

DBSA Partners in Mission

DBSA National Capital Area

February 9, 2012

P: (800) 826-3632 F: (312) 642-7243
730 N. Franklin Street, Suite 501
Chicago, IL 60654-7225

www.DBSAAlliance.org

THANK YOU: Partner in Mission

We deeply appreciate the National Capital Area Chapters' important work—ongoing support groups across the region and special community initiatives.

We are proud to share some of our goals and priorities for 2012 and eager to hear about your goals, needs, ideas, and concerns.



Depression and Bipolar
Support Alliance



DBSA 2012 STRATEGIC INITIATIVES

DBSA will lead the way to improving the lives of people living with mood disorders.

- **THERAPEUTIC ALLIANCE** – DBSA will foster and facilitate successful interactions among the diverse spectrum of people living with depression and bipolar disorder and their families/loved ones; their clinicians and other supportive professionals; and their communities.
- **COMMUNITY ENGAGEMENT** – DBSA’s nationwide, grassroots network of chapters is essential to providing information, empowerment, support, and inspiration. DBSA will enhance its communication with and among chapters, providing and receiving from our chapter participants the tools and resources necessary to strengthen our collective efforts. DBSA will also expand its reach into the broader community, including people at all stages of their recovery journeys, more clinicians and other supportive professionals, and the general public.
- **INNOVATIONS** – DBSA will seek, create, and disseminate the most current information about advances and evolutions in treatment of, and thinking about, depression and bipolar disorder. Our efforts will seek to promote balanced, evidence-based, holistic approaches to treatment; to transform the conversation about mood disorders towards positive, empowering, approaches; and to mobilize people with mood disorders towards participating in and promoting the next innovations in research, understanding, and treatment.

NEW THERAPEUTIC ALLIANCE INITIATIVES

ISBD Presentation in Turkey:

Promoting consumer advocacy globally

YouTube “Ask the Doc” (x4)

Asking & answering the tough questions

Consumer & Clinician Consensus Conference

Finding common ground to move forward together

SAB Reception at APA

Honoring clinicians who have dedicated their careers to improving the lives of people with mood disorders

Innovations e-zine “Research Dialogues”

Clinicians and consumers exploring new avenues to recovery



NEW COMMUNITY ENGAGEMENT INITIATIVES

Partners in Mission Meetings with Chapters

Strengthening relationships for broader impact

DBSA 2012 Strategic Initiatives Video

Defining clear objectives for annual programs

Positive Six (+6) Campaign

Six months of positive actions to better health

Revamp of DBSAlliance.org

Streamlining and highlighting support groups

Night of Laughter & Blues Gala

Cultivating new support for DBSA programs

Facilitator Video Training Course

Bringing training to your support group or living room

Chapter Listserv Pilot

New opportunity for chapters to connect with each other!



NEW INNOVATIONS INITIATIVES

- **2012 Consumer & Family Surveys (x3)**
Three new opportunities to share your opinions
- **DBSA Wellness Track App**
Supporting your wellness on the go!
- **DBSA Innovations Podcasts (x4)**
Highlighting innovations in research and treatment
- **“We Search Together” Website**
Connecting consumers with life-changing research

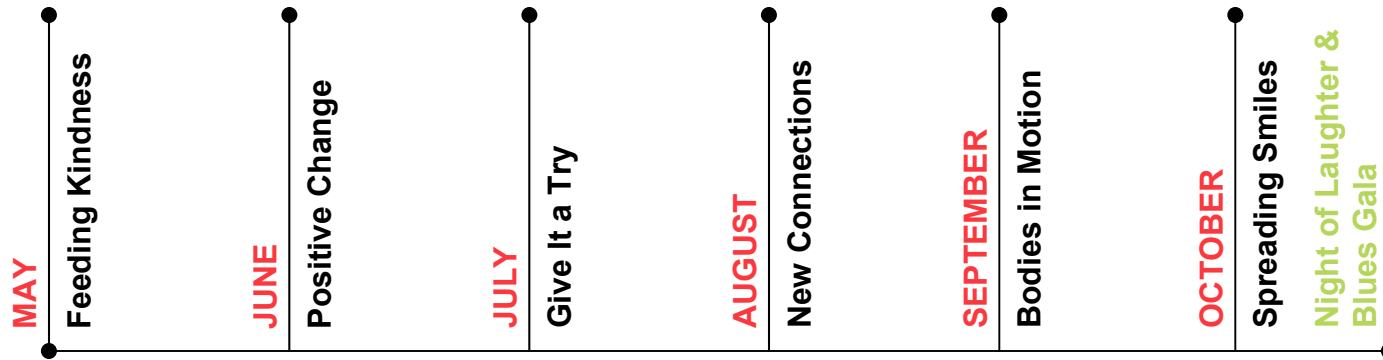


2012 POSITIVE SIX CAMPAIGN

- The Positive Six (+6) campaign will start in May, Mental Health Month, and end in October, National Recovery month.
- Each month, DBSA will issue a new “challenge” to our online and chapter communities, focusing on small changes that could make a big difference in our own lives and the lives of others.
- Participants will be able to track their, and others, progress on the Positive Six Campaign website, order special +6 products, and receive free downloads and tools.
- The campaign will leverage and grow DBSA’s social media outlets (Facebook, YouTube, and Twitter)
- In addition to the monthly challenges, +6 will feature a closing fundraiser, the DBSA Night of Laughter gala, which will feature a stand-up comedy show with reception and blues music.

2012 POSITIVE SIX CAMPAIGN

MONTHLY CHALLENGES & Event



2012 POSITIVE SIX CAMPAIGN

<p>May</p>	<p>June</p>	<p>July</p>
<p>Feeding Kindness Challenge: Reach out to one (+1) person this month to share a meal (brown bag lunch, dinner at your home, donate can goods to your local food pantry). You may make a new friend, and will certainly brighten someone's day!</p>	<p>Positive Change Challenge: Incorporate two (+2) positive habits into your routine this month. Drink more water, be diligent about getting 8 hours of sleep, eliminate negative self-talk, etc. Small steps can lead to big changes in how you feel ...physically and emotionally!</p>	<p>Give It a Try Challenge: Try three (+3) new things this month that you've been hesitant to in the past...try new type of food, be a tourist in your own city, try out a new hobby, etc. You'll be proud you did and hopefully have some fun!</p>
<p>August</p>	<p>September</p>	<p>October</p>
<p>New Connections Challenge: Reach out to four (+4) individuals this month to make a small gesture (start a conversation with someone. call, email, note, connect with a new friend or acquaintance....or reconnect with an old one you've lost touch with.</p>	<p>Bodies in Motion Challenge: Bodies in Motion Challenge: Go solo or start a walking club with a friend(s) with a goal of five (+5) miles this month. Or perhaps participate in a 5K walk/run! You'll feel great and have a great time with old and new friends!</p>	<p>Spreading Smiles Challenge: Do something unexpected and nice for six (+6) peoples this month (a friend, a family member, a co-worker, or a stranger). Smiles are contagiousso spread the laughter and love! Event: Night of Laughter & Blues Gala</p>

2012 NATIONAL EVENTS

- 8 or more DBSA "Partners in Mission" Presentations & Listening Sessions (KY, DC, FL, GA, IL, MO, OR, NJ, PA, MA, CT)
- DBSA Consumer-Clinician Consensus Conference (Date TBD)
- DBSA 2012 Chapter Leadership Forum (CLF) in Portland, OR, October 2012
- DBSA Night of Laughter & Blues Gala in October 2012
- 4 Peer Specialist Certification Courses (January & April in Chicago, July in St. Louis, and November TBD)

2012 YEAR-ROUND SUPPORT

- Connect chapters to new members through phone and online referrals
- Monthly Chapter eNews with resources and ideas for chapter growth and improvement
- Networking opportunities: NEW Chapter Listserv Pilot and Monthly Facilitator Connection Chats with DBSA staff and chapters nationwide
- Chapter Management website with tools for training, development, and leadership
- Materials to promote the benefit of DBSA support groups in the media
- Assistance in filing and maintaining chapter not-for-profit incorporation
- Free or low-cost copies of select brochures and publications
- Access to your dedicated and responsive Chapter Relations team for any suggestions, comments, and questions as they arise

2012 COLLABORATION OPPORTUNITIES

- Join us and have fun with the Positive Six challenges from May – October!
- Email DBSA promotions to support group members
- Distribute email signup sheet for members to receive eUpdates from national.
- Participate in building online resources...take surveys, recommend a physician, share your recovery story
- Join us in Portland for Chapter Leadership Forum this Fall
- Connect with us and other chapters on monthly online chats
- Become a DBSA Ambassador
- Keep sharing your ideas!

DBSA Partners in Mission

DBSA National Capital Area

THANK YOU for your attention today, and for ALL you do to improve the lives of people living with mood disorders in your community!

Now I'd love to hear from you!

*“The first place I found ‘shelter from the storm’ was at my **DBSA support group meeting**, where I bonded with new, accepting friends and found role models who gave me faith that recovery was possible.”*

Larry Fricks,
Director,
Appalachian Consulting Group, Inc.



Depression and Bipolar
Support Alliance