



Surviving

to

Thriving

*Eighth Annual Conference
DBSA New Jersey*

*August 16, 2014
Kean University
Union, NJ*



Depression and Bipolar
Support Alliance
New Jersey

Now is your time. Start your journey.

Revised edition

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IMPORTANT

Food and drinks *may not* be brought into the lecture hall. Thank you for your cooperation.

Welcome

Thank you for being part of our eighth, and most ambitious, annual conference. We hope you will find the day to be worthwhile and eventful, with our wellness focused sessions aimed at building thriving lives, opportunities to meet and learn from your DBSA peers from across the country, and hearing from *three!* noteworthy guests who have made a difference in our lives.

Carolyn Burke, graphic artist and founder of DBSA Burlington County Inspirations, created our conference poster and the cover art of this program, and helped with the program layout. Thank you Carolyn! And much gratitude is due to Chris Hudak and Kean University for providing our wonderful conference facilities, and accommodating our changing needs, at a price we could afford.

Special appreciation goes to Ingrid Deetz and supporting staff at DBSA without whom this conference, from genesis to programming and the mustering of resources, would never have happened.

We have been awarded a charitable contribution from Otsuka Pharmaceutical in support of our conference. Thank you Otsuka!



**Depression and Bipolar
Support Alliance**
New Jersey

Conference Agenda

8:15 – 9:00 am	CHECK-IN & BREAKFAST
9:00 – 9:10 am	WELCOME —Chris Chernick, President, DBSA New Jersey, and Cheryl Magrini, Board Chair, DBSA (Lecture Hall)
9:10 – 10:20 am	KEYNOTE — <i>Recovery Bound</i> from Marya Hornbacher, Author (Lecture Hall)
10:20 – 11:20 am	GENERAL SESSION —Laura DeMarzo, Ed.D, Licensed Psychologist, Director, Center for Psychological Services of Somerset County (Lecture Hall) <i>When Stress Gets on your Nerves, Turning Tension into Tranquility</i>
11:30 – 12:30 pm	BREAKOUT SESSIONS (see page 6)
12:30 – 1:30 pm	LUNCH (Atrium)
1:30 – 2:30 pm	BREAKOUT SESSIONS (see page 6)
2:40 – 3:40 pm	KEYNOTE —Senator Richard J. Codey, former Governor of New Jersey (Lecture Hall)
3:40 – 4:30 pm	Refreshments and Book Signing —Marya Hornbacher, Author (Atrium)
4:45 – 5:30 pm	Q&A with Demi Lovato —Allen Doederlein, President, DBSA (Lecture Hall)

Our Keynote Speakers and Exclusive Interviewees



Richard J. Codey—NJ State Senator and former governor—has made mental health care a focus of his legislative career and, as governor, was active in reforming and improving mental health care for the citizens of New Jersey, and in fighting mental health stigma. He also lived the experience of a mental health condition when his wife, Mrs. Mary Jo Codey, developed post-partum depression after the birth of their first child.

Marya Hornbacher—a *New York Times* best-selling author and lecturer—is a peer diagnosed with bipolar disorder. Her first book, *Wasted: A Memoir of Anorexia and Bulimia*, was nominated for a Pulitzer Prize. Her subsequent autobiographical book, *Madness: A Bipolar Life*, picks up her story following her diagnosis with bipolar disorder. Marya has also written a novel, *The Center of Winter*, and two other books. She teaches writing at Northwestern University.



Demi Lovato—a platinum-selling recording artist, songwriter, *New York Times*’ best-selling author, actress, and mental health advocate*—shares her own story of resilience and learning to live well with bipolar disorder.

* *Demi Lovato’s participation is part of The Mental Health Listening & Engagement Tour supported by Sunovion Pharmaceuticals Inc.*

Breakout Sessions

11:30 AM – 12:30 PM

- Lecture Hall** *A Psychiatrist’s Perspective on the Recovery Model: Effective Treatments* by Linda Gochfeld, MD, Distinguished Fellow of the APA, Medical Director of SERV Behavioral Health
- Room 308** *Tapping Your Senses to Create Balance Within* by Maryann Sowerbutts, OTR/L
- Room 307** *Partners in Mission: Working Together to Improve Lives* by Allen Doederlein, President, DBSA
- Room 306** Workshop: *Writing for Healing* by Marya Hornbacher, Author

1:30 PM – 2:30 PM

- Lecture Hall** *LifeTools: How to Manage Life Instead of Life Managing You!* by Carol L. Rickard, LCSW, CEO of Well YOUiversity, LLC, DBSA New Jersey Board of Trustees
- Room 308** *Being in Charge of My Life: Managing My Illness* by David Buch, MD, Chief Medical Officer of Carrier Clinic and Carla Carbonara, LCADC and LAC, Carrier Clinic
- Room 307** *Therapy Dogs and Pets for Emotional Support* by Tricia Baker, YMHFA, CPDT-KA, co-founder of Attitudes in Reverse

Our Sponsors



Exhibitors



 **New Jersey Self-Help Group Clearinghouse**
Helping New Jerseyans to FIND and FORM community Mutual Aid Self-Help groups
1-800-FOR-MASH (367-6274)
www.NJgroups.org

