

2014

The Year of Thriving



DBSA's 2014: The Year of Thriving

A year-long focus on programming that challenges each of us to

- raise our personal wellness expectations from just better to truly well
- demand a new focus on treatment options and methodologies that have zero residual symptoms as the goal
- take action, in our own lives and in service of others, to help make this goal a reality.



Depression and Bipolar
Support Alliance

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Today we will cover...

- DBSA's Year of Thriving and why it's important to us
- Our own personal definitions of thriving
- DBSA programming associated with thriving
- How we can discuss thriving in support groups
- How personal conceptions of thriving can be related to DBSA chapters



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Shifting from surviving mental health symptoms... ...to building truly thriving lives

The cost of settling for reduced symptoms, rather than true wellness, is huge. It is, in fact, a matter of life and death—for when residual symptoms exist, we who have mood disorders are

- at significantly greater risk of relapse
- more likely to experience significant functional impairment, making the day-to-day demands of job and family challenging, and too often, debilitating
- more likely to have life-threatening co-occurring conditions, such as heart disease, hypertension, and diabetes—a huge factor in why individuals with mental health conditions die, on average, 25 years younger than those without mental health conditions
- at a higher risk to die by suicide



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Thriving – growing or developing successfully; flourishing or succeeding

- Growing vigorously : flourishing
- Gaining in wealth or possessions : prospering
- Progressing towards or realizing a goal despite or because of circumstances



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Thriving Mental Health Care System

Advocating for changes in the way we think about and address mental health care in the U.S.

- **Care for Your Mind.org** shared perspectives about changing the mental health care system, created in partnership with Families for Depression Awareness
- **Grassroots Advocacy Training** for advocates from CA, FL, MI, and TX
- **Hill Day in Washington, D.C.** to advocate for better resources for mental health treatment, hosted in partnership with the National Council
- **WHO-5 Challenge** to clinicians to integrate wellness measurements into their practice, such as the World Health Organization's five point Well-Being Index, WHO-5



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Thriving Families

Tools to help children, young adults, and families thrive

- **The Balanced Mind Parent Network** resources and online support for parents
- **DBSA Young Adult Council** to identify areas of specialized programming to assist young adults
- **Storm in My Brain Education Kit** for children living with bipolar disorder and their parents



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Thriving Peers

Tools to help peers living with mood disorders thrive

- **Choices Webinar Series** focused on helping peers explore all avenues of treatment options
- **Peer Specialist Training** for individuals and Veterans seeking to help others
- **DBSA 2014 Chapter Leadership Forum** live and web-streamed event to share best practices for DBSA chapters and support groups
- **+6 Thrive Challenges** six months of positive actions to help you thrive
- **Restoring Intimacy Webinar**, making the connection between mood disorders, sex, and intimacy
- **DBSA Wellness Tracker Enhancement** to incorporate WHO-5 Well-Being Index and expansion to Android platform.



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To bring up thriving...

- Ask participants to provide definitions of thriving
- Ask people to share examples of times when they feel that they are or have been thriving in their own lives
- Ask participants who may have difficulty conceiving of ever thriving to consider what strengths they have and how they could build upon them



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To bring up thriving...

- Consider discussing how to reinforce aspects of thriving—you could try using the WHO-5 Wellbeing Index (<http://www.who-5.org>):
 - 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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Thriving DBSA Chapters

- What does a thriving chapter look like?
- In what ways are you already thriving?
- What do you need in order to thrive?
- What can you do to promote a thriving chapter?



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Thank you!

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