

# POLARS' EXPRESS

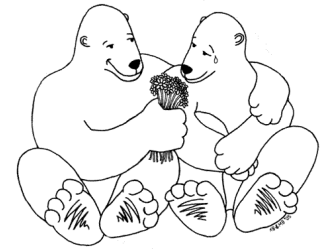
The Newsletter of the Depression and Bipolar Support Alliance of Boston

June, July, and August 2017



## Summer Calendar

### Schedule of Speakers and Events



**On the 2nd Wednesday 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! There will be no speakers in June or July.


**On the 1st Wednesday of each month: We Share - Featured Performers Showcase • Starts 6:45 p.m.**

"We Share" is an artist series that features one of our Mill Street Open Mic performers who will perform 1-2 original or covered pieces. Great way to kick off groups with art and music! See page 9.

- June 07: Candidates' Night 7–8 p.m. Come hear candidates for the Board. See page 3-5.
- June 14: Annual Meeting and Election of Board Officers and Directors See page 3.
- July 19: **Annual Cookout!** With Karaoke! See page 9.
- Aug. 09: "Resilience," Come listen to some of our young adults share their experiences and resilience in the face of challenges and obstacles
- Aug. 30: "Mill Street Open Mic Session" See page 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

### DBSA-Boston Services

- Wednesday-night Share Care support groups include Newcomers, Depression, Mania & Bipolar, Maintaining Stability, Dual Diagnosis, Family & Friends, Open Exchange, Veterans, Women's Issues, Young Adults, and Working and Coping.
- 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](http://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](mailto:info@dbsaboston.org) Website: [www.dbsaboston.org](http://www.dbsaboston.org)

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## Board, Advisors, and Staff

### Board Executive Committee

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

### Board Directors

John C. Dorr	Barry Park
Mia Guerriero	Kelley Stout
Bob Hanflig	Christian Tiongson

### Facilitation Advisor

Chuck Weinstein, LMHC, CPS

### McLean Hospital Liaison

Brian P. Brennan, MD, MMSc

### Office Staff

Bookkeeper & Office Operations: Barry Park

### Meeting Schedules

#### Board of Directors:

1st Wednesdays (05/24, 07/12, 08/02) 7 p.m.  
June meeting held May 24 due to Candidates' Night. July  
meeting held July 11 due to July 4th holiday.

#### Facilitator Meetings:

1st & 3rd Wednesdays (06/07, 06/21,  
07/05, 07/19, 08/02, 08/16) 5:45 p.m., Room 132

#### Share Care Committee:

2nd Wednesdays (06/14, 07/12, 08/09)  
5:45 p.m., Room 118

DBSA-Boston news is noted by the paw print. 

## President's Letter Summer 2017



Dear Friends,

Upon writing my last quarterly letter to you, I find this experience incredibly satisfying. It has been a pleasure working with our current Board of Directors, Committee Chairs, Coordinators and other Volunteers who are the backbone of this wonderful organization.

The Vice President, Lillian Cravotta-Crouch, Treasurer now Bookkeeper, Barry Park, Secretary now Treasurer Susan Reynolds have worked endless hours on behalf of DBSA-Boston, and I am grateful. The Board Members-at-Large, Bob Hanflig, Kelley Stout, Christian Tiongson, Mia Guerriero, and John C. Dorr comprise a "Dream Team. I have had the pleasure to work with these talented people, most for years now, some for only a few months, but I could not be happier as DBSA-Boston has incredibly talented, hard-working and selfless volunteers in its current leadership.

While my title and responsibilities will change to "Immediate Past President," I look to Michele O'Shea, who was President for two years before me, stepping down as Immediate Past President to return to her love of facilitating and consulting the leadership. Michele, your dedication, energy, and organizational skills will be greatly missed. I have learned so much from you. Thank you! And to Mia, who has decided to step down as Board Director to focus on facilitating and other projects. Mia, your passion and daring to take on a board position as our youngest member in our 30-year history was truly amazing. We will miss your iridescent ideas during our brain-storming sessions.

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

# DBSA-Boston



The Depression and Bipolar Support Alliance of Boston

Annual Meeting

Election of Board of Directors  
Officers and Members

June 13, 2017, 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 for a One-Year Term

President: Lillian Cravotta-Crouch\*

Vice President: Christian Tiongson\*

Secretary: Alli Bodek\*

### Three Directors for a Two-Year Term

Bob Hanflig\*

Barry Park\*

Kelly Stout\*

The candidates will address the DBSA-Boston members on Wednesday, June 7, 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.

John C. Dorr  
Nominating Committee Chair

See overview of Board duties and responsibilities on page 6



# Candidates' Statements for the DBSA-Boston Board of Directors

## **Officers**

### **President: Lillian Cravotta-Crouch**

Hi, my name is Lillian Cravotta-Crouch and I have been Vice President of DBSA for 2½ years. I first stepped in to fill an open position after being a board member and Secretary. These positions helped to prepare me for being Vice President and I hope now for President.

As Vice President I became Chair of the Share Care Committee. This is where we receive requests for groups, handle complaints and oversee the wellbeing of all who come to DBSA.

The support that each and every one who sits on the board or share care committee or acts as a facilitator does to help this organization is just part of the work done here. We have many committees that also welcome our members to join to help with membership, fundraising, and activities that we run. We all have an important role as we are there for each other with so much compassion and support for each other.

I hope you will consider me for President. I know that there will be a lot of work and challenges but I know I am up to it.

### **Vice President: Christian Tiongson**

My name is Christian Tiongson. I am happy to announce my candidacy for the Vice Presidency of DBSA-Boston. Since 2011, DBSA-Boston has provided me with the invaluable support that has helped me through the abyss of depression to become a board member, a chairperson, a facilitator, and most importantly a dedicated peer support to the community.

As a board member, I improved overall membership, created the Working & Coping support group, assisted in the creation of the harassment policy, encouraged volunteerism, and promoted the arts through the Mill St. Open Mic Session.

As prospective Vice President, my main initiative is to further promote a confidential, safe, and welcoming support environment for all. I also want to draw on my successes and share with the community my unique perspectives from my charity work and career in healthcare.

I hope you will support my candidacy as I continue to brighten the horizons of DBSA-Boston.

### **Secretary: Alli Bodek**

Hello Everyone,

My name is Alli Bodek. I am running for Secretary of DBSA-Boston for multiple reasons. DBSA has given me more than I expected from a support group. I found a community of caring, compassionate individuals, some of whom I call my best friends. These groups consist of those able to understand, empathize, and listen to those who are in need. DBSA was crucial in my recovery, and I can easily name what I have gained.

For experience, I currently hold the position of Secretary, and am part of both the Membership and Training Committees for the organization. In addition, I serve as a facilitator for inpatient and outpatient Share Care groups. For inpatient groups, facilitators visit the short-term units at McLean Hospital and educate about community support, mainly DBSA. During this process facilitators simulate a Share Care group. For these reasons, I consider myself qualified for this position.

I hope to bring to DBSA-Boston my knowledge, compassion, patience, and experience to each board meeting, Share Care group, and to our community in general. I wish to give back to DBSA for helping me throughout my recovery. Thank you for your consideration.

Continued on page 5.

# Candidates' Statements for the DBSA-Boston Board of Directors,

continued



## **Directors**

### **Bob Hanflig**

Hi, my name is Bob H, AKA Bob Hanflig. I am running for reelection to The DBSA-Boston Board of Directors. It has been an exciting two years. The Board has had a lot of accomplishments. I am proud of my role in these accomplishments. Most importantly we have balanced the budget. I have been instrumental in filling four seats on the board as Nominations Chair – three of whom are young adults. The openings came about because of retirements and not enough people running. What I am proudest of is the new DBSA-Boston (anti) Harassment Policy something we were in real need of.

On my time on the Board I have at most only missed one meeting. You can see me around on most Wednesday nights even on those when there are no board meetings. I have climbed up the DBSA ladder, slowly and steadily. I have been a member, volunteered at the Welcome Table, am a Facilitator, and was the Daytime Coordinator for two years. I am currently a member of Share Care, and Chair of the Training Committee.

The board has come along way as has DBSA-Boston, and I am looking forward to the next two years.

I am Robert Hanflig and I am running for a seat on the DBSA-Boston Board!

### **Barry Park**

When I arrived at DBSA-Boston about 5 ½ years ago I was a different person. I was very shy and could not talk to anyone. I attended the Bipolar Group most every Wednesday.

After about a year and a half a special member named Martha told me that I would make a great facilitator. I took the Foundations course and eventually became a facilitator. I would then facilitate the Bipolar Group almost every week, I became used to the members at DBSA, and became less shy.

In November of 2015 I became the DBSA webmaster. I created the new DBSA -Boston website that month and have maintained it ever since. After a short period of time I was voted onto the Board of Directors. I then became the Treasurer and the Office Operations Chair. I come to the office 3-4 days a week to maintain it and do the bookkeeping.

My time at DBSA-Boston has been a very special journey. I now ask you to consider voting me on the Board of Directors for another two years.

### **Kelley Stout**

My name is Kelley Stout and I am running for reelection to the Board of Directors of DBSA-Boston. I have been on the board since July of 2016, and I have enjoyed every minute of it. The fact that I get to give back to an organization that has had such a positive effect on my life is very personally fulfilling and satisfying.

On top of being a general board member, I am also on the Activities Committee. I love to plan and throw a good party; so, this committee is perfect for me. I was a program director of a federally funded grant program for many years. My program had about 400 volunteers in at all times. I threw an average of 15-20 events for them throughout the year. Of course, being a granted program, my events budget was tiny. So, I had to fundraise for the events. I have been able to take those skills to DBSA Boston and use them so far for the Holiday Celebration and the Ice Cream Social. And you can bet I plan on using those skills for many more events in the future.

I am pleased to say that our biggest accomplishment since I have become a board member has been the balancing of the budget. We have come a long way as a board and an organization, and I know we can go so much further. I humbly ask for your vote so that I may continue to play an active role in our future accomplishments.

## 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 three 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, Summer Cookout, Raffles, Ice Cream Social, and others as they arise.
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. He 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.

## **Now Offering Student Memberships!**

DBSA-Boston is proud to announce the creation of a new membership level for students who are in school in any capacity (i.e. part-time or full-time high school, college, graduate, technical schools, or taking a couple classes on the side).

The Student Membership holds all the benefits of an Individual Membership for only \$15 with a valid student ID. Your student ID can be photocopied for submission or shown to the Welcome Table volunteers or members of the Board of Director in order to receive your membership.

If you have any questions about the new Student Membership, please email [christian@dbsaboston.org](mailto:christian@dbsaboston.org).

## 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.

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.

Share Care: Coordinates and oversees share care groups.

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

Training: Evaluates and proposes training sessions for facilitators.

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

## 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 Barry Park. Be sure to keep your membership active.

### **Only members can vote at the Annual Meeting!**

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](http://dbsaboston.netfirms.com/?page_id=121)

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

The 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 Christian Tionson, or call the office at 617-855-2795.

## 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](mailto: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, 2017**

- Send your letters, comments, and suggestions to: Susan Reynolds, Editor, Polars' Express, PO Box 102, Belmont, MA 02478 or email: [news@dbsaboston.org](mailto:news@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, Maintaining Stability, Dual Diagnosis, Family & Friends, Veterans, Women’s Issues, Young Adults, a group that’s resuming, Open Exchange\*, and a new group, Working and Coping\*\*.

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: Barry Park

### \*Support Group Resuming

#### 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.*

### \*\*New Support Group

#### Working and Coping

Occurs every 2nd and 4th Wednesday of the month

Coping with the everyday stresses of a job can be challenging and at times seem impossible. You may feel defeated after a long shift or even a hour after you clocked in. You are not alone. The DBSA Work and Coping Group provides meaningful and supportive discussions with working peers (volunteer, per-diem, part-time, and full-time) who have mental illness. The purpose of the group is to support and learn from others by sharing personal experiences in coping with everyday work stresses and situations that may exacerbate mental illness. Topics include, but are not limited to, work-life balance, anxiety in high-pressured situations, and self-worth in the workplace. While work is the primary topic of discussion, the group is not a recruiting, job-hunting, or resume-review session. Work and Coping Group occurs every 3rd Wednesday of the month. It is open to anyone attending DBSA groups who is coping with work-related issues. We hope you can join us!

**Members of the Share Care Committee:** Lillian Cravotta-Crouch, Chair, Marina C. Dennis H., Bob Hanflig, Sylvia M., Michele O’Shea, Kate R., Roberta U., and Chuck Weinstein (ex-officio)

See other regional support groups starting page 14.



## Activities



### **On the 1st Wednesday of each month: We Share - Featured Performers Showcase**

06/07, 07/05, and 08/02 • Starts 6:45 p.m. • The deMarneffe Building Cafeteria  
An extension of the Mill Street Open Mic Session, "We Share" is an artist series that features one of our Mill Street Open Mic performers who will perform 1-2 original or covered pieces.  
Great way to kick off groups with art and music!

### **Annual Cookout!**

Come join the fun as DBSA-Boston holds its Annual Cookout, Wednesday, July 19th!

Bring your family, bring your friends, bring your baseball mitt and Frisbee (and mosquito repellent). \$3 for members, \$5 for non-members, facilitators free!

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, sidedishes or desserts you plan to bring.

**At the Cookout we will have a 50/50 raffle and offer karaoke.** Tickets for the 50/50 raffle will be available at the Welcome Table starting in July.

If you would like to help organize the Cookout, please see Lillian Cravotta-Crouch, Activities Chair, or contact the DBSA-Boston office.

### **Mill Street Open Mic August 30**

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

The purpose of the open mic session is to appreciate and showcase creative individuals in the DBSA-Boston community.

The session will showcase the 1st 8-10 performers who signed up. Sign-up now at the Welcome Table before time slots are filled up!

Each performer will have a 10-minute time slot for two songs or poetry pieces that are **FAMILY FRIENDLY** (i.e. no swears, drug/sexual content).  
Content will be reviewed before the performance.

All music, comedy, and poetry must be live; NO karaoke tracks, loud amplifiers, or drum-kits, unless approved by Christian.

Please contact Christian at [christian@dbsaboston.org](mailto:christian@dbsaboston.org)

Mill Street Open Mic is offered on 5th Wednesdays

# Facilitator Training Curriculum



## General Requirements

- For all but Foundations I, must be an up-to-date paid member to attend.
- Must have attended at least six group sessions.

## 2017 Facilitator Trainings

Date	Training	Cost	Importance	Prerequisite
3/29	Buddy Training#	Free	Recommended	
4/29	Buddy Training for Daytime Drop-in	Free	Recommended	
4/30	Foundations I* Training Manual	\$25 \$10	Required	General Requirements
5/13	Daytime Drop-in Facilitator Training**	\$ 5	Required (for Daytime Facilit.)	Foundations I
9/17	Foundations II* +	\$15	Required	Foundations I
10/15	Foundations I Training Manual	\$25 \$10	Required	General Requirements

# More Buddy trainings will be scheduled in 6 months, TBD

\* Includes breakfast and lunch

\*\*Includes coffee and donuts

+ You must bring your training manual to Foundations II session

## Mill Street Open Mic Sessions

Every 5th Wednesday of the Month

6:30 p.m.–8:00 p.m.

At the deMarneffe Building cafeteria

Dates for summer & fall 2017:

August 30

November 29

Questions? Email [christian@dbsaboston.org](mailto:christian@dbsaboston.org)





## President's letter continued from page 2

Thank you both for your service to this organization. And as you have both told us, you are not going anywhere, you will still be at meetings to help out and be a part of our family. I was delighted, but not surprised, to hear you both say this.

I want to reflect, to share with you, how it was working with the current Board members these past two years.

First, VP, Lillian Cravotta-Crouch. Her DBSA-Boston resume is spectacular. Lillian is the Co-Captain of the DBSA-Boston Walk Team, Madam Chair of the Share Care committee and the Activities committee. Under her leadership, we have raised more money and attracted more walkers than in any time in our history for the NAMI Walks. Also, annual events like the annual cook outs, ice cream socials, winter holiday parties have run smoothly due in great part to Lillian's energy, efforts, and coordination. Who is seen at Costco loading up car or borrowed SUV with hundreds of pounds of food items, utensils, drinks? Lillian! By making the trip to Costco for our events and parties she saves the organization hundreds upon hundreds of dollars. Who organizes the annual winter holiday party raffle and goes out and collects prizes, gift baskets, gift certificates? Lillian!

But she does not stop there, no – She is Madam Chair of the Share Care Committee, a committee dedicated to ensuring the best that they can a safe space for us to be in every week. Chairing the Share Care committee takes many hours outside of each meeting to write emails, make telephone calls, meet folks in person. Also, when I've had to take a Wednesday night off, Lillian makes the announcements and oversees a smooth evening. The VP is certainly a busier position than the President, it demands countless hours of time, and Lillian so graciously gave that to our organization. Lillian was a pleasure to work with as she always had a confidence and sense of humor much needed to maintain one's composure during difficult meetings and conversations. Thank you, Lillian!

Second, and he is not second by any count, is Barry Park, former Treasurer and current Bookkeeper, Operations Chair, Office Manager, Webmaster and Board Director. Without Barry's attention to detail, technical prowess, and dedication my job would have been very difficult. However, Barry is in the office 3-4 times each week, staffing the phone lines and being in office for anyone who might drop by. I reminisce about the times when our own Dennis H., as well as other DBSA-Boston home-grown heroes were in the office several days a week, including but not limited to: President Emeritus Everett P., former President Mary R., former VP and Board Member John P. Working with Barry was also a joy, he took on the complete redesign and systems upgrade of our office from the rug that he himself donated, to switching from a MAC office to a PC office. Barry also reduced our paper footprint to close to zero, as he came up with the idea to scan all our old documents to alleviate the burden of keeping those papers, folders, binders in our office.

As Webmaster, Barry is second to none! He has put video clips from our 30th Anniversary Celebration as well as podcasts of all our speakers for your pleasure, enjoyment, and edification. A big coup was that Barry interviewed Everett P., President Emeritus, and we now have a living journal of our organization's birth. Barry hopes to interview more members for their stories and insights to add to this living history journal. I never knew that one Board meeting took place in former President Bob B's car. Who would have thought? For that story and more, check out the podcast. By the way, did you know that Barry on the morning of the NAMI Walk came to the realization that our table did not have any DBSA-Boston literature? So he drove to our office at McLean Hospital at 5 a.m. to collect these materials and then he and his daughter, driven by his wife, headed to Artesani Park to put up the DBSA-Boston tent and banners, then organize and staff the table. Thank you, Barry!

Not to leave out our former Secretary (for years) Susan Reynolds. Susan was Secretary for more years than I can remember, perhaps as many years on the Board in leadership as our dear friend and Co-Chair of the Marketing and Outreach committee Steve L. (who has the record for the most years as VP). Susan is now Treasurer because organizationally we needed a bookkeeper, and Barry volunteered to be the bookkeeper, but he could not do both jobs (even though he offered to...), Susan selflessly volunteered with esprit de corps to help here. Susan has a background in accounting and financial reporting, and serves as Treasurer for another nonprofit organization – what a perfect fit. Susan also happens to be the Editor of the Polars' Express, and like our dear friend and former Editor, Carter W., has held this position for years and years. Not only does she edit and collect our stories, updates,

Continued on page 12



activities ,and schedule changes, she also has the patience of a saint as she gently emails me ever so sweetly "Chuck, it would be nice to have your letter, when do you think you can send to me," with always ... a smiley face... to make absolutely clear that she is sending a loving reminder not an irritated nudge one. I must say, that I have been known to be forgetful, and it's so nice to get friendly reminders. Also, who was that person at the DBSA-Boston table during the NAMI Walk only weeks ago, smiling and greeting all while bundled in a down jacket at 9:30 a.m. Sunday morning with wind chill at 42 degrees? Yep, Susan! Thank you, Susan!

I'd like to mention our own Board Director, Bob Hanflig. Bob has taken on the role of Chair of the Training committee. As a Director, Bob has earned the award for the most ideas generated in one sitting. Bob has also injected Red Bull into his job with the Training committee. Under Bob's leadership we finally have a harassment policy, months in the making, and Bob was patient every time someone suggested a revision or an edit, he stayed the course, he did not waiver and because of that, he and his committee achieved creating a new, and much needed, policy. Also, Bob is not only Chair of the Training committee, but he (and Steve L.) created and facilitated special trainings to support our drop-in group facilitators. Bob did this a Saturday or so ago, and I rarely get phone messages, but I received a voice mail from someone who attended his drop-in and Buddy training, reveling in the usefulness and thoroughness of the training. As I texted Bob earlier today, "Kudos, Bob" on a job well done. Thank you, Bob!

Let's talk about Kelley Stout, Board Director. Kelley has made a huge impact on our board by coming up with excellent fundraising ideas that include getting donations for our major events, so that our costs are less. Many people have great ideas, but not always are those ideas rolled out. Kelley, on her own initiative wrote an appeal letter that would go to local vendors to provide supplies, food items. And, Kelley did not just come up with this idea, but she also went out and distributed these letters to various corporations and stores. Because of her efforts our organization has saved hundreds of dollars, and she assures me that this is just the beginning. Kelley is also a huge proponent of our Young Adults group, who is the first to say (alongside Bob Hanflig) that the board should have Young Adult representation, and having Mia, Alli, and Christian has been so valuable. Also, did I mention that Kelley has also volunteered to facilitate inpatient groups at McLean when she heard that we were low on facilitators? Yep, she volunteered all right. Thank you, Kelley!

Now who could spend time talking about Christian, Board Director? I could and I shall. In the short time Christian has been on the board, and even before, a huge transformation to this organization has occurred as music, spoken personal story, and poetry have now become part of the DBSA-Boston framework. Christian hosts the "Mill Street Open Mic" sessions and came up with an idea to have a local artist become spotlighted the first Wednesday of every month with a 10-minute artist segment before announcements. Also, Christian took over the Karaoke nights (from Barry who broke the ice a couple of years ago with this neat idea) and is so determined to have good sound, that he brings his own equipment including sound board, performance quality speakers, and engineer.

And at the Board meetings, Christian is speedily catching up to Bob as being an idea generator. Christian also created the "Working and Coping Group," a new group that has become quite popular with our membership. And it was Christian who suggested a special membership rate for students, another terrific idea. Christian is also the Chair of our Membership committee. This Membership committee has "encouraged" more folks to join or renew with their memberships this year, than the last two to three years combined. Due to the Membership Committee's strategy of quarterly membership drives. Due to the immense amount of positive energy coming from Christian and other folks at our last board meeting, I asked Barry if he could find some seatbelt attachments to affix to our chairs during meetings. And did I mention that Christian also manages the Welcome Table and its volunteers? Another under-achiever. Thanks, Christian!

Hmmm. Allie Board Director. Her willingness to jump into action (like Mia did) when Susan announced that she would like to take on the Treasurer role, after Barry announced that he would take on the Bookkeeper role was refreshing. The Board took a vote between Mia and Alli, and Alli won by just an eyelash. (Thank you, Mia, for jumping into action here!). And when Alli heard that we were light on the facilitator front for inpatient groups, yep,

Continued on page 13



## President's letter continued from page 12

Alli volunteered to do this. Alli also spent hours polishing and editing the Harassment policy. Alli is also a key member of the Membership committee and was just asked to become the Co-Chair, to facilitate the meetings and to work on the agenda. I also heard that Alli was just accepted into a Master of Social Work program at Boston College. Knock me over with a feather. Well-earned and well deserved. Thank you, Alli!

And, last but certainly not least, John-C Dorr, Board Director. John-C has quickly demonstrated his prowess with creative legal interpretation; it is an added bonus to have the mind of a lawyer on our board; it gives us all another unique perspective. It was John-C who volunteered a few years ago to facilitate inpatient groups with John P. John P. who had given countless years to this organization, needed to take time due to personal reasons, and John-C without hesitation, took those groups. John-C was asked to become the new Inpatient Group Coordinator, with his amazing talent for organization and staff recruiting (and with huge support from current inpatient facilitator, Cynthia P.) was able to recruit our members to become inpatient group facilitators. This is not an easy task, every DBSA-Boston member must also become an official McLean Hospital volunteer, this means a TB test, yards of paperwork and releases, interview and training. But, regardless of these obstacles, John-C was able to encourage new DBSA-Boston members (Kelley, Alli) as well as former veteran inpatient group facilitators (like our current Drop-in Group Coordinator, Kate, and our Speaker Bureau Coordinator, Mary J.) to take on these responsibilities. John-C also revitalized our Maintaining Stability Group. John C (with loyal, trusted and veteran facilitator Bruce) started to create a new group energy and culture where the group encouraged its members to Buddy and train to facilitate (Eric R and Bill S). This new culture of positivism within Maintaining Stability drew and draws large numbers each week. As well, he served as Nominations Chair this year. Thank you, John-C!

There are so many other people that make up the life-blood of our organization, including but not limited to: Roberta, our Facilitator Coordinator (Receiving the Everett Page Outstanding Volunteer of the Year Award for 2016-2017), Kate our Daytime Group Coordinator and Secretary of the Share Care Committee, Meach our Room Assignment Coordinator, Mary J our Speakers Bureau Coordinator as well as the folks who staff our Welcome Table (Eric, Bruce, Jim, Tina, Alan B. and Christian T.). The volunteers who staff the Welcome Table week after week, putting up the T-shirts, arranging the table with leaflets and flyers, making sure that there are enough name badges and markers, greeting newcomers, guests, and members alike with a warm smile and an encouraging welcome make DBSA-Boston the robust, caring, and appealing organization that we are. A place where everyone strives to create a safe space, both emotionally and physically.

Most of all I want to thank YOU! Yes YOU! You know who you are... You are the members or guests who smile at me each Wednesday night, you are the folks who put the .50cents/\$1.00 in our coffee fund (even when you do not buy a cup of coffee, so others who don't have it that day can). You are the members who volunteer to come early and set up the room for special events and activities and to stay late to break down and clean up. YOU are the ones who Walk on the DBSA-Boston Walk Team and ask your friends and neighbors to pledge dollars. YOU are the DBSA-Boston members/guests who buy our special new T-shirt to wear at the NAMI Walk, because you want to show DBSA-Boston Pride, being part of our Team even though it is an expense (especially if you have two or three children walking with you that day!). Without YOU, there is no DBSA-Boston. It is YOU that I am so happy to see every Wednesday night. It is YOU who laugh at my really silly and sometimes terrible jokes during announcements (thank you for being so kind). It is YOU that I work so hard for, and do what needs to be done. And let me share a secret with you, YOU are worth it!

So, while my two years is about to end as President, I have been part of the DBSA-Boston family for close to 25 years and look forward to the next 25 years. When I am with YOU, I think I'm at my best. And I am grateful that YOU have entrusted me with various leadership roles since I was elected to the Board of Directors in or around 1995. Thank YOU so much for the honor and privilege of serving as your President!

And kindly remember, if you are at a DBSA-Boston meeting, you are nowhere else. And in my book, there is no finer place to be!

Sincerely and with the Deepest Gratitude,

Chuck

# 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@dbسالliance.org  
Website: www.dbسالliance.org.

## **CONNECTICUT**

Depression and bipolar support groups meet in Branford, Danbury, Greenwich, Hartford, Naugatuck, Norwich, Orange, Portland, Putnam, Stratford, Torrington, Wallingford, and Windsor.

General mental health groups are for those with anxiety, depression, low self-esteem and/or relationship problems.  
Contact: Mental Health Association of Connecticut (MHACT)  
860-529-1970 ext. 10 or (CT only) 800-842-1501 ext. 10  
Website: www.mhact.org for times and locations.

**Branford:** \*+DBSA-Branford  
Mondays & Tuesdays, 6–7:30 p.m.  
BHCare, Mondays, 14 Sycamore Way • Tuesday, 13 Sycamore Way Branford, CT  
Contact: Alan Rosenthal • Phone: 203-779-5253  
Email: branforddbسا@gmail.com  
Website: www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/

**Farmington:** +(MHACT) • Wednesdays, 7–9 p.m.  
1st Wednesday of each month open to Family & Friends.  
UCONN Health Center • 263 Farmington Avenue,  
Farmington, CT (Use hospital entrance. Ask for the room number at the front desk.

**Greenwich:** \*DBSA-Greenwich  
Fridays, 2:30–4:30 p.m. • 27 Stag Lane, Greenwich, CT  
Contact 1: John S. Tamerin, MD • Phone: 203-661-8282  
Contact 2: Mary Lou Brown • Phone: 203-531-7507  
Email: jtamerin@optonline.net  
Website: www.dbسالgreenwichct.com

**Hamden** \*+DBSA-Branford  
Tuesdays 2:30–4:30 p.m. • Unitarian Church, 700 Hartford Turnpike  
Contact: Alan Rosenthal • Phone: 203-779-5253  
Email: branforddbسا@gmail.com

**Hartford:** \*+DBSA-Greater Hartford  
Wednesdays, 7–9 p.m. • Institute for Living  
200 Retreat Avenue, Commons Building, 2nd Floor,  
Litchfield Conference Room, Hartford, CT  
Contact: Selina Grover-Welborn • Phone: 860-462-3049  
Email: swelborn@mindlink.org

**Listings change frequently:** We suggest you call, email or write contacts for current information.

**Attention Chapter Contacts:** to change or add a listing, call, email or write to DBSA-Boston, Attn: Chapter List.

## **CONNECTICUT**, continued

**Norwich:** (MHACT) • Saturdays, 2–3:30 p.m.  
Lee United Methodist Church, 294 Washington St., Norwich, CT

**Orange:** (MHACT)  
2nd and 4th Mondays, 7:30–9:30 p.m. • Zion Lutheran Church • 780 Grassy Hill Road, Orange, CT

**Putnam:** +DBSA-Putnam • Tuesdays, 6:30–8:30 p.m.  
Day Kimball Hospital, 320 Pomfret Street, Putnam, CT  
Contact: Mariel Bates • Phone: 860-315-3359  
Email: autumn70567@yahoo.com  
Website: www.dbسالliance.org/putnam

**Torrington:** \*+DBSA-Northwest Connecticut  
Thursdays, 7–9 p.m. • Charlotte Hungerford Hospital (small dining room off the cafeteria)  
540 Litchfield Street, Torrington, CT  
Contact 1: Doyle Finan • Phone: 860-567-8928  
Contact 2: Palmer Marrin • Phone: 860-567-5454  
Email: pmarrin@optonline.net  
Website: www.dbسالnwct.com

**Waterford** \*+DBSA-Branford  
Saturday, 9–11 a.m. • Waterford Baptist Church  
111 Rope Ferry Road, Waterford, CT 06385  
Contact: Michelle Minnich  
Phone: (860) 908-0911  
Email: md222be@sbcglobal.net

**Westport:** \*+DBSA-Brandford • Thursdays, 6–8 p.m.  
St. Vincent's Medical Center, Behavioral Health Service  
Westport Campus • 47 Long Lots Road, Westport, CT  
Contact: Alan Rosenthal • Phone: 203-779-5253  
Email: branforddbسا@gmail.com

## **MAINE**

**Portland:** \*+DBSA-Portland  
Wednesdays, 1:30–3:30 p.m.  
Maine Medical Center, Dana Health Ed. Center, Room 2  
22 Bramhall Street, Portland, ME  
Contact 1: Paul Young • Phone: 207-857-9498  
Contact 2: John Kennedy • Phone: (207) 615-3691  
Email: pyoung30@maine.rr.com

**Rockland:** \*+DBSA-Mid-Coast  
Thursdays, 7:00–8:30 p.m. • Tuesdays 11–Noon  
First Universalist Church, 345 Broadway, Rockland, ME  
Contact: Heather Christie • Phone: 207-691-3599  
Email: dbsamc@hotmail.com

**Rumford:** Thursdays, 6–8 p.m.  
431 Franklin Street, Rumford, ME  
Phone: 207-364-2495

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## **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

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## MASSACHUSETTS

### Attleboro: \*+DBSA-Attleboro

Tuesdays, 7–9 p.m. • Newcomers at 6:45 p.m.  
Hillside Adult Day Health Center,  
50 Walton Street, Attleboro, MA  
Contacts: Chris and Colleen • 508-222-7525 ext. 407  
Email: info@dbsa-attleboro.org

### Belmont:

\*+**DBSA-Boston** • Wednesdays, 7–9 p.m.  
Speakers 2nd Wednesdays, 7–8 p.m.  
Groups include Newcomers, Depression, Mania & Bipolar,  
Maintaining Stability, Dual Diagnosis, Family & Friends,  
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, 4th Floor, Suite 4A,  
Schiff Conference Center  
Phone: 617-855-2795 • Email: mghgroup@dbsaboston.org

### Holyoke: +DBSA-Western Massachusetts

Mondays, 6–7 p.m.  
Holyoke Hospital, Behavioral Outpatient Building, kitchen  
area • Hospital Drive, Holyoke, MA  
Contact: Barbara • Phone: 413-532-1784  
Email: dbsaofwm@hotmail.com

### Hyannis:

+DBSA-Cape Cod  
Wednesdays, 7–9 p.m.  
Cape Cod Medical Center Conference Room  
40 Quinlan Way, Hyannis, MA (across parking lot from the  
Cape Psych Center)  
Contact: Lois • Phone: 508-681-8598  
Email: dmcapecod@hotmail.com

## MASSACHUSETTS, continued

### Lexington

Thursdays 1:30–3:30 p.m.  
Seniors' Group meets at the Senior Center,  
1475 Massachusetts Avenue, Lexington, MA.  
Contact: Rhona at 617-965-3630

### Lowell:

\*+DBSA-Merrimack Valley  
Thursdays, 7:00–8:30 p.m.  
Lowell First Church of the Nazarene  
1195 Varnum Avenue, Lowell, MA  
Contact: Tim  
Toll-free phone: 888-280-7773  
Email: info@dbsamerrimackvalley.org  
Website: www.dbsamerrimackvalley.org

### Natick:

+MDDA/Natick  
1st and 3rd Thursdays, 7:30–9:00 p.m.  
First Congregational Church, 2 East Central Street,  
Natick, MA  
Contact: Don Jessen • Phone: 978-443-6803

**North Adams:** See Bennington, VT listing.

### Revere:

+Depression Bipolar Support Group  
Tuesdays, 6:15–7:45 p.m.  
MGH Health Care Center Revere  
Administrative Conference Room, across from Security Desk  
300 Ocean Avenue, Revere, MA • Revere Beach Train Stop  
Contact: Kim Harol • Phone: 781-248-9825  
Email: dbsarevere@gmail.com

### Southbridge/Sturbridge

+DBSA-Southbridge/Sturbridge • Wednesdays 7 p.m.  
Brookside Terrace Community Room, 11 Village Dr.,  
Southbridge, MA 01550  
E-mail: dbsouthbridge@yahoo.com.

### Wareham:

DBSA-Southcoast  
1st & 3rd Thursdays, 6:30–7:30 p.m.  
Southcoast Medical Building, 100 Rosebrook Way,  
Wareham, MA  
Contact: John Folan • Phone: 508-971-0018  
Email: jafolan@msn.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

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# Regional DBSA/DMDA/MDDA & Other Support Group Listings

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## 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: Shelly Sechrest • Phone: 603-219-0623  
Fax: 603-229-1635  
Email: dbsaconcord@comcast.net

### Dover:

+DBSA-Greater NH Seacoast  
Mondays, 7:00–8:30 p.m.  
Wentworth Douglass Hospital, Salmon Falls Room  
789 Central Street, Dover, NH  
Contact: Joe Breakfield • Phone: 603-389-8011  
Email: jbreakfield@yahoo.com

### Exeter:

\*+DBSA-Greater NH Seacoast  
Fridays, 7:00–8:30 p.m.  
Exeter Hospital, North Conference Room #1  
5 Alumni Drive, Exeter, NH  
Contact: Brad • Phone: 603-303-0205  
Email: dbsaexeter@comcast.net

### Hampstead Center: DBSA

Tuesdays 7:30–9:00 p.m.  
Hampstead Congregational Church, 2nd Floor,  
Davis Room, 61 Main Street, Hampstead, NH  
Contact: Bob Elder • Phone: 603-329-6609  
Email: rdelder@comcast.net

### Lebanon:

+DBSA-Upper Valley • Thursdays, 6–8 p.m.  
Dartmouth Hitchcock Medical Center (ask at the info  
desk), 1 Medical Center Drive, Lebanon, NH  
Contact: Jean Clark Townsend • Phone: 603-632-7493  
Email: dbsa@valley.net

**Listings change frequently:** We suggest you call, email or write contacts for current information.

**Attention Chapter Contacts:** to change or add a listing, call, email or write to DBSA-Boston, Attn: Chapter List.

## NEW HAMPSHIRE, continued

### Nashua:

\*+DBSA-Nashua • Thursdays, 7–9 p.m.  
Community Council, 100 West Pearl Street, Nashua, NH  
Contact 1: Thomas Doucette • Phone: 603-888-2141  
Contact 2: Amanda Potash • 603-560-7502  
Email: info@dbsanashua.org  
Website: www.dbsanashua.org

### Plymouth:

+DBSA-Plymouth • 1st and 3rd Mondays,  
6–7 p.m. • Whole Village Resource Center  
Highland Street, Plymouth, NH  
Contact: Donna Serina • Phone: 603-783-7025  
Email: donnaserina@yahoo.com

## RHODE ISLAND

### Providence:

+DBSA-Providence • Tuesdays, 7–9 p.m.  
Butler Hospital, Ray Conference Center, 2nd floor  
2nd and 4th Saturdays, 10 a.m.–Noon  
Butler Hospital, Ray Conference Center, 1st Floor  
345 Blackstone Boulevard, Providence, RI  
Phone: 401-309-7575  
Website: <http://www.mdda-ri.org>

**Wakefield:** Wakefield/South County DBSA  
Shore Community Mental Health Center, 55 Cherry Lane,  
Wakefield, RI  
Contact: Jim McNulty  
Phone: 401-254-2572 or 401-455-6338.

## VERMONT

### Bennington:

\*DBSA of Bennington Area  
Mondays, 7–9 p.m.  
Bennington Free Library  
101 Silver Street, Bennington, VT  
Contact: Susan Hohman  
Phone: 802-447-3453  
Email: hohmansusan@yahoo.com

## 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
- 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

(CONTINUED ON OTHER SIDE)

(Cut along the dotted line)

(Detach and send In)

**DBSA-Boston**

Multipurpose Membership Form

Please, use this form to **become a member** of DBSA-Boston, **renew your membership**, **change terms** of membership or address/phone/email or **make a donation**. **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  
 Mail only in confidential (unidentified) envelopes

Members requesting changes, please note: changes require 4-6 weeks to take effect.

**Categories and Dues**     Individual: \$35/year     Household: \$50/year     Professional: \$75/year  
 Lifetime: \$300     Benefactor: \$500     Angel: \$1,000

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

**Please Print Clearly:**

Name \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (    ) \_\_\_\_\_ (For Confidential Office Use ONLY)

Email \_\_\_\_\_ (For Confidential Office Use ONLY)

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

X \_\_\_\_\_ (Form continues on the other side)

## 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)

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### DBSA-Boston Membership Form (continued from other side)

Phone List: Include my name as follows: \_\_\_\_\_

(Your name will be placed on the phone list, which is given to DBSA-Boston members seeking personal support, ONLY if you print your name here.)

How did you find out about DBSA? \_\_\_\_\_

Suggestions or Comments \_\_\_\_\_

**Donations: 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).

\$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)

**Thank you very much! The Membership Committee**

(OFFICE USE ONLY- Payment received \_\_\_/\_\_\_/\_\_\_ by \_\_\_\_\_)