

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



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 illness to building wellness
- Individual views to powerful, collective voices
- Isolation to a welcoming community of support

Shifting from eliminating illness to building wellness



2015

What do we mean by wellness?



2015

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)



2015

Incorporating wellness 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



Shifting the Focus from I to We

2015



	ssTracker				gout Report
	Tracki	ng for December	17, 2014 © Charg	ge Date	
WELL-BEING Track Daily	SYMPTOMS Track Daily or Weekly	LIFESTYLE Track Daily	MEDICA Track Char		HEALTH rack Changes
Lifestyle					Health
It might take some time for					
It might take some time for your medication to fully we medication isn't working, symptom of your illness. It medication/supplement.	rork. You might feel some Sometimes it's hard to te t might also be difficult to	side effects of your med ell if something (like sleep o determine if it's caused	ication before you feel piness, anxiety or heada I by a non-mental-healti	the benefits—that che, etc.) is a side h medication or ow	doesn't mean the effect or a er-the-counter
It might take some time fr your medication to fully w medication isn't working. symptom of your illness. I medication/supplement. Keep track of all your med supplements and side effe	ork, You might feel some Sometimes it's hard to te t might also be difficult to lications (both prescriptions).	side effects of your med ell if something (like sleep o determine if it's caused on and over-the-counter, is is section after any chang	ication before you feet piness, anxiety or heada I by a non-mental-healti for your mental health	the benefits—that che, etc.) is a side h medication or ow and your physical he	doesn't mean the effect or a er-the-counter ealth), as well as
It might take some time if your medication to fully w medication isn't working, symptom of your illness. I medication/supplement. Keep track of all your med supplements and side effechange in any of the side of	ork. You might feel some Sometimes it's hard to te t might also be difficult to lications (both prescriptio rcts. Be sure to update th affects you might be expe	side effects of your med ell if something (like sleep o determine if it's caused in and over-the-counter, is section after any chang priencing.	ication before you feel piness, anxiety or heada I by a non-mental-health for your mental health ge in the type or dosage	the benefits—that . che, etc.) is a side h medication or ove and your physical h of your medication	doesn't mean the effect or a er-the-counter ealth), as well as nor if there's a
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	Tracking	for December 17,	2014 S Change Date	
WELL-BEING Track Daily	SYMPTOMS Track Daily or Weekly	LIFESTYLE Track Daily	MEDICATION Track Changes	
Wedication				Reports :
several key physical healti overall quality of your life		mary care physician and men	tal health clinician(s) work tog	our life. Keeping track of ether to improve the
overall quality of your life TIP: You're in a partnersh providers or think that you	ip: You should see yourself a	s a partner with all of your h questions. Communicate wil	tal health clinician(s) work tog eath care providers. Don't feel h them about your symptoms,	ether to improve the intimidated by your
overall quality of your life TIP: You're in a partnersh providers or think that you	ip: You should see yourself a a're wasting their time with g someone with you to help y	s a partner with all of your h questions. Communicate wil	eath care providers. Don't feel	ether to improve the intimidated by your feelings and needs.
overall quality of your life TIP: You're in a partnersh providers or think that you Write things down or bring Current Weight	ip: You should see yourself a a're wasting their time with g someone with you to help y	s a partner with all of your h questions. Communicate will you rensember.	eath care providers. Don't feet h them about your symptoms, Last Updated on July:	ether to improve the intimidated by your feelings and needs.



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

18,000 App Downloads 16,000 People Recorded Mood



Shifting the Focus from I to We

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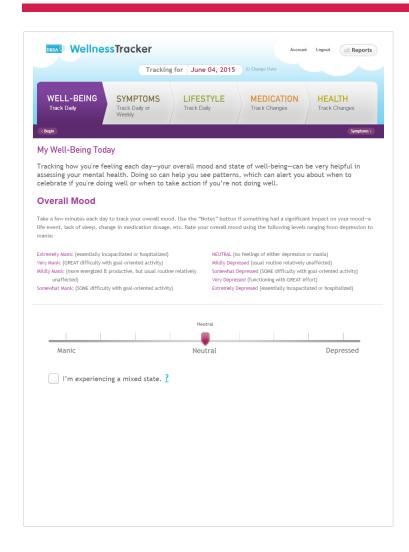
DBS	WellnessTracker		Account Logout	IIII Repo
	Tracking	for June 04, 2015	⊗ Change Date	
	VELL-BEING SYMPTOMS Track Daily or Weekly	LIFESTYLE Track Daily	MEDICATION Track Changes Track	LTH Changes
< Mood				Lifest
	My Symptoms One of the ways to measure your wellness is to check for	or symptoms and how much the	ey keep you from doing the things you want	to do.
	Rate your symptoms from 0 (not currently experiencing The following are symptoms commonly experienced by i			ack of all.
	or some, of these. Knowing which symptoms affect you			
8	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
Ø	High Anxiety or Excessive Worry		0 1 2 3 4	⊕ Add Note
æ	Headache		0 1 2 3 4	⊕ <u>Add Note</u>
Ø	Decreased or Increased Appetite		0 1 2 3 4	⊕ Add Note
2	Feelings of Guilt or Self-Blame		0 1 2 3 4	⊕ Add Note
sa sa	Thoughts of Death or Suicide		0 1 2 3 4	⊕ Add Note

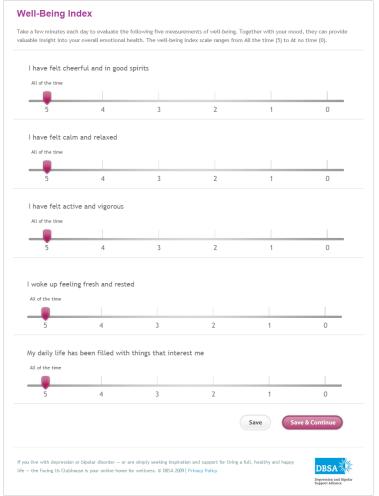
DBSA % VV	ellnessTracker	Account Logout
	Tracking for June 04, 2015	Change Date
WELL-BI Track Daily		MEDICATION Track Changes HEALTH Track Changes
Symptoms	la O Obairea	Medication
	le & Choices of daily choices and sleep can help you see how much of an impact these th	nings have on your moods.
Z	I slept for 6 hours last night.	
		✓ I woke up feeling refreshed
B	I took my medication as prescribed today.	✓ Yes No
久	l exercised by walking for 20 minutes	Helps my <u>cardio goals</u> .
	E) Add another	Helps my <u>resistance goals</u> .
	I had _ tobacco today.	£00000000000
D *	I took recreational drugs today.	Yes W No
M	I have my menstrual period today.	Yes W No N/A
	I experienced the following significant life event today	/···
	My dog passed away.	Positive Negative
	⊕ Add another	



Shifting the Focus from I to We

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WellnessTracker

In 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.
- 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, wellbeing, 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 11 flags where values reported are significantly above or below typical recommendations for good mental or physical health. These 11 flags are not diagnostic; they're intended only to highlight an area for potential discussion with your patient/client. 11 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.

Four Sections of the Report

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

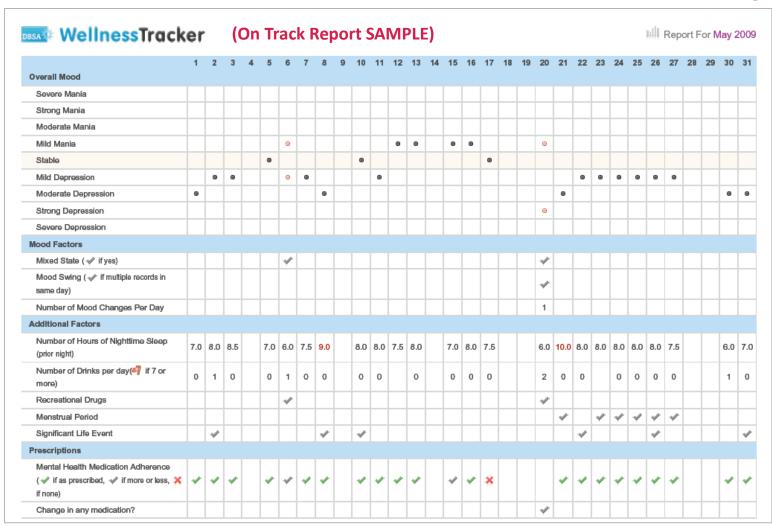
DBSA Wellness Tracker is not a diagnostic tool. DBSA is not responsible for any actions or outcomes resulting from the use of this tool by any individual or clinician





Depression and Bipolar Shifting the Focus from I to We support Alliance

2015



2015

Shifting from individual views to powerful collective voices



2015

Take action now!

MoodNetwork: Patient-Powered Research Network





2015



- 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 moodrelated 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

2015

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

Shifting from isolation to a welcoming community of support



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DBSAlliance.org/ItoWeWeekend

2015

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

2015

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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Thank you!

ADoederlein@DBSAlliance.org (312) 988-1169