

# POLARS' EXPRESS

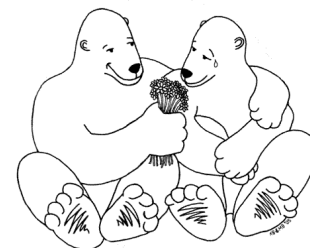
The Newsletter of the Depression and Bipolar Support Alliance of Boston

September, October, and November 2018



## Fall Calendar

### Schedule of Speakers and Events



On the 2nd Wednesday of each month in McLean's de Marneffe Building cafeteria, 7–8 p.m., DBSA-Boston sponsors lectures – with question and answer sessions – on mood disorders and their treatment, recovery and wellness, and social services. Lectures are free and open to the public: Donations Welcomed! **Every Wednesday** we have a Music Circle 6-7 p.m in Room 117, a Coloring Circle 6-7 p.m. on the lower level of the cafeteria, and a Peer-Led Meditation 6:30-7:00 p.m. in Room 115. See page 7.

September 12: "Portraits of Resilience," Daniel Jackson, PhD. See page 10.

September 16: "Foundations I: Workshop in Facilitating Peer Support Groups," led by Chuck Weinstein, LMHC, CPRP, CPS. See page 6.

October 10: "Surviving Survival: You Are Still In Control!," Tonisha M. Pinckney, PhD, MSCJ, MAFF, CFE aka Dr. Toni. See page 10.

October 31: "Mill Street Open Mic Session" See page 8.

November 14: "Imaging in Psychiatric Disorders," Susan Whitfield-Gabrieli, PhD. See page 10.

Support groups meet every Wednesday: 1st, 3rd, 4th, and 5th Wednesdays, 7–9 p.m. 2nd Wednesdays, 8–9 p.m.

McLean Hospital's de Marneffe Building cafeteria, Belmont, MA. Members and guests are encouraged to arrive between 6:15 and 6:45 p.m.

### DBSA-Boston Services

- Wednesday night Share Care support groups include Newcomers, Depression, Mania & Bipolar, Dual Diagnosis, Family & Friends, Maintaining Stability, Open Exchange, Veterans, Women's Issues, Working and Coping, and Young Adults.
- Our Drop-in groups gather Mondays, Thursdays, Fridays, and Saturdays, 1:30–3:30 p.m., in McLean's de Marneffe Building cafeteria, Room 132.
- Thursdays, 7–9 p.m., Share Care at Mass General Hospital, in the Yawkey Center for Outpatient Care on the 4th floor in Suite 4A, Schiff Conference Center, Boston.
- For updates, follow us on Facebook at [www.facebook.com/BostonDBSA](http://www.facebook.com/BostonDBSA), or call the office.
- Office hours are Tuesdays, Wednesdays, and Thursdays, 10 a.m.–4 p.m., in Room 119 of McLean's de Marneffe Building cafeteria 617-855-2795.
- DBSA-Boston, PO Box 102 (for packages: 115 Mill Street), Belmont, MA 02478 617-855-2795 • Fax: 617-855-3666 • Email: [info@dbsaboston.org](mailto:info@dbsaboston.org) Website: [www.dbsaboston.org](http://www.dbsaboston.org)



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## **Board, Advisors, and Staff**

### **Board Executive Committee**

President:	Lillian Cravotta-Crouch
Vice President:	Michele O'Shea
Treasurer:	Susan Reynolds
Secretary:	Alli Bodek
Past President:	Chuck Weinstein
President Emeritus:	Everett Page

### **Board Directors**

Lexie Comeau  
Bob Hanflig  
Priyadarshi Khare  
Barry Park  
Christian Tionson

### **Facilitation Advisor**

Chuck Weinstein, LMHC, CPRP, CPS

### **McLean Hospital Liaison**

Brian P. Brennan, MD, MMSc

### **Office Staff**

Comptroller & Office Operations: Barry Park

### **Meeting Schedules**

Board of Directors:  
1st Wednesdays (09/05, 10/03, 11/07) 7 p.m.

Facilitator Meetings:  
1st & 3rd Wednesdays (09/05, 09/19,  
10/03, 10/17, 11/07, 08/21) 5:45 p.m., Room 132

Share Care Committee:  
2nd Wednesdays (09/12, 10/10, 11/14)  
5:45 p.m., Room 118

The Polars' Express Newsletter Committee:  
Barry Park • Susan Reynolds, Editor - see page 8

The first Wednesday of each month, Board members  
will be at the Welcome Table.

## **President's Letter**

### **Fall 2018**



Dear DBSA Friends,

As I say goodbye to summer I look forward to the cool crisp fall days – the summer certainly has been a hot one. Come January we'll all long for the dog days of summer but for now enough with the heat.

Speaking of summer our annual cookout was a success. We had a good deal of help setting up, cooking and the least favorite the cleanup. Lots of people enjoy these events as an opportunity to get to chat with people from their groups in a casual setting along with making new friends. We also have people that don't make it here every week eager to catch up with old friends. There really is nothing like a cookout to bring people together on a summer's evening.

Barry Parks, Alli Bodek and I had the opportunity to meet with the new Chief Executive Officer of DBSA National, Michael Pollock, on July 31st. He was quite interested in how we run our groups and to get a little history about how we got started. We hope that Michael will get back up to Boston so that he can join us at one of our Wednesday night groups.

As the summer went on, our pre-group activities have grown. We have music, the creativity circle, and meditation. It's a great way to relax and find your inner talent.

One thing I always try and remember is we all have a gift. The gift I see given so freely is the support that you all give to each other. Sometimes just showing a little kindness goes a long way or listening to someone without judgement or advice, just listen. Give someone a reason to smile today and it will also put a smile on your face. I know just walking into the cafeteria can turn a bad day into a good one for me. Thank you all for the joy you give me.

Lillian Cravotta-Crouch  
President, DBSA-Boston



## Results from the Annual Meeting, June 13, 2018

- Here are the results from the 2018 Election:

### Officers for a One-Year Term

President: Lillian Cravotta Crouch

Vice President: Michele O'Shea

### Officer for a Two-Year Term

Treasurer: Susan Reynolds

### Directors for a Two-Year Term

Priyadarshi Khare

Christian Tiongson

- The Everett Page Volunteer of the Year Award was given to John Parente. for his excellent and tireless work as a selfless and proficient inpatient facilitator and facilitator coordinator, Board member and Share-Care committee member.
- DBSA-Boston baseball caps were given to all active facilitators.

## Committees at a Glance

Activities: Organizes DBSA-Boston social events.

Communications: Develops and maintains DBSA-Boston website, and produces the newsletter.

Creativity: Provides the DBSA-Boston community unique opportunities to use their creativity as a way to cope with mental illness in a positive matter. See pages 7 & 8.

Executive: Oversees the Board of Directors.

Finance: Oversees the financial info and investments.

Fundraising: Develops fundraisers to benefit DBSA-Boston.

Marketing/Outreach: Develops strategies, materials, and programs to get DBSA-Boston better known to healthcare providers at Greater Boston area hospitals.

Membership: Manages the Welcome Table, promotes DBSA-Boston membership.

Office Operations: Proposes updates/changes in office operations.

Policy: Reviews DBSA policies.

Nominations: Oversees nominations for the Board.

Share Care: Coordinates and oversees share care groups.

Speakers Bureau: Finds speakers and organizes schedule for the monthly speakers' series.

Training: Evaluates and proposes training sessions for facilitators.

Wednesday Night Facilitators: Schedules and coordinates facilitators for the Wednesday night share care groups.

## 2018-2019

### Committees

Activities:

Communications:

Creativity:

Executive:

Finance

Fundraising:

Marketing/Outreach

Membership:

Nominations:

Office Operations

Policy Committee

Share Care

Speakers Bureau:

Training:

### Chairs

Lillian Cravotta-Crouch,

Susan Reynolds

Christian Tiongson

Lillian Cravotta-Crouch

Barry Park

Lillian Cravotta-Crouch

Barry Park

Barry Park

Alli Bodek

Alli Bodek,

Christian Tiongson

Open

Barry Park

Michele O'Shea

Michele O'Shea

Mary Johnston

Lexie Comeau

If you have an interest in serving on a committee, please speak with the respective chairperson.



## Mill Street Open Mic Sessions

Every 5th Wednesday of the Month

6:30 p.m.–8:00 p.m.

At the deMarneffe Building cafeteria

### Dates for 2018-2019:

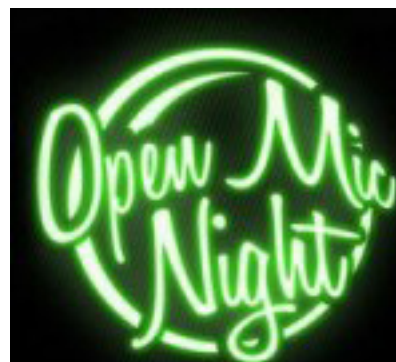
- October 31

- January 30

- May 29

- July 31

Questions? Email [christian@dbsaboston.org](mailto:christian@dbsaboston.org)



## Make Sure Your Membership is Current

Have you paid this year's dues? If you are not sure whether your membership is up to date, check with Comptroller Barry Park. Be sure to keep your membership active.

**Current members receive discounted pricing for all parties and all Facilitator Trainings, and are sent a printed Polars' Express.**

The Membership Form is at the end of this newsletter. You can become a member or renew your membership by check or online. To do this online, go to: [http://dbsaboston.netfirms.com/?page\\_id=121](http://dbsaboston.netfirms.com/?page_id=121)

To pay by cash or check, pick up a form at the Welcome Table or the DBSA-Boston Office.



## Share Care Support Groups

DBSA is about peer-support groups. At DBSA-Boston, we provide four different venues for groups, with total attendance between 400 and 500 people each month.

When and where we provide support groups:

- Wednesday evening meetings, 7–9 p.m., in the de Marneffe Building cafeteria at McLean Hospital, Belmont. We have eleven different groups on Wednesday evenings, including Newcomers, Depression, Mania & Bipolar, Dual Diagnosis, Family & Friends, Maintaining Stability, Open Exchange, Veterans, Women's Issues, Working & Coping, and Young Adults.

Facilitator Coordinator: Roberta U. • Room Assignment Coordinator: Michel O'Shea and Barry Parks.

- Thursday evening meetings, 7–9 p.m., in the Yawkey Center for Outpatient Care, 4th Floor, Suite 4A, Schiff Conference Center, at Massachusetts General Hospital (MGH), Boston. These are open to people who have an affective disorder and their family and friends.
- In-house groups at McLean Hospital, Belmont. These are for patients in the hospital.
- Daytime Drop-in groups, Mondays, Thursdays, Fridays, and Saturdays (Room 132), 1:30–3:30 p.m., in the de Marneffe Building cafeteria at McLean Hospital, Belmont. Daytime Facilitator: Kate R.

### Highlighted Groups

**Open Exchange:** Occurs every Wednesday

Group provides an ideal opportunity for people with mood disorders to meet and talk with people from our Friends and Families group. By sharing our different perspective and life issues, we foster awareness and empathy, and help each other understand how we cope with our respective experience. It can be very helpful for friends and family members to hear stories from unrelated people who live with depression, bipolar disorder, and other mental illnesses. People with mental illness may benefit from the objectivity of friends and family who are not engaged in their daily lives. *Please note that although Open Exchange is a good group for exchanging feedback and support between family, friends and people with a mood disorder, it not a family therapy group, and family members are discouraged from attending the group at the same time.*

**Working and Coping:** Occurs every 2nd and 4th Wednesday of the month

Coping with the everyday stresses of a job can be challenging and at times seem impossible. You may feel defeated after a long shift or even a hour after you clocked in. You are not alone. The DBSA Work and Coping Group provides meaningful and supportive discussions with working peers (volunteer, per-diem, part-time, and full-time) who have mental illness. The purpose of the group is to support and learn from others by sharing personal experiences in coping with everyday work stresses and situations that may exacerbate mental illness. Topics include, but are not limited to, work-life balance, anxiety in high-pressured situations, and self-worth in the workplace. While work is the primary topic of discussion, the group is not a recruiting, job-hunting, or resume-review session. Work and Coping Group occurs every 3rd Wednesday of the month. It is open to anyone attending DBSA groups who is coping with work-related issues. We hope you can join us!

**Members of the Share Care Committee:** Michele O'Shea, Chair, Lexie Comeau, Bob Hanflig, Steve Lappen, Sylvia M., Roberta U., Chuck Weinstein, and Lillian Cravotta-Crouch (ex-officio)

See other regional support groups starting page 12.



## Foundations I: Workshop in Facilitating Peer Support Groups

Sunday, September 16, 2018

9:30 a.m.–5:00 p.m.

at McLean Hospital

This workshop is a comprehensive overview, providing the building blocks of effective peer-support group facilitation to people interested in becoming a facilitator. This training, for many, is the first step in learning how to facilitate a support group. People attending this training need not have any experience facilitating a group, only the desire and interest to learn. Many people have attended this workshop solely to learn effective communication skills and strategies to use within a group setting. The format is fun and interactive; role-play participation optional.

Each training is limited to 20 participants. Preregistration is required. No “walk-in” registrations will be allowed.

**Registration deadline is Wednesday, September 12, at 7:00 p.m..**

Registration: 9:30–9:45 a.m./Continental breakfast 9:30–10 a.m.  
Workshop starts promptly at 10 a.m. and ends at 5 p.m.

Location: Francis de Marneffe Building, first floor, McLean Hospital, 115 Mill Street, Belmont, MA

Contact: facilitatortraining@dbsaboston.org, or call DBSA-Boston office staff at 617-855-2795.

**To register:** Complete the registration form included in this newsletter on page 12, download application from [http://dbsaboston.netfirms.com/?page\\_id=263](http://dbsaboston.netfirms.com/?page_id=263), or request a registration form from the office while visiting a DBSA-Boston support group at McLean Hospital.

Workshop Fee:	DBSA-Boston Member: Must be dues-paying member for this rate.	\$ 35.00 (\$25 + \$10 for guidebook)
	Affiliated DBSA/DMDA/MDDA members:	\$ 45.00 (\$35 + \$10 for guidebook)
	Peer Services Professionals: Must send proof of employment or volunteering as CPS or Peer Worker for this rate.	\$ 60.00 (\$50 + \$10 for guidebook)
	Other Attendees:	\$ 70.00 (\$60 + \$10 for guidebook)

### The Workshop fee includes:

Six hours of professional instruction on: group dynamics, the facilitator’s role, safety, techniques, with a practicum • continental breakfast, networking lunch & refreshments all day • Certificate of Attendance

The instructor for the workshop is **Chuck Weinstein, LMHC, CPRP, CPS**, the Director of Facilitator Training for DBSA-Boston. Chuck is currently DBSA-Boston President, with over 20 years of group facilitation experience. Chuck introduced the DBSA-Boston facilitator training program in 1997.

The Foundations Workshop is offered to support DBSA-Boston group members who are training to become facilitators as well as other DBSA affiliates in the New England area. Peer Professionals (CPS, peer-support workers, etc.) are welcome to attend as well as any interested person from the community. However, seating is prioritized for DBSA members, so please consider registering early.



### Weekly Music Circle

Every Wednesday 6:00–7:00 p.m. in Room 117

The Weekly Music Circle is the perfect place to play your favorite instrument, learn a new song, and jam out with other musicians of the DBSA-Boston community! All skill levels are welcomed – and it's free! Bring your music instrument, chord charts/tabs (if you want to share a song), and jam with us every Wednesday before support groups! Don't have an instrument? We have house instruments available thanks to the Club Passim Iguana Music Fund! An acoustic guitar, ukulele, keyboard, and various percussion instruments will be on hand during the song circle. Email Christian of the Creative Committee at [christian@dbsaboston.org](mailto:christian@dbsaboston.org) for details.

### Weekly Coloring Circle at DBSA-Boston

Every Wednesday 6–7 p.m., lower level of the de Marneffe Building

Do you like coloring as a way to reduce anxiety and practice mindfulness? Have you ever wanted to try it as a new coping skill? Come down to the new Coloring Circle and color away with your peers before group starts! Anyone can join and it is FREE too! Our office has a number of coloring books as well as color pencils and markers for you to borrow. You can also bring your own books and supplies as well! See you there! Questions, comments, ideas? Email Christian of the Creativity Committee at [christian@dbsaboston.org](mailto:christian@dbsaboston.org)

### Weekly Peer-Led Meditation

Every Wednesday 6:30–7:00 p.m. in Room 115

Every Wednesday, Khare will lead 30-minutes mindfulness meditation with peers from the DBSA-Boston community. Their practice is inspired by the mindfulness-based stress reduction (MBSR) program taught at Center for Mindfulness at UMass Medical School. This is not a class in mindfulness, but each session starts with a short introduction to the practice, so novices are welcome. Even if you are late, please join the group! We believe even a few minutes of meditation will make a difference. We find that learning mindfulness techniques and practicing them with a group is especially helpful. If you are currently suffering from a mood disorder, please talk to your doctor or therapist first to make sure mindfulness meditation is OK for you. Contact Khare at [pkhare.nami@gmail.com](mailto:pkhare.nami@gmail.com) with any questions.

### Polars' Express

- The newsletter is published quarterly, the 1st of March, June, September, and December.
- The Polars' Express is an electronic newsletter, available to anyone who subscribes. A printed version is available for members only, who request it.
- **Please email your submissions to [news@dbsaboston.org](mailto:news@dbsaboston.org)**, including your name, email address, and/or phone number in case the editor has questions. Author/artist name will be withheld from publication upon request.

**The next submissions deadline is November 15, 2018**

Susan Reynolds, Editor, Polars' Express,



## Mill Street Open Mic October 31

6:30–8:00 p.m. at the deMarneffe Building Cafeteria

The purpose of the open mic session is to appreciate and showcase creative individuals in the DBSA-Boston community.

The session will showcase the 1st 8-10 performers who signed up. Sign-up now at the Welcome Table before time slots are filled up!

Each performer will have a 10-minute time slot for two songs or poetry pieces that are FAMILY FRIENDLY (i.e. no swears, drug/sexual content). Content will be reviewed before the performance.

All music, comedy, and poetry must be live; NO karaoke tracks, loud amplifiers, or drum-kits, unless approved by Christian.

Thanks to the Club Passim Iguana Fund, DBSA-Boston now has house instruments (guitar, ukulele, keyboard, and percussion) available to use at the Mill St. Open Mic Session.

Please contact Christian of the Creative Committee at [christian@dbsaboston.org](mailto:christian@dbsaboston.org)

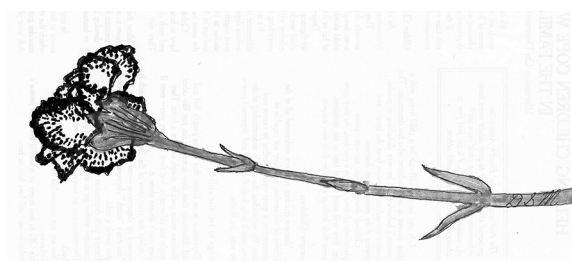
Mill Street Open Mic is offered on 5th Wednesdays!

## Spotlight on DBSA-Boston Members



DBSA-Boston member April D. was featured at the 2018 McLean Hospital Annual Meeting in their video highlighting members of the McLean Hospital community. April was treated at McLeans Hospital after she had her first episode of psychosis. Because it was her first episode, she was able to work with the McLean OnTrack Team where she did extremely well.

In the video April's mother spoke of how great both she and April were supported and understood by the McLean OnTrack Team. April started to attend our DBSA-Boston group, and she continues to come on Wednesday nights to the Young Adult's group. Here she receives peer support and we are happy to say she has done so well she is now a facilitator for us.



### The Wind

By Barry Park



I've sailed upon the winds of bi-polar disease.  
It has blown me around from this to that,  
From sad to elated, From mad to deflated.  
I've bought my share of useless junk.  
From sports cars to paintings  
From apartments to books on changing.

I thought I was superman, I thought I was Batman.  
It turns out that I was an ordinary man with a Bi-Polar disease that was visited upon me.  
My wife thought it was strange that I was making birdhouses at 3 AM  
I thought it was strange that she was sleeping at that odd hour.

I've sailed upon the winds of bi-polar disease.  
My strange journey has taken me from high to low, from hospital to doctor, from medicines  
to groups, from drugs to meditation.  
I hope never to journey into that black hole again.  
But if I do, I know this group will surely protect me from that wind.

### Living with Bi-polar Disorder

By Dan Sullivan



So where do I start? As Dorothy was told in the Wizard of Oz, "Start at the beginning". (Unfortunately, I've spent some time in the Land of Oz). The official beginning was in spring of 1971 when I had my first manic episode. Even before that I remember a conversation with my friend Charlie where I said "When I'm up I'm really up and when I'm down I'm really down. In just a few words I had defined my bi-polar disorder.

I've been living with bi-polar disorder for over 50 years. It has been a bumpy ride, to say the least. More accurately, it's been a series of train wrecks. Forgone education, lost jobs, failed marriage, stretches of homelessness – all were the results of my manic episodes. Drug and alcohol use only fueled the ride. And while I've made my own decision and should not blame all of my life's miseries on my disease, there is no doubt my judgement was affected.

But as many times as I've been knocked down by this disease, I've always been able to get back up. It's never been easy, sometimes harder than others, but I've always managed to pull myself through. The ensuing depressions were as unbearable as my mania were destructive. However, in the midst of one of my worst depressions, while I was lying in bed at 3 one afternoon, I discovered a piece of logic. "I have no hope but hope exists and therefore I can find it." Then I checked myself into the hospital.

It's true I've lost a lot, but I've also gained a lot. Most importantly I've gained what I feel is valuable insight into this disease. It's said clinicians are the professionals but we are experts. I will be writing more about my experience. I will be writing more about myself and I hope you will enjoy reading it.



## Background of Speakers Presenting at DBSA-Boston Fall 2018

### **Sept. 12, 2018: “Portraits of Resilience,” Daniel Jackson, PhD.**

Daniel Jackson is a Professor of Computer Science at MIT, a MacVicar teaching fellow, and an Associate Director of the Computer Science and Artificial Intelligence Laboratory. He is also a landscape and portrait photographer, whose most recent project is Portraits of Resilience, a collection of portraits and stories about members of the MIT community who have experienced depression, anxiety and related challenges.

Daniel Jackson will tell us about the Resilience Project, which engaged members of the MIT community who experienced depression and anxiety and other challenges, to shine a light on the pervasiveness of these conditions, and to bring stories and insights to others suffering in a similar way, in the hope that they would find solace and encouragement in these stories.

He will show us some of the images from the project and share highlights of what he learned from the “portrait people” – his extraordinary project participants. For more information, visit: <https://www.portraitsofresilience.com/>

### **Oct 10, 2018, “Surviving Survival: You Are Still In Control!,” Tonisha M. Pinckney, PhD, MSCJ, MAFF, CFE aka Dr. Toni.**

Have you ever cringed when someone told you to “get over it?” Has life’s current challenges left you feeling like you cannot survive what you are going through? Dr. Toni presents clear and easy suggestions for dealing with life. Based on her own life experiences and anecdotes from client and mentee exchanges, Dr. Toni reminds attendees that we cannot always control what happens to us, we can control how we respond and how we let life challenges impact us. A survivor of sexual assault, domestic violence, and many other physical and mental health challenges, Dr. Toni gives tools to help you (1) survive survival, (2) allow yourself time to get through it rather than get over it, and (3) gain perspective as to your role in a healthy future. It’s time to declare, “I AM MORE!”

For more on Dr. Toni, go to Speakers on the DBSA Boston website:

[http://dbsaboston.netfirms.com/?page\\_id=214](http://dbsaboston.netfirms.com/?page_id=214)

### **Nov 14, 2018: “Imaging in Psychiatric Disorders,” Susan Whitfield-Gabrieli, PhD.**

Susan Whitfield-Gabrieli is the Founding Director of the Northeastern University Biomedical Imaging Center, Professor of Psychology at Northeastern University and Principal Research Scientist at MIT. She received her PhD in Neuroscience at the University of California Berkeley. Her mission is to understand the brain basis of psychiatric disorders and to promote translation of this knowledge into clinical practice. Towards this end, she employs multimodal neuroimaging techniques to investigate the pathophysiology of psychiatric disorders such as schizophrenia, bipolar disorder, anxiety and depression. Her goal is to discover biomarkers for improved diagnosis, early detection and prediction of therapeutic response.

The future quality of health care in psychiatry will benefit from a timely translation of basic research findings into more effective patient care. Dr. Gabrieli will discuss ways in which human brain imaging may have translational potential in terms of offering 1) early identification of individuals at risk for mental health difficulties, so that preventive treatment can reduce or even avert future difficulties, 2) neuroprediction, aimed at precision medicine targeted for selection of optimal treatment programs, and 3) cutting-edge, behavioral interventions such as mindfulness based real-time fMRI neurofeedback, used to augment current available treatments and limit the progression of psychiatric disorders.



# Registration Form

## "Foundations I: Workshop in Facilitating Peer Support Groups"

Sunday, September 16, 9:30 a.m. to 5:00 p.m.  
De Marneffe Building, 115 Mill Street, McLean Hospital, Belmont

Please make check payable to: DBSA-Boston  
(One registrant per form. Please print.) Complete form and mail with check to:  
**DBSA-Boston, Facilitator Training, PO Box 102, Belmont, MA 02478**

Payment must accompany registration form to reserve a seat,  
and be received in our office by September 12, 7:00 p.m. EDT.

**Workshop is limited to 20 participants**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Email: \_\_\_\_\_

### Check the appropriate box:

- |   |         |
|---|---------|
| <input type="checkbox"/> DBSA-Boston Member   | \$35.00 |
| <input type="checkbox"/> DBSA Member Affiliate  | \$45.00 |
| <input type="checkbox"/> Peer Services Professional                                       | \$60.00 |
| <input type="checkbox"/> Other Attendee   | \$70.00 |
| <input type="checkbox"/> I am adding an additional tax-deductible donation to DBSA-Boston | \$_____ |

**I am enclosing a check for the total of:** \$\_\_\_\_\_

Registration fee includes: Six-hour workshop, refreshments all day, Certificate of Attendance. Materials will be provided on three-hole paper without additional charge.

DBSA-Boston membership is tax deductible.

**I understand and agree that by attending this training, I do not automatically become a DBSA-Boston facilitator, and will not represent myself as such.**

**Signature:** \_\_\_\_\_

**The registration form is incomplete without your signature.**

DBSA-Boston 03/01/17

# Regional DBSA/DMDA/MDDA & Other Support Group Listings

## DBSA National Headquarters

Depression and Bipolar Support Alliance  
730 N. Franklin, Suite 501, Chicago, Illinois, 60654-7225  
800-826-3632 • Email: [questions@db salliance.org](mailto:questions@db salliance.org)  
Website: [www.db salliance.org](http://www.db salliance.org)

## CONNECTICUT

Depression and bipolar support groups meet in Branford, Danbury, Greenwich, Hartford, Naugatuck, Norwich, Orange, Portland, Putnam, Stratford, Torrington, Wallingford, and Windsor.

General mental health groups are for those with anxiety, depression, low self-esteem and/or relationship problems.  
Contact: Mental Health Association of Connecticut (MHACT)  
860-529-1970 ext. 10 or (CT only) 800-842-1501 ext. 10  
Website: [www.mhact.org](http://www.mhact.org) for times and locations.

### Branford: \*+DBSA-Branford

Mondays & Tuesdays, 6–7:30 p.m.  
BHCare, Mondays, 14 Sycamore Way • Tuesday, 13 Sycamore Way Branford, CT  
Contact: Alan Rosenthal • Phone: 860-661-5093  
Email: [branforddbsa@gmail.com](mailto:branforddbsa@gmail.com)  
Website: [www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/](http://www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/)

### Farmington: +(MHACT) • Wednesdays, 7–9 p.m.

1st Wednesday of each month open to Family & Friends.  
UCONN Health Center • 263 Farmington Avenue,  
Farmington, CT (Use hospital entrance. Ask for the room number at the front desk.

### Greenwich: \*DBSA-Greenwich

Fridays, 2:30–4:30 p.m. • 27 Stag Lane, Greenwich, CT  
Contact 1: John S. Tamerin, MD • Phone: 203-661-8282  
Contact 2: Susan Perry Williams • Phone: 203-661-8307  
Email: [jtamerin@optonline.net](mailto:jtamerin@optonline.net)  
Website: [www.db sagreenwichct.com](http://www.db sagreenwichct.com)

### Hamden \*+DBSA-Branford

Tuesdays 2:30–4:30 p.m. • Unitarian Church, 700 Hartford Turnpike  
Contact: Alan Rosenthal • Phone: 860-661-5093  
Email: [branforddbsa@gmail.com](mailto:branforddbsa@gmail.com)

### Hartford: \*+DBSA-Greater Hartford

Wednesdays, 7–9 p.m. • Institute for Living  
200 Retreat Avenue, Commons Building, 2nd Floor,  
Litchfield Conference Room, Hartford, CT  
Contact: Selina Grover-Welborn • Phone: 860-462-3049  
Email: [swelborn@mindlink.org](mailto:swelborn@mindlink.org)

**Listings change frequently:** We suggest you call, email or write contacts for current information.

**Attention Chapter Contacts:** to change or add a listing, call, email or write to DBSA-Boston, Attn: Chapter List.

## CONNECTICUT, continued

**Norwich:** (MHACT) • Saturdays, 2–3:30 p.m.  
Lee United Methodist Church, 294 Washington St., Norwich, CT

### Orange: (MHACT)

2nd and 4th Mondays, 7:30–9:30 p.m. • Zion Lutheran Church • 780 Grassy Hill Road, Orange, CT

### Putnam: +DBSA-Putnam • Tuesdays, 6:30–8:30 p.m.

Day Kimball Hospital, 320 Pomfret Street, Putnam, CT  
Contact: Mariel Bates • Phone: 860-315-3359  
Email: [autumn70567@yahoo.com](mailto:autumn70567@yahoo.com)  
Website: [www.db salliance.org/putnam](http://www.db salliance.org/putnam)

### Torrington: \*+DBSA-Northwest Connecticut

Thursdays, 7–9 p.m. • Charlotte Hungerford Hospital (small dining room off the cafeteria)  
540 Litchfield Street, Torrington, CT  
Contact: Ann Kelly • Phone: 860-567-8165  
Email: [annkelly7@yahoo.com](mailto:annkelly7@yahoo.com)  
Website: [www.db sanwct.com](http://www.db sanwct.com)

### Waterford \*+DBSA-Branford

Saturday, 9–11 a.m. • Waterford Baptist Church  
111 Rope Ferry Road, Waterford, CT 06385  
Contact: Michelle Minnich  
Phone: 860-908-0911  
Email: [md222be@sbcglobal.net](mailto:md222be@sbcglobal.net)  
Website: [www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/](http://www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/)

### Westport: \*+DBSA-Brandford • Thursdays, 6–8 p.m.

St. Vincent's Medical Center, Behavioral Health Service  
Westport Campus • 47 Long Lots Road, Westport, CT  
Contact: Alan Rosenthal • Phone: 860-661-5093  
Email: [branforddbsa@gmail.com](mailto:branforddbsa@gmail.com)

## MAINE

### Portland: \*+DBSA-Portland

Wednesdays, 1:30–3:30 p.m.  
Maine Medical Center, Dana Health Ed. Center, Room 2  
22 Bramhall Street, Portland, ME  
Contact 1: Paul Young • Phone: 207-857-9498  
Contact 2: John Kennedy • Phone: 207-615-3691  
Email: [pyoung30@maine.rr.com](mailto:pyoung30@maine.rr.com)

### Rockland: \*+DBSA-Mid-Coast

Thursdays, 7:00–8:30 p.m. • Tuesdays 11–Noon  
First Universalist Church, 345 Broadway, Rockland, ME  
Contact: Erica • Phone: 207-505-2663  
Email: [db samc@hotmail.com](mailto:db samc@hotmail.com)

### Rumford: Thursdays, 6–8 p.m.

431 Franklin Street, Rumford, ME  
Phone: 207-364-2495

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## Key to Chapter List

\* Asterisk indicates National DBSA Chapter.

+ Plus sign indicates Family & Friends are welcome to attend.

# Regional DBSA/DMDA/MDDA & Other Support Group Listings

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## MASSACHUSETTS

### Attleboro: \*+DBSA-Attleboro

Tuesdays, 7–9 p.m. • Newcomers at 6:45 p.m.  
Hillside Adult Day Health Center,  
50 Walton Street, Attleboro, MA  
Contacts: Chris and Colleen • 508-222-7525 ext. 407  
Email: info@dbsa-attleboro.org

### Belmont:

\*+**DBSA-Boston** • Wednesdays, 7–9 p.m.  
Speakers 2nd Wednesdays, 7–8 p.m.  
Groups include Newcomers, Depression, Mania & Bipolar,  
Dual Diagnosis, Family & Friends, Maintaining Stability,  
Open Exchange, Veterans, Women's Issues, Working &  
Coping, and Young Adults.

McLean Hospital de Marneffe Building cafeteria, 115 Mill  
Street. For Directions, call 617-855-2000 ext. 7000.

**DROP-IN groups** every Monday, Thursday, Friday, and  
Saturday, 1:30–3:30 p.m. • McLean Hospital de  
Marneffe Building cafeteria, Room 132

In-house groups for patients at McLean Hospital

DBSA-Boston, PO Box 102 (for packages, 115 Mill Street),  
Belmont, MA 02478  
Contact: Barry Park  
Phone: 617-855-2795 Fax: 617-855-3666  
Email: info@dsaboston.org  
Website: www.dsaboston.org

### Boston:

+**DBSA-Boston** at MGH/Downtown  
Thursdays, 7–9 p.m.  
Massachusetts General Hospital (MGH), Boston, MA  
Yawkey Center for Outpatient Care, 4th Floor, Suite 4A,  
Schiff Conference Center  
Phone: 617-855-2795 • Email: mghgroup@dsaboston.org

### Hingham: DBSA-South Shore Massachusetts

Contact: E. Christopher Kehoe • Phone: 781-908-0268  
Email: dsasouthshore@gmail.com

### Holyoke: +DBSA-Western Massachusetts

Mondays, 6–7 p.m.  
Holyoke Hospital, Behavioral Outpatient Building, kitchen  
area • Hospital Drive, Holyoke, MA  
Contact: Barbara • Phone: 413-532-1784  
Email: dsaoefwm@hotmail.com

## MASSACHUSETTS, continued

### Hyannis:

+DBSA-Cape Cod  
Wednesdays, 7–9 p.m.  
Cape Cod Medical Center Conference Room  
40 Quinlan Way, Hyannis, MA (across parking lot from the  
Cape Psych Center)  
Contact: Lois • Phone: 508-681-8598  
Email: dmcapecod@hotmail.com

### Lexington

Thursdays 1:30–3:30 p.m.  
Seniors' Group meets at the Senior Center,  
1475 Massachusetts Avenue, Lexington, MA.  
Contact: Rhona at 617-965-3630

### Lowell:

\*+DBSA-Merrimack Valley  
Thursdays, 7:00–8:30 p.m.  
Lowell First Church of the Nazarene  
1195 Varnum Avenue, Lowell, MA  
Contact: Tim  
Toll-free phone: 888-280-7773  
Email: dsamerrimackvalley1@yahoo.com  
Website: www.dbsalowell.com

### Marion:

DBSA-Southcoast  
1st & 3rd Thursdays, 6:30–7:30 p.m.  
St Gabriels Episcopal Church, 124 Front Street,  
Marion, MA  
Contact: Rachel Clark • Phone: 508-813-8605  
Email: DBSA.southcoast@gmail.com

### Natick:

+MDDA/Natick  
1st and 3rd Thursdays, 7:30–9:00 p.m.  
First Congregational Church, 2 East Central Street,  
Natick, MA  
Contact: Don Jessen • Phone: 978-443-6803

**North Adams:** See Bennington, VT listing.

### Revere:

+Depression Bipolar Support Group  
Tuesdays, 6:15–7:45 p.m.  
MGH Health Care Center Revere  
Administrative Conference Room, across from Security Desk  
300 Ocean Avenue, Revere, MA • Revere Beach Train Stop  
Contact: Kim Harol • Phone: 781-248-9825  
Email: dsarevere@gmail.com

### Southbridge/Sturbridge:

+DBSA-Southbridge/Sturbridge • Wednesdays 7 p.m.  
Brookside Terrace Community Room, 11 Village Dr.,  
Southbridge, MA 01550  
E-mail: dbsouthbridge@yahoo.com.

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# Regional DBSA/DMDA/MDDA & Other Support Group Listings

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## **MASSACHUSETTS**, continued

### **Worcester:**

\*+DBSA-Worcester  
Mondays, 7–9 p.m.  
UMass Medical Center, N. Lake Avenue, Worcester, MA  
Contact: Don Latham • Phone: 508-864-4759  
Email: dlatham46@verizon.net

## **NEW HAMPSHIRE**

### **Concord:**

\*+DBSA-Concord  
Meet 1st, 3rd & 5th Wednesdays, 7–9 p.m.  
St. Paul's Church, 21 Centre Street, Concord, NH  
Contact 1: Susan Milliken • Phone: 603-224-2664  
Contact 2: Steve Farr • Phone: 603-494-2685  
Fax: 603-229-1635  
Email: dbsaconcord@comcast.net

### **Dover:**

+DBSA-Greater NH Seacoast  
Mondays, 7:00–8:30 p.m.  
Wentworth Douglass Hospital, Salmon Falls Room  
789 Central Street, Dover, NH  
Contact: Joe Breakfield • Phone: 603-389-8011  
Email: jbreakfield@yahoo.com

### **Exeter:**

\*+DBSA-Greater NH Seacoast  
Fridays, 7:00–8:30 p.m.  
Exeter Hospital, North Conference Room #1  
5 Alumni Drive, Exeter, NH  
Contact: Brad • Phone: 603-303-0205  
Email: dbsaexeter@comcast.net

### **Hampstead Center:** DBSA

Tuesdays 7:30–9:00 p.m.  
Hampstead Congregational Church, 2nd Floor,  
Davis Room, 61 Main Street, Hampstead, NH  
Contact: Bob Elder • Phone: 603-329-6609  
Email: rdelder@comcast.net

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**Attention Chapter Contacts:** to change or add a listing, call, email or write to DBSA-Boston, Attn: Chapter List.

## **NEW HAMPSHIRE**, continued

### **Lebanon:**

+DBSA-Upper Valley • Thursdays, 6–8 p.m.  
Dartmouth Hitchcock Medical Center (ask at the info desk), 1 Medical Center Drive, Lebanon, NH  
Contact: Jean Clark Townsend • Phone: 603-632-7493  
Email: dbsa@valley.net

### **Nashua:**

\*+DBSA-Nashua • Thursdays, 7–9 p.m.  
Community Council, 100 West Pearl Street, Nashua, NH  
Contact 1: Thomas Doucette • Phone: 603-888-2141  
Contact 2: Amanda Potash • 603-560-7502  
Email: info@dbsanashua.org  
Website: www.dbsanashua.org

### **Plymouth:**

+DBSA-Plymouth • 1st and 3rd Mondays,  
6–7 p.m. • Whole Village Resource Center  
Highland Street, Plymouth, NH  
Contact: Donna Serina • Phone: 603-783-7025  
Email: donnaserina@yahoo.com

## **RHODE ISLAND**

### **Providence:**

+DBSA-Providence • Tuesdays, 7–9 p.m.  
Butler Hospital, Ray Conference Center, 2nd floor  
2nd and 4th Saturdays, 10 a.m.–Noon  
Butler Hospital, Ray Conference Center, 1st Floor  
345 Blackstone Boulevard, Providence, RI  
Phone: 401-309-7575  
Website: <http://www.mdda-ri.org>

### **Wakefield:** Wakefield/South County DBSA

Shore Community Mental Health Center, 55 Cherry Lane,  
Wakefield, RI  
Contact: Jim McNulty  
Phone: 401-254-2572 or 401-455-6338.

## **VERMONT**

### **Bennington:**

\*DBSA of Bennington Area  
Mondays, 7–9 p.m.  
Bennington Free Library  
101 Silver Street, Bennington, VT  
Contact: Susan Hohman  
Phone: 802-447-3453

## **Key to Chapter List**

\* Asterisk indicates National DBSA Chapter.  
+ Plus sign indicates Family & Friends are welcome to attend.

# DBSA-Boston Membership Agreement

DBSA-Boston brings us together to offer each other what we have learned about living with affective disorders. In these circles of trust, we share our feelings, our experiences, and our coping strategies. We do not give advice, particularly about medication. Our support groups are not therapy groups. Our facilitators are not therapists, but DBSA-Boston members trained in peer-group facilitation.

To make everyone feel safe and welcome, our groups are governed by certain guidelines. In particular, we recognize that everything shared within groups (and much revealed one-to-one) must be kept confidential for people to feel safe enough to participate. We also use "I" statements and speak from our own experience; and when differences arise, we refrain from judging one another and instead seek understanding.

DBSA-Boston members in good standing are entitled to the following privileges:

- A safe and empathetic environment to aid in their personal growth
- Receipt of our quarterly newsletter via email or printed/snail mail by preference
- Participation in our Share Care groups, daytime drop-in and monthly lectures
- Group functions including the summer picnic and holiday party
- Opportunities to "give back" to others by serving as a group facilitator, running for the Board of Directors or working on committees
- The right to vote in DBSA-Boston elections

(CONTINUED ON OTHER SIDE)

(Cut along the dotted line)

(Detach and send In)

**DBSA-Boston**

**Multipurpose Membership Form**

Please, use this form to **become a member** of DBSA-Boston, **renew your membership**, **change terms** of membership or address/phone/email or **make a donation**. **Make checks payable to: "DBSA-Boston"** and bring them to the Welcome Table at the Belmont chapter meetings on Wednesday nights or mail them to: DBSA-Boston, ATTN: Membership, PO Box 102, Belmont, MA 02478. (You must be 18 years old to become a member.)

**Check all that apply** ☐ New Member ☐ Renewing Member ☐ Donation  
☐ Change address/phone/email ☐ Change Membership Terms  
☐ Mail only in confidential (unidentified) envelopes

Members requesting changes, please note: changes require 4-6 weeks to take effect.

**Categories and Dues** ☐ Individual: \$35/year ☐ Household: \$50/year ☐ Professional: \$75/year  
☐ Lifetime: \$300 ☐ Benefactor: \$500 ☐ Angel: \$1,000

*If paying full dues causes you financial hardship, please contact the Membership Chair.*

**Please Print Clearly:**

Name \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (     ) \_\_\_\_\_ (For Confidential Office Use ONLY)

Email \_\_\_\_\_ (For Confidential Office Use ONLY)

**SIGNATURE REQUIRED:** I understand and will abide by DBSA-Boston's Membership Agreement (see below)

X \_\_\_\_\_ (Form continues on the other side)

## DBSA-Boston Membership Agreement, continued

DBSA-Boston has established clear guidelines for the security and well-being of all members participating in our organization. Because disruptive behavior is often a symptom of bipolar and depressive illnesses, it must be accommodated to some degree. Beyond a certain point, however, it cannot be tolerated as it jeopardizes the work or even the existence of a group dedicated to helping people transform their lives. We list here some examples of behavior that, if it persists, can lead to a review of an individual's group participation privileges, and possibly to that individual's removal from the organization by the Board of Directors.

1. Discrimination against any individual or group based on age, gender, race, creed, nation of origin, ethnicity, sexual orientation, disability, religion or any other characteristic protected by the laws of the United States
2. Physical or verbal aggression
3. Suggestive remarks or other forms of sexual harassment
4. Violating confidentiality of support group meetings or individual members
5. Disrupting groups by coming in late habitually, wandering in and out, or refusing to cooperate with a group facilitator in following established DBSA-Boston guidelines
6. Abuse of the telephone or email lists by making calls at inappropriate times or by refusing to stop contacting those who have asked not to be contacted
7. The use of cell phones during groups, including texting, Web access and photos
8. Harassing or stalking individuals who have asked not to be contacted
9. Inappropriate or illegal behavior in contexts where members are viewed as representatives of DBSA-Boston, such as at McLean Hospital, local restaurants or other public places
10. Bringing pets other than service animals to group meetings
11. Attending DBSA-Boston meetings or functions while under the influence of alcohol or other recreational drugs
12. Repeatedly violating the smoking policies of a facility where an DBSA-Boston group is meeting

Your cooperation and commitment are what keep DBSA-Boston alive and well. Thank you!

(Cut on the dotted line)

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## DBSA-Boston Membership Form (continued from other side)

Phone List: Include my name as follows: \_\_\_\_\_

(Your name will be placed on the phone list, which is given to DBSA-Boston members seeking personal support, ONLY if you print your name here.)

How did you find  
out about DBSA? \_\_\_\_\_

Suggestions  
or Comments \_\_\_\_\_

**Donations: Help us to help others** by giving an additional donation. Donations are tax deductible to the extent provided by law. DBSA-Boston is a non-profit corporation in accordance with I.R.S. Code, Section 501(c)(3).

☐ \$25   ☐ \$50   ☐ \$100   ☐ \$150   ☐ \$\_\_\_\_\_

☐ In honor/memory of \_\_\_\_\_

Acknowledgments sent on request: enclose name, address and additional information

**TOTAL AMOUNT ENCLOSED** (dues and/or donations) \$\_\_\_\_\_ (checks to DBSA-Boston)

**Thank you very much! The Membership Committee**

(OFFICE USE ONLY– Payment received \_\_\_\_/\_\_\_\_/\_\_\_\_ by \_\_\_\_\_)