



Depression and Bipolar
Support Alliance

Shifting the Focus from I to We

2015

DBSA New Jersey 2015

Ninth Annual Conference



From I to We – **illness to wellness**

1:10 p.m. – 1:30 p.m., Saturday, August 8, 2015

Allen Doederlein

President, Depression and Bipolar Support Alliance



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Support Alliance

Shifting the Focus from I to We

2015

DBSA I to We Campaign 2015

A year of programs and events promoting a shift in focus from "I" to "We"



Shifting from:

- ❖ Eliminating **i**llness *to* building **w**ellness
- ❖ **I**ndividual views *to* **w**erful, collective voices
- ❖ **I**solation *to* a **w**elcoming community of support



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Shifting from eliminating **i**llness
to building **w**ellness



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What do we mean by **wellness**?



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Wellness is the optimal state of health of individuals and groups. There are two focal concerns: the realization of the fullest potential of an individual physically, psychologically, socially, spiritually and economically, and the fulfilment of one's role expectations in the family, community, place of worship, workplace and other settings (from *The World Health Organization Glossary of Terms*, Smith, Tang, & Nutbeam, 2006)



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Incorporating **w**ellness measurements into practice



World Health Organization WHO (Five) Well-Being Index to measure overall quality of life.

- *I have felt **cheerful and in good spirits***
- *I have felt **calm and relaxed***
- *I have felt **active and vigorous***
- *I woke up feeling **fresh and rested***
- *My daily life has been **filled with things that interest me***



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	1	2	3	4	5	6	7	8																
Overall Mood																								
Severe Mania																								
Strong Mania																								
Moderate Mania																								
Mild Mania																								
Stable																								
Mild Depression																								
Moderate Depression																								
Strong Depression																								
Severe Depression																								
Mood Factors																								
Mood State (of #) (e)																								
Blood Sugar (of # multiple records in same day)																								
Number of Mood Changes Per Day																								
Additional Factors																								
Number of Hours of Nighttime Sleep (per night)	7.0	8.0	8.5	7.0	8.0	7.5	9.0	6.0	8.0	7.5	8.0	7.0	8.0	7.5	6.0	10.0	8.0	8.0	8.0	8.0	7.5	6.0	7.0	
Number of Drinks per day (of # 7 or more)	0	1	0	0	1	0	0	0	0	0	0	0	0	0	0	2	0	0	0	0	0	0	1	0
Recreational Drugs																								
Menstrual Period																								
Significant Life Event																								
Prescriptions																								
Mental Health Medication Adherence (of # as prescribed, of # times or less, of # times)																								
Change in any medication?																								

DBSA Wellness Tracker on FacingUs.org, iPhone App, and Droid App

18,000 App Downloads
16,000 People Recorded Mood



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DBSA WellnessTracker Account Logout Reports

Tracking for June 04, 2015 Change Date

WELL-BEING Track Daily SYMPTOMS Track Daily or Weekly LIFESTYLE Track Daily MEDICATION Track Changes HEALTH Track Changes

My Symptoms

One of the ways to measure your wellness is to check for symptoms and how much they keep you from doing the things you want to do. Rate your symptoms from 0 (not currently experiencing this symptom) to 4 (incapacitated by this symptom).

The following are symptoms commonly experienced by individuals living with a mood disorder. You might find it helpful to keep track of all, or some, of these. Knowing which symptoms affect your life – and how severely – can help you better prepare for, and cope with, them.

- Sadness/Despair [0] [1] [2] [3] [4] Add Note
- Helplessness/Hopelessness [0] [1] [2] [3] [4] Add Note
- Agitation/Irritability [0] [1] [2] [3] [4] Add Note
- High Anxiety or Excessive Worry [0] [1] [2] [3] [4] Add Note
- Headache [0] [1] [2] [3] [4] Add Note
- Decreased or Increased Appetite [0] [1] [2] [3] [4] Add Note
- Feelings of Guilt or Self-Blame [0] [1] [2] [3] [4] Add Note
- Thoughts of Death or Suicide [0] [1] [2] [3] [4] Add Note

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My Lifestyle & Choices

Keeping track of daily choices and sleep can help you see how much of an impact these things have on your moods.

- I slept for 6 hours last night. My sleep was continuous. I woke up feeling refreshed.
- I took my medication as prescribed today. Yes No
- I exercised by walking for 20 minutes. Helps my cardio goals. Helps my resistance goals.
- I had _tobacco_ today.
- I took recreational drugs today. Yes No
- I have my menstrual period today. Yes No N/A
- I experienced the following significant life event today... My dog passed away. Positive Negative



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Tracking for **June 04, 2015** Change Date

WELL-BEING Track Daily
SYMPTOMS Track Daily or Weekly
LIFESTYLE Track Daily
MEDICATION Track Changes
HEALTH Track Changes

My Well-Being Today

Tracking how you're feeling each day—your overall mood and state of well-being—can be very helpful in assessing your mental health. Doing so can help you see patterns, which can alert you about when to celebrate if you're doing well or when to take action if you're not doing well.

Overall Mood

Take a few minutes each day to track your overall mood. Use the "Notes" button if something had a significant impact on your mood—a life event, lack of sleep, change in medication dosage, etc. Rate your overall mood using the following levels ranging from depression to mania:

Extremely Manic (essentially incapacitated or hospitalized)	NEUTRAL (no feelings of either depression or mania)
Very Manic (GREAT difficulty with goal-oriented activity)	Mildly Depressed (usual routine relatively unaffected)
Mildly Manic (more energized & productive, but usual routine relatively unaffected)	Somewhat Depressed (SOME difficulty with goal-oriented activity)
Somewhat Manic (SOME difficulty with goal-oriented activity)	Very Depressed (functioning with GREAT effort)
	Extremely Depressed (essentially incapacitated or hospitalized)

I'm experiencing a mixed state. ?

Well-Being Index

Take a few minutes each day to evaluate the following five measurements of well-being. Together with your mood, they can provide valuable insight into your overall emotional health. The well-being index scale ranges from All the time (5) to At no time (0).

I have felt cheerful and in good spirits

All of the time

I have felt calm and relaxed

All of the time

I have felt active and vigorous

All of the time

I woke up feeling fresh and rested

All of the time

My daily life has been filled with things that interest me

All of the time

Save Save & Continue

If you live with depression or bipolar disorder – or are simply seeking inspiration and support for living a full, healthy and happy life – the Facing Us Clubhouse is your online home for wellness. © DBSA 2009 | Privacy Policy



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DBSA WellnessTracker

Report For June 2015

Information For You

There are four (4) sections of this report:

1) The DBSA Wellness Tracker **OnTrack** section charts your self-reported overall mood and well-being throughout the month. It also provides a summary of your current medications and lists any side effects you have identified as having a severely negative impact on your ability to function as you wish on a daily basis. It provides an overall summary of your moods and state of well-being, flagging entries and/or recording notes that you might want to review in your clinical appointments.

Review your **OnTrack** report (all months since your last appointment) with your clinicians at each appointment. Even if you don't have a doctor's appointment during a particular month, you'll find it helpful to print and save this report each month for your personal review.

2) The DBSA Wellness Tracker **Symptoms** section charts your self-reported mood disorder symptoms throughout the month. It also provides a summary of any notes you've made about a particular symptom. Review this report on a regular basis, circle/mark any trends or notes that you feel might have an influence on your symptoms and bring it with you to your clinical appointments.

3) The DBSA Wellness Tracker **Physical Health** section records key physical health statistics. It should be printed before, and updated after, each appropriate clinical appointment.

4) The DBSA Wellness Tracker **Personal Exercise Log** section records progress on your cardio and resistance exercise goals. If you've identified exercise as an important part of your treatment plan, you may want to bring this log with you to your clinical appointments so that you can work with your clinician on setting/modifying goals and identifying targeted activities.

Information For Your Clinician(s)

DBSA Wellness Tracker is not a diagnostic tool.

The DBSA Wellness Tracker report provides a summary of user-reported moods, well-being, symptoms, physical health statistics and exercise. It is intended to be a tool to help you and your patient/client quickly identify potential issues and work together to address them within his/her treatment plan.

The **OnTrack** section provides an overall summary of moods, WHO-5 Well-Being Index measurements, external factors, medications and side effects. It also contains a diary of user-generated reports and system-generated **ef flags** where values reported are significantly above or below typical recommendations for good mental or physical health. These **ef flags** are not diagnostic; they're intended only to highlight an area for potential discussion with your patient/client. **ef Flags** might also prompt you to seek additional information in user notes and/or the **Symptoms** or **Physical Health** sections of the DBSA Wellness Tracker Report.

The **Symptoms** section provides more detailed information on specific symptoms the user has identified as impacting his/her daily life. Symptoms that the user has identified as having a strong or severe impact on his/her ability to function are noted in the daily symptom diary. Individuals may have additional symptoms beyond those available for tracking in the tool.

The **Physical Health** section documents key physical health statistics. It's provided to encourage a comprehensive physical and mental health treatment plan.

DBSA Wellness Tracker is not a diagnostic tool. DBSA is not responsible for any actions or outcomes resulting from the use of this tool by any individual or clinician.



Four Sections of the Report

1. On Track
2. Symptoms
3. Physical Health
4. Personal Exercise Log



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Take action now!

MoodNetwork: Patient-Powered Research Network





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- DBSA is a partner with Harvard/Massachusetts General Hospital and others
- New initiative aiming to gather more diverse information
- MoodNetwork.org will bring together 50,000 participants who have experienced a mood-related condition of any kind, at any time
- Participants may, but do not have to, participate in studies and/or share their de-identified information and feedback so that we can find better treatments and achieve greater understanding

**Signing up is easy! Takes 3 minutes or less—
MoodNetwork.org/user/register**



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See Carol Rickard in the lobby about
DBSA-New Jersey GO



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September 25–27, 2015

Join us at the award-winning Eaglewood Resort & Spa in Itasca, Illinois for this exciting and restorative weekend. **Registration is now open!**



DBSAlliance.org/ItoWeWeekend



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DBSA I to We Tour: NYC

1:00 PM–3:00 PM Sunday, October 25, 2015

New York Public Library for the Performing Arts

Bruno Walter Auditorium

40 Lincoln Center Plaza, New York, NY 10023

DBSAlliance.org/ItoWeTour



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DBSA Peer Leadership Center

- Online educational, employment, and networking resource for the emerging profession of peer specialists
- Thanks to a grant made by the Humana Foundation
- DBSA Peer Leadership Center will
 - capture the national footprint of the field
 - promote this emerging part of the mental health workforce
 - advance availability and quality of peer support services
- Anticipated launch date October 30, 2015.



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Allen Doederlein
President, Depression and Bipolar Support Alliance

Thank you!

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