

POLARS' EXPRESS

The Newsletter of the Depression and Bipolar Support Alliance of Boston

December 2018, January and February 2019



Winter Calendar

Schedule of Speakers and Events



On the 2nd Wednesday of each month in McLean Hospital'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.

December 12: "Take Control of Your Depression: Strategies to help you feel better now" Susan Noonan, MD
See page 10.

December 19: **Annual Holiday Party & Lee Paris Artisan Craft Fair!** See page 8.

January 09: "Can We Get Better Drugs, Nassir Ghaemi, MD, MPH, and Gopi Shanker, PhD See page 11.

January 30: "Mill Street Open Mic Session" See page 7.

February 13: "How and when does mental illness stigma impact treatment seeking?" Annie B. Fox-Galatis, PhD
See page 11.

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, 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
Website: www.dbsaboston.org



WHAT'S INSIDE

	Pages
DBSA-Boston News	2-10
Board Notices	3-4
DBSA Scholarship!	5
Share Care	6
Activities	7-8
Members' Writing	9
In Memorium	10
Speaker Information	10-11
Regional Meetings	12-14
Membership Form	15-16

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	Barry Park
Bob Hanflig	Christian Tiongson
Priyadarshi Khare	Catherine Tepoz

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 (12/05, 01/02, 02/06) 7 p.m.

Facilitator Meetings:

1st & 3rd Wednesdays (12/05, 12/19,
01/02, 01/16, 02/06, 02/20) 5:45 p.m., Room 132

Share Care Committee:

2nd Wednesdays (12/12, 01/09, 02/13)
5:45 p.m., Room 118

DBSA-Boston news is noted by the paw print. 

The Polars' Express Newsletter Committee:
Barry Park • Susan Reynolds, Editor - see page 3

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

President's Letter

Winter 2018-2019



Dear DBSA Friends,

I hope the fall finds you all well. I am sorry for the loss of light this time of year but the color has certainly been beautiful. Just walking down through my neighborhood and feeling the leaves rustling around my feet transforms me a bit to a simpler time in my life.

It's been a good year at DBSA. I love coming in on Wednesday night and seeing all the activity going on. There is the music circle, meditation and the coloring circle every week before groups. This is all possible because of the dedication of our DBSA members who give so much of their time. .

So as this holiday season begins I want each and every one who helps at the welcome table, helps with social events, moves a table etc. to know how much you are appreciated. This truly unites us.

I would be remiss if I did not mention our dedicated people who work in our office, our board members, share care committee and all our wonderful facilitators. None are paid for their hard work, but please know it does not go unnoticed. We couldn't function without all of you.

I am looking forward to our holiday party in December that brings so many of our DBSA members together for a night of food, raffles, music, and just the pure pleasure of being together. So if you come to our daytime groups or haven't been for a while I hope you'll join us on Wednesday evening, December 19. It wouldn't be a party without all of you. See page 10.

So as we approach holiday season I hope you remember that DBSA runs solely on our memberships and donations. I would also like to mention that many employers are willing to match their employee's donations.

Every day I give thanks for how much DBSA has done to enrich my life.

Lillian Cravotta-Crouch
President, DBSA-Boston



No-Smoking Policy at McLean Hospital and DBSA-Boston

I would like to remind everyone in the DBSA community of how lucky we are to have such a wonderful space at McLean Hospital to have our meetings. As McLean is a hospital we need to abide by their rules. Smoking is not permitted except in the Gazebo, which is located behind the Proctor & Short Term unit. The smoking of marijuana on the grounds of the hospital is not permitted, pursuant to hospital policy and state regulation. There are no exceptions to the rule. If Security or anyone from DBSA-Boston leadership should find anyone in violation of this policy, you will no longer be allowed to come to DBSA-sponsored groups and events. Thank you in advance for your cooperation.

Lillian Cravotta-Crouch, President, DBSA-Boston

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**, 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 February 15, 2019

Susan Reynolds, Editor, Polars' Express,

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 page 6.

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:	Lillian Cravotta-Crouch,
Communications:	Susan Reynolds
Creativity:	Christian Tiongson
Executive:	Lillian Cravotta-Crouch
Finance	Barry Park
Fundraising:	Lillian Cravotta-Crouch Barry Park
Marketing/Outreach	Barry Park Alli Bodek
Membership:	Alli Bodek, Christian Tiongson
Nominations:	Open
Office Operations	Barry Park
Policy Committee	Michele O'Shea
Share Care	Michele O'Shea
Speakers Bureau:	Mary Johnston
Training:	Lexie Comeau Chuck Weinstein

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 2019:

- January 30 See page 9.
- May 29
- July 31
- October 30

Questions? Email 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

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

THE 2019 DBSA-Boston Merit Scholarship



Open to DBSA-Boston Members Who Are Pursuing a Post-Secondary Degree/Certificate

The DBSA-Boston Merit Scholarship is awarded to a DBSA-Boston paid member who is in good standing and is actively enrolled in or accepted as a part-time or full-time student to a two-year or four-year undergraduate or graduate program in an accredited college/university OR a program in an accredited technical or trade school.

DBSA-Boston will award \$500 to the winner. The winner of the scholarship will use the award for tuition and books, supplies, and equipment required for the course of instruction. Scholarships used as noted are tax free.

Requirements:

The prospective applicant must fulfill the following requirements to apply for the scholarship:

Applicant must:

- Be a DBSA-Boston paid member in good standing
- Be a volunteer at DBSA-Boston for at least three-months as a staff-member (i.e. welcome table assistant, music circle lead, office assistant) or helped at least one annual DBSA-Boston event in the past year.
- Be currently accepted/admitted to a two-year or four-year undergraduate or graduate program at an accredited college or university in any major OR a program in an accredited technical or trade school
- Submit a personal essay of how DBSA-Boston helped them in their recovery or stability.
- Not previously won the DBSA-Boston Merit Scholarship.

[Please, download complete, and submit the application](#) for the DBSA-Boston Merit Scholarship.

If you have any questions please see Lillian Cravotta-Crouch or Christian Tiongson.





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: Steve L.

Highlighted Groups

Newcomers: Occurs every Wednesday

The group for newcomers is a must for DBSA first timers and anyone interested in reacquainting themselves with all that DBSA offers. All DBSA-Boston newcomers, including family and friends, are encouraged to attend. As the DBSA orientation group, Newcomers focuses on providing information on the DBSA organization as a whole, as well as the range of share care groups, lectures, and other events, resources, and services that form the core of DBSA-Boston. Newcomers meetings usually conclude with a share care session that is typical of other DBSA-Boston groups.

Women's Group: Occurs every Wednesday

The Women's group provides a haven for women who feel more comfortable participating in share care sessions made up of women only. The female-only environment is often conducive to discussion of topics specific to women, but a wide range of subjects may be covered depending on the group's needs and interests. Meets weekly.

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.*

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.



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 for details.

Weekly Coloring Circle at DBSA-Boston

Every Wednesday 6:00–7:00 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

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 with any questions.

Mill Street Open Mic January 30

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



Annual Holiday Party & Lee Paris Artisan Crafts Fair

FOOD | ART | MUSIC | RAFFLES | MEMBERSHIP DRIVE

Wednesday, December 19, 2018
6:00 p.m. to 8:00 p.m.
(Support Groups 8:00 p.m. - 9:00 p.m.)

de Marneffe Cafeteria at McLean Hospital

\$3 MEMBERS | \$5 GUESTS
FREE FOR VOLUNTEERS & CURRENT FACILITATORS

Please join us for lots of good holiday cheer with a **buffet, crafts fair, music, and more!** There will also be a number of raffles including the annual holiday 50/50! On top of that, consider becoming a DBSA-Boston member during the Holiday Membership Drive!

Holiday Buffet

We provide plenty of pizza, sandwiches, rollups, cookies, cakes, hot tea, coffee, and soda and we look to you, our membership, to add to the fun by bringing in your favorite homemade dish or store-bought item. Show up a bit early to help set up. Your help is always welcome.

Lee Paris Artisan Crafts Fair*

Every year we have wonderful Peer Artisans from our community who bring their goods (many handmade, one of a kind) for sale. This is a great time to buy your Christmas, Hanukah, Kwanza, and Festivis gifts. There will be a unique variety of gift items: photographs, hand-made crafts, paintings, gift cards, jewelry, clothing, soaps, art work... bring cash!

Membership Drive

If you are not a member, consider joining DBSA-Boston at the Holiday Party. If you join on this night, or renew your current membership, as your first benefit of membership, you will have free access to our scrumptious buffet, a savings of \$3.00 to \$5.00, a great incentive.

* The Artisan Crafts Fair is named for our long-standing member, photographer Lee Paris, who started our tradition of art shows at the Annual Cookout in 2006!

FOR MORE INFO, PLEASE CONTACT:
Lillian Cravotta-Crouch, Activities Chair, at lillianc@dbsaboston.org



I Make My Way

Clare Gabriel

Walking in shadows blinded by thorns,
I make my way.
Dancing in the melody of hush whispers in the air,
it gets lonely out there.

Stumbling past footprints of a former self,
I make my way.
Holding onto tiny rays of light,
pictures become whole, and I see my soul.

A sudden calm caresses the night, there's a natural high.
Like a warrior in battle I make my way
And I find it.

To Be or Not to Be

By Dan Sullivan

Checking into the hospital is always an option. Depression can be crippling. Hopelessness is all too common a symptom. It's scary when staying the same has been ruled out and med changes just aren't working. Near the end of my last depression, I could only see two choices: a hospital stay or suicide. I listened to my survival instincts and chose to check myself in. This was literally my only viable alternative.

My most recent hospital stay lasted two weeks. Upon discharge I was fortunate enough to be referred to McLean hospital's Behavioral Health Program, commonly known as a partial program, which is basically a two-week course in CBT (Cognitive Behavior Therapy) and DBT (Dialectic Behavioral Therapy). For me, the crux of CBT was "action precedes motivation".

In scientific terms "a body in motion tends to stay in motion" In layman's terms, "get up off your ass and get moving." A major aspect of DBT is mindfulness: trying to stay in the moment; trying not

to let minds be cluttered with thoughts of the past or anxieties about the future.

It was at the partial program that I learned that at the Cole Center they were looking for volunteers. Structure I think is crucial to anyone, but especially people living with mental illness. If anything the partial program gave me a reason to get out of bed.

I was there six hours a day, Monday through Friday. I was quite happy to hear that the Cole Center was looking for volunteers. I was delighted to find out that they needed someone to write for their newsletter which was right up my alley.

They say that suicide is a permanent solution to a temporary problem. The phone may seem heavier than a boulder right now but it's really not. There are resources everywhere. Fog always lifts. With faith and some hope and some help, I was able to lift myself out of despair. And self-confidence – oh where have you been self-confidence? – has begun to filter its way in. And what's best is that it's great to be writing again.

Submitted August 2018

In Memorium: Marie Lessard-Ingelfinger 1946-2018



MARIE LESSARD-INGELFINGER passed away on October 30, 2018, at Brigham and Women's Hospital, Boston after a nearly 30-year battle with cancer. Her family called her the Energizer Bunny. She kept bouncing back after each bout of cancer. She never gave up and fought her battle to the end with strength and courage.

She and her husband Dr Joseph Ingelfinger were long-time members of DBSA-Boston. Dr Ingelfinger actively participated in the DBSA culture, attending the Foundations course in May 2017. Both Marie and Joseph attended the Family and Friends group. She will be missed by everyone at DBSA-Boston.

In lieu of flowers, donations in memory of Marie may be made to Our Lady Help of Christians Church 573 Washington Street Newton, MA 02458. Washington Street Newton, MA 02458.



Background of Speakers Presenting at DBSA-Boston Winter 2018-2019

Dec. 12, 2018: "Take Control of Your Depression: Strategies to help you feel better now" Susan Noonan, MD

Dr. Susan Noonan is a medical doctor, author of three books on depression, a consultant, patient, and certified Peer Specialist. She regularly blogs for Psychology Today and facilitates peer groups at McLean. Susan graduated with an AB from Mount Holyoke College, earned a Doctor of Medicine degree from Tufts University School of Medicine and a Master's Degree in Public Health from the Harvard University School of Public Health. After achieving board certification in Emergency Medicine, Dr. Noonan focused her clinical career in the greater Boston area. Emergency Medicine gave her the opportunity to treat patients with a variety of medical conditions, including many years counseling, treating, and advocating for individuals with mental illness.

As a physician who has treated, supported, and educated those living with a mood disorder, and as one who has personal experience in living with depression, Dr. Susan Noonan has firsthand knowledge of what is most helpful, backed by medical evidence. Her new book describes effective strategies for taking control of your depression (Take Control of Your Depression: Strategies to help you feel better now). She will discuss three topics of interest to those who have a mood disorder, from her new book: the fear of getting better, wellness as the goal of treatment, and how to survive the holidays with friends and families.

Continued on page 10

Background of Speakers Presenting at DBSA-Boston Winter 2018-2019

Continued from page 9

Jan. 09, 2019: “Can We Get Better Drugs, Nassir Ghaemi, MD, MPH, and Gopi Shanker, PhD

We all recognize the need for better new drugs in psychiatry, but it is well known that the process is difficult. There have been few breakthrough new drugs in recent years, and many companies have begun to stop working in psychiatry and neuroscience. In this discussion, we'll discuss some of the challenges and promises of trying to discover and develop new drugs in psychiatry. We'll give you a peek into how the process works, why and how it is difficult and expensive, but also how recent discoveries hold the promise for drugs that are much more effective. This presentation will be given by two leaders of psychiatry drug development – one a clinical psychiatrist and the other a neuroscientist – at a major pharmaceutical company which has research headquarters in Cambridge, MA.

Nassir Ghaemi, MD, MPH, is a psychiatrist who has treated patients and conducted clinical research for over twenty years. That work was conducted in academic centers until last year, when he joined Novartis Institutes for Biomedical Research (NIBR) in Cambridge, MA, to help develop clinical research in early drug discovery in psychiatry. He remains a Professor of Psychiatry at Tufts University and a Lecturer on Psychiatry at Harvard Medical School, where he continues to teach and see patients.

Gopi Shanker, PhD, is a neuroscientist who has conducted laboratory research aimed at developing drugs for psychiatric and neurological diseases for the past 17 years. During his career, he has worked on developing drugs for Schizophrenia, Depression, Alzheimer's Disease, Parkinson's Disease, chronic pain and migraine. His work contributed to the development of a drug for prevention of migraine (Aimovig), which was recently approved by the FDA. He obtained his PhD from the Indian Institute of Science, Bangalore (India) and completed his postdoctoral fellowship in neurobiology at The Mount Sinai School of Medicine in New York City. Thereafter he moved to the biopharmaceutical industry and worked initially at Regeneron Pharmaceuticals, and then at Amgen. He moved to Novartis Institutes for Biomedical Research (NIBR) five years ago and is currently heads the drug discovery efforts in the area of Psychiatric and Neurodevelopmental disorders.

Feb. 13, 2019: “How and When Does Mental Illness Stigma Impact Treatment Seeking?” Annie B. Fox, PhD.

Mental illness stigma has been identified as a critical barrier to treatment seeking. However, despite a large body of research examining the relationship between mental illness stigma and treatment seeking, we know very little about how and when stigma impacts the decision to seek care. Mental illness stigma is complex and multi-faceted, and different aspects of stigma may impact people differently. In this presentation, I'll discuss a framework for understanding and defining mental illness stigma, and review several studies examining how and when mental illness stigma impacts both functioning and treatment seeking.

Annie B. Fox, PhD, is an Assistant Professor of Quantitative Methods at the MGH Institute of Health Professions. Dr. Fox received her Ph.D. in Social Psychology from the University of Connecticut. She then served as a postdoctoral research associate and statistical consultant in the Women's Health Sciences Division of the National Center for PTSD at VA Boston until joining the IHP in 2017. Dr. Fox's research examines the conceptualization, measurement, and consequences of mental illness stigma. She also conducts research examining the relationships among psychosocial stressors, mental health, and quality of life.

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
Website: 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 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
Website: 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
Website: 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

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

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
Website: 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
Website: 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
Website: 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

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

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: dbsamc@hotmail.com

Rumford: Thursdays, 6–8 p.m.

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

continues on page 15

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

continued from page 14

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.

continues on page 16

Regional DBSA/DMDA/MDDA & Other Support Group Listings

continued from page 15

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

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.

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

See page 5 of this newsletter for meeting schedules.

(CONTINUED ON OTHER SIDE)

(Cut along the dotted line)

DBSA-Boston Membership Agreement

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

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

Categories and Dues ☐ Individual: \$35/year ☐ Student \$15 (With ID) ☐ Household: \$50/year ☐ Professional: \$75/year
☐ Lifetime: \$300 ☐ Benefactor: \$500 ☐ Angel: \$1,000

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).

Donations ☐ \$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

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)

Please print clearly

DBSA-Boston Membership Agreement

Name _____ Date ____/____/____

Address _____

City _____ State _____ ZIP _____

Phone () _____ Email _____

Emergency Contact _____ Emergency Telephone _____

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

X _____ (Form continues on the other side)

How did you find out about DBSA? _____

Comments or suggestions: _____

Please note: If your check to DBSA has insufficient funds, you will be charged the amount of the bank fee.

Thank you very much! The Membership Committee