

**2006 DBSA Conference • San Mateo, California**

Saturday, September 9, 2006

Hosted by the Depression and Bipolar Support Alliance & DBSA California

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**2006 DBSA Conference • Chicago, Illinois**

Saturday, October 21, 2006

Hosted by the Depression and Bipolar Support Alliance



# LIVING WELL: MAKING RECOVERY REAL

## THE DEPRESSION AND BIPOLAR SUPPORT ALLIANCE'S 2006 CONFERENCES

**SAN MATEO, CALIFORNIA – SEPTEMBER 9TH • CHICAGO, ILLINOIS – OCTOBER 21ST**

Join friends, family members and consumers as we discover new recovery skills, get the latest

news on treatment options, rediscover hope, become inspired, network with others who have

had the same experiences and make a difference in our lives and the lives of our loved ones!



730 N. Franklin St., Suite 501  
Chicago, Illinois 60610-7224  
**Return Service Requested**

**REGISTER NOW TO ATTEND A DBSA CONFERENCE**

**San Mateo, California • September 9, 2006**

**Chicago, Illinois • October 21, 2006**

**REGISTRATION STARTS AS LOW AS \$50**

# 2006 DBSA CONFERENCES



**Clear your calendar now for a truly important date!**

It's easy to register – just fill out the attached form and fax

or mail back with payment. For online registration and

additional information, visit our website at [www.DBSAAlliance.org](http://www.DBSAAlliance.org).

**San Mateo, California**

San Mateo Marriott

Saturday, September 9th

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**Rosemont, Illinois**

Wyndham O'Hare

Saturday, October 21st

# CONFERENCE EVENTS • FRIDAY, SATURDAY & SUNDAY

## CHAPTER LEADERSHIP EVENTS

### Friday

#### Chapter Leadership Forum

The 2006 DBSA Chapter Leadership Forum (CLF) is a one-day, grassroots training institute taking place the Friday before each DBSA conference. CLF is a fun-filled learning experience for DBSA chapter leaders with new topics this year including: facilitator training, crisis preparedness for support groups, growing your chapter, advocacy and more! Whether you are a seasoned chapter participant or new to DBSA chapters, use this opportunity to network with others from around the U.S.

To learn more, visit [www.DBSAlliance.org](http://www.DBSAlliance.org) for online registration or call (800) 826-3632. A limited number of complimentary CLF registrations available! Registration deadline for both CLF locations is August 18, 2006.

## GENERAL CONFERENCE EVENTS

### Saturday

#### Conference Program

Our 2006 DBSA Living Well: Making Recovery Real program will feature opening and closing keynote speakers, an "Ask the Doctors" session, an interactive session exploring "Recovery: What it Means to You" and three tracks of breakout sessions that you may choose from.

### Saturday Evening

#### Friends Reception—

#### Help Support the Training of our Chapter Leaders!

Every year DBSA holds a "Friends Reception" in conjunction with each of our conferences to raise much-needed funding for our programs. In the past, funds raised have been allocated to different programs within DBSA such as College Outreach and Suicide Prevention. This year our Friends Receptions will help kick-start our newly-created Chapter Leadership Forum Scholarship Fund. We understand how invaluable our Chapter Leaders are to those who attend their support groups. We know that for some of these people, support groups are the difference between feeling alone and confused or feeling empowered and understood. By purchasing a ticket, you will help DBSA Chapter Leaders who otherwise would be unable to attend our conference. And in turn, they will be empowered to improve countless lives in their communities.

Tickets are \$35 and may be purchased along with, or separate from, your conference registration. Stop by to enjoy refreshments, bid at a silent auction and meet our keynote speakers! Visit [www.DBSAlliance.org](http://www.DBSAlliance.org) for more details about this year's Friends Reception.

### Sunday Morning

#### Optional General Session—The Peer Support Movement

This optional session will explore the growing acceptance of formalized peer support training and how you might get involved. The California Mental Health Services Act (MHSA) will also be addressed in San Mateo, CA.

## SPECIAL EVENTS SPONSORED BY DBSA CALIFORNIA

As co-hosts of our California Conference, DBSA California will be sponsoring several additional events at our San Mateo Conference. DBSA California will be hosting both a talent and art show on Saturday. Individuals interested in submitting an application to perform or to exhibit their artwork should call (951) 780-3366 or e-mail [JoAnnMartin1@aol.com](mailto:JoAnnMartin1@aol.com). Artwork may be displayed and/or sold. Please note that 5% of artwork sales will go to DBSA California. The deadline for applications is August 15th.

DBSA California will also be hosting a hospitality and relaxation suite at our San Mateo Conference. The suite will be available for you to take a breather and have a light snack. A certified massage therapist will be available at select times for 10 minute massages on a first-come, first-serve basis on Saturday only.

Additional information regarding these events can be found on our website at [www.DBSAlliance.org](http://www.DBSAlliance.org).

## A UNIQUE OPPORTUNITY

### Lunch with DBSA's New President

Join DBSA's new President, Sue Bergeson, for an intimate lunch during the conference. She will share her vision of DBSA's future, as well as her views on the highlights, successes and challenges within the field of mental health. By attending the President's Lunch, you'll be contributing to the CLF Scholarship Fund that assists Chapter Leaders who otherwise would be unable to attend our conference.

#### "President's Lunch for Two" at \$1,000

(includes 2 each of the items below)

#### "President's Lunch for One" at \$500

(includes 1 each of the items below)

- Conference Registration(s) - choose CA or IL
- Friends Reception Ticket(s)
- Continental Breakfast(s) on Sunday
- President's Lunch Ticket(s)
- DBSA Apparel Item(s)
- DBSA 2006 Conference Product(s)  
Exclusive to "President's Lunch" Donors

# HOTEL INFORMATION

## CALIFORNIA CONFERENCE September 8th – 10th of 2006

### Location

Marriott San Mateo  
(San Francisco Airport)  
1770 South Amphlett Blvd.  
San Mateo, CA 94402  
800.556.8972 (reservations)  
650.653.6000 (hotel)

### Discounted Hotel Rates

Single/Double..... \$99 (plus tax)  
Triple..... \$114 (plus tax)  
Quad..... \$129 (plus tax)

### Reservation Cut-Off Date for Discount

August 17th, 2006

## ILLINOIS CONFERENCE October 20th – 22nd of 2006

### Location

Wyndham O'Hare  
(Chicago O'Hare Airport)  
6810 N. Mannheim Road  
Rosemont, IL 60618  
800.996.3426 (reservations)  
847.297.1234 (hotel)

### Discounted Hotel Rates

Single/Double..... \$99 (plus tax)  
Triple..... \$109 (plus tax)  
Quad..... \$119 (plus tax)

### Reservation Cut-Off Date for Discount

September 28th, 2006

All conference sessions will take place at the hotel. When reserving your accommodations identify yourself as a Depression and Bipolar Support Alliance meeting participant to receive these special rates. After the reservation cut-off dates, reservations will be accepted, based on availability, at the regular room rate. Room cancellations require 24-hour advance notification.

## ABOUT DBSA

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date and scientifically-based tools and information written in language the general public can understand. 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, it has more than 1,000 peer-run support groups across the country. Four million people request and receive information and assistance each year.

## KEYNOTE SPEAKER BIOS



### Victoria Maxwell

#### BFA

Crazy for Life Company™

- Mental Health Educator
- Actor/Writer
- Consumer



### Randy Revelle, J.D.

Washington State Hospital  
Association

- Elected Official
- Healthcare Reform Leader
- Consumer

**Victoria Maxwell** is one of North America's most sought-after consultants and speakers on workplace depression and bipolar disorder, mental illness and recovery, and reducing stigma. An award-winning actress and playwright, her critically acclaimed one-woman show *Crazy for Life*—her true-life story about accepting and living with a psychiatric disorder—tours internationally to sold-out audiences and rave reviews. Victoria's honest, often hilariously irreverent approach to her own experiences disarms the prejudices often associated with mental illness while providing crucial information on how to deal with it openly and effectively. [www.victoriamaxwell.com](http://www.victoriamaxwell.com)

**Randy Revelle** is a knowledgeable and outspoken consumer advocate and a nationally-recognized leader of mental healthcare reform. The former Executive of King County, Washington, he is credited with pulling together thousands of advocates to create insurance parity in the state of Washington. Randy will share his insights and personal experience with severe mental illness as he presents "Overcoming the Stigma: A Personal Story of Recovery from Mental Illness." Randy's powerful story of his recovery journey will inspire and motivate all of us to continue on our own journeys.

# CONFERENCE SCHEDULE • CA & IL

## SATURDAY

- 9:00am – 9:15am**      **Welcome**
- 9:15am – 10:00am**      **Opening Keynote Speaker - Victoria Maxwell**
- 10:00pm – 11:00am**      **Ask the Doctors**  
Our popular session is back! Ask your questions to our panel of medical and mental health experts.
- 11:15am – 12:00pm**      **Recovery: What It Means to Each of Us**  
An interactive round-table discussion of how we can make recovery a reality in our lives or the lives of our loved ones.
- 12:00pm – 1:00pm**      **Lunch Break**  
Purchase lunch on your registration form or bring your own.
- 12:00pm – 1:00pm**      **President's Lunch**  
Purchase a ticket(s) for an intimate lunch with DBSA's new President, Sue Bergeson, on your registration form.
- 1:00pm – 1:45pm**      **Breakout Session I Tracks:**
- Disability & Housing - *Alan Zais*
  - Pain as a Symptom\* - *Lawrence Robbins, M.D.*
  - Successful Aging & Mood Disorders\* - *Colin Depp, Ph.D.*
  - 10 Steps for Creating the Life You Want\* - *Larry Fricks*
  - The Bipolar Advantage - *Tom Wootton*
- 2:00pm – 2:45pm**      **Breakout Session II Tracks:**
- Supported Employment - *Ken Whiddon*
  - Talking to Depression\* - *Claudia J. Strauss*
  - What Goes Up: Dealing with Mania\* - *Judy Eron*
  - 10 Steps for Creating the Life You Want - *Larry Fricks*
  - Psychiatric Service Dogs\* - *Joan Esnayra, Ph.D.*
- 3:00pm – 3:45pm**      **Breakout Session III Tracks:**
- Becoming Your Own Best Advocate - *Steve Propst, M.B.A.*
  - New Research in Mood Disorders - *Madhukar Trivedi, M.D.*
  - The Bipolar Advantage - *Tom Wootton*
- 4:00pm – 4:45pm**      **Closing Keynote Speaker - Randy Revelle, J.D.**
- 4:45pm – 5:00pm**      **Closing Remarks**
- 5:15pm – 6:45pm**      **Friends Reception Fundraiser**  
Join friends at this special reception, enjoy refreshments, bid at a silent auction and meet our keynote speakers! Tickets are \$35 and can be purchased on your registration form or on-site.

## SUNDAY

*If you are spending the night, please consider joining us for:*

- 9:00am – 9:30am**      **Continental Breakfast**  
Purchase on your registration form.
- 9:30am – 11:00am**      **The Peer Support Movement**  
This optional session will explore the growing peer support movement and how you can get involved.

\*Session offered varies by location. Log on to [www.DBSAAlliance.org](http://www.DBSAAlliance.org) for speaker updates and profiles.  
NOTE: All sessions are subject to change. All speakers are responsible for the content of their presentations. Discussion of an issue or product by a presenter does not indicate endorsement by DBSA or its Board of Directors. Individuals are encouraged to share the information learned at this conference with their health care providers and should not make any changes in their treatment without first consulting their health care provider. DBSA does not endorse or recommend the use of any specific treatment or medication. For advice about specific treatments or medications, individuals should consult a qualified health care professional.

## BREAKOUT DESCRIPTIONS

### Disability & Housing

This session will introduce you to the legal issues you need to know when dealing with housing concerns.

### 10 Steps for Creating the Life You Want

Filled with tools to help you take an active role in your treatment, this session offers you an opportunity to learn more about how to create the life you want.

### Pain as a Symptom

This session will help to explain the painful physical symptoms commonly associated with anxiety and depression, why these symptoms occur, and how to better manage them in your life.

### Supported Employment

This session will address the challenges of getting back to work—providing practical strategies for acquiring and keeping a job and outlining how you can regain or maintain control of your work life.

### Successful Aging & Mood Disorders

Hear about the latest developments in the diagnosis and treatment of late-life depression and how you can help yourself or your loved one.

### Talking to Depression

Explore simple ways to connect when someone in your life is depressed. This session will offer suggestions for how to better relate and connect when people in your life are struggling with depression.

### What Goes Up: Dealing with Mania

Using music, lecture and discussion, this session will explore planning strategies for dealing with mania far in advance of an episode, when a person is healthy—with judgments intact—and can be a wise consultant to, and team with, a friend or family member.

### Becoming Your Own Best Advocate

This interactive and humorous session will challenge your perspective on advocacy. Using pictures that illustrate and principles that instruct, you will see that when you learn to advocate for yourself, recovery is possible.

### New Research in Mood Disorders

Find out the latest in mood disorder research, medications and treatments. Highlights from the findings in the STAR\*D report will also be reviewed.

### The Bipolar Advantage

Finding “The Bipolar Advantage” is about understanding and accepting that there are both good and bad aspects to the bipolar condition and then acting upon what you’ve learned. By changing your habits to those that accentuate the positive aspects of the bipolar condition while minimizing the negatives, you can increase the level at which you function.

### Psychiatric Service Dogs

This session will explore the research-based evidence and efficacy of Psychiatric Service Dogs as a therapeutic model and integral part of a recovery plan.

