

Twenty Third Annual Conference
The Depression and Bipolar Support
Alliance of California

Presents:

Making the Most of our Moods

Friday, September 23rd and Saturday, September 24th, 2016

The Radisson Ontario Airport Hotel
Ontario, California

Keynote Speakers



David Granirer
Professional Comedian and
Speaker

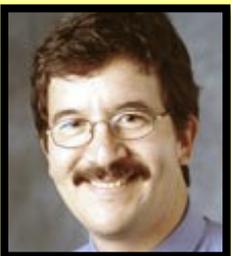
“I’m OK But YOU Need Professional Help”



Antoinette MK Brunasso,
Psy.D

Currently a lecturer at the University of Southern California in the Psychology Department

Coping with Depression and Bipolar Disorder: The Impact on Self and Family.



David J. Miklowitz, Ph.D.
Professor of Psychiatry

Director, Child and Adolescent Mood Disorders Program, UCLA Semel Institute for Neuroscience and Human Behavior Division of Child and Adolescent Psychiatry

“Coping with Mood Disorders in Adolescents: Strategies for Family Caregivers”

Ask The Pros

Himasiri De Silva, M.D.

Past President of Orange County

Psychiatric Society,

Founder of the DBSA of

Orange County,

and

Founder of the Bipolar Resource Center

Kent Layton, Psy.D.

Extensive Experience

With

Psychotherapy, Medical Interventions,

And,

Medical Treatments

Friday, September 23, 2016

8:00 am

REGISTRATION (all participants)

9:00 am—9:30 am

WELCOME—Jo Ann Martin President,
DBSA—California

ANNOUNCEMENTS

9:30 am to 10:30 am

KEYNOTE SPEAKER—*David Granirer*
**I'm OK But YOU Need Professional Help:
Creating Recovery – One Laugh At A Time!**

In this hilarious presentation, counselor and stand up comic David Granirer, who himself suffers from depression, looks at how comedy builds confidence and busts the stigma around mental illness. He'll show you mental health from a totally different perspective while uplifting, inspiring and educating you.

BREAK: 10:30 am to 10:45 am

10:45 am to 11:45 am

WORKSHOPS

1. Adult Suicide Prevention Training

Presenter: Liam Mina

The Adult Suicide Prevention training provides an overview of suicide prevention. Participants learn about the nature of suicide, suicide-related statistics, suicide risk factors, and warning signs. They also learn how to assess for lethality and provide information on resources for suicide prevention and post intervention.

2. Dual Diagnosis: Treatment Concepts

Presenter: Andrea Hatfield, MS, MFT...

Mood disorders and alcohol/drug problems are both treatable illnesses. Attend this workshop to learn about the importance of treating both issues. Current treatment approaches and what to expect from treatment will be discussed.

3. Crack Up

Presenter: David Granirer

This presentation features a screening of the award-winning documentary *Crack Up* that follows David Granirer as he trains a Stand Up For Mental Health group of comics in Melbourne, Australia via Skype and then flies in for a sold out final performance. You'll also learn techniques that stand up comics use to create killer material.

BREAK: 11:45 am to 12:00 pm

12:00 pm to 1:00 pm

LUNCH — On your own

Leadership Luncheon

Speaker: Allen Doederlein, President of National BDSA

Topic: News From National

Dutch Treat (Participants pay for their own meal).

1:00 pm to 2:20 pm

Presenter: Ask the Pros

Kent Layton & Himasiri De Silva

Answers to questions you always wanted to ask.

BREAK: 2:30 pm to 2:45 pm

2:45 pm to 3:45 pm

WORKSHOPS

4. Depression and Bipolar, How to improve your sex life

Presenter: Instructor: Ma'at Xi, M.A.

Is your sex life lacking sizzle or too hot to handle at the moment? Bipolar and depression can affect a person's sex life, where tension causes mismatched libidos affecting self-esteem, sexuality and intimacy in romantic partnerships. This course will uncover things that can be done to better understand and deal with sexuality issues as well as improve your sex life.

5. Housing!

Presenter: Paul Cumming

With multiple types of housing let's talk about them so we can understand what is available to us, and to help others. This workshop will include independent living in the community to types of hospitals and incarceration.

6. Bipolar Disorder: A Family Affair

Presenter: Angela Paccini

Bipolar Disorder affects each member in our families at a deep level. Knowing how to help is crucial and a united family team makes all the difference! The workshop focuses on the how to's, what to's and not to do's of a successful family approach to treatment.

BREAK: 3:45 to 4:00 pm

4:00 pm to 5:00 pm

WORKSHOPS

7. Food That's Good for You and Your Budget

Presenter: Jane Fyer

Guilty of junk food? Sick of eating the same cheap but boring meals? Hate always giving up what you can't afford? Want some satisfying, easy, and inexpensive options? (Please bring YOUR favorite cost effective, easy and nutritious recipes too.)

8. Earthscape for Wellness

Presenter: Pamela Miller – Zen

Participants will be creating with nature a large scale work of art that has been designed to alleviate some of the health problems that the mentally diagnosed patient suffers from.

9. Bipolar Disorder - The Future

Presenter: Himasiri De Silva M.D.

Will discuss the present classification, STEP-BD program, Influence of Genetic Studies and the future treatments. The future looks bright.

6:00 pm to 10:00 pm

Variety Show, Reception with hors d'oeuvres at 6:00 to 7:00 PM Come and see some of our own attendees show off their talent, and much more.

Saturday, September 24, 2016

8:00 am

REGISTRATION (all participants)

9:00 am—9:30 am

WELCOME—Jo Ann Martin President,
DBSA—California

ANNOUNCEMENTS

9:30 am to 10:30 am

KEYNOTE SPEAKER— *Antoinette MK Brunasso, Psy.D*

Coping with Depression and Bipolar Disorder: The Impact on Self and Family.

Create a more solid sense of self and become the person you want to be to yourself and in your relationships. Learn how to tolerate your anxiety and understand your reactivity. This will help establish a stronger relationship with yourself and those around you.

BREAK: 10:30 am to 10:45 am

10:45 am to 11:45 am

WORKSHOPS

10. Identifying and Responding to Signs of Depression and Bipolar Disorder

Presenter: Pat Luehrs LCSW, PsyD

The workshop will focus on identifying signs and symptoms of depression and bipolar disorder, and ways to address them. We will discuss self-identifying and also identifying in others. There will be time for discussion and questions from the participants.

11. A Relational and Psychodynamic Approach to Treating Depression.

Presenter: Dustin Shultz, MA, LMFT

Participants will be able to identify symptoms of depression, differentiate types of depression, and distinguish between different types of therapy. This presentation will also walk through the relational and psychodynamic approach to treating depression through a case example.

12. Reflective Functioning and Mentalization in relation to Bipolar Disorder

Presenter: Nazare Magaz PsyD., PhD.

A brief summary of Mentalization and Reflective Functioning capacities will be discussed, together with signs that evidence a drop in these capacities. The presentation will offer an opportunity for increased awareness of the signs that hinder or completely collapse one's ability to Mentalize.

BREAK: 11:45 am to 12:00 pm

12:00 pm to 1:15 pm

LUNCHEON — (Included with registration)

KEYNOTE SPEAKER— *David J. Miklowitz, Ph.D.* Child and Adolescent Mood Disorders Program, UCLA School of Medicine

Coping with Mood Disorders in Adolescents: Strategies for Family Caregivers The speaker will summarize eight coping principles for parents and other caregivers of adolescents with bipolar disorder or major depressive disorder. *Cont...*

These include: identifying and intervening with the early signs of recurrences, distinguishing adolescent moodiness from manic or depressive episodes, keeping regular sleep/wake schedules, making healthy decisions about medications, communicating effectively as a family, and taking care of oneself.

BREAK: 1:15 pm to 1:30 pm

1:30 pm to 2:30 pm

WORKSHOPS

13. Happiness with Music

Presenter: Mike Sullivan

Destroy your inner 'demons' with a small but mighty weapon, the Ukulele. This lovely little instrument has a BIG effect on your inner peace. It's helped me through depression, OCD, and anxiety. Come into a new beautiful world, kick your feet up, sit back and relax, and experience how a Ukulele can enhance and possibly even change your life. Free instrument.

14. Support Group Meeting

Presenter: Wanda Sellers

Support Group Meeting

15. The Kid in Me Sees the Kid in You.

Mindfulness, creativity, and fun as healing tools.

Presenter: Trish Phillips LMFT

In the heart of each of us is a child that needs to be seen, heard, and supported. Bringing creativity, fun, and play back into your life (and therapy) has been found to awaken neurons and build connections. We will talk about the healing benefits followed by a couple of fun mindfulness exercises.

BREAK: 2:30 to 2:45 pm

2:45 pm to 3:45 pm

WORKSHOPS

16. Blogging

Presenter: Joel Sax

Blogging is a new way to express our experience with our illness. This workshop will show people how to get started, how to publicize their blogs, and how to start a chapter-based group blog for their members.

17. Families Dealing with Mental Illness: Attitudes and Coping Skills

Presenter: Donald Kern, LMFT

Consumers and loved ones have an interest in finding ways to touch and communicate. This presentation helps focus on the needs and coping skills which will enhance and allow the consumer to understand a successful coming together.

18. Trauma Effects – Depression & Bipolar

Presenter: Christine Monroe MS, RMFTI

In this one hour workshop we will highlight the role of trauma, which can contribute to symptomatology and hinder treatment outcomes. We will learn to identify traumatic material, trauma responses, and how they contribute to emotional imbalance.

4:00 pm to 5:00 pm

Wrap-up, Awards

5:15 pm—6:00 pm

2017 PLANNING CONFERENCE

Sign up to help and give us your input.



Radisson Ontario Airport Hotel

2200 East Holt Blvd.
Ontario, CA 91761

100% non-smoking facility

- 37" flat-screen TV with premium cable
- Weekday newspaper (complimentary)
- Coffeemaker
- Hair dryer
- High-speed Internet access (complimentary)
- **Free parking**
- Bottled water (complimentary)



Airport Transportation

- Free shuttle service to & from airport
- Taxi

Rooms are \$89.00 per night plus tax & fees. Each room has 2 beds and sleeps up to 4 people. Mention you are with DBSA for the special hotel rates.

Reservations at 1-909-975-5000

Cutoff Date The "cutoff date is Thursday, September 1, 2016. Reservation requests received after the cut-off date will be accepted on a space availability. Special room rates may not be available after cutoff date.

Check-in/Check-out Time
Check-in: 3:00 p.m.
Check-out: Noon

See our website www.DBSAtoday.com

DBSA of California wishes to
Thank Radisson Ontario Airport
Hotel & staff
For their fine hospitality.



ART SHOW

Original art by Attendees

If you wish to bring your art for
The exhibit, see page 7 for instructions.

No last minute entries will be accepted at
The exhibit. All must be pre-approved.

The deadline to submit artwork is
August 25, 2016

DON'T MISS The HOSPITALITY SUITE!

Brenda Peters will be your host.
Take a break and visit with friends
And have some food.
The hospitality room will be closed
During the variety show.
Save some room for wonderful
hors d'oeuvres at the variety show.

Be sure to attend all the
major presentations.
Drawing will be held during these sessions.
You must be present to win!
Terrific Prizes!

Get out of bed and hear these
Great speakers.

Please note: due to circumstances beyond our control, some workshops or activities may not be available at the times listed and may be changed.

Enjoy Ontario's sites and attractions such as:

- Cucamonga-Guasti Regional Park
- Scandia
- Ontario Mills Mall
- Raging Waters



Book Store Hosted by Barnes & Noble
 5183 Montclair Plaza Lane, Montclair, CA 91763
 909-399-1966

Room Share or Car Pool

If you would like to share a room with someone to help lower costs, or car pool, contact Leroy for available options @ 951 / 686-5047

LEADERSHIP LUNCHEON



Allen Doederlein, President of National BDSA.

National Update during the Leadership Brunch.

Dutch treat. Each participant pays for his or her own lunch.

If you are taking part:

IN THE ART DISPLAY

Ask at registration for directions.

IN THE VARIETY SHOW

Please fill out the Variety Show application insert and send it in before the deadline. Upon arrival at the conference, ask at the registration table about performing. There will be a brief meeting, but no full rehearsal.

We need all participants to sign up in order to plan the order of exhibits.

WAYS TO CUT CONFERENCE COSTS

Eat a hearty breakfast before going. Flying will eliminate the cost of meals and lodging and gas. Otherwise, take snacks in the car, such as canned Slimfast, cheese, buttered crackers, mixed nuts and BOTTLED WATER. Divide the gas costs. Arrange ahead for up to four roommates. Eat a hearty lunch but save some of it for a light dinner you can box to take to your room. Free snacks will be available in the Conference's HOSPITALITY ROOM both days. Saturday lunch is included in registration fees. WALK to nearby restaurants and sights. Arrange GROUP rates for sights, tours, tec. Drink more water than other drinks.



A Night of Variety and Talent!

Reception with hors d'oeuvres at 6:00 to 7:00

Friday Night Show,

All star cast

Plus talent from attendees



Jo Ann Martin



Jennifer Leitham



**Lonnie Kellogg
Master of Ceremonies**



Mike Sullivan





**“Making the Most of our Moods”
DBSA California Conference, September 23 & 24, 2016
Art Exhibit Application**

Thank you for your interest in exhibiting your art work at our DBSA-CA Conference!

Please fill out this form and fulfill the requirements mentioned. To ensure the kind of quality show we have had in the past, the requirements are extremely important. Keep a copy of the form for your records and send requirements to the address below. Do Not Send This Form to DBSA Riverside.

You must return this form before August 25, 2016. The Creative Arts Consortium will inform you of their decision to display your artwork by September 1, 2016.

The Creative Arts Consortium is an organization that promotes the art, writing and performing arts of persons with mental illness. We have been invited to mount an exhibit at the conference.

If you would like to have your art considered for inclusion in the exhibit, it must be submitted for acceptance in the following way:

1. Art must be appropriately framed for hanging.
2. Canvas, if unframed, must be painted or finished on the sides with no staples showing.
3. Artwork or Sculpture must be original.
(Absolutely No Copies or Computer Generated Artwork Allowed).
4. Include all important information such as size, media, artist’s name, artwork name.
5. Include a Statement from the artist on a 3”X5” card, neatly printed or typed.
6. Send a photo or slide of artwork with a return *self*-addressed stamped envelope to:

**DBSA-CA Conference Art Exhibit
Creative Arts Consortium
P.O. Box 3053
San Diego, CA 92103-3053**

**LIMIT 3 PIECES OF ARTWORK
PER PERSON
Do you have any questions?
Call Jane at: (858) 481-7069**

I, _____ agree that the Depression and Bipolar Support Alliance of California, the Creative Arts Consortium and the Radisson Hotel are not to be held responsible for any damages to/or loss of my artwork.

Signature _____ Date: ____/____/____

Phone () _____

Please do not bring your art to the conference exhibit unless it has been previously approved by this application process, otherwise it will not be included in the exhibit.

DBSA-California
16280 Whispering Spur
Riverside, CA 92504