

Background of Speakers Presenting at DBSA-Boston Spring 2016



March 9: “Savory Self-Love,”
Pam Garramone, MEd (Positive Psychology Speaker, Coach)

Pam Garramone, MEd, served as the Executive Director of Greater Boston PFLAG (Parents and Friends of LGBTQ People). She’s been awarded the GOAL Community Service Award, the Greater Boston Business Council’s Individual Award for Excellence, the Grace Sterling Stowell Award for Excellence in Advocacy and Service, and the North Shore Pride Professional Achievement Award. Currently, she is a speaker and life coach focusing on Positive Psychology: the Science of Happiness.

Her book, *How to be Gay (Happier)*, will be available in the Spring.

People say you can’t love someone else until you love yourself. How can we really fall in love with ourselves? Almost all of us have an inner voice saying some version of “I’m not good enough”. I’m not smart enough, rich enough, thin enough, worthy of love, etc.” Often, we try to fill ourselves up with food, drugs, alcohol, achievements, relationships, etc. but then we still find ourselves feeling unhappy, frustrated, addicted or just blasé. The truth is until we fill that inner void, nothing from the outside can ever make us feel “enough” at least for very long. You are not alone!



March 23: “Tell Your Story,” Bill Lichtenstein

Bill Lichtenstein was diagnosed with manic depression in 1986. He was a producer for ABC News at the time. Following three hospitalizations his recovery began in 1989 when he found the Mood Disorder Support Group of NYC, a DBSA (then NDMDA) chapter.

In the 1990s Bill produced a series of three public radio documentaries, the “Voices of an Illness” series, which were the first programs to feature the first-person account of people who had recovered from manic depression, depression and schizophrenia. The programs won a Peabody Award and received wide attention including an article in *Time* magazine. [Read the *Time* article.](#)

He has gone on to produce other films and programs that featured and encouraged people to “tell their story” about their experience with psychiatric illness as well as to actively work to reduce the stigma associated with mental health issues. Bill & Lichtenstein Creative Media are the recipients of more than 60 major journalism honors.

“Tell Your Story” will feature his own experiences in living with and recovering from manic depression, the importance and benefits for people to “tell their stories” of their experiences with psychiatric disorders, and the various medical and social issues with which he has been involved (stigma, workplace, recovery, etc.) .



April 13: “The Groove & the Thrive” CD launch and concert, Jason Scolnick

Note: Music will begin at 6:30 p.m.m with a presentation at 7:00 p.m.

Jason Scolnick has been a professional guitarist and singer/songwriter for nearly 25 years. He has performed as both a solo artist and with the bands Shakyfoot and Brilliant Chill during his career. With his latest release, “The Groove & The Thrive,” he’s carrying the message that “Recovery is real” for people with mental health diagnoses everywhere.

Jason is also a Certified Peer Specialist working at Waverley Place, a community support program for people with mental health diagnoses. Jason especially loves being involved with the Hearing Voices Network as a group facilitator and offering Shared Decision Making workshops at McLean Hospital to help people work with prescribers and other treaters.

Jason will be performing an acoustic/electric set with bass guitar player Eric Falter. Eric was fundamental in helping create Jason’s latest album, “The Groove & the Thrive,” available on iTunes and most online retailers, as well as at the live performance. [Listen to the single “Joyful Sound” from the CD.](#)

Jason and Eric will be playing more intimate versions of the album’s songs that were recorded with a full 4 piece electric band. Jason will also take the opportunity to share some details of his recovery journey; a journey celebrated by the album and all live performances.

Jason has agreed to give away 10 free CD’s as part of a free raffle to audience members, and then sell and autograph CD’s at a discount to others.

April 27: “Town Hall Meeting,” with DBSA-Boston President, Vice President, and Board Members

Members of the Board of Directors will hold a “Town Meeting,” to engage membership in a discussion about what they envision our organization to be, what our culture is, and what services we will offer in the next five to ten years.



May 11: “Empathic Crisis Intervention,” Mark J. Dutra

Mark J. Dutra has been committed to the respectful protection of people for all of his adult life. Mark has worked in a variety of management and consulting roles in both healthcare and higher education environments. He has authored and contributed to multiple professional articles and training publications. One of his primary professional focuses throughout his career has been developing and implementing effective empathic crisis intervention mitigation techniques. Currently, Mark holds the position of Director of Safety and Security at the Franciscan Hospital for Children in Brighton, Ma.

Mark will outline both verbal and non-verbal crisis intervention strategies. He will discuss processing the emotional effect escalating events have on both the professional and the patient and how to strengthen the empathic relational dynamics and understand the effective use of Trauma Informed Care. He will share effective techniques of safe and non-



May 25: “The Power of Holistic Design – Where Ancient Practice, Neuroscience and Interior Design,” Denyne Sanville, owner Denyne Designs LLC

Denyne Sanville is the only Holistic Home Design Expert in the Merrimack Valley. Her full service design firm, Denyne Designs LLC, specializes in creating beautiful home interiors that nurture mind, body, and soul. Drawing on over 30 years of design and construction experience, Denyne studied extensively the effect one’s home environment has on overall well-being. This led her to create a unique holistic approach to design which blends elements of traditional interior design with the ancient modalities of Feng Shui, along with the scientific studies of Evidence Based Design and Color Psychology.

Can every element of a built environment have a positive or negative impact on your state of mind and overall well-being? In her presentation The Power of Holistic Design – Where Ancient Practice, Neuroscience and Interior Design Meet Denyne Sanville will explore the powerful results that can happen when an environment is created with art, intention and science.