

THE SPECTRUM

Depression & Bipolar Support Alliance of Greater Chicago

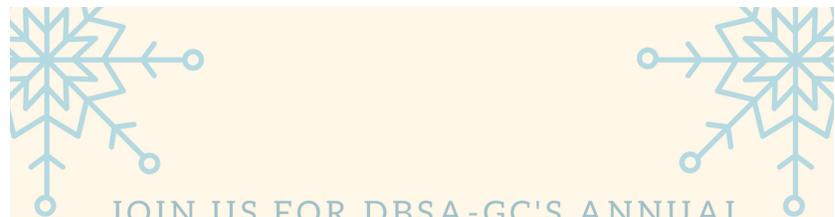
DBSA-GC Board of Directors Update

Our annual Board of Directors Election was held on Monday, November 18th at the monthly board meeting. Special thanks to the DBSA Chicago Loop Chapter for joining us at our meeting to tell us more about their chapter and get to know our board!

Our longtime board member, friend, and colleague, **Miriam Silvergleid** has retired after many, many years on the board of directors serving as DBSA-GC's Secretary. We thank her for her service and all she has done for our organization! She will be greatly missed!

DBSA-GC is proud to announce its new board members and directors:

Bridget Maul, President
Margaux Shain, Vice President
Judy Sturm, Vice President
Martin Heller, Treasurer
Marjorie Mitchell, Secretary
Wayne Hoffman, Board Member
Matt Maul, Board Member
Hank Trenkle, Board Member
David Wesolowski, Board Member



JOIN US FOR DBSA-GC'S ANNUAL

JOLLY HOLIDAY PARTY

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*Devon Bank (downstairs)
6445 N. Western Ave.
Chicago, Illinois
Monday, December 9, 2019 | 7:00 PM*

Free to all. Please join us for dinner, dessert and Bingo to celebrate the holiday season!

No RSVP necessary



Free event and the more the merrier; please come with your friends and family to celebrate the holidays with us. There will be dinner, dessert and Bingo! Everyone who comes gets a holiday goodie bag from the DBSA Board to show our gratitude for you coming to celebrate with us. No rsvp necessary. Hope to see you there!



Behind the Board **Newly Elected** **President Bridget** **Maul**

Facts about Bridget:

- Bridget has been working as a DBSA-GC volunteer for 6 years and has sat on our Board for Directors for almost 5 years!
- Works as a lawyer at a family law firm in Chicago and Lives on the North side of Chicago in North Center neighborhood

Questions for Bridget:

How did you hear about DBSA?

- I had a family member have a manic episode that too us all by surprise and DBSA-GC's support groups really helped us through a tough time.

Why did you decide to volunteer with DBSA-GC?

- Since the organization helped my family so much with the unexpected, I thought it would be nice to give back and donate my time, and then I never left!

What are your DBSA-GC goals for 2020?

- I'd like to set up a few different fundraising events, get more involved with encouraging volunteering, and community outreach.

Upcoming Events

Giving Tuesday - December 3, 2019

DBSA Alliance, our national organization, has raised \$50,000 that will be used to match dollar for dollar any gift you give now through Giving Tuesday, December 3rd. To give a gift to DBSA Alliance, click [HERE](#).

Peer Support Group Facilitator Training

Saturday, December 14, 2019 at DBSA National

Great news is coming our way! DBSA National has secured a grant from Janssen that supports facilitator training from coast to coast. A site has been identified for support group facilitators in your state for training of up to 32 seasoned and new facilitators. Jill Burgos, DBSA's Chapter Manager, will facilitate a live training that will rely on the expertise of our seasoned facilitators as subject matter experts. You won't want to miss this 8-hour training opportunity which includes exposure to many "sticky situations" and role plays.

Where: DBSA Alliance Headquarters: 55 E. Jackson Blvd., 10th Floor Conference Room, Chicago, IL 60604

When: Saturday December 14, 2019 from 8:00am to 4:00pm

If you are interested in becoming a peer support group facilitator, to register for the upcoming training, click [HERE](#).

Arrangements have been made for a block of hotel rooms for \$109/night on Friday, December 13, 2019 at the Palmer House Chicago, 17 E. Monroe St., Chicago. Attendees may access the hotel rate by clicking on [this link](#).



Peer Support Groups

Support is essential to recovery. One of the most helpful things one person can say to (or hear from) another is “I’ve been there.” Depression and bipolar disorder can be isolating illnesses, but DBSA has many ways to help connect you with others who have been there as well.

DBSA offers in-person support groups to help you find support near you. Take the next step toward wellness for yourself or someone you love.

We have 25 peer support groups in IL. Click [HERE](#) to learn about Illinois and Greater Chicago support groups. For questions on our peer lead support group or anything else on your mind to get more involved, please reach out to us at: wecanhelp@dbsa-gc.org. We’d love to speak with you and build our community foundation stronger.

“You were given this life, because you are strong enough to live it” – Robin Sharma

Donation Spotlight

Schiller DuCanto & Fleck, LLP - Chicago, IL

Schiller DuCanto & Fleck LLP is a premier family law firm located in Chicago’s Loop. The firm’s focus is on excellence and providing the best legal advice on the most challenging cases. The firm has an uncompromising determination to achieve excellence in everything it does and its attorneys demonstrate honesty, openness, and integrity in all interactions. Each month, Schiller DuCanto and Fleck hosts “Casual for a Cause” day. Employees are encouraged to dress casually on one day each month for a minimum donation of \$5.00 to a featured 501(c)(3) organization. DBSA-GC is pleased to announce that December’s Casual for a Cause Day features DBSA-GC!

Thank you, Schiller DuCanto & Fleck LLP for your generosity and for choosing DBSA-GC as the organization for your December Casual for a Cause day! To learn more about the firm, visit their website: www.sdfllaw.com.

Finding Strength and the Power of Meditation

A Testimonial by DBSA-GC Vice President, Margaux Shain



Meditation has been influential in my life to strengthen my mental health. The power of meditation has benefited me by stopping my racing mind and has helped me feel confident, focused and loved. I am very grateful that meditation has been introduced to me and I see myself as a student to learn and help others. I have told many people about the benefits I have experienced with meditation. I am grateful to say my friends and family are practicing with me, as I deepen my journey and strengthen my mind and body.

Testimonial on Veterans in Honor of Veterans Day: November 11th

"I was deployed to Iraq in 2003 and served my country with pride. However, when I came home, I was different. I was diagnosed with PTSD and depression, and a laundry list of other things both mental and physical.

I found a Marine who guided me and helped me get the help I needed. I worked hard and, in 2013, became a Peer Support Specialist for the VA, which has helped me become the person I am today."

-Bryan, DBSA Certified Veteran Peer Specialist

To honor Veterans Day (11/11/19) I'd like to personally invite you to support DBSA's efforts to improve the quality of mental health care for our Veterans. DBSA is committed to providing relevant and specialized support for Veterans. Peer Support Specialists use their lived experience to help guide and support others experiencing similar issues. In this case, DBSA advocates for additional Veteran Peer Support Specialists to be placed in Veterans Affairs facilities.

Did you know DBSA is the leading trainer for Veteran Peer Support Specialists? In 2013, DBSA was selected by the Department of Veterans Affairs (VA) as its first-ever nationally contracted provider of peer specialist training and certification services for Veteran peer support employees. Under that contract, DBSA trained nearly 500 Veteran peer specialists with a 99% participant satisfaction rate. In 2019 working in collaboration with the Department of Veteran's Affairs, DBSA expanded that training to a 5-Week Course providing VA peer apprentices the skills to meet the evolving requirements of this growing profession.

To date, we've trained more than 2,400 peer support specialists nationwide! Help us to do more for our Veterans by donating today.

Save the Date - 05.02.2020 DBSA-GC Annual Symposium

Save the date for DBSA-GC's Annual Symposium in the Frank Auditorium at Evanston Hospital on 5.2.2020. DBSA-GC Board of Directors is working hard to bring you an educational and interesting symposium this upcoming May! Please contact us at wecanhelp@dbsa-gc.org with any suggestions for topics you'd like to see this year, speakers you've enjoyed in the past, and any feedback you feel would be helpful to make this year's symposium the best yet! See you in May!



The Spectrum

Thank you for reading!! Got Spectrum Newsletter Feedback? Do you like what you are reading and/or do you want more? We would love to hear what's on your mind. Please reach out to us if there are topics and ideas you would like to include or share in the next quarterly Spectrum. Anything goes – events, memorials, celebrations, recognition, thank you's, etc.

2020 Spectrum Schedule

- Q1: February
 Q2: May: Mental Health Awareness month
 Q3: August
 Q4: October: 10/10 World Mental Health Day

If you'd like to submit an article, event, celebration, recognition, etc. to be included in our Spectrum, please submit to wecanhelp@dbsa-gc.org and we'll be happy to review!

Get in Touch with Us

The holiday season is a time of gratitude, but for some, it may be difficult to summon those feelings. Please know this is completely OK. Recovery is not a linear process. You'll have your good days and bad ones, which is normal. The struggle to remain positive through Cognitive Behavioral Therapy (CBT) is part of the process to retrain your brain that things are ok to reduce stress and anxiety. It can especially feel rough during the holidays, so we validate your feelings and all range of emotions.

If you are feeling alone, please know we're here to support you. Your recovery matters to us. If you're experiencing a difficult time, please reach out and we'll do what we can to help you get back on track. Please join us for our peer lead support groups.

Amazon Smile: Shopping online for gifts this holiday season? Support DBSA-GC by shopping with Amazon Smile! Follow this [LINK](#) to shop on Amazon and AmazonSmile gives back to DBSA-GC!

Thank you!

DBSA is committed to providing free, quality peer mental health support, but now more than ever we need your help in order to continue expanding our reach. [DONATE TODAY](#) to be a part of what DBSA is building. We've Been There. We Can Help.

