The speaker schedule for fall 2015 is not finalized at this point. Please check the website and/or the Welcome Table on Wednesday evenings for updates. See pages 8-9 for background on speakers.

- **Sept. 09:** “Tour of DBSA-Boston Website,” Barry Park
- **Sept. 23:** “Expressive Digital Imagery,” Steve Koppel
- **Oct. 14:** “Dangerously High, Act I,” Kitty McKay
- **Oct. 18**
  - “**Foundations Workshop in Facilitator Training,**” led by Chuck Weinstein, LMHC, CPS
  - See page 7.
- **Oct. 21:** *Save the date* for our 30th Anniversary Celebration - See page 6.
- **Oct. 28:** “30th Anniversary DBSA National Conference,” Lillian Cravotta-Crouch and Michele O’Shea
- **Nov. 11**
  - “Marsha, Mary, My Momma and Me: how DBT and the poetry of Mary Oliver helped me save my life and repair relationships,” Eliza Williamson
- **Nov. 25**
  - No Speaker. Happy Thanksgiving!

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

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**DBSA-Boston Services**

- Wednesday-night Share Care support groups include Newcomers, Depression, Mania & Bipolar, Maintaining Stability, Dual Diagnosis, Family & Friends, Veterans, Women’s Issues, 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, 11 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
Dear Friends and Peers,

I hope you had a great summer. Our Annual Cook-out on Wednesday, July 15th, was a great way to celebrate the season. We had special items on the grill to everyone’s delight and the weather held out although rain was predicted.

In June, we held our annual meeting and elections. We welcome Bob Hanflig and Barry Park as our newest Board members, and Susan Reynolds returns as Secretary. Rich Beigun resigned his position on the Board, and Dennis Hagler replaced him as Treasurer. We thank Rich for his years of service to our organization as past Comptroller and Board Member and currently as facilitator.

Everett Page, President Emeritus has also returned to the Board as a voting member. We welcome him, and also welcome back Michele O’Shea as immediate past President, Lillian Cravotta-Crouch as Vice President, Meach Cravotta-Crouch and Lucinda Jewell. And we thank Sylvia McDonnell, who remains an active member of the Share Care committee – and decided not to seek reelection – for her service on the Board.

As far as supporting our wonderful facilitators, it was noticed that we needed more drop-in facilitators, so we held a Drop-In Facilitator Training in June; and are holding a Foundations Workshop in Facilitating Peer Support Groups on Sunday, October 18th – see page 7.

We also have twice monthly meetings for facilitators on the first and third Wednesday of each month at 5:45 p.m.-6:45 p.m. facilitated by our Facilitator Coordinator Roberta Unger.

We want to give a special thanks to all our facilitators who show up each Wednesday night, during the afternoons in Rm 132 four days a week,

Continued on page 3
President’s Letter, continued

and to John and Cynthia who show up one hour a week to facilitate the inpatient groups. Also, not to be overlooked, much appreciation to our facilitators who help out at Massachusetts General Hospital on Thursday nights.

Save the date. October 21, 2015, will be our grand 30th Anniversary Celebration party. This gathering will commemorate 30 years of our organization’s successes and contributions to our community. And we can’t celebrate our success without mentioning our deep gratitude to McLean Hospital and its administration for allowing us to be a guest of theirs for the past 30 years.

Another special thanks goes out to the staff of the Behavioral Health Partial Hospital program and the two inpatient units who allow our facilitators to hold groups. We have heard countless times that staff recommend that their patients go to one of our meetings as a way to enhance their aftercare plans by expanding their personal support system, reducing isolation and increasing feelings of wellness as part of our support group community; a huge “kudos” for all your support and kind words. See page 6 for more details on the celebration.

DBSA committees and volunteers have been working hard to make sure that all areas of DBSA are running well. We have a fully staffed welcome table on Wednesday evenings, thank you to Kenny for coordinating the table and volunteer staff; we have several new facilitators, who have been approved through the mentoring process which will enable us to offer our regular groups and facilitate overflow groups as needed. We are still in need of facilitators for the daytime and inpatient groups. If you are able to facilitate, please contact someone in the office for more information.

If you are looking to increase participation in DBSA, you can be more involved by joining one of our committees: Operations - Barry; Membership - Meach; Fundraising - Chuck; Communications - Susan and Barry; Training - Bob; 30th Anniversary - Carol and Chuck; and Activities - Lillian) or by submitting something for publication in our newsletter. Please see any Committee Chair or Board member if you are interested.

We ask you to consider becoming a member, renewing your membership, and/or giving a donation to DBSA-Boston. As you know, we rely on membership fees and donations as our primary sources of income. We appreciate any support you can provide.

I look forward to serving this year as President.

Sincerely,

Chuck Weinstein
DBSA-Boston President

2015-2016

Committees

Activities: Lillian Cravotta-Crouch
Communications: Susan Reynolds
Executive: Chuck Weinstein
Fundraising: open
Membership: Meach Cravotta-Crouch
Nominations: Bob Hanflig
Office Operations: Barry Park
Share Care: Lillian Cravotta-Crouch
Speakers Bureau: Mary Johnston
30th Anniversary: Chuck Weinstein
Training: Bob Hanflig
Wednesday Night Facilitators: Meach Cravotta-Crouch

If you have an interest in serving on a committee, please speak with the respective chairperson.
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 nine different groups on Wednesday evenings, including Newcomers, Depression, Mania & Bipolar, Maintaining Stability, Dual Diagnosis, Family & Friends, Veterans*, Women’s Issues, and Young Adults.
  - Facilitator Coordinator: Roberta U. • Room Assignment Coordinator: Meach C.

- **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.

*New Support Group*
We’ve added a new support group for veterans at DBSA-Boston as of last January. It meets once a month, on the third Wednesday of each month. If there is enough interest, it may meet more regularly.

Members of the Share Care Committee: Lillian Cravotta-Crouch, Chair, Meach C., Dennis H., Sylvia M., Michele O., John P., Kate R., Roberta U., and Chuck Weinstein (ex-officio)

Go to our website to see other regional support groups: www.dbsaboston.org
In Memoriam


It is with great sadness we let you know of the death of David Hazen Johnston, beloved son of long-time DBSA-Boston member Mary Johnston, from leukemia. Many of us know Mary as a gifted Facilitator and Coordinator of DBSA-Boston’s Speaker’s Bureau.

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 Treasurer Dennis H. Be sure to keep your membership active. Current members receive discounted pricing for Facilitator Training.

The Membership Committee is looking for volunteers to work at the Welcome Table on Wednesday evenings (perhaps once a month) 6:15-8:00 p.m. It’s a great way to connect with other members, and to give a smile and information to people who are joining us for the first time. If you are interested, speak with Membership Chair Meach C., or call the office at 617-855-2795.

Polars’ Express

• The newsletter is published quarterly, the 1st of March, June, September, and December.
• As of March 2015 the Polars’ Express is an electronic newsletter, available to anyone who subscribes. An abbreviated 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 November 15, 2015
• Send your letters, comments, and suggestions to: Susan Reynolds, Editor, Polars’ Express, PO Box 102, Belmont, MA 02478 or email: news@dbsaboston.org.
30th Anniversary Celebration Party

Co-Chairs Report: 30th Anniversary Celebration Committee

We are so excited to be Co-Chairs of this wonderful event scheduled for Wednesday, October 21st, from late afternoon to 9 p.m. The program will start in the late afternoon and we will offer support groups as always from 8 p.m.-9 p.m.

What is in store for you, you ask?

• Live music on the patio starting in the late afternoon with light refreshments

• A photo montage of our members and friends from the past 30 years (thanks Barry) projected on a screen, that will play in a continuous loop in the deMarneffe cafeteria. (If you have any old photos please contact Barry through our office, he will then send a release to fill out so we can use it. We cannot use all the photos, but we will try our best.)

• A formal program that will start around 6:30 p.m. and will include members and guests who will share brief personal stories and anecdotes about their relationship with DBSA-Boston

• Appetizers and more light refreshments just before this program begins

• Our program will include more live music, fun, and of course surprises

• We will have a photo op for all members & guests (who make a small donation) with a famous Bear

Invitations will be sent out soon. We do hope you will come and bring a friend!

Our budding planning committee is wonderful; each person adds so much rich knowledge and elbow grease to our event: Evie, Executive Director of the Cole Center, Everett, President Emeritus DBSA-Boston, Lillian, Activities Chair, Monica, former Young Adults facilitator and artist who created both MDDA-Boston logos, Carol, one of the original members of MDDA-Boston, and Chuck, current & past President.

We are looking for more folks to volunteer and join our committee, feel free to call our office to find out more information as how you can help out. We would like people to help in fundraising, marketing, advertising before the event, and for people to help during the event as well.

We hope all current and past members attend as well as their guests and McLean staff to our once-in-a-lifetime, 30th Anniversary Party and Celebration!

Sincerely,
Carol Goldman and Chuck Weinstein
Co-Chairpersons
DBSA-Boston Facilitator Training Program Presents:

Foundations Workshop in Facilitating Peer Support Groups

Sunday, October 18, 2015
9:30 a.m.–5 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, October 14.**

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 11, download application from [http://www.dbsaboston.org/FacilitatorTraining.html](http://www.dbsaboston.org/FacilitatorTraining.html), or request a registration form from the office while visiting a DBSA-Boston support group at McLean Hospital.

**Workshop Fee:**

- DBSA-Boston: $20.00
- Affiliated DBSA/DMDA/MDDA members: $55.00
- Peer Services Professionals: $55.00
- Other Nonclinical Attendees: $65.00
- Licensed Clinicians: $75.00

**Training Guide:** (Retail cost $20.00, discounted $5.00 for workshop attendees) $15.00

**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, CPS** and the Director of Facilitator Training for DBSA-Boston. Chuck is a former DBSA-Boston President and current member of the Board with over 20 years of group facilitation experience. Chuck introduced the DBSA-Boston facilitator training program in 1997, and is a senior instructor at Cambridge College.

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.
Background of Speakers Presenting at DBSA-Boston Fall 2015

**September 9: “Tour of the DBSA-Website,” Barry Park, Webmaster**
Barry Park has been in the computing field for over 40 years. He was introduced to large computers in the Air Force. He graduated from Merrimack College and joined a computer consulting group shortly afterwards. He started a computer consulting business in 1980 and has had several clients. He has worked with personal computers since they were introduced in 1984. In 2002 he completed a series of courses in Web Design. He has created many web sites but the DBSA-Boston website – which he redesigned in 2014 – is his favorite.

Barry is Webmaster for our website and serves on the Board of Directors. His tour of the website will explore its many features and functions. He hopes to make the DBSA website a little friendlier. The members should bring any suggestions or comments to the presentation.

**September 23: Expressive Digital Imagery,” Steve Koppel**
Steve retired in 2002 as a senior partner with Accenture after spending twenty years helping lead major business improvement programs for Fortune 500 consumer products companies. Since 2002, Steve has served as a pro-bono consultant and board member at several non-profit organizations including the Dana-Farber Cancer Institute, EdVestors, The Trichotillomania Learning Center, and the Joslin Diabetes Center. In 2013, Steve founded MyMoments as a result of his personal therapeutic experiences with digital imagery in response to challenging family medical circumstances. Steve is an avid photographer himself, and is passionate about the power of Expressive Digital Imagery® to transform lives.

This talk will share how Expressive Digital Imagery® (EDI) is being used to promote resilience, recovery, and emotional wellbeing. EDI enables people to explore and describe meaningful aspects of their lives through digital imagery created on smartphones and tablets. EDI has been used successfully in a variety of clinical, psychosocial, and community settings, including McLean Hospital, NAMI Massachusetts, the Massachusetts General Hospital, and the Dana-Farber Cancer Institute.

We will bring EDI to life by sharing the actual imagery created by MyMoments participants at McLean and NAMI, along with a live demonstration of the MyMoments Mobile app.

**October 14: Dangerously High, Act I,” Kitty McKay**
Kitty McKay began her successful period of recovery in 1995. Just a few short months later she joined what is now known as DBSA-Boston. Since then she has been a facilitator, a board member, chairman of the membership committee, and an active speaker on Creativity Forum Nights. She constantly sings praises for the support group that helped “save her life.” Kitty also has been active in NAMI-MA (the National Alliance on Mental Illness) as an IOOV presenter since 2005. In 2010 Kitty began performing “Dangerously High”. She is currently working on producing a video of the show. Kitty has her master’s degree in Expressive Therapy from Lesley University.

“Dangerously High” is a one-woman-show with a message of hope for people with mental illness and their friends and families. The show highlights a personal experience with mania and its repercussions. It helps break the stigma of living with a mental illness. “Dangerously High” has information for those people who want further education about mental illness. With confidence honesty and humor it is also a dramatic presentation for those who simply love theatre.

Speaker background continues on page 9.
Background of Speakers Presenting at DBSA-Boston Fall 2015, continued

**October 28: “30th Anniversary DBSA National Conference,”**
Lillian Cravotta-Crouch and Michele O’Shea

Lillian, current Vice President and Michele, immediate past President, of the DBSA-Boston Board of Directors, recently attended the DBSA National 30th Anniversary Conference. They will share highlights from the conference.

**November 11: “Marsha, Mary, My Momma and Me: how DBT and the poetry of Mary Oliver helped me save my life and repair relationships,” Eliza Williamson**

Eliza T. Williamson, MEd, MFA lives in Metrowest Boston with her wife Heather and their golden retriever, Oliver. After over a decade of crisis and chaos, Eliza was hopeless and her mom was exhausted. In the midst of much pain and anger, Eliza and her Mom remained tethered through sharing Mary Oliver’s poetry – reading new poems over the phone on a nightly basis.

After a near fatal suicide attempt, Eliza was introduced to Dialectical Behavioral Therapy (DBT), a program developed by Marsha Linehan. DBT enabled Eliza to take charge of her life, learn how to manage emotions and repair her relationship with her Mom. Through using DBT skills, Eliza has not only saved her life, but has created one more splendid than she imagined possible. Eliza will share her story in this talk and discuss the ways that she utilized DBT to go from a life of chaos, self injury, and hopelessness to one beyond what she dreamed possible. This presentation will include Q&A with the audience, during which time Eliza will be joined by her mother.

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Attention DBSA members!!

The Massachusetts General Hospital is conducting a research study to support DBSA and other peer-support organizations. The goal is to obtain greater knowledge regarding peer-support groups for people with mood disorders. Surveys should take between 15-25 minutes to complete. New members (began attending DBSA within the past 2 months) will be enrolled in a prospective section of the study involving 3 follow-up surveys over the span of 6 months.

There are two sections of this study you may be eligible for:

1. A one-time, cross-sectional survey of current DBSA members in which you will receive a $15 Dunkin Donuts gift card. You may also find this one-time survey online at the following link: https://redcap.partners.org/redcap/surveys/?s=2xqwaPs6dD

2. A prospective study for all new members in which participants will complete a baseline survey, and a 1-, 3-, and 6-month follow-up survey. Compensation for the prospective section totals $100 ($30 at baseline, $20 at both 1- and 3-month follow-ups, and $30 at 6-month follow-up) You may also find prospective surveys online at the following link: https://redcap.partners.org/redcap/surveys/?s=5x2gs2N2m3

If you are interested, please contact Julie Cristello at jcristello@partners.org (617-643-5927), or Nate Kelly at nwkelly@partners.org (617-643-9850)
Registration Form
“Foundations Workshop in Facilitating Peer Support Groups”

Sunday, October 18, 9:30 a.m. to 5:00 p.m.
De Marneffe Building, 115 Mill Street, McLean Hospital, Belmont
• 9:15-9:45 a.m. Registration
• 9:30-10:00 a.m. Continental Breakfast
• Program starts promptly at 10:00 a.m.

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 Wednesday, October 14, 5:00 p.m. EST.

Workshop is limited to 20 participants

Name: ________________________________________________________________________
Address: ________________________________________________________________________
Phone #: ________________________________________________________________________
Email: ________________________________________________________________________

Check the appropriate box:

☐ DBSA-Boston Member: ($20 Workshop fee + $15 Training Guide) $35.00
☐ DBSA Member Affiliate: ($55 Workshop fee + $15 Training Guide) $70.00
☐ Peer Services Professional: ($55 Workshop fee + $15 Training Guide) $70.00
☐ Other Non-Clinical Attendees: ($65 Workshop fee + $15 Training Guide) $80.00
☐ Licensed Clinicians: ($75 Workshop fee + $15 Training Guide) $90.00
☐ 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, continental breakfast, pizza/salad lunch, refreshments all day, Certificate of Attendance.

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 5/6/13

Polars’ Express, Fall, 2015, DBSA-Boston