15, 2014.
2. Complete an evaluation within two weeks of the conclusion of the activity (no later than November 30, 2014.)
3. Inform DBSA if you are unable to meet any of the above terms and conditions.

If granted, I agree to the terms and conditions of this offer.

Signature _____ Date _____

Please mail, fax, or e-mail the completed application by August 11, 2014 to:

DBSA
Chapter Relations Department
730 N. Franklin Street, Suite 501
Chicago, Illinois 60610
(312) 642-7243 (fax)
chapters@DBSAlliance.org