Depression and Bipolar Support Alliance
Road to Recovery Conference
Fort Worth, TX
Conference Program

Saturday, October 8

7:00 a.m. - 5:30 p.m.	**Registration Open**	**Frontier**
7:30 a.m. - 9:00 a.m.	**Beverage Break**	**Assembly Foyer**
9:00 a.m. - 10:15 a.m.	**Opening Session**	**Alamo**

Welcome to Fort Worth
Lydia Lewis, President, Depression and Bipolar Support Alliance, Chicago, IL

Recovery: A Personal Journey
Presenter: Peter A. Ashenden, Executive Director, Mental Health Empowerment Project, Albany, NY

This keynote will examine the tools that Mr. Ashenden has learned and uses daily to maintain a wellness-focused lifestyle. Some of the tools he will discuss are part of the Wellness Recovery Action Plan (WRAP) developed by Mary Ellen Copeland. He'll also talk about his own treatment, self-determination, and tools he uses to help himself stay out of in-patient hospitals.

10:30 a.m. - 11:45 a.m.	**Ask the Doctors**	**Alamo**

Moderator: Lydia Lewis, President, Depression and Bipolar Support Alliance, Chicago, IL
Panelists: Trisha Suppes, MD, PhD, Bipolar Disorder Research Program, The University of Texas Southwestern Medical Center, Dallas, TX; Greg Simon, MD, MPH Center for Health Studies, Group Health Cooperative, Seattle, WA and Jan Fawcett, MD, Professor of Psychiatry, University of New Mexico School of Medicine, Albuquerque, NM

Our popular session is back! Ask your questions of our panel of medical experts.

12:00 p.m. - 1:00 p.m.	**Lunch**	**Times Square**

If you purchased a ticket in advance for lunch, please take your ticket to Times Square. Otherwise the hotel has a restaurant on the lobby level.

1:15 p.m. - 2:00 p.m. **Breakout Session I**

Taking an Active Role in Your Treatment **Trinity**

Presenters: Jan Fawcett, MD, Professor of Psychiatry, University of New Mexico School of Medicine, Albuquerque, NM and Lydia Lewis, President, Depression and Bipolar Support Alliance, Chicago, IL

This session is full of helpful tools! We'll walk through making decisions about what treatment you want to help you toward recovery with an emphasis on setting wellness goals. We'll talk briefly about creating an advance directive, provide tip sheets on how to make your doctor visits more helpful, and teach you how to use treatment algorithms (usually only available to doctors) to guide your treatment plan.

Mental Health Treatment for Your Children **Mustang**

Presenter*:* Graham Emslie, MD, Professor of Psychiatry, The University of Texas Southwestern Medical Center, Dallas, TX

The question of prescribing SSRI's for children has been a hot media topic for the past two years, but parents of children with mood disorders are faced with this and many other questions about treatment every day. Come to this session to learn more about diagnosis, treatment options, and your role in your child's wellness plan.

Loving Kindness: Dealing with Negative Self-talk and Negative Talk **Longhorn**

Presenter: Peter A. Ashenden, Executive Director, Mental Health Empowerment Project, Albany, NY

This workshop focuses on taking care of you, examining negative self-talk and negative talk in general. The presenter will discuss personal experiences that have helped to maintain a recovery program and the benefits of regular meditation..

2:15 p.m. - 3:00 p.m. **Breakout Session II**

Advocacy in Action – Empowering Your Future **Longhorn**

Presenter: Stephen Propst, MBA, Vice Chair, Depression and Bipolar Support Alliance, Atlanta, GA

Advocacy is much more than making a phone call to your legislator or writing an editorial letter. It's changing hearts and minds about issues that affect the care and treatment of people living with mood disorders. This highly interactive (not to mention humorous) session will challenge your own perspective and teach you to be an effective advocate who makes a real difference

Trauma and Mental Health **Trinity**

Presenters: : Jan Fawcett, MD, Professor of Psychiatry, University of New Mexico School of Medicine, Albuquerque, NM and Trisha Suppes, MD, PhD, Bipolar Disorder Research Program, The University of Texas Southwestern Medical Center, Dallas, TX

Many people develop symptoms of anxiety or depression in response to violence or natural disasters, even when they are not directly involved. When a person has depression or bipolar disorder, it is especially

important to get the right support early when traumatic events occur. This session will show you how to evaluate and process your own reactions to traumatic events, and develop coping skills to keep your symptoms under control. We will also discuss how small acts to help others can be big contributors to wellness.

Helping a Family Member or Friend **Mustang**

Presenter: Greg Simon, MD, MPH Center for Health Studies, Group Health Cooperative, Seattle, WA

Friends and family play an extremely important role in their loved one's road to recovery. Learn which strategies help the most and which to avoid. We will also discuss ways to keep yourself healthy and grounded while caring for others.

3:00 p.m. - 3:15 p.m. **Beverage Break** **Assembly Foyer**

3:15 p.m. - 4:00 p.m. **Breakout Session III**

Wellness Strategies **Times Square**

Presenters: Barbara Hylard, Constituency Relations Director, Depression and Bipolar Support Alliance, Chicago, IL; Matt Mattson, Chapter Relations Manager, Depression and Bipolar Support Alliance, Chicago, IL

Come to this session to get an overview of the top wellness strategies voted on by past DBSA conference attendees. We'll explore strategies including diet, journaling, music, support groups, and more!

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4:15 p.m. - 5:15 p.m. **Closing Session** **Alamo**

Dump the Stigma and Focus on Recovery

Presenter: Andy Behrman, author of Electroboy: A Memoir of Mania, Sherman Oaks, CA

For years Andy suffered with bipolar disorder and battled to stabilize his condition. He lived with an invisible illness that his family and friends blamed on him for more than a decade. Finally, he realized that he could overcome his symptoms. His book is soon to become a major motion picture starring Tobey Maguire.

5:15 p.m. - 6:00 p.m. **DBSA Ceremony of Hope** **Alamo**

Join us for this ceremony to celebrate our achievements, honor those who have supported us along the way, and mark our hope for an even brighter tomorrow.

6:15 p.m. - 7:15 p.m. **Leading the Way – A DBSA Fundraiser** **Times Square**

Join friends at this unique reception and meet special guest, Andy Behrman. Tickets are $35 and can be purchased at the registration center.