

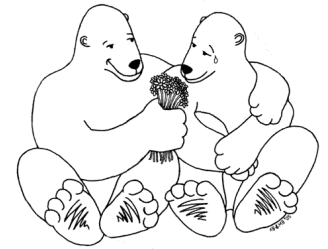
POLARS' EXPRESS

The Newsletter of the Depression and Bipolar Support Alliance of Boston

December 2015, January and February 2016



Winter 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 9-10 for background on speakers

- Dec. 09: "Depression in Individuals with Autism Spectrum Disorder," Jean A. Frazier, MD
- Dec. 16: **Holiday Party, Art Show and Raffle!** See page 7.
- Dec. 23: No Speaker. Happy Holidays!
- Jan. 13: "Hormones and Mental Health in Women," Karen K. Miller, MD, Laura E. Dichtel, MD, and Maren Nyer, PhD
- Jan. 27: "30th Anniversary DBSA National Conference," Lillian Cravotta-Crouch and Michele O'Shea
- Feb. 10: "Dangerously High, Act II," Kitty McKay
- Feb. 24: "Marsha, Mary, My Momma and Me: How DBT and the poetry of Mary Oliver helped me save my life and repair relationships," Eliza Williamson
- Feb. 28: **Advanced Skills Facilitator Training Workshop**, led by Chuck Weinstein, LMHC, CPS See page 6.

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



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Board, Advisors, and Staff

Board Executive Committee

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

Board Directors

Meach Cravotta-Crouch	Lucinda Jewell
Bob Hanflig	Barry Park

Facilitation Advisor

Chuck Weinstein, LMHC, CPS

Office Staff

Bookkeeper:	John P.
Office Staff:	Suzanne and Tina

Meeting Schedules

Board of Directors:

1st Wednesdays (12/02/15, 01/06/16, 02/03/16) 7 p.m.

Facilitator Meetings:

1st & 3rd Wednesdays (12/02/15, 01/12/16/15,
01/06/16, 01/20, 02/03, 02/17) 5:45 p.m., Room 132

Share Care Committee:

2nd Wednesdays (12/9/15, 01/13/16, 03/10)
5:45 p.m., Room 118

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 10

President's Letter

Winter 2015-2016



Dear Friends,

It is hard to believe that we are closing in on the end of our 30th Anniversary Celebration year! So far, we have had so many wonderful special events and activities to mark this milestone.

In October, I hope you were able to join us for our big celebration party. We had fun from late afternoon till 9 p.m. with a live band, a projected photo montage, and a spoken-word program with speakers representing various years of membership, hot and cold appetizers that never ran out, cold drinks, hot coffee/tea, and cakes, and of course our support groups. See our website for photos and videos of the celebration.

Thanks to all who made special financial contributions to underwrite the additional cost of this event (Bill M., Bruce C., David K., Lillian C-C, Jim and many others). And we again thank McLean Hospital for being wonderful host these past 30 years and it's staff for all their kindness and support all these years.

In December, on the 16th, we will host our annual Holiday Party, and this year, not only will we have delicious goodies, and our traditional fundraising raffle; we are making this party extra special by honoring Melody Tarbox, who for years has brought her keyboard and her band ("Melody and the Melody-Makers") to add additional joy to the occasion by playing holiday favorites to sing along. We will have a formal presentation for Melody and all her band members.

We will also have local peer artisans displaying and selling great hand-made gifts for the season. We hope you can join us for the fun! See more on page 6.

Continued on page 3

DBSA-Boston News



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

President's Letter, continued

At this time I want to thank:

- The Board of Directors present and past for their selfless donation of time, money, and energy to this great organization.
- The Committee Chair people and members for their time - see page 4
- The Coordinator of the Wednesday night groups (Roberta), Room Assignment Coordinator (Meach), our new Daytime Groups Coordinator (Kate), Drop-in Groups Coordinator (Cynthia) as well as all our Facilitators in these groups
- Bob H. for his wonderful shepherding of our Daytime groups, which he has handed off to Kate.
- Kenny our Welcome Table Coordinator, and Jim, Eric, Christian, and Katherine our Welcome Table Ambassadors for their time and good cheer as greeters.
- Suzanne, Tina, John, and Bob for supporting our office daily office operations by being the kind and gentle voice on the end of the phone letting you know if there will or will not be a speaker this evening and supporting the many moving parts of our office operations.

I also want to thank:

- John Page who has been our volunteer Consultant and Bookkeeper lending us his years of wisdom and experience to help us through our office transition and bringing our accounting software and practice into the 21st Century
- Barry Park our webmaster par excellence who videotaped the speakers at our 30th Anniversary celebration party and is the mastermind behind the office renovation, operations, and reorganization, who has worked side-by-side with John Page and Dennis Hagler.
- Dennis Hagler, who stepped down as Treasurer after years and years of service, to find himself temporarily back in the saddle until January 1, when Barry Park will take over the position.

I want to thank Carol Goldman our 30th Anniversary Co-Chair for her time in and out of meetings and her speech on that night. To Evie Barkin,

Continued



Executive Director of the Cole Resource Center who joined the 30th Anniversary Committee and to Bettina, Joe, and again Evie for their kindness and friendship as our office neighbors and kissing-cousins in the deMarneffe building.

A special recognition to Mary Johnston, our Speaker Coordinator, who finds and schedules speakers twice a month; and to resend and reinforce our love to her and her family who lost their son, David Hazen Johnston, unexpectedly this year.

Our volunteers are the backbone of our organization, they are the air that we need to breathe and the blood that we need to flow to keep our organization alive and well and functioning. "Thank you" is the best word I know, but I need to invent a bigger word, to express how fortunate we are to have so many kind and talented people who give of themselves to support us in so many ways!

I hope I did not forget anyone... So many people help out behind the scenes that support our 30 continuous years as an all-volunteer peer run, community support service, and extended family. A home, and a home away from home.

I also want to extend the organizations sadness in the loss of two dear members and friends this year: Leslie Porter was a mainstay in our office. Debbie Mann was a Board Member, Share/Care Committee Member and Secretary, Facilitator and DBSA-Boston's NAMI Walk Captain. Both Leslie and Debbie were pillars of our Women's Group, loved by all.

As an organization, DBSA-Boston looks to 2016 with anticipation and excitement. We continue to make refining our office operations a priority. And the Board is devoting time, energy, and attention to develop a good plan to support our thriving services and activities, to ensure the healthy continuance of DBSA-Boston for the next 30 years and beyond!

I wish one and all a happy holiday season, filled with peace, joy and good health.

Sincerely,

Chuck Weinstein
DBSA-Boston President

Committees at a Glance

Activities: Organizes DBSA-Boston social events.

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

Executive: Oversees the Board of Directors.

Fundraising: Develops fundraisers to benefit DBSA-Boston.

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

Nominations: Coordinates the nomination process for election of Board members.

Office Operations: Proposes updates/changes in office operations.

Share Care: Coordinates and oversees share care groups.

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

30th Anniversary: Organizes the arrangements and activities for the 30th Anniversary Celebration.

Training: Evaluates and proposes training sessions for facilitators.

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

2015-2016

Committees

Activities:

Communications:

Executive:

Fundraising:

Membership:

Nominations:

Office Operations

Share Care:

Speakers Bureau:

30th Anniversary

Training:

Wednesday Night Facilitators:

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

Chairs

Lillian

Cravotta-Crouch

Susan Reynolds

Chuck

Weinstein

open

Meach

Cravotta-Crouch

Bob Hanflig

Barry Park

Lillian

Cravotta-Crouch

Mary Johnston

Chuck

Weinstein

Bob Hanflig

Meach

Cravotta-Crouch

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 the Holiday Party and all Facilitator Trainings.

If you sign up or renew at the Holiday Party on December 16 your will be admitted to the party for free! See page 7.

You can become a member or renew your membership by check or online.

To do this online, go to:

http://dbsaboston.etfirms.com/?page_id=121

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

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.

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.

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

Facilitator Training Schedule for 2016



Each workshop:

- Is limited to 20 trainees (no “walk-in” registrations)
- Registration starts at 9:30 a.m.; Workshop starts promptly at 10 a.m. and ends at 5 p.m.
- Location: Francis deMarneffe Building, Room 132, McLean Hospital, 115 Mill Street, Belmont

DBSA-Boston: Advanced Skills Facilitator Training Workshop

Dates offered: February 28 and July 24, 2016 – Both Sundays

For this training, successful applicants must have taken Foundations Workshop in Facilitating Peer Support class at DBSA-Boston. Facilitators need to have facilitated at least 8 groups over a minimum of four months to qualify, exceptions are considered. Each applicant will be called by the Trainer, for a brief phone interview as to their readiness to attend this training.

This training is in line with SAMHSA core principals of recovery and is trauma sensitive and a person-centered workshop. All attendees who stay for the entire day are awarded a certificate of attendance of six hours of continuing education in the DBSA-Boston Facilitator Training program. These will be emailed within two weeks after the date of the workshop. **See information for the February 28 Workshop on page 6.**

DBSA-Boston: Foundations Workshop in Facilitating Peer Support

Dates offered: April 3 and September 25, 2016 – Both Sundays

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.

DBSA-Boston Facilitator Training Program Presents:

Advanced Skills Facilitator Training

Sunday, February 28, 2016 • 9:30 a.m.–5 p.m. • at McLean Hospital

Advanced Skills Facilitator Training is a practical educational experience that focuses on real-life issues that a facilitator faces while doing their job. The four parts or modules of the workshop are: "Leadership Lab," Skills Training, Practicum and Final Discussion.

The first module of the day, the "Leadership Lab" is when the trainees bring up specific areas that they want to improve upon, or want additional training. After that, the following module brings in Advanced skills training where new skills and techniques are learned and discussed. After lunch the third module will be role-playing through these tough issues with brief discussions after each one.

No one has to join the role-plays as participants within the group, but the expectation is that everyone who does not take part in the role play will join the observation circle, to support the process through active listening. The last module, the Final Discussion is when compassionate suggestions, reflections and analysis are discussed.

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

Registration deadline is Wednesday, February 24.

Registration: 9:30–9:45 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://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	\$ 25.00
	Affiliated DBSA/DMDA/MDDA members	\$ 35.00
	Peer Services Professionals	\$ 35.00
	Other Nonclinical Attendees	\$ 50.00
	Licensed Clinicians	\$ 60.00

The Workshop fee includes:

Six hours of advanced skills training and practice • light refreshments and coffee all day (We suggest brown bag lunch, there is also a cafeteria on-site, and several restaurants within driving distance) • Certificate of Attendance. Materials will be provided on three-hole paper without additional charge. It is suggested you bring the Foundations binder or folder for reference, and a certificate of attendance.

Scholarships are available based on need, contact Trainer to discuss.

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.

Activities

Holiday Party, Raffle, and Art Show Come One, Come All!



DBSA-Boston's Holiday Party is coming up on Wednesday, the 16th of December. It will be from 6-8 p.m., followed by one hour of Share Care 8-9 p.m.

This is a great opportunity to chat with one another, enjoy the festivities, and even do some holiday gift shopping.

DBSA will provide sandwiches, pizza, beverages, and cake.

We ask that you think about your favorite holiday foods and sign up at the Welcome Table for contributions to the buffet. Suggestions: salads, cheese/crackers, brownies, corn chips/salsa.

This year we will have a special tribute for Melody and her band who have entertained us at the Holiday Party for years. As part of the festivities, we will have our Holiday Raffle. We will have some extraordinary prizes this year. Check out some of the gift baskets at the Welcome Table on Wednesday evenings from now until the party. Raffle tickets are on sale every Wednesday evening up to and on the evening of the party. So, come and get your tickets in advance.

Donations for the raffle are welcome (gift cards, etc.). Please contact the office if you have raffle items to offer.

This year the Holiday Party will include an Art Show. DBSA-Boston members will have artwork on display and for sale, including paintings, photographs, and jewelry. What a wonderful opportunity to do some last-minute holiday gift shopping! Many of the artists will be donating 10% of their sales to DBSA-Boston.

Artists who are interested in participating, please contact the office for more information.

You can sign up to bring food or to buy raffle tickets at the Welcome Table during the first two Wednesday evening meetings in December.

Share Care groups will meet 8-9 p.m., following the party.

The cost for the party is \$3.00 for members and \$5.00 for non-members. If you join or renew your membership in DBSA-Boston the evening of the party, you will be admitted at no additional charge!

The party will be held in the de Marneffe Building cafeteria at McLean Hospital.

Lillian Cravotta-Crouch
Activities Committee Chair

News From National Winter: 2015-2016

This September, DBSA National launched the "I" (Illness) to "We" (Wellness) Campaign which headlined the 30th Anniversary Conference in Chicago. (To learn more about I to We, please see http://www.dbsalliance.org/site/PageServer?pagename=press_media_ItoWe) With keynote speakers Mariel Hemingway and Andrew Solomon engagingly and poignantly sharing their personal and family experience of depression and ongoing advocacy for mental health, DBSA hosted an informative and celebratory event. In addition to break-out sessions on facilitating, positive psychology, etc., share/care groups, meditation and yoga classes were open to all. Michele, and Lillian were on hand to ably represent DBSA-Boston. We were humbled to learn how many other DBSA chapters look to Boston for leadership and emulate our example. Congratulations to all of us here and nation-wide for making DBSA the growing organization it is today!

Updating the MGH PCORI-funded MoodNetwork, DBSA president, Allen Doederlein, has taken on the co-investigator role. He and Lucinda remain in their advisory capacity as the Moodnetwork expands. For those who may have missed the last Polars' Express announcement, the MoodNetwork is the first longitudinal study of mood conditions. Not only will it collect information on medical interventions and treatments, but also lifestyle choices and practices to enable us to better understand what works and doesn't work in achieving/maintaining wellness and/or living well or not with symptoms. We have a big-but-achievable goal of attracting 55,000 online peer participants to answer brief surveys and updates. If you haven't signed up, please do so at <https://moodnetwork.org/> Signing up puts you under no obligation to participate any further.

DBSA continues our renewed commitment to advocacy. Unless we speak up, the prevailing view of mental health will continue to be ruled by the worst kind of stereotypes. Sarah Silverman came out recently about her lifelong mental-health struggle, and as celebrities take these single steps to identify as peers, we need to join their lone voices and make it a collective chorus. Find out how you can contribute by checking out this section of the national website:

http://www.dbsalliance.org/site/PageServer?pagename=help_advocacy_center

Looking back over this year, we have much to be grateful for even as there is still much work to do be done. May we all appreciate what we have accomplished and carry the light and blessings of the Holiday Season into the New Year and beyond!

Respectfully submitted,
Lucinda Jewell
DBSA-Boston Board
Immediate Past Chair-DBSA National



Photo courtesy of DBSA-Boston Member Lee Paris

Background of Speakers Presenting at DBSA-Boston Winter 2015-2016

2015

December 9: "Depression in Individuals with Autism Spectrum Disorders,"

Jean A. Frazier, MD

Dr. Frazier directs a research program that addresses a variety of scientific problems relevant to advancing the understanding and treatment of individuals with neurodevelopmental disorders, including autism. She received her MD from Dartmouth College, completed a residency in Adult Psychiatry at New England Medical Center, a fellowship in Child and Adolescent Psychiatry at Brown University, and a research fellowship at the National Institute of Mental Health (NIMH) in Bethesda, MD. She is professor of psychiatry and pediatrics and is the Executive Director of the Eunice Kennedy Shriver Center at the University of Massachusetts Medical School in Worcester, MA.

Dr. Frazier will discuss what we know about the prevalence of comorbid major depression in individuals with high functioning autism spectrum disorders (ASD). The clinical presentation of depression in those with ASD will be described, including both similarities and differences from depression seen in the general population. Diagnostic challenges will be outlined. Finally, the talk will end with an overview of evidence-based treatment options, including psychopharmacologic and non-pharmacologic, for individuals with ASD who are suffering from Major Depression.

2016

January 13: "Hormones and Mental Health in Women,"

Karen K. Miller, MD, Laura E. Dichtel, MD, and Maren Nyer, PhD

Karen K. Miller, MD, is co-Clinical Director of the Neuroendocrine Clinical Center, faculty member in the Neuroendocrine Unit at the Massachusetts General Hospital, and a Professor of Medicine at Harvard Medical School.

Laura E. Dichtel, MD, is a clinician in the Neuroendocrine Clinical Center, faculty member in the Neuroendocrine Unit at the Massachusetts General Hospital, and Instructor at Harvard Medical School. **Maren Nyer, PhD**, is a clinical psychologist at the Depression Clinical and Research Program at the Massachusetts General Hospital and Instructor at Harvard Medical School. Drs. Miller, Dichtel, and Nyer are clinical researchers funded by the National Institutes of Health (NIH) who study novel treatments for depression. They are currently working together on a study of the use of low-dose testosterone augmentation for the treatment of major depressive disorder in women at Massachusetts General Hospital.

Major depressive disorder (MDD) is common in women, and women in particular often do not experience adequate improvement in symptoms with antidepressant treatment. Depressive symptoms, as well as low energy and reduced libido, often persist in this treatment-resistant group, leading to continued disability and poor quality of life. There are a handful of currently approved therapies that can be used in addition to antidepressant medications; however, many of these augmentation therapies have significant negative side effects. The development of new effective and well-tolerated augmentation therapies would have significant public health implications for women. Our group is currently studying low-dose testosterone treatment as an augmentation therapy for improving mood in women with treatment-resistant MDD. This talk will review aspects of depression specifically related to women, including the interaction between hormones and depression and current research opportunities in this area.

January 27: "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.

Backgrounds of speakers continue on page 10

Background of Speakers Presenting at DBSA-Boston Winter 2015-2016, *continued*

February 10: Dangerously High, Act II," 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 MASS (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.

February 24: "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.

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 February 15, 2016
- Send your letters, comments, and suggestions to: Susan Reynolds, Editor, Polars' Express, PO Box 102, Belmont, MA 02478 or email: news@dbsaboston.org.

Registration Form "Advanced Skills Facilitator Training Workshop"

Sunday, February 28, 9:30 a.m. to 5:00 p.m.

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

- 9:30-9:45 a.m. Registration
- 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, February 24, 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 | \$25.00 |
| <input type="checkbox"/> | DBSA Member Affiliate | \$35.00 |
| <input type="checkbox"/> | Peer Services Professional | \$35.00 |
| <input type="checkbox"/> | Other Non-Clinical Attendees | \$50.00 |
| <input type="checkbox"/> | Licensed Clinicians | \$60.00 |
| <input type="checkbox"/> | I am adding an additional tax-deductible donation to DBSA-Boston | \$_____ |

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.