

POLARS' EXPRESS

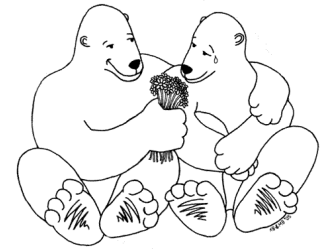
The Newsletter of the Depression and Bipolar Support Alliance of Boston

June, July, and August 2015



Summer Calendar

Schedule of Speakers and Events



On the 2nd and 4th Wednesdays of each month in McLean's de Marneffe Building cafeteria, 7–8 p.m., DBSA-Boston sponsors lectures – with question and answer sessions – on mood disorders and their treatment, recovery and wellness, and social services. Lectures are free and open to the public: Donations Welcomed! See pages 8-10 for information on speakers.

- June 3: Candidates' Night 7-8 p.m. - see page 4
- June 7: **"Drop-In Facilitator Training,"** led by Chuck Weinstein, LMHC, NCC, CPS - see page 8
- June 10: Annual Meeting and Election of Officers and Members of the Board - see page 3
- June 24: No Speaker
- July 8: "The Medical Mind vs. Meaning," Ben Boone, author - see page 7
- July 15: Annual Cookout - see page 8
- July 22: No Speaker
- August 12: "Social Security Disability: Who is Eligible, Why They Should File," Ginger Lanigan and Associates - see page 7
- August 26: No Speaker
- September 6: **"Foundations Workshop in Facilitating Peer Support Groups,"** led by Chuck Weinstein, LMHC, NCC, CPS. Registration deadline is Monday, August 31 - see page 9

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.

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



WHAT'S INSIDE

	Pages
DBSA-Boston News	2-12
Board Notices	3-5
In Memoriam: Deb Mann	6
Share Care	6
Speaker Information	7
Research Study	8
Facilitator Training	8-9
Fac. Training Reg. Form	10

Board, Advisors, and Staff

Board Executive Committee

President:	Michele O'Shea
Vice President:	Lillian Cravotta Crouch
Treasurer:	Dennis H.
Secretary:	Chuck Weinstein
Past President:	Arthur S.

Board Directors

Rich B.	Sylvia M.
Meach C.	Barry Park
Lucinda J.	Susan Reynolds

Facilitation Advisor

Chuck Weinstein, LMHC, NCC, CPS

Office Staff

Executive Assistant:	Dennis H.
Comptroller:	Rich B.

Meeting Schedules

Board of Directors:
1st Wednesdays (07/01, 08/05*) 7 p.m.

* Note, June meeting held May 27 due to Candidates' Night on June 3

Facilitator Meetings:
1st & 3rd Wednesdays (06/03, 06/17,
07/01, 07/15, 08/05, 08/19) 5:45 p.m., Room 132

Share Care Committee:
2nd Wednesdays (07/08, 08/12*)
5:45 p.m., Room 118

* June Share Care meeting not held in June due to Candidates' Night.

DBSA-Boston is live on Facebook at
www.facebook.com/BostonDBSA



Join us there to receive event updates as they
become available.

The Polars' Express Newsletter Committee:
Barry Park • Susan Reynolds, Editor - see page 7

President's Letter Summer 2015



Dear Friends and Peers,

Summer is finally (almost) here!

On May 16th, a number of DBSA-Boston members walked in the NAMI walk. The numbers aren't in yet: to date the DBSA-Boston team raised almost \$2,000.00 and the walk raised \$475,000. Congratulations to all who participated. Deb Mann's family participated in the walk. They were so pleased that we walked in Deb's memory.

Our next event is Candidates' Night, Wednesday, June 3. From 7-8 p.m. candidates nominated for the 2015-2016 Board will talk about why they want to be on the Board. The Annual Meeting and Election of Officers and Directors is Wednesday, June 10. See the Notice of Annual Meeting and Candidates' Statements.

Our next social event is the annual summer cook-out, which will be on Wednesday, July 16th.

The creation of new and improved website and electronic newsletter are two initiatives that are part of a larger project that is focused on modernizing and streamlining our DBSA-Boston Office Operations and Communications. The work is being done by volunteers. Thank you to Susan Reynolds and Barry Park for all of the great job they are doing. Feel free to provide feedback via the website with any comments or suggestions you may have.

As we continue to make improvements and consistently offer a variety of support groups with trained peer facilitators, 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 source of income. We appreciate any support you can provide.

Continues on page 5

DBSA-Boston News



DBSA-Boston related news is noted by the paw print.



DBSA-Boston

The Depression and Bipolar Support Alliance of Boston

Annual Meeting

Election of Board of Directors
Members and Officers

June 10, 2015, at 7 p.m.

Francis de Marneffe Building Cafeteria
McLean Hospital
115 Mill Street
Belmont, MA

Join us for pizza at 6 p.m.!

We will have pizza at 6 p.m., the Annual Meeting starting at 7 p.m.,
with an hour of Share/Care starting at 8 p.m.

More on the Annual Meeting on pages 4 through 6

Slate of Candidates for the Board of Directors

The election slate approved by the Board of Directors is as follows:

Officers

President: one-year term
Chuck Weinstein*

Vice President: one-year term
Lillian Cravotta-Crouch*

Treasurer: two-year term
Rich Biegun*

Secretary: two-year term
Susan Reynolds*

Two Directors for Two-year Terms

Meach C.*

Barry P.*

The candidates will address the DBSA-Boston members on Wednesday, June 3, 7–8 p.m. in the Francis de Marneffe Building cafeteria at McLean Hospital, Belmont. See Candidates' Statements on pages 4 and 5.

*Current member of the board.

Sylvia M.
Nominating Committee Chair

Candidates' Statements for the DBSA-Boston Board of Directors

Officers

President: Chuck Weinstein

I have the honor of running for President this year. I am no stranger to DBSA-Boston at the meetings and behind the scenes.

I started attending as a member in 1992, was elected to the Board of Directors around 1995, elected to VP in 1998-1999 and then I was elected President for two terms from 1999-2001.

I started the formal facilitator training program in 1997 that continues to this day. I went through the Certified Peer Specialist program offered by the Commonwealth taught by the Transformation Center.

I have learned a great deal from this experience. My pledge to you, the membership of DBSA-Boston is this: to do my best. If elected I will be joining a fine team of Board Members, and I feel as though my work, business, and lived experience will be able to contribute in support of what the leadership of the organization achieved this year, and years before.

After returning to the Board of Directors in 2014, it has been my pleasure to first serve as Director and now as Secretary. The goal for me is simple, maintain the excellent services that DBSA-Boston offers that is manageable, focusing on good self-care. I hope to earn your vote at the Annual Meeting. Thank you.

Vice President: Lillian Cravotta-Crouch

Hi, my name is Lillian Cravotta-Crouch. I have been interim Vice President since March. I would like to continue on as Vice President hoping to continue to give back to an organization that nine years ago I first came to when my daughter was first diagnosed with a mental illness.

I have a deep faith in God but what DBSA-Boston has done for me is give me a deep faith in human kindness. I see acts of this every week when I come here. It can be a lonely world out there and not just for people with a mental illness & their families. New people come every week and I see how welcoming everyone is.

Continues next column

Lillian Cravotta-Crouch, continued

The fact that they need support is enough. They were once new and a little scared to walk through that door when they first came to DBSA-Boston.

This year the woman's group has suffered two great losses and it has not been easy. It really was just like a loss in one's family for many. The peoples' lives that Lesley and Deb touched will be changed forever. They were important not only to the woman's group but to all of us. They gave so much expecting nothing in return.

We all have that same ability to give to others. I haven't seen that done quite as well as I see it every time I come to DBSA-Boston. I appreciate the continued support I have received over the last nine years and will be forever grateful.

Treasurer: Rich Biegun

I'm running for Treasurer for the Board of Directors because I want to continue to serve DBSA-Boston.

I like to think that the Board has served the organization and members of DBSA-Boston well over the last 4 years and that I have been a part of the reason we have such a successful Board.

I have served as controller for DBSA-Boston for the past year, working closely with our current Treasurer, Dennis Hagler, who will continue to work with me as he transfers the duties and responsibilities of the Treasurer. In addition to my Board work, I have been attending meetings for 7 years and been a facilitator for 5½ years.

I am pleased that my recovery has progressed to the point where I can take on more responsibility on the Board, and can think of no organization that I would prefer to do this. By being a Treasurer I hope that my recovery can inspire others to move outside their comfort zones to move their own recoveries along.

With your support and your vote I will be able to do this.

Continues page 5

Candidates' Statements, continued

Officers, continued

Secretary: Susan Reynolds

I have been an active member of DBSA-Boston since 1999 - as a share/care participant, facilitator, editor of the Polars' Express for 15 years, and on the Board for 10 years, 8 terms as secretary, and serving as Chair of the Communications Committee this past year.

It has been 16 years since my mom and I walked into our first MDDA-Boston meeting... distraught, confused and feeling totally lost. The understanding, caring, and support this group has given is extraordinary. You are the main reason our family has managed to stay together through the turmoil of affective disorder.

I am profoundly grateful and try to give back as much as possible. I hope you will support my candidacy for another term as Secretary.

Directors

Meach Cravotta-Crouch

Meach is a member in good standing. She has served on the Board for the past two years. She is a facilitator for the Young Adults group, and serves as Chair for both the Membership and the Wednesday Night Facilitators committees.

Barry Park

I have been with DBSA-Boston since 2012. When I first came here I was scared, very shy, and felt very alone. I came to find out that the members were patient, non-threatening, and kind. I soon started coming regularly.

I went to Facilitator training with Chuck and have facilitated many groups.

I joined Susan on the Communications Committee. I eventually took over the care and feeding of the website. I created a new version that seems to be popular. New features are added daily.

I was asked to be on the Board of Directors and have been an active member. I hope to remain on the Board this year to help with technical matters.

DBSA-Boston has given much to me - a purpose, hope and a place with friends. I plan to be active for many years.

President's Letter, continued

If you are getting a lot out of attending our groups, you may want to consider ways that you can give back to the organization. DBSA-Boston will benefit, and you may find the gift of giving your money, time, or talent to be very fulfilling on a personal level.

I am nearing the end of my two-year term as President of DBSA-Boston. As Immediate Past President, I will continue to be active and assist the new Board with anything they may need.

I have been privileged to work with a wonderful group of people on the Board and the Share Committee. I can't thank them enough for their commitment and work they have done to benefit the organization and the membership.

I would like to particularly thank Dennis Hagler, who is ending his time as the Treasurer of DBSA after many years. He has done an incredible job of managing our finances. I wish the new Board the best in the year to come. Thank you to you, the membership, the core of our organization. I am pleased that I have had an opportunity to meet many of you. It has been a pleasure to serve DBSA-Boston.

Sincerely,

Michele O'Shea
President
DBSA-Boston

**Meet the Candidates, Wednesday,
June 3, from 7-8 p.m. at the regular
DBSA-Boston meeting in the
de Marneffe Building cafeteria at
McLean Hospital in Belmont.**

In Memoriam

Deb Mann: 1969-2015

It is with great sadness we let you know that Deb Mann, a dear friend and long-time DBSA-Boston member, passed away unexpectedly on April 9, 2015, from a pulmonary embolism.

Deb was a facilitator for the Women's, the Bi-Polar, and the Depression support groups at DBSA-Boston. She served on both the Share/Care Committee and the Board of Directors. She also was our Chair and Walk Captain for the NAMI Boston Walk for a number of years. The DBSA-Boston group walked in her memory on May 16th, 2015.

A two-hour Remembrance group was lead by Chuck Weinstein on April 15. Read more about Deb on our website: http://dbsaboston.netfirms.com/?page_id=3114.

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, Shiff 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: Bob H.

***New Support Group Starting in January**

We've added a new support group for veterans at DBSA-Boston as of 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., Mary J., Sylvia M., Deb M., Michele O'Shea, Arthur S., and Roberta U.

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

Background of Speakers Presenting at DBSA-Boston Summer 2015



July 8: “The Medical Mind vs. Meaning,” Ben Boone, Author

Ben Boone, an author, public speaker, workshop presenter, and life coach, advocates that people with mental illness can live meaningful lives and make valuable contributions to society.

Boone, a native of Massachusetts, has a BA in writing and publishing from Emerson College in Boston. He was diagnosed with schizophrenia the day after he graduated from Emerson College.

After repeated hospitalizations, Boone has written a memoir: *Minority of Mind*, as well as *Experiments in Imagination*, a guide to help others like himself find meaning and joy in living. Boone has made numerous presentations, aimed at professionals in the mental health field as well as mental health consumers, and appeared on radio shows and internet podcasts in the U.S., Europe, and Israel.

Ben Boone will be presenting one of his books, *Minority of Mind*, which details his experience with schizophrenia. The talk will give an inside look at medical research in Boston, and a first-hand account of living with schizophrenia within the “medical model”. Boone addresses how society treats those with serious psychiatric disorders and challenges our definition of madness. He will have books available for signing.

August 12: “Social Security Disability: Who is Eligible, Why They Should File,” Ginger Lanigan and Associates

Ginger Lanigan and Associates is a group of experienced, professional Disability Advocates dedicated to helping disabled people find their way through the maze of rules and regulations involved in obtaining Social Security monetary and medical benefits.

For the past twenty-two years, Ms. Lanigan has successfully advocated for the physically and mentally disabled within the Social Security System. Learn more at the website www.glanica.com.

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 August 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.

Activities and Trainings

Drop-In Facilitator All-Day Training, Sunday, June 10

- Register through the DBSA Office. \$5.00 to reserve a seat. (This will be refunded when you attend.)
- Bring your own lunch. We'll provide coffee/snacks, light refreshments.
- Folks who are thinking about facilitating a daytime drop-in group please attend.
- All current drop-in facilitators are encouraged to attend.

Training at de Marneffe cafeteria at McLean Hospital

The instructor for the workshop is Chuck Weinstein, LMHC, NCC, CPS and the Director of Facilitator Training for DBSA-Boston.

Contacts: facilitatortraining@dbsaboston.org, or call DBSA-Boston office staff at 617-855-2795. Register soon. It should be fast, educational and fun!

Annual Cookout!

Come join the fun as DBSA-Boston holds its Annual Cookout and Art Show, Wednesday, July 15th!

Bring your family, bring your friends, bring your baseball mitt and Frisbee (and mosquito repellent).

DBSA-Boston will provide the hamburgers and hot dogs, beverages and condiments. There will be sign-up sheet at the Welcome Table on Wednesdays for folks to note what appetizers, side dishes or desserts you plan to bring.

If you would like to help organize the Cookout, please see Michele O'Shea, Activities Chair, or contact the DBSA-Boston office.

Research Study



MASSACHUSETTS
GENERAL HOSPITAL



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.
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)

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)

DBSA-Boston Facilitator Training Program Presents:

Foundations Workshop in Facilitating Peer Support Groups

Sunday, September 6, 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 Monday, August 31 at 5:00 p.m..

Registration: 9:15–9:45 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>, 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, NCC, 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.

Registration Form

"Foundations Workshop in Facilitating Peer Support Groups"

Sunday, September 6, 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 April 20th, 5:00 p.m. EST.

Workshop is limited to 20 participants

Name: _____

Address: _____

Phone #: _____

Email: _____

Check the appropriate box:

- | | |
|--|---------|
| <input type="checkbox"/> DBSA-Boston Member: (\$20 Workshop fee + \$15 Training Guide) | \$35.00 |
| <input type="checkbox"/> DBSA Member Affiliate: (\$55 Workshop fee + \$15 Training Guide) | \$70.00 |
| <input type="checkbox"/> Peer Services Professional: (\$55 Workshop fee + \$15 Training Guide) | \$70.00 |
| <input type="checkbox"/> Other Non-Clinical Attendees: (\$65 Workshop fee + \$15 Training Guide) | \$80.00 |
| <input type="checkbox"/> Licensed Clinicians: (\$75 Workshop fee + \$15 Training Guide) | \$90.00 |
| <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, 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

