

POLARS' EXPRESS

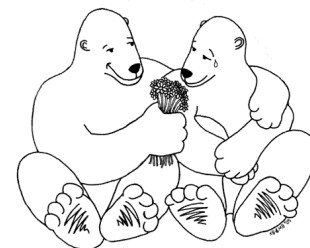
The Newsletter of the Depression and Bipolar Support Alliance of Boston

March, April, and May 2019



Spring 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 Mindfulness Meditation Circle 6:30-7:00 p.m. in Room 115. See page 8

- March 13: "Town Meeting," DBSA-Boston president, vice president and board members
- April 10:: "The Role of Self-Determination in Mental Health Recovery," Cynthia Piltch, PhD., MPH, LCMT, Reiki Master and Peer Specialist See page 12.
- April 17: Ice Cream Social with Karaoke! See page 9.
- April 28: "Foundations I: Workshop in Facilitating Peer Support Groups," led by Chuck Weinstein, LMHC, CPRP, CPS. See page 7.
- May 08: "Derailed on the Bipolar Express," author Joie Edson See page 12.
- May 11: NAMIWalks Massachusetts: Join the DBSA-Boston Team! See president's letter and page 9.
- May 29: "Mill Street Showcase" See pages 5 and 9.

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 42nd floor in Room 230, Satter 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



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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 | Barry Park |
| Bob Hanflig | Christian Tionson |
| Priyadarshi Khare | Catherine Tepoz |

Facilitation Advisor

Chuck Weinstein, LMHC, CPRP, CPS

McLean Hospital Liaison

TBA

Office Staff

Comptroller & Office Operations: Barry Park

Meeting Schedules

Board of Directors:
1st Wednesdays (03/06, 04/03, 05/01, 05/29*)
7 p.m., Cole Center

Facilitator Meetings:
1st & 3rd Wednesdays (03/06, 03/20,
04/03, 04/17, 05/01, 05/15) 5:45 p.m., Room 132

Share Care Committee:
2nd Wednesdays (03/13, 04/10, 05/08)
5:45 p.m., Room 118

* Board meeting 05/29 replaces 06/05 meeting due to Candidate's Night on 06/05, see page 3.

DBSA-Boston news is noted by the paw print.



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

President's Letter Spring 2019



I hope everyone had a good winter but I'm sure of one thing I'm always happy when I see the days getting longer which can only mean spring is on its way. I hesitate to say it hasn't been a bad winter because March & April can sometimes be so cruel, but we are hearty New Englanders, aren't we?

Our winter holiday party was once again a big success. Of course, this would not be possible if it wasn't for the help of all our DBSA members. From ordering food, to organizing the volunteers, helping set up as well as clean up. What about our entertainment. Melody Tarbox once more was there to help us celebrate. We can't thank her enough for her wonderful music she has provided over the years. One more thing I would like to mention, to thank all the generous people who contribute to our grab. It's a lot of fun not to mention some great gifts, also our very talented Dave won the 50/50 raffle which he was planning on using to expand his music equipment.

Speaking of music our music circle continues to grow thanks to Christian & Michael who quietly set up room 118 at 6 every Wednesday. I love walking by and hearing music flowing. Now they have extended to Saturday. I'm so glad that this has been done. Some of us who come on Wednesday night forget all the hard work that Steve and all the daytime facilitators do to keep things running so well. Why not a little music for all who attend!

On March 15 Susan, a nurse from McLeans, will be attending the daytime group as a volunteer from 1:30 to 2:30 p.m. to discuss and answer questions about medications. This is something that we had in the past and it was well received by people who attend the group. I'm hoping to be there not only to listen, but to get to know more of the facilitators and the members who come to our groups in the daytime.

I would also like to add one more thing, the NAMIWalks. The DBSA-Boston "We are Believers" team walks under the Central Middlesex Nami affiliate which does so much for our community, such as their family-to-family classes for 12 weeks free of charge, and their work with the criminal justice diversion program, not to mention sharing the proceeds from the walk with DBSA.

Continue on page 12.

DBSA-Boston Nomination of Officers and Board of Directors for 2019



Thank you for your interest in electing the Officers and Board Members for the incoming year 2019–2020. We are excited for the opportunity to engage our members in this very important task, which helps to maintain and shape DBSA-Boston for the continued benefit of our community.

DBSA-Boston's leadership consists of five officers: the President, Vice President, Secretary, and Treasurer, plus the Immediate Past President; and six Directors for the Board of Directors.

Seven full-term positions are open, including **President, Vice President, Secretary and four Board Directors**. The elections for Officers and Board Directors will take place at our Annual Meeting on Wednesday, June 12, 2019.

In order to be voted into an office, one must first be nominated. Nominations may be made by any DBSA-Boston chapter member, 18 years or older, who has been a dues-paying member for at least one year, is in good standing with dues fully paid. Candidates must also have been members for at least one year and must be nominated by another member. Be sure that the individual you nominate is willing and ready! Permission of the person you are nominating is necessary.

The terms for office are as follows: the President and Vice President are one-year terms; the Secretary and Treasurer are two-year terms; and all Directors are two-year terms. For the current composition of the Board, please refer to page 2 of this newsletter. For all duties and responsibilities of the Officers and Board Members of DBSA, please see page 4.

Please note: Nominations will close on Sunday, March 31, 2019. Nominations that are mailed must be postmarked no later than Wednesday, March 27, 2019. To obtain a nomination form, please ask me, pick one up at the Welcome Table or find it on page 12 of this newsletter. You may also call the office directly. All nomination forms may be delivered in person or mailed to: DBSA-Boston

Attention: Nominating Committee

PO Box 102

Belmont, MA 02478

And now for the fun part! Candidates will introduce themselves to chapter members at Candidates' Night on Wednesday, June 5th. Each candidate will have five minutes to speak to the membership about why they are running for office. The elections will happen the following week, to allow time for all members to consider which individuals they believe would best serve DBSA-Boston in the coming year. Elections will be June 12th.

DBSA-Boston is the largest and oldest DBSA chapter in the country, and our members can feel proud to be part of this esteemed organization, which seeks to better the lives of its members and non-members suffering from mood disorders. The support available at DBSA is unique and incredibly valuable to our community. It is a privilege to be part of DBSA, to vote and nominate candidates, and to have each of our voices heard. Without you, we would have no chapter, and this is why your participation is so important.

We are always looking for new involvement in running and maintaining our organization. If you feel that you can benefit this organization as a leader, please don't hesitate to step forward.

Thank you for your contributions to DBSA-Boston, Christian Tiongson, Nominating Committee Chair

DBSA-Boston Overview of Duties and Responsibilities Board Member



1. Attend all Board Meetings.
2. Attend any and all additional "Planning Sessions." Not likely to exceed two in the coming fiscal year.
3. If unable to attend a Board Meeting, will notify President in person or by the President's personal email or voicemail only.
4. If any Board Member should have three consecutive unexcused absences, he/she runs the risk of being dismissed from the Board.
5. Chair one committee, or sit on one or more committees.
6. Help out during special events: Holiday Party, Ice Cream Social, Summer Cookout, etc.
7. Be a current dues-paying member of DBSA-Boston.

Committee Chairperson

1. Hold meetings at regularly scheduled intervals.
2. Identify meeting location in advance. In order to avoid space conflicts, first check with President.
3. Recruit and cultivate committee members.
4. Organize and facilitate committee meetings.
5. If unable to attend, appoint someone to facilitate in your absence.
6. Furnish the Board with a projected annual budget, if needed. Should the need arise to exceed the projected budget, the Chairperson would need to make an appeal before the Board for approval.
7. Apprise the Treasurer of all inflows of monies.
8. Clear expensive, sensitive, and unusual projects through the Board.
9. Always consult in advance with the Treasurer when incurring expenses. She will apprise you of any office-generated forms that must be filled out and filed.
10. It is always useful to maintain a year-long history of the committees' works and deeds. This can be presented to your successor. 'Tis better to exist in a continuum than a vacuum.

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: your contribution supports DBSA-Boston and its members.

Only current members can nominate candidates and be nominated as candidates for the Board. They also 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.

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.

2018-2019 Committees

Chairs

| | |
|--------------------|---------------------------------------|
| 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: | Christian Tiongson |
| 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 Showcase

Every 5th Wednesday of the Month

6:30 p.m.–8:00 p.m.

At the deMarneffe Building cafeteria

Dates for 2019:

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

Questions?

Email christian@dbsaboston.org

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.

Mentor Coordinators: Lillian Cravotta-Crouch and Michele O'Shea.

- Thursday evening meetings, 7–9 p.m., in the Yawkey Center for Outpatient Care, 2nd Floor, Satter Conference Center, Room 2-230, 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. Fridays a DNP from McLean's joins the group from 1:30-2:30 p.m. to discuss/answer questions on medications. 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., Chuck Weinstein, and Lillian Cravotta-Crouch (ex-officio)

See other regional support groups starting page 12.

DBSA-Boston Facilitator Training Program Presents: Foundations I: Workshop in Facilitating Peer Support Groups

Sunday, April 28, 2019
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, April 24, 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, 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.

***See registration form** on page 14, or download the registration form at:

<http://dbsaboston.netfirms.com/wp-content/uploads/2019/02/Foundations-Registration-Form-19-04-28.pdf>



Weekly Music Circle

Every Wednesday 6:00–7:00 p.m. in Room 117
Every Saturday Noon–1:15 p.m in Room 132 before the drop-in group

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 and Saturday 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 Mindfulness Meditation Circle

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

We meet for Mindfulness Meditation practice every Wednesday 6:30-7:00 PM in room 115 at the Mclean Hospital Cafeteria. Latecomers are welcome – you may enter the room anytime before 7 PM. This is not a class in mindfulness, it is a guided practice, facilitated by Khare. Our meditations are based on some of the sitting practices he learned as a student at the MBSR (Mindfulness Based Stress Reduction) program at Center For Mindfulness, UMass Medical School. Everyone is welcome, but please check with your health-care provider first if mindfulness meditation is right for you. Contact Khare at khare@dbsaboston.org with any questions.

Club 132 Open Mic

Every 4th Wednesday 6:00–7:00 p.m. in Room 132, just before Support Groups

Due to the popularity of the Mill St. Showcase, the Creativity Committee started the Club 132 Open Mic from 6:00–7:00 p.m. in Room 132 right before groups! The new open mic is a smaller and low-key version of the Mill St. Showcase!

No advance sign-ups needed. Just show up, sign-in and wait until you get called up! First come, first serve! We will run this open mic by "rounds": 5-minute intervals (1 song, 2 poems/spoken word), which will let everyone play at least once. Once everyone has gone through one round, the order starts over again! The fewer people performing, the more chances you play! This is the perfect way to try out new material, practice performing in front of a small crowd, collaborate with others, and more! As always, material has to be COMMUNITY FRIENDLY (i.e. no swears, no drug/sex references, culturally insensitive topics).

Activities

Ahhh... the sweet things in life!

Come indulge at the **DBSA-Boston Ice Cream Social Wednesday, April 17**, 6:00 p.m.–8:00 p.m. in the de Marneffe Building cafeteria. We are bringing in good cheer, mirth, and delicious ice cream to welcome spring and look longingly towards summer. We will have karaoke during the Social!

Support Groups? Yes, of course! We will offer support groups from 8 p.m.-9 p.m.

Membership Drive We are having our “Spring Drive” during the Ice Cream Social. It is a perfect time to renew memberships and receive a polar bear in return! Also, those who sign up that day will get free admission to the Ice Cream Social.

The Social is not a proper social without you!

Please join us! Bring family and friends. \$2 for members, \$3 for non-members, facilitators free!

If you would like to help at the Social, please see Lillian Cravotta-Crouch, Activities Chair.

Mill St. Showcase May 29

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

The purpose of this session (formerly called Mill St. Open Mic) 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 COMMUNITY 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. Showcase.

Please contact Christian at christian@dbsaboston.org Mill St. Showcase is offered on 5th Wednesdays!

NAMIWalks Massachusetts: Saturday, May 11

Join the DBSA-Boston team “We are Believers” and partner with NAMI Central Middlesex for the NAMI-Walks Massachusetts on May 11 at Artesani Park, Brighton, along the Charles River. Be a part of the largest NAMIWalks in the USA again this year. Walk with your peers, friends, and family in the premier stigma-busting event in the Boston Area. Together we can make a difference! Each walker that has pledges of \$25.00 will get a free DBSA-Boston Believers Special Walk shirt. Learn more about this event and how you can participate, Wednesday evenings in April and May at our meetings, see Lillian Cravotta-Crouch or Christian Tiongson, our NAMIWalks Co-Captains, or sign up at:

<https://www.namiwalks.org/team/dbsaboston>

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 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.

Optional:

- 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.

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

Deadline to submit application: August 1, 2019.

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

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 May 15, 2019

Susan Reynolds, Editor, Polars' Express,



Community

By Dan Sullivan

It is my firm belief that community is the most effective and essential component of recovery. Diet is important. What we put in our body affects our physical and emotional wellbeing. Exercise promotes blood circulation, which carries healing nutrients to all parts of the body. Meditation helps soothe the racing mind, reducing stress levels. Medication is used to combat our strongest symptoms. All of these we know greatly contribute to our mental health wellness.

However, I can't stress more my conviction that community is the most crucial aspect of recovery. Man is a social being. I know I'm not the first person to say this. Few things make a person feel better than a sense of belonging; a sense of self-worth, the ability to say "Hey, these people accept me, like me, have time for me. I feel at home here. I have a place to go. People will call me if they haven't seen me in a while. I can call and make plans with people who care.

I was inpatient at the Mass General some years ago for depression. Pretty much all of us were in there for the same reason. One night someone took out a deck of cards and about six of us started playing 500 rummy. Soon we were joking and laughing and really having a good time. The doctor on call seemed to have no idea what to make of it. We all had our med regimen but it seemed obvious what was working. There I met an older gentleman who was also in for depression. We got to talking and it turns out that he'd been a bartender on the North Shore for decades. We older men like to tell stories, and if anyone has stories to tell, it's a bartender from the North Shore. We laughed aloud as he recounted his stories from his most unique point of view. Nothing like a friendly audience to alleviate a depression.

Upon discharge, I joined an organization called DBSA – The Depression Bipolar Support Alliance

Boston. The group meets at McLean's Hospital in Belmont, in the afternoons four times a week and on Wednesday nights. Upwards of 100 people get together on Wednesday nights and we break into smaller support groups, such as , mania bi-polar, depression, young people's group, friends and family, and others. Every Christmas season we have a Holiday party, every Spring we have an ice cream social, and in the Summer we have a very well attended cook-out. Every 5th Wednesday we have an open mic featuring some very talented people. Most of my closest friends are from DBSA, and we often see each other outside the group.

After a rough bout of depression and subsequent hospitalization, about 6 months ago I began volunteering at the Cole Resource Center, a mental health support, job training and advocacy resource for people with mental health challenges. Having been working in the field for 5 years, it was great to be able to, once again, reconnect with my many colleagues across Eastern Mass. I'm once more giving presentations, teaching classes, and running support groups for NAMI – The National Alliance on Mental Illness. I'm facilitating meetings at DBSA. and at the Cole Center, with my extensive network in the mental health community, I am now able to assume the role of coordinator. I also write for their newsletter and for several others.

I'm happy to have been able to argue my case of the importance of community in mental health care. Now briefly I'll argue another. I've seen over a billion dollars earmarked for research. Vast sums of money go into genetic research – looking for the magic gene, hoping for the magic pill. As this is all well and good, much of this money could be better spent in treatment. For instance, clubhouses, of which there are many in this area, are poorly funded and their members get short-changed whenever there are budget cuts. We can better fund programs that we know work. There might be less glamour in this, but I've seen as glamorous the changes that community can make in people's lives.

Background of Speakers Presenting at DBSA-Boston Spring 2019



March 13, 2019: "Town Meeting," DBSA-Boston president, veic president, and board members
Come hear what's new and upcoming for DBSA-Boston, and bring your questions for the board.

April 10, 2019: "The Role of Self-determination in Mental Health Recovery," Cynthia Pitch

Cynthia Piltch, PhD., MPH, LCMT, Reiki Master and Peer Specialist, is an educator, consultant and clinical practitioner trained in a variety of integrative healing modalities including therapeutic massage, Reiki, reflexology and craniosacral and myofascial release therapies. She received her PhD from Boston University. Dr. Piltch is an adjunct instructor at the Boston University Center for Psychiatric Rehabilitation, where she teaches wellness and Photovoice courses. In addition, she serves as a research consultant for the Center of Excellence for Psychosocial and Systematic Research at Massachusetts General Hospital. Dr. Piltch maintains a private clinical practice in Lexington, Massachusetts.

This presentation will focus on a description of five factors that enhance self-determination as a critical part of mental health recovery using examples from her own recovery journey.

May 09, 2019: "Derailed on the Bipolar Express" author Joie Edson

Raising a child with a mood disorder presents challenges that are difficult and grueling. Joie Edson, author of **Derailed on the Bipolar Express**, discusses her goals for writing and publishing her memoir while frankly sharing her challenges of raising two sons with mental illness and substance abuse.

During her talk, Ms. Edson will conduct two readings from her book. Her readings will reflect on the emotional 15-year journey of raising her two sons with Bipolar Disorder. She also will share advice and the tools she has developed for coping, navigating the mental health system, and advocating for her sons' well-being.

President's Letter, continued



Go to DBSA-Boston "We are Believers" and see all they do. While there why not sign up to walk at <https://www.namiwalks.org/team/dbsaboston?>

Thank you Christian for volunteering to be co-captain for NAMIWalks. Also, many thanks to Barry, Meach, and everyone who not only walk with us but represent DBSA-Boston at our table on Saturday May 11.

I know how blessed I am to have all of you in my life and as I come close to the end of my Presidency, I hope to continue in a leadership role. What a pleasure it is to give back to all of you who have given me so much.

So, thank you all and be happy.

Lillian Cravotta-Crouch
President, DBSA-Boston

Office Use Only

Date Received: __/__/19

Received By: _____

Mode: __Mail __Hand In

Approved? __Y __N

Comments: _____

**Official DBSA-Boston
Election Nomination Form – 2019**

(See page 3 for Board Nomination Notice.)

I _____ nominate _____
(Your full name) (Candidate's full name)

For the position of
(Please circle one)

President

Vice President

Secretary

Board of Directors

I, as a paid DBSA-Boston member of at least one year and in good standing,
have permission of the candidate to make this nomination.

Your Signature_____
Date_____
Candidate's Signature_____
Date**Contact Information of Candidate:**

Home Number: _____

Cell Number: _____

Email Address: _____

Your Contact Information:

Home Number: _____

Cell Number: _____

Email Address: _____

If you have any questions, please contact: christian@dbsaboston.org

Registration Form

"Foundations I: Workshop in Facilitating Peer Support Groups"



Sunday, April 28, 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 April 24, 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@dbsalliance.org
Website: www.dbsalliance.org.

CONNECTICUT

Branford: *+DBSA-Branford

Mondays 6–8 p.m.
BHCare, 14 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/

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.dbsagreenwichct.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

New Canaan: *+DBSA Branford

Thursday 6-8 p.m., Silver Hill Hospital,
208 Valley Road, New Canaan, CT
Contact 1: Alan Rosenthal
Phone: (860) 661-5093
Contact 2: Albert
Additional Phone: (203) 842-8573
or awhquaker@gmail.com
Email: branforddbsa@gmail.com
Website: <http://www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/>

CONNECTICUT, continued

Old Saybrook: *+ DBSA Branford

Wednesdays, 5:45-7:30 p.m. Acton Library,
60 Old Boston Post Road, Olde Saybrook, CT
Contact 1: Wendy Anderson
Phone: (860) 304-4258
Contact 2: Alan
Additional Phone: (860) 661-5093
Email: Wendyanderson1987@gmail.com
Website: <http://www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/>

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.dbsanwct.com

Waterford *+DBSA-Branford

2nd and 4th Saturdays, 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/

MAINE

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

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: Chapter Information Line
(774) 254-0321
Email: dbsa.attleboro@gmail.com

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.

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

MASSACHUSETTS, continued

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@dbsaboston.org
Website: www.dbsaboston.org

Boston:

+**DBSA-Boston** at MGH/Downtown
Thursdays, 7–9 p.m.
Massachusetts General Hospital (MGH), Boston, MA
Yawkey Center for Outpatient Care, 2nd Floor,
Satter Conference Center, Room 2-230
Phone: 617-855-2795
Email: mghgroup@dbsaboston.org

Hingham: DBSA-South Shore Massachusetts
Contact: E. Christopher Kehoe • Phone: 781-908-0268
Email: dbsasouthshore@gmail.com

Lowell:

*+DBSA-Merrimack Valley • Thursdays, 7–8:30 p.m.
Lowell First Church of the Nazarene
1195 Varnum Avenue, Lowell, MA
Contact: Tim
Toll-free phone: 888-280-7773
Email: dbsamerrimackvalley1@yahoo.com

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.

MASSACHUSETTS, continued

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

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: dbsarevere@gmail.com

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

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: dbsaexeterchapter@gmail.com

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

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