ADS CENTER

SAMHSA's Resource Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health

IT Strategies to Promote Social Inclusion

September 24, 2009

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

http://www.promoteacceptance.samhsa.gov

Contact Us

SAMHSA ADS Center
11420 Rockville Pike
Rockville, MD 20852

Toll-free: **1–800–540–0320**
Fax: **240–747–5470**
Web:
http://www.promoteacceptance.samhsa.gov
Email: **promoteacceptance@samhsa.hhs.gov**

*The moderator for this call is **Michelle Hicks**.*

Disclaimer

The views expressed in this training event do not necessarily represent the views, policies, and positions of the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.

Questions?

At the end of the speaker presentations, you will be able to ask questions. You may submit your question by pressing "*1" on your telephone keypad. You will enter a queue and be allowed to ask your question in the order in which it is received. On hearing the conference operator announce your name, you may proceed with your question.

Speakers

Rowena Tse, Campaign Director, The Advertising Council

Rowena Tse is Campaign Director at The Advertising Council. In this position, she manages the day-to-day development of several national public service advertising campaigns for private non-profit and federal government agency sponsors, including SAMHSA's Campaign for Mental Health Recovery. Prior to joining the Ad Council in April 2008, Ms. Tse spent seven years in account management at advertising agencies Draft and Ogilvy and Mather in New York City, working primarily on issue-related campaigns. Her past experience includes developing advertising for the National Youth Anti-Drug Media Campaign, U.S. 2010 Census and the National Center on Addiction and Substance Abuse at Columbia University. Ms. Tse holds a B.S. in Marketing and Information Systems from New York University, and is currently pursuing a M.S. in Strategic Communications, with a concentration in non-profit communications, at Columbia University.

A native of Hong Kong, Ms. Tse currently resides in New York City.

Speakers

Keith Mahar, Creator, http://www.Mentalympians.tv

Keith Mahar is a mental health advocate, activist and professional social worker in Canberra, Australia. Keith was diagnosed with bipolar disorder in 1996 and has been active as a mental health advocate in local, national and international initiatives. He made a presentation on his own recovery at the World Psychiatric Association International Congress 2007 and is creator of http://www.Mentalympians.tv ; described by the Mental Health Council of Australia as a world first website and a creative approach to promoting awareness of recovery. Keith was formerly a corporate broadcasting manager in Canada. He is also a precedent-setting public interest litigant (Mahar v. Rogers Cablesystems Ltd.) whose activism in the broadcasting sector has resulted in Canadian parliamentary debate.

Speakers

Cindy Specht, Program Director, Depression and Bipolar Support Alliance

As DBSA's Vice President of Products & Programs, Cindy Specht leads the development of on- and off-line educational programs, events and communications. Cindy has an extensive background in program development, consulting and marketing with a particular emphasis in technology integration.

IT Strategies to Promote Social Inclusion

Rowena Tse

The Advertising Council

Introduction

- Online recovery tools take on many forms
- Support the human need for interaction during periods of recovery
- Give an outlet to talk and share experiences with one another to prevent the sense of isolation and strengthen recovery
- Transform people from content consumers to content producers – giving people in recovery a sense of accomplish and empowerment

Three-quarters of Adults Go Online

	Online Teens^ (12-17)	Gen Y (18-32)	Gen X (33-44)	Younger Boomers (45-54)	Older Boomers (55-63)	Silent Generation (64-72)	G.I. Generation (73+)	All Online Adults^^
Go online	**93%**	**87%**	**82%**	**79%**	**70%**	**56%**	**31%**	**74%**
Teens and Gen Y are more likely to engage in the following activities compared with older users:								
Play games online	78	50	38	26	28	25	18	**35**
Watch videos online	57	72	57	49	30	24	14	**52**
Get info about a job	30~	64	55	43	36	11	10	**47**
Send instant messages	68	59	38	28	23	25	18	**38**
Use social networking sites	65	67	36	20	9	11	4	**35**
Download music	59	58	46	22	21	16	5	**37**
Create an SNS profile	55	60	29	16	9	5	4	**29**
Read blogs							15	**32**
Create a blog							6	**11**
Visit a virtual world	10	2	3	1	1	1	0	**2**

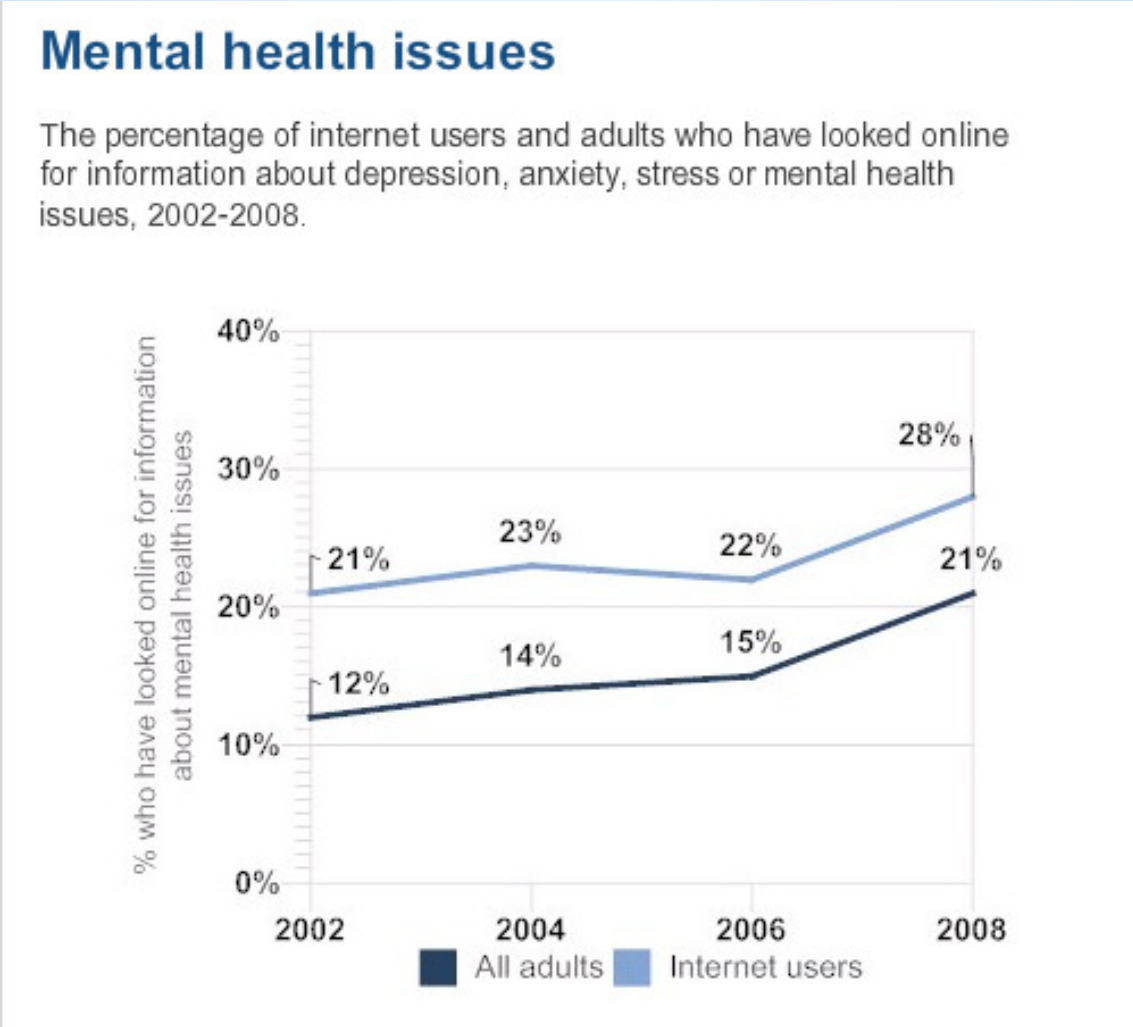
89% use their online profiles to stay in touch with friends

A screen shot of a chart depicting the percentages of individuals that access the Internet and the reasons they access the Internet. Information is divided up by various generations and is broken down into percentages. The generations include Online Teens (12-17), Gen Y (18-32), Gen X (33-44), Younger Boomers (45-54) , Older Boomers (55-63), Silent Generation (64-72, G.I. Generation (73+). A specific area that is highlighted is the use of social networking sites within the generations particularly noting that 89% use their online profiles to stay in touch with friends.

Sources:
Fox, Susannah, Jones, Sydney. Generations Online in 2009. Pew Internet & American Life Project, January 28, 2009. Accessed April 14, 2009
Lenhart, Amanda. Adults and Social Network Websites. Pew Internet & American Life Project, January 14, 2009. Accessed April 14, 2009

They're Looking for Health Information

- 61% of American adults look online for health information.



Source:
Pew Internet & American Life Project, 2008 Fall Tracking Survey. November-December 2008. Accessed September 10, 2009

Two-Way Exchange in Online Communities

- In addition to broad-scale social networking sites like Facebook, Twitter, MeetUp or MySpace, health-specific communities are on the rise:

patientslikeme™

sober circle

HC HealthChapter.com

SteadyHealth.com

FacetoFaceHealth

Wellescent.com

Starting the Conversation

WHAT A DIFFERENCE A FRIEND MAKES

Laying the Groundwork

Target Audience:

18-25 year old, friends of someone living with a mental health problem

Key Message:

Be the first step in a friend's recovery

Support:

Recovery happens in a society of acceptance

Tone:

Empowering, fervent, hopeful

Call to action:

Visit campaign website for more information

WHAT A DIFFERENCE A FRIEND MAKES

Going Online

- Leverage successful campaign elements and friendship platform
- Develop a robust interactive campaign to enhance consumer engagement and drive website traffic
- Do Three Things:
  - Create discussion
  - Generate support
  - Promote friendship

Young Adults Live Online

	Online Teens^ (12-17)	Gen Y (18-32)	Gen X (33-44)	Younger Boomers (45-54)	Older Boomers (55-63)	Silent Generation (64-72)	G.I. Generation (73+)	All Online Adults^^
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Download music	59	58	46	[illegible]	[illegible]	16	5	**37**
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Read blogs	49	43	34	27	25	23	15	**32**
Create a blog	28	20	10	6	7	6	6	**11**
Visit a virtual world	10	2	3	1	1	1	0	**2**

18-25: 75% use SNS

A screen shot of a chart depicting the percentages of individuals that access the Internet and the reasons they access the Internet. Information is divided up by various generations and is broken down into percentages. The generations include Online Teens (12-17), Gen Y (18-32), Gen X (33-44), Younger Boomers (45-54) , Older Boomers (55-63), Silent Generation (64-72, G.I. Generation (73+). A specific area that is highlighted denotes that 75% of individuals in the Gen Y (18-32) use social networking sites.

Sources:
Fox, Susannah, Jones, Sydney. Generations Online in 2009. Pew Internet & American Life Project, January 28, 2009. Accessed April 14, 2009
Lenhart, Amanda. Adults and Social Network Websites. Pew Internet & American Life Project, January 14, 2009. Accessed April 14, 2009

Most likely to Go Online for Mental Health Info

Mental health issues

Percentage of internet users within each group who have looked online for information about depression, anxiety, stress or mental health issues

	2002	2008	% point difference (only significant changes are noted)
Total	**21%**	**28%**	**7**
Sex			
Men	17%	22%	--
Women	25^	35^	10
Race/Ethnicity			
White (non-Hispanic)	21%	28%	7
African American (non-Hispanic)	16	27*	--
Hispanics	20	30*	--
Age			
18-29	22%^	33%^	11
30-49	24^	32^	8
50-64	19^	26^	7
65+	6	12	--

A screen shot of a chart titled "Mental health issues." The chart depicts the percentage of internet users and within each group who have looked online for information about depression, anxiety, stress or mental health issues, 2002-2008.

The information is divided up into three separate categories: Sex, Race/Ethnicity, and Age.

A specific area that has been highlighted is one that notes that the 18-29 age group has the largest percentage increase (11 points) in Internet use from 2002 to 2008.

18-29: Largest % increase from 2002

Source:
Pew Internet & American Life Project, 2008 Fall Tracking Survey. November-December 2008. Accessed September 10, 2009

Connecting with the Target

- Web videos
- Banners ads
- Social media outreach
- Campaign profile on SNS

Engagement

WhatADifference.org

- Online discussion forum
- Website design refresh

WHAT A DIFFERENCE A FRIEND MAKES / 2gether

Visit the Forum | Login | Register

Welcome Guest

Search | Active Topics | Members | Log In | Register

Welcome to 2gether, an online community for friends of those living with mental health problems. Join the conversation and share your stories and experiences. Help other friends support their friends in the recovery process. Together, we will make a difference. Click "Register" to get started. All members and posts are anonymous.

Forum	Topics	Posts	Last Post
What a Difference Forum Discussions			
National Suicide Prevention Lifeline A 24-hour, toll-free prevention service available to anyone in suicidal crisis. If you need help, please dial 1-800-273-TALK (8255).	2	2	Wednesday, May 27, 2009 10:50 AM in What is the National Suicide Prevention Lifeline by admin
What is Mental Health? General discussions and questions about mental health	3	7	Friday, June 12, 2009 10:41 AM in Can I "catch" mental illness from my... by cheryleena
Support Talk about resources, ideas, and ways to help a friend living with mental health problems	6	18	**Yesterday** at 2:02:54 PM in If I help a friend, will I too become an outcast? by Kensington
Recovery Share your experieces about recovery from mental health problems	4	16	**Yesterday** at 7:05:50 PM in Supporting a Friend by Guest
Help/FAQ Help and Frequently Asked Questions	12	12	Thursday, May 28, 2009 1:47 PM in What is 2gether? by admin

New Posts No New Posts

WHAT A DIFFERENCE A FRIEND MAKES / 2gether

Welcome Guest

Search | Active Topics | Members | Log In | Register

Welcome to 2gether, an online community for friends of those living with mental health problems. Join the conversation and share your stories and experiences. Help other friends support their friends in the recovery process. Together, we will make a difference. Click "Register" to get started. All members and posts are anonymous.

Current time: 2:19:14 PM.

Your last visit: Tuesday, June 16, 2009 2:09:44 PM.

Forum	Topics	Posts	Last Post
What a Difference Forum Discussions			
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Active Discussions

Latest Posts

Supporting a Friend by Guest (Recovery)	**Yesterday** at 7:05:50 PM
If I help a friend, will I too become an outcast? by Kensington (Support)	**Yesterday** at 2:02:54 PM
Can I "catch" mental illness from my friends? by cheryleena (What is Mental Health?)	Friday, June 12, 2009 10:41 AM
Is recovery Possible? by Guest (Recovery)	Thursday, June 11, 2009 3:15 PM
How to be supportive of friends with mental illness by Chris412 (Support)	Wednesday, June 10, 2009 10:10 AM

Information

Active Users

1 active user - 0 members, 1 guest.
Most users ever online was 5, Wednesday, March 18, 2009 4:26 PM.

Statistics

There are 55 posts in 27 topics in 5 forums.
Last post **Yesterday** at 7:05:50 PM by Guest.
We have 80 registered members.
The newest member is Kensington.

New Posts | No New Posts | Forum Locked

Mark all forums as read

Asking questions...

javacada — **Posted:** Tuesday, June 16, 2009 3:12:16 PM

Rank: Newbie
Groups: Member

Sometimes I find that it's not always about the BIG and serious conversations to show your support. Just by hanging out, going to the movies together, take your friend out to dinner, even dropping by her place for a cup of coffee ... it all makes a difference.

What are some little ways that YOU've showed your support?

Sharing stories...

Guest — **Posted:** Monday, June 01, 2009 11:25:48 AM — Quote

Rank: Guest
Groups: Guest

Joined: 3/3/2009
Posts: 0

I've seen with my friend who is living with bipolar disorder - when he is up or down - it really does help when our friends just do what we always do support him. I used to think we should leave him alone until he was feeling better - but after "What a difference" I started to no distance myself when he was on either end of his swings ... and he's said it makes a difference.

Offering support...

becauseicare — **Posted:** Monday, June 08, 2009 11:07:33 AM

Rank: Newbie
Groups: Member

I know it's hard, but the best thing you can do it to keep trying to get through. I know that I pushed friends away when I experienced depression in college, but it's because of their persistence that I finally got help. If he doesn't return your phone call -- try stopping by his place, or sending him emails of encouragement. Trust me he's listening to your voicemails and reading your emails.

Online Forum Goes Live in Fall 2009

Link from WAD homepage

Forum URL: http://www.whatadifference.samhsa.gov/2gether

Facebook: http://www.facebook.com/whatadifference

Sodahead: http://www.sodahead.com/whatadifference

Presentation by Keith Mahar

IT Strategies to Promote Social Inclusion

SAMHSA Resource Center to Promote Acceptance, Dignity, and Social Inclusion

Teleconference, 24 September 2009

Personal Story of Recovery

The Naked Advocate is a short film produced in 2006 by E.C. Warner about my personal experience of bipolar disorder and it is available on YouTube:
http://www.youtube.com/watch?v=IzoboGz9T7k

"He is ex-Toronto cable-broadcast manager Keith Mahar who made a name for himself in 1994. He fought with a passion against the cable companies and the CRTC for citizen/consumer rights – and his fervour cost him his career as well as his emotional and mental health. An activist David against the media Goliaths, he didn't stand a chance against the all-powerful monopolies and their allies in Ottawa. Now he lives in Canberra, Australia, where he is a social worker and mental health advocate."

Media columnist Antonia Zerbisias
The Toronto Star, 6 February 2007

"By hosting a broad range of internet content, stories, film, research and other material, Mentalympians.tv aims to raise awareness of recovery, inspire hope and reduce self-stigma and social isolation. People can watch material, interact with peers and post their own stories to demonstrate the resilience, creativity, intelligence and humanity possessed by people with mental illness.

The word 'mentalympian' is a strength-based term created by Keith Mahar to define anyone who voluntarily competes against stigma, prejudice and/or discrimination by disclosing that she or he has personally experienced mental illness.

The Mental Health Council of Australia (MHCA) welcomes this creative approach to promoting awareness of recovery. Keith Mahar, whose former corporate broadcasting career in Canada was ended by symptoms of severe mental illness, has created a world first website which is all about mental health recovery and resilience."

Mental Health Council of Australia
Media release, 5 March 2009

“Interesting idea.”

Professor Noam Chomsky
Email to Keith Mahar, 9 January 2009

"The ultimate goal of the website is to operate on multiple levels (international, country, local) and establish a 21st century peer support initiative that effectively uses technology to: raise awareness of recovery, reduce self-stigma and connect individuals to local support groups and services, while also fostering the exchange of ideas and information between groups and individuals to create favourable conditions for societal change."

Like Minds, Like Mine
New Zealand Ministry of Health
Newsletter, April 2009

"Mentalympians.tv is an exciting and innovative initiative that promotes awareness of stigma, discrimination and most importantly recovery along with fellowship, support, and empowerment at the global and local levels."

Assistant Professor Amy C. Watson
Jane Addams College of Social Work
University of Illinois at Chicago
Self Stigma & Mentalympians.tv, 22 July 2009

"Mentalympians will help people with mental health problems come out of the closet and into the light of social inclusion. No longer will we be kept silent and ashamed. As more of us self-disclose, the walls of ignorance and discrimination will fall."

Paolo del Vecchio
Associate Director for Consumer Affairs
Center for Mental Health Services, SAMHSA
Email to Keith Mahar, 3 August 2009

DBSA WELCOME

DBSA uses a host of online tools to help individuals

- broaden their understanding of mood disorders
- connect through the Internet
- find inspiration and hope
- become active in their treatment plan
- track their daily routine
- and help others on *their* path to wellness.

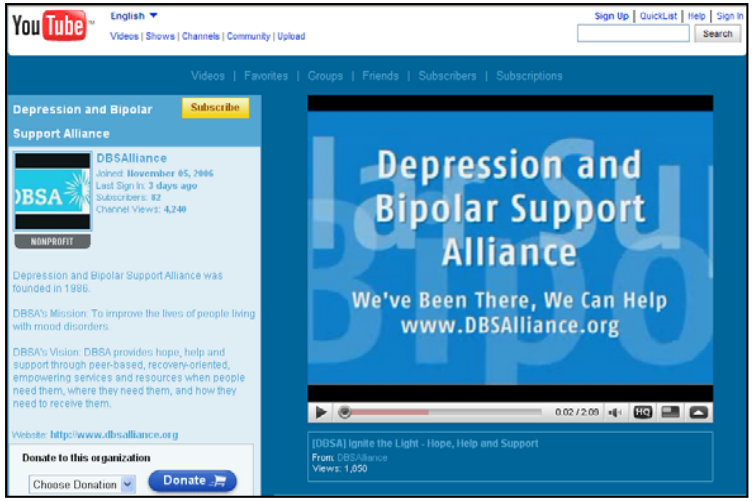
DBSA
Depression and Bipolar Support Alliance

SOCIAL MEDIA

Allows individuals to learn about DBSA programs and connect socially.

- Facebook
- YouTube
- Viddler

- DBSA Discussion Boards
- Online Support Groups
- Do Good Channel



DBSALLIANCE.ORG ● EMPOWER YOURSELF

On DBSAlliance.org, users can directly improve their lives, or the lives of others, by contributing to, or engaging with, these online tools:

Interactive Tools

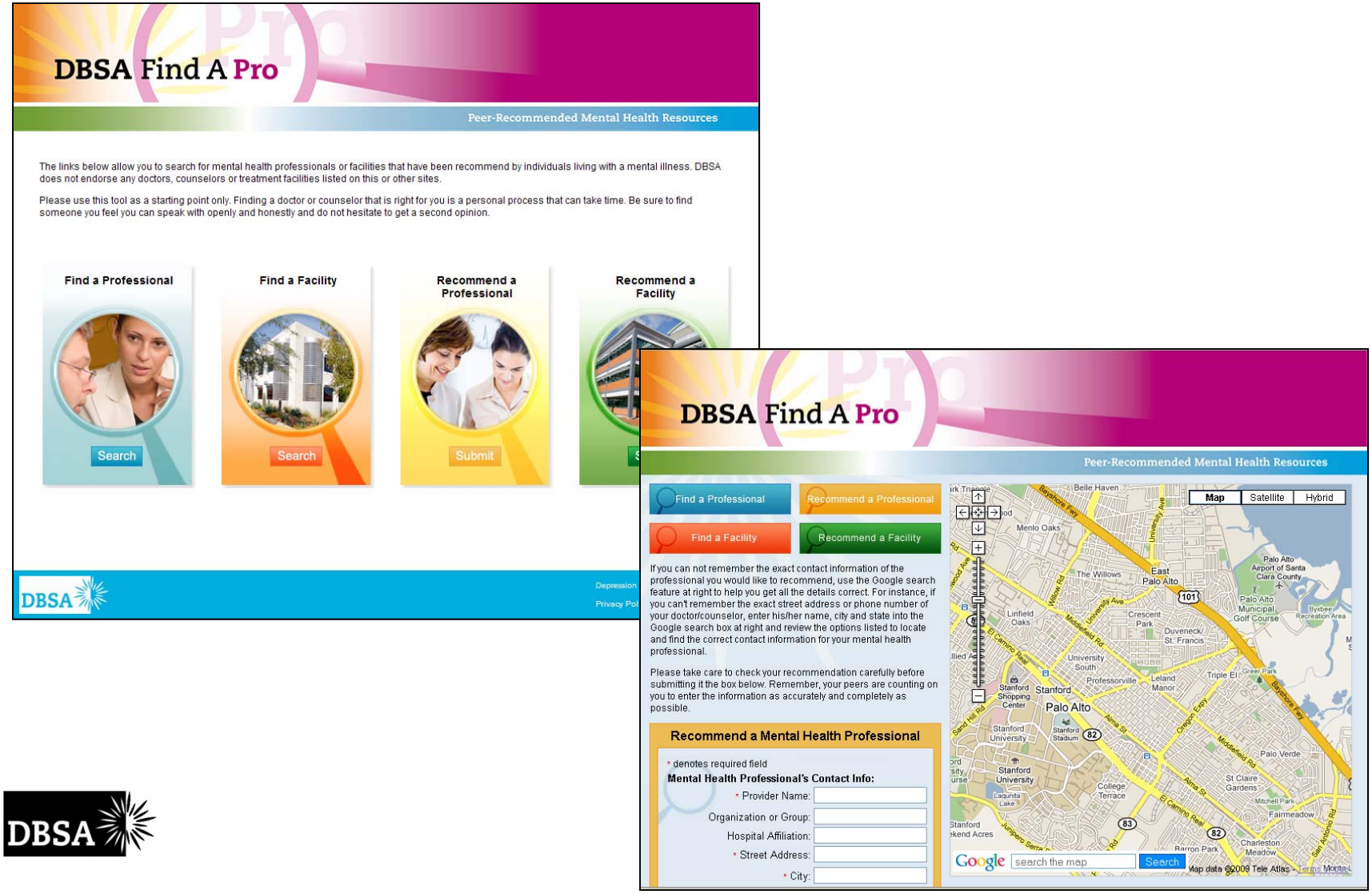
- Share Your Story
- Find A Pro
- Legislative Action Center
- HealthCentral Pages
- Survey Center
  (Coming this Fall!)

Multimedia Resources

- Podcasts
- DBSA Training Center
  - Live Webinar Courses
  - Archived Webinar Courses
- DBSA Recovery Education Center
  - Event Videos
  - Living Successfully Courses

DBSA
Depression and Bipolar Support Alliance

DBSALLIANCE.ORG ● DBSA FIND A PRO (or recommend one!)



DBSA

DBSALLIANCE.ORG ● LEGISLATIVE ACTION CENTER

DBSA
Depression and Bipolar Support Alliance
We've Been There. We Can Help.

IN CRISIS? | SIGNS & SYMPTOMS | JUST DIAGNOSED? | RECOVERY STEPS | HELPING A LOVED ONE

HOME
DONATE NOW
LEARN ABOUT MOOD DISORDERS
FIND SUPPORT
EMPOWER YOURSELF
GET INVOLVED
ADVOCACY IN ACTION
> Become an advocate Advocacy Center
> DBSA endorsed legislation
> DBSA public policy positions and testimony
> Contact your legislator Legislative Action Center
> Advocacy in the news
> Fighting stigma
EDUCATIONAL PROGRAMS & EVENTS
RESEARCH & CLINICAL TRIALS
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Discover how DBSA has impacted the

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Advocacy In Action

Action Home • Guide to Congress • Federal Legislation • Election • Letters to the Editor

Take Action!

NOW is the Time to Pass Postpartum Depression Legislation!
It's About Time to Stop New Mothers from Taking Their Own Lives!

Find Your Elected Officials

Elected Officials

Enter your ZIP Code and click "Go" or click here for other searches.

State Elected Officials

Select your state to find your state representatives.

Site Search GO

Sign In
Username
Password GO
Register Now >>
Benefits of Registering >>

Make a Real Difference
DONATE NOW
Your gift may save a life.

DBSA
Depression and Bipolar Support Alliance
We've Been There. We Can Help.

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Advocacy In Action

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Legislative Alerts and Updates • Current Legislation • Key Votes • Capitol Hill Basics

Take Action

1 COMPOSE MESSAGE

Select recipients and desired delivery method for each:

	Email	Printed Letter
☑ Representative Janice D. Schakowsky (D-IL 9th) **	◉	○

** This Member accepts email only from constituents. If you are not a constituent, your message will be forwarded to your representative.

Subject:
Postpartum Depression: It Could Be You, A Friend or a Loved One.

Editable text to sponsors in the House:
(edit or add your own text - 8775 characters left)
As your constituent, I want to thank you for your previous efforts to pass

Your Contact Information:
This system requires that you provide your name and contact information. This information will not be used for any purpose other than to identify you to the recipient.

Prefix (required by some officials)
Select...
First*
Last*
Email*
Address*

Site Search GO

Sign In
Username
Password
Register Now >>
Benefits of Registering >>

Make a Real Difference
DONATE NOW
Your gift may save a life.
Donate Today

JOIN OUR e-NEWS & MAILING LIST
Register

DBSA RECOVERY EDUCATION CENTER
Enter

DBSA EN ESPAÑOL

DBSA

DBSALLIANCE.ORG ● CARECENTRAL PAGES

DBSA

Depression and Bipolar Support Alliance

We've Been There. We Can Help.

IN CRISIS? | SIGNS & SYMPTOMS | JUST DIAGNOSED? | RECOVERY STEPS | HELPING A LOVED ONE | Site Search GO

HOME
LEARN ABOUT MOOD DISORDERS
DONATE NOW
FIND SUPPORT
EMPOWER YOURSELF
> What is recovery?
> Wellness Toolbox
> Find professional help
> Products and services
> Advance directives
> Share your story
> Medicare center
> CareCentral℠ personalized website
> Resources and links
GET INVOLVED
ADVOCACY IN ACTION
EDUCATIONAL PROGRAMS & EVENTS
TRAINING SERVICES
FOR MEDIA
RESEARCH & CLINICAL TRIALS
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ABOUT DBSA

We're IMPROVING LIVES
Discover how DBSA has

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Welcome to CareCentral℠

Part of the Healthcentral Network

LOG ONTO YOUR SITE | CREATE YOUR SITE

CareCentral allows you or your loved one to create your own personalized website to provide friends and families with a central hub to keep in touch, stay informed, and share support during important events in your life. Whether it is a time of joy or sadness, you want your loved ones to share in your happiness and lend their support when you need it most.

Creating a CareCentral site takes just a few minutes, but building a network of support ca
you can do at a critical time in your life. Click here to start building your own site now! For f
CareCentral sites, click here.

Update Friends and Family

Hear From Your Community

Sign In
Username
Password GO
Register Now >>
Benefits of Registering >>

PEER CONNECTIONS

DBSA NATIONAL CONFERENCE
2009 • INDIANAPOLIS, INDIANA
HYATT REGENCY • SEPT. 11 - 13

CareCentral™ a Healthcentral.com site

Breast Cancer

My CareCentral Site made it easy to do both"

Start your own CareCentral site

Provide family and friends with a private, central hub to keep in touch, stay informed, and share support during important events in your life.

Create a Site

Roll over the buttons below for more information:

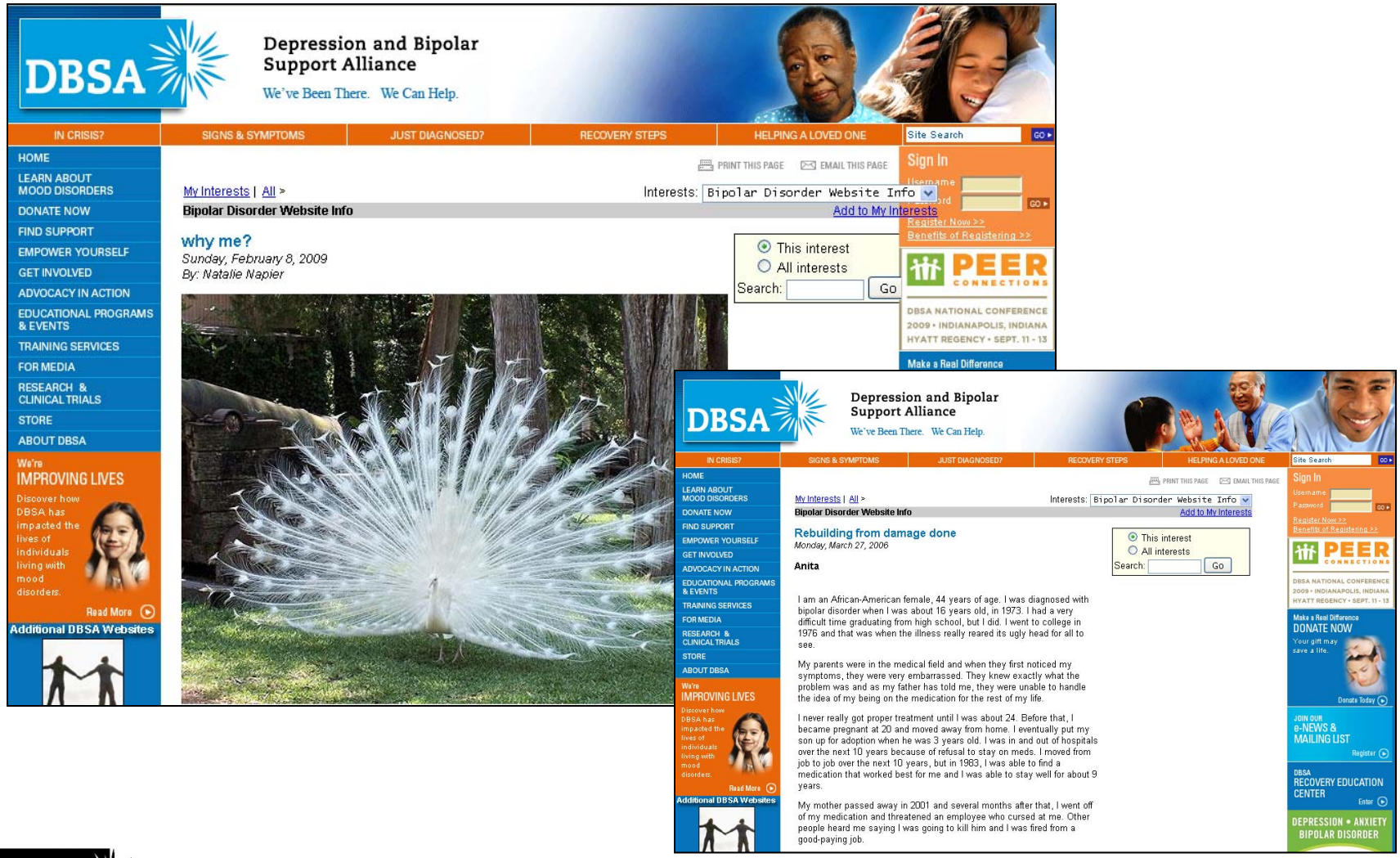
- Start a Journal
- Lend A Hand
- Post in the Community Forum
- Invite Family and Friends
- Share Photos
- Make Announcements
- Keep It Private
- News Feed

Member Login
Email
Password
Keep me signed in on this computer
Forgot your password?
Sign In

Frequently Asked Questions | Get Support | Feedback | About Us

DBSA

DBSALLIANCE.ORG ● SHARE YOUR STORY



DBSA

FACING US ● CLUBHOUSE WEBSITE

On August 10, 2007, DBSA launched the national *Facing Us* campaign to highlight the 'face' of bipolar disorder and depression and to supply tools to those 'facing' the challenges of living with these illnesses.

There is an intentional, multi-layered meaning to the program's title: bringing mood disorders out of the shadows; humanizing those with the illnesses; and helping those diagnosed to create a better future.

FacingUs.org: Your Online Home for Wellness!

DBSA
Depression and Bipolar Support Alliance

FACING US ● CLUBHOUSE WEBSITE

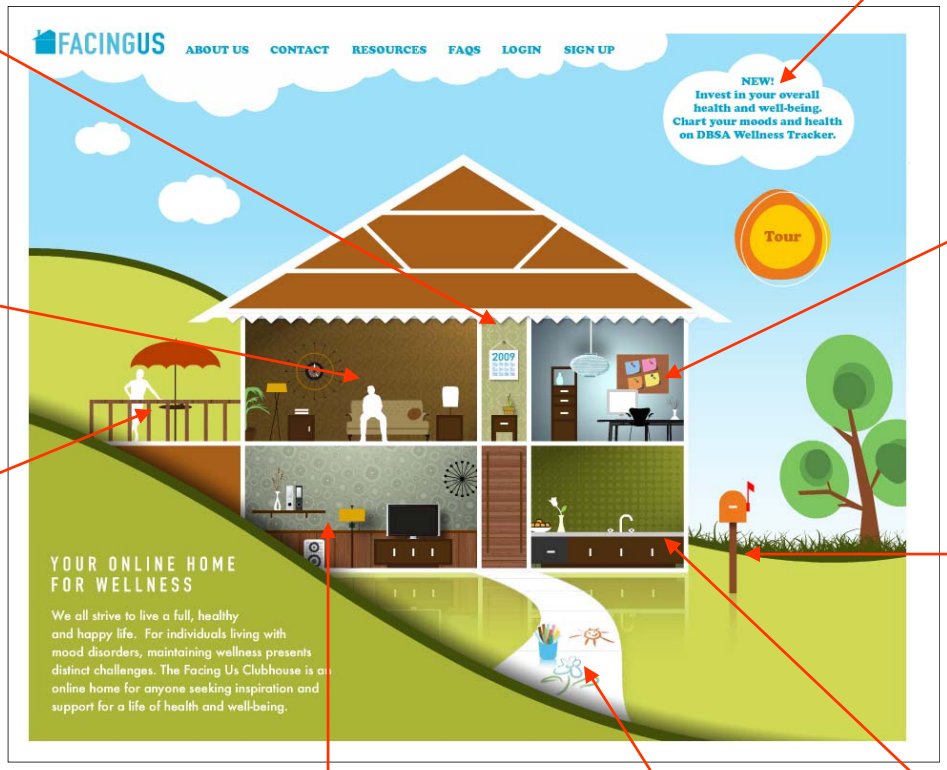
Wellness Tools on http://www.FacingUs.org

WHAT'S NEW

Features Contest Winners and other news

WELLNESS TRACKER

Chart mental and physical health online



STUDY

Interactive Wellness Plan

LIVING ROOM

Personal Journal

DECK

Outside Resources and Links

MAILBOX

E-card Library

KITCHEN

Wellness Tip Library

Personalized Wellness Books

MULTIMEDIA ROOM

Contest Video Clips

Audio Relaxation Tools

CREATIVITY CENTER

Podcasts, Radio, Workshops

Art Gallery, Creativity Course

DBSA

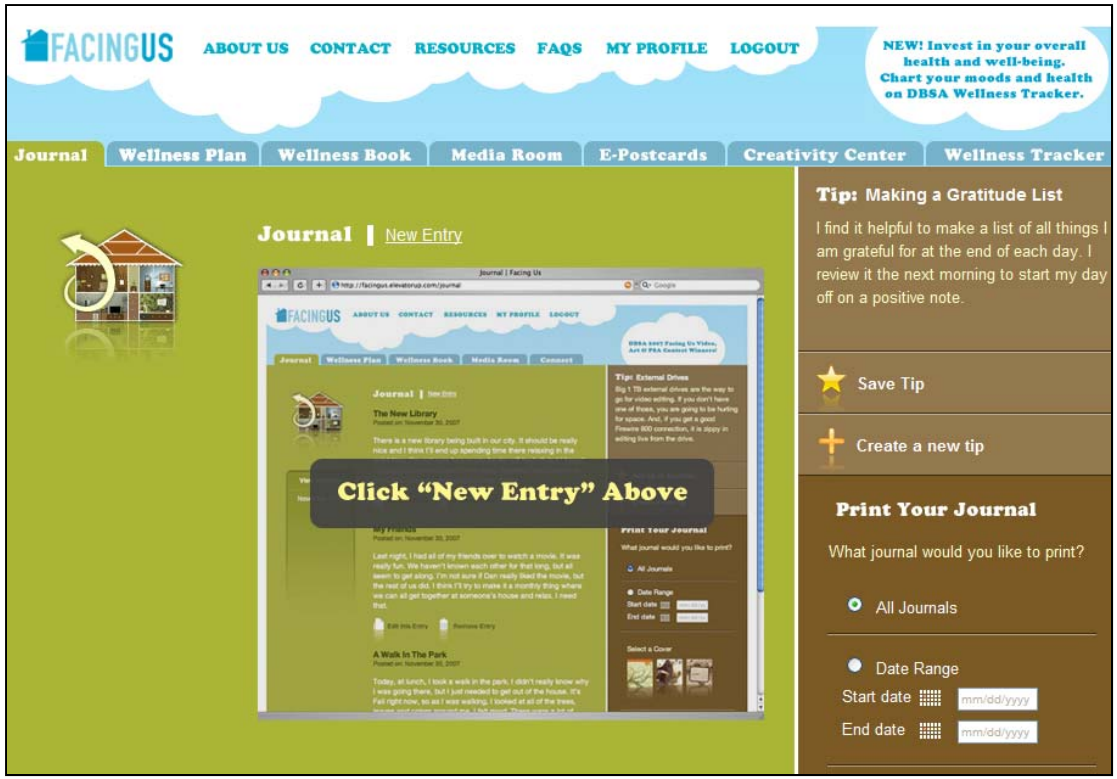
FACING US ● AUDIO TOUR

By clicking on the orange sun, users can take an audio tour of all of the Facing Us features such as the following:

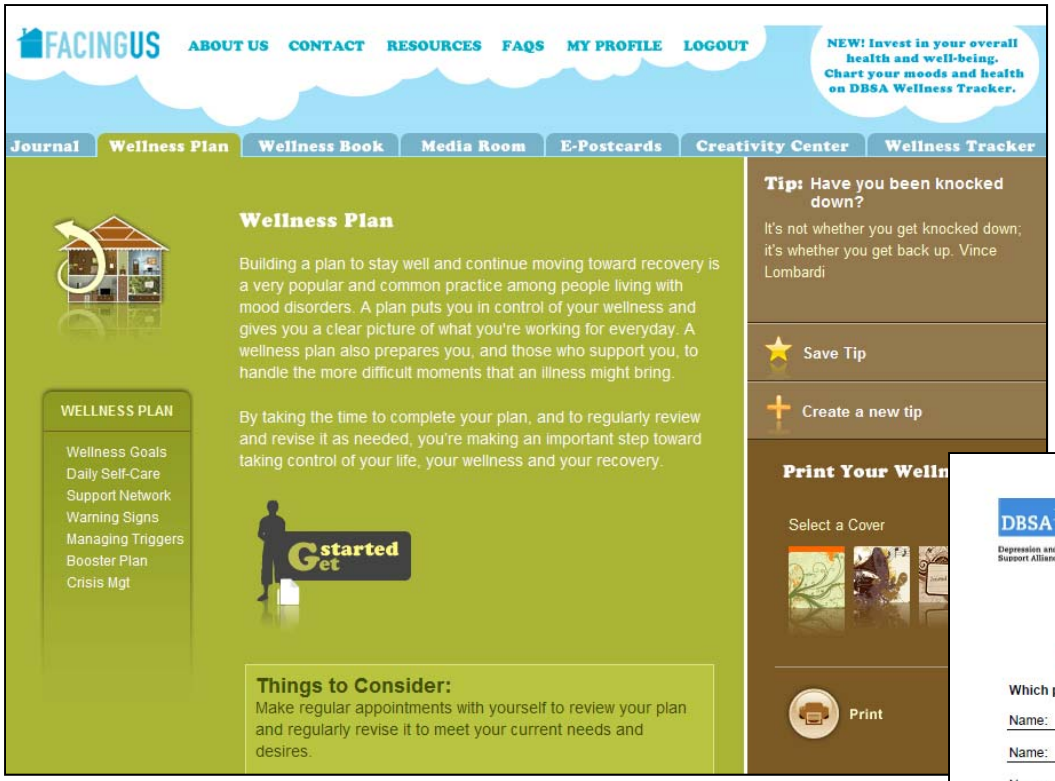
- Journal
- Wellness Plan
- Wellness Book
- Multimedia Room
- Resources
- Creativity Center
- Wellness Tracker
- Facing Us Radio
- E-Postcards

FACING US ● JOURNAL

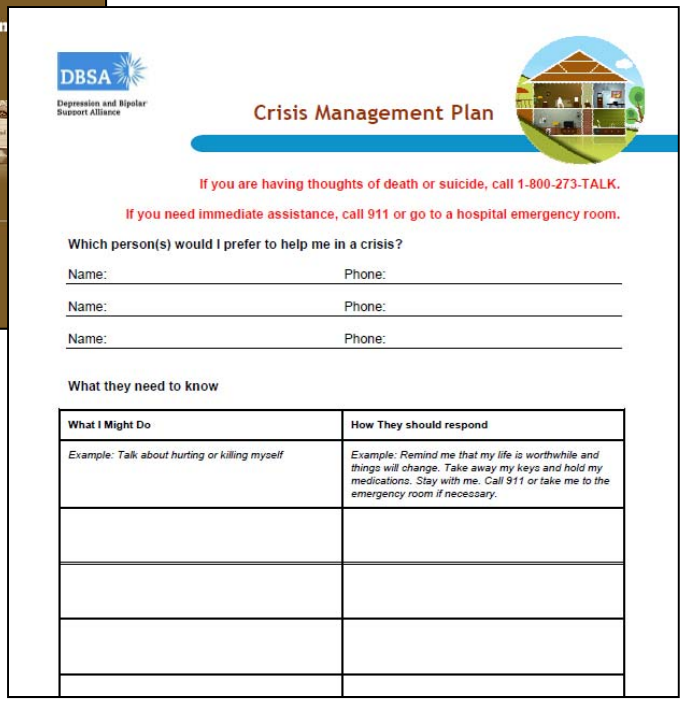
Users can write in their journal daily and print it if they like.



FACING US ● WELLNESS PLAN



- Wellness Goals
- Daily Self-Care
- Support Network
- Warning Signs
- Managing Triggers
- Booster Plan
- Crisis Management



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Depression and Bipolar Support Alliance

Crisis Management Plan

If you are having thoughts of death or suicide, call 1-800-273-TALK.

If you need immediate assistance, call 911 or go to a hospital emergency room.

Which person(s) would I prefer to help me in a crisis?

Name: Phone:

Name: Phone:

Name: Phone:

What they need to know

What I Might Do	How They should respond
Example: Talk about hurting or killing myself	*Example: Remind me that my life is worthwhile and things will change. Take away my keys and hold my medications. Stay with me. Call 911 or take me to the emergency room if necessary.*

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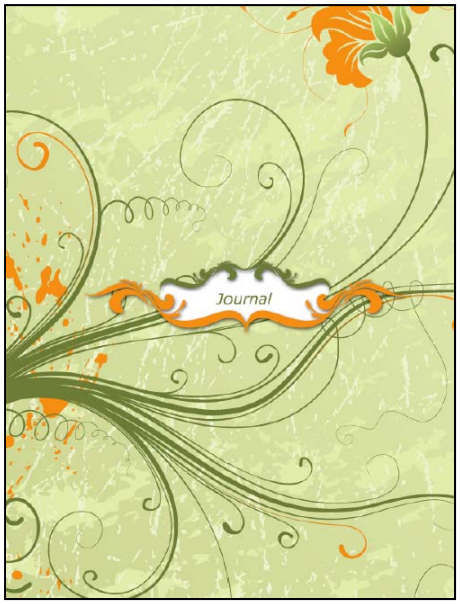
FACING US ● WELLNESS BOOK

Users can post words of wisdom to our favorite tip collection so that others may benefit from a wellness strategy that they've found successful. They can also create a book of tips for themselves or a friend!

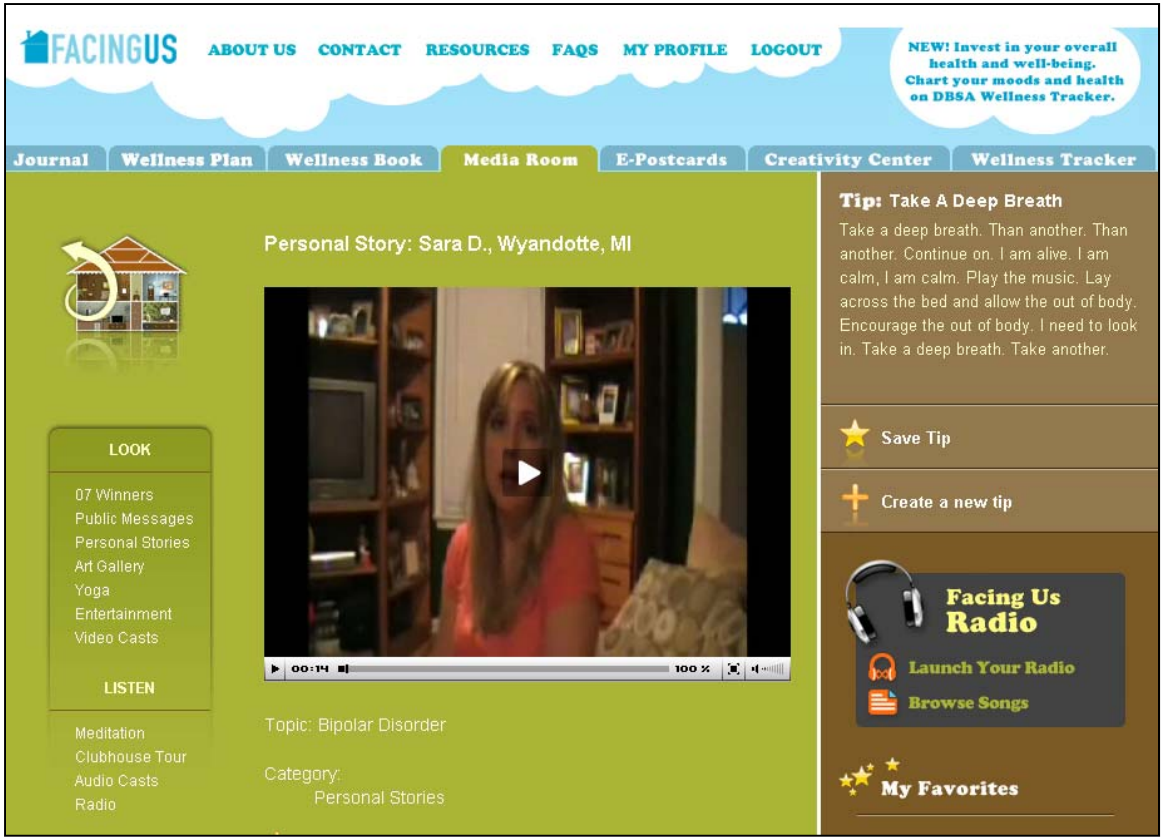


FACING US ● MEDIA ROOM

Keeping balance and perspective are essential to living a healthy life. Each of the tools here is provided to help relax, refresh, or relate.

Look
- 07 Contest Winners
- Public Messages
- Personal Stories
- Art Gallery
- Yoga
- Entertainment
- Video Casts

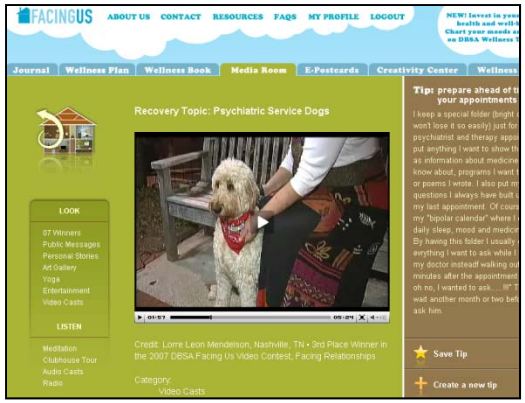
Listen
- Meditation
- Clubhouse Tour
- Audio Casts
- Radio

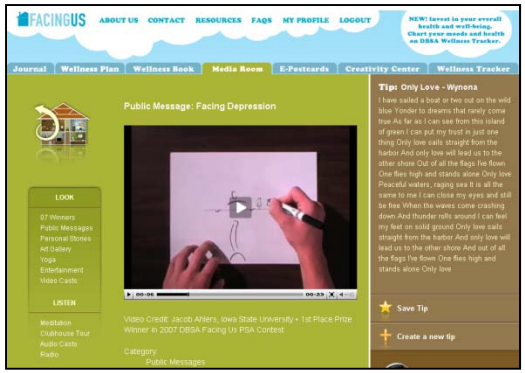


DBSA

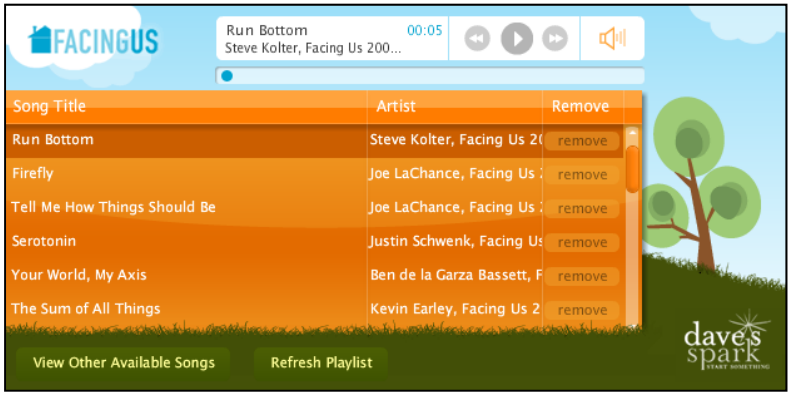
FACING US ● MULTIMEDIA ROOM . . . Peer Inspiration

Video Stories





Music



Artwork

DBSA

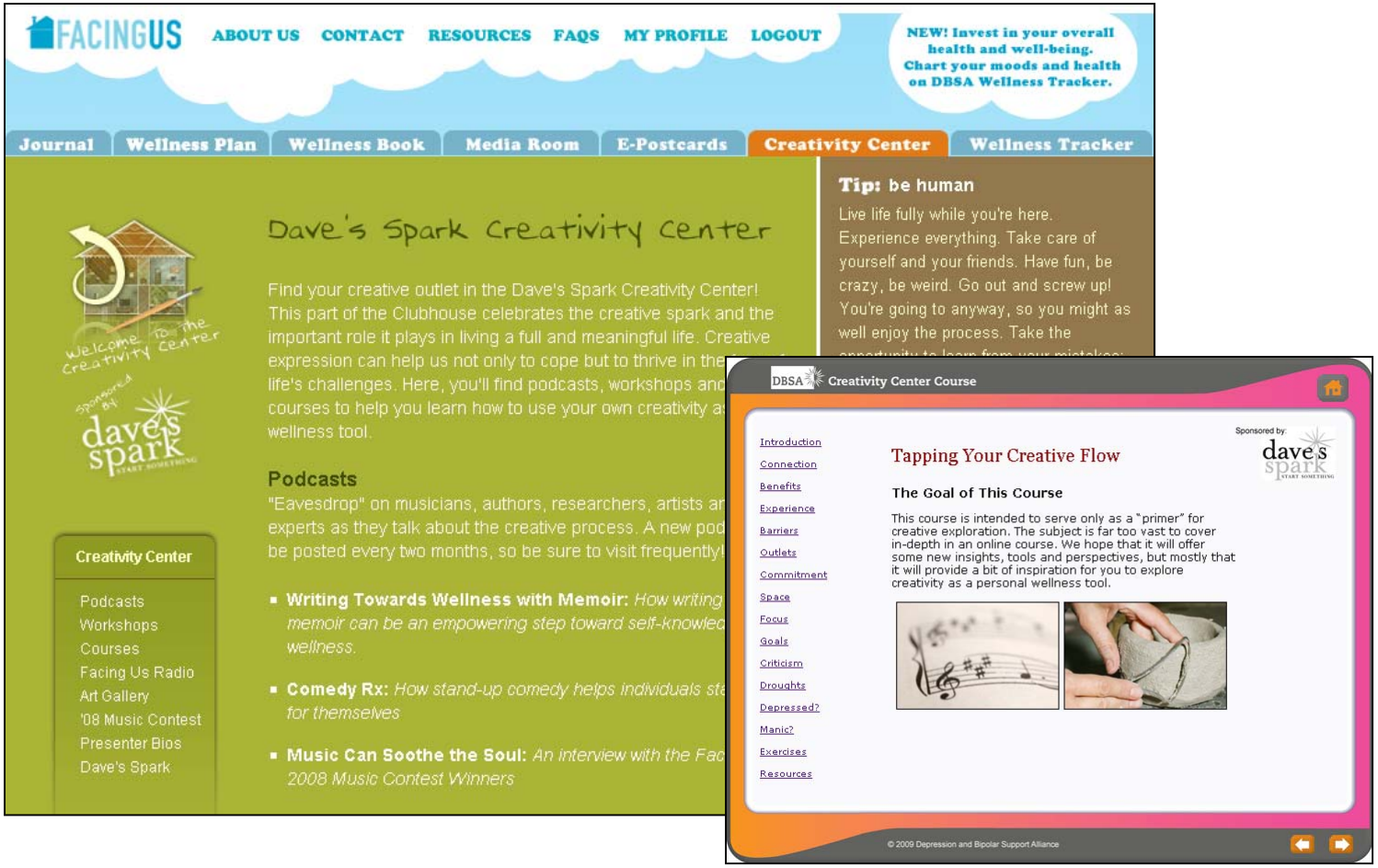
FACING US ● E-POSTCARDS

Here, users can reach out to others they know by inviting them to join the Facing Us Clubhouse, sending a birthday greeting, or simply letting them know a friend is thinking of them.

DBSA

FACING US ● CREATIVITY CENTER

In the Dave's Spark Creativity Center, users can find **podcasts**, **workshops,** and **online courses** to help them learn how to use their creativity as a wellness tool.



DBSA

FACING US ● WELLNESS TRACKER

The DBSA Wellness Tracker is an online tool to help individuals better recognize potential health problems and mood triggers in their daily lives.

Each section of the DBSA Wellness Report provides helpful information to help people better partner with their clinicians on treatment plans that address their overall health and well-being.

The DBSA Wellness Tracker can help people stay “on track.” It's easy, takes only a few minutes a day, and like the other tools in the Facing Us Clubhouse, it's free.

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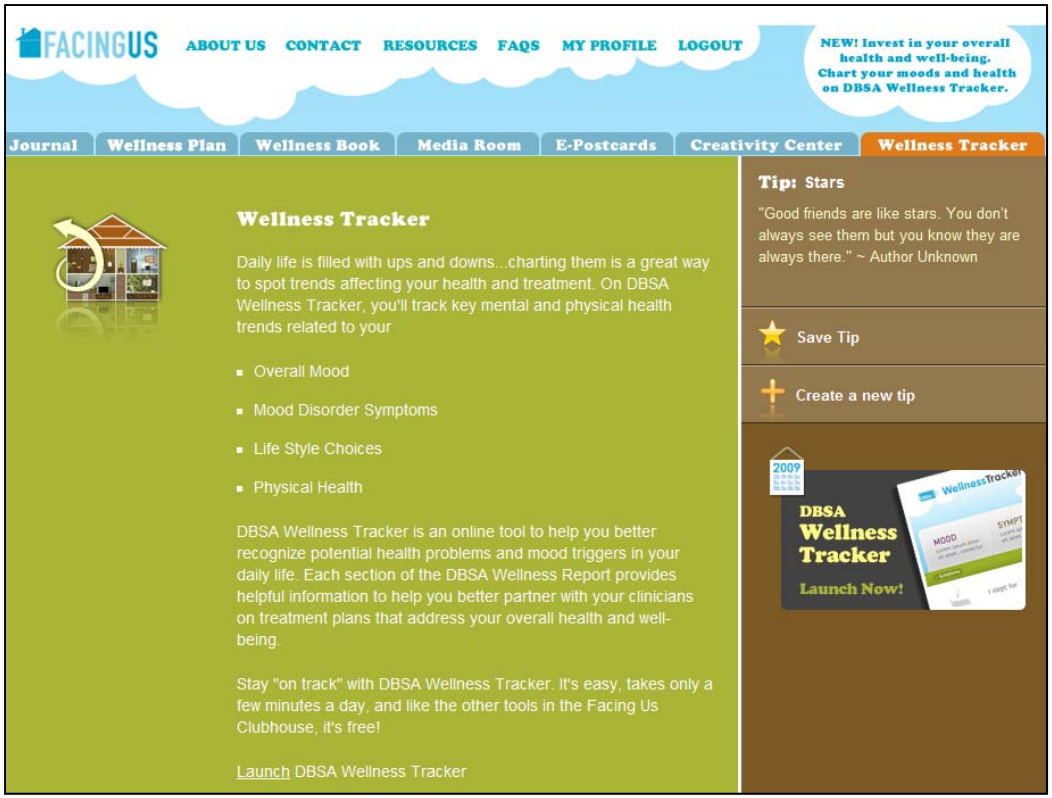
FACING US ● WELLNESS TRACKER

Daily life is filled with ups and downs...charting them is a great way for individuals to spot trends affecting their health and treatment. The DBSA Wellness Tracker gives them a way to track key mental and physical health trends related to their

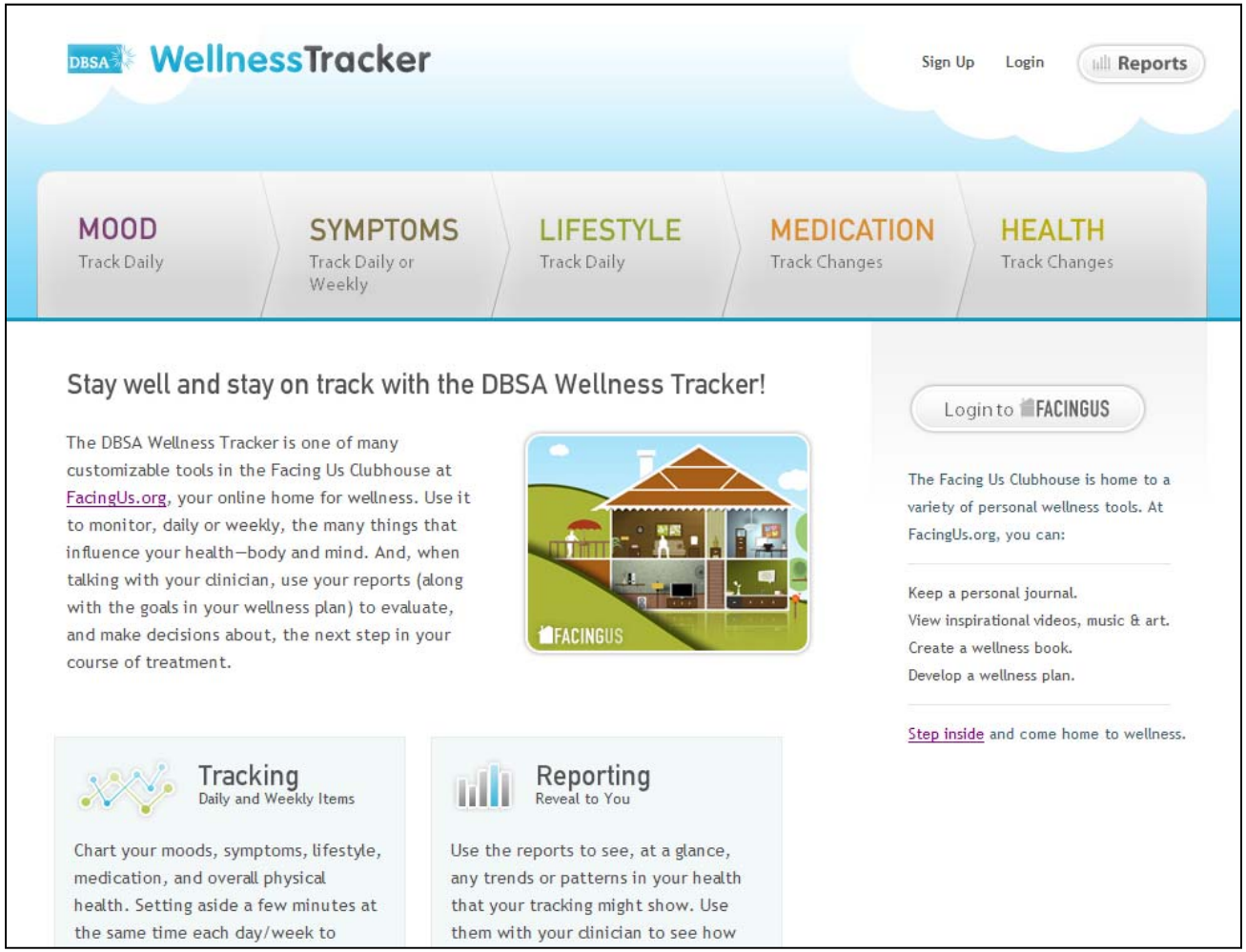
- Overall Mood
- Mood Disorder Symptoms
- Lifestyle Choices
- Medication & Side Effects
- Physical Health



DBSA

FACING US ● WELLNESS TRACKER: WELCOME

Users can navigate through the top five tabs and access tracking and reporting.



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FACING US ● WELLNESS TRACKER: MOOD

It takes just a few minutes each day for individuals to track their overall mood. Once they've made their notes, it's a simple click to "Save and Continue."

DBSA WellnessTracker

Account Logout Reports

Tracking for September 05, 2009 Change Date

MOOD Track Daily | SYMPTOMS Track Daily or Weekly | LIFESTYLE Track Daily | MEDICATION Track Changes | HEALTH Track Changes

< Begin Symptoms >

My Mood Today

Take a few minutes each day to track your overall mood. Doing so can help you see patterns, which can alert you as to when celebrate if you're doing well or when to take action if you're not doing well. 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 of depression, stability or mania:

Extremely Manic (essentially incapacitated or hospitalized)
Very Manic (GREAT difficulty with goal-oriented activity)
Mildly Manic (more energized & productive, but usual routine relatively unaffected)
Somewhat Manic (SOME difficulty with goal-oriented activity)

STABLE (no feelings of either depression or mania)
Mildly Depressed (usual routine relatively unaffected)
Somewhat Depressed (SOME difficulty with goal-oriented activity)
Very Depressed (functioning with GREAT effort)
Extremely Depressed (essentially incapacitated or hospitalized)

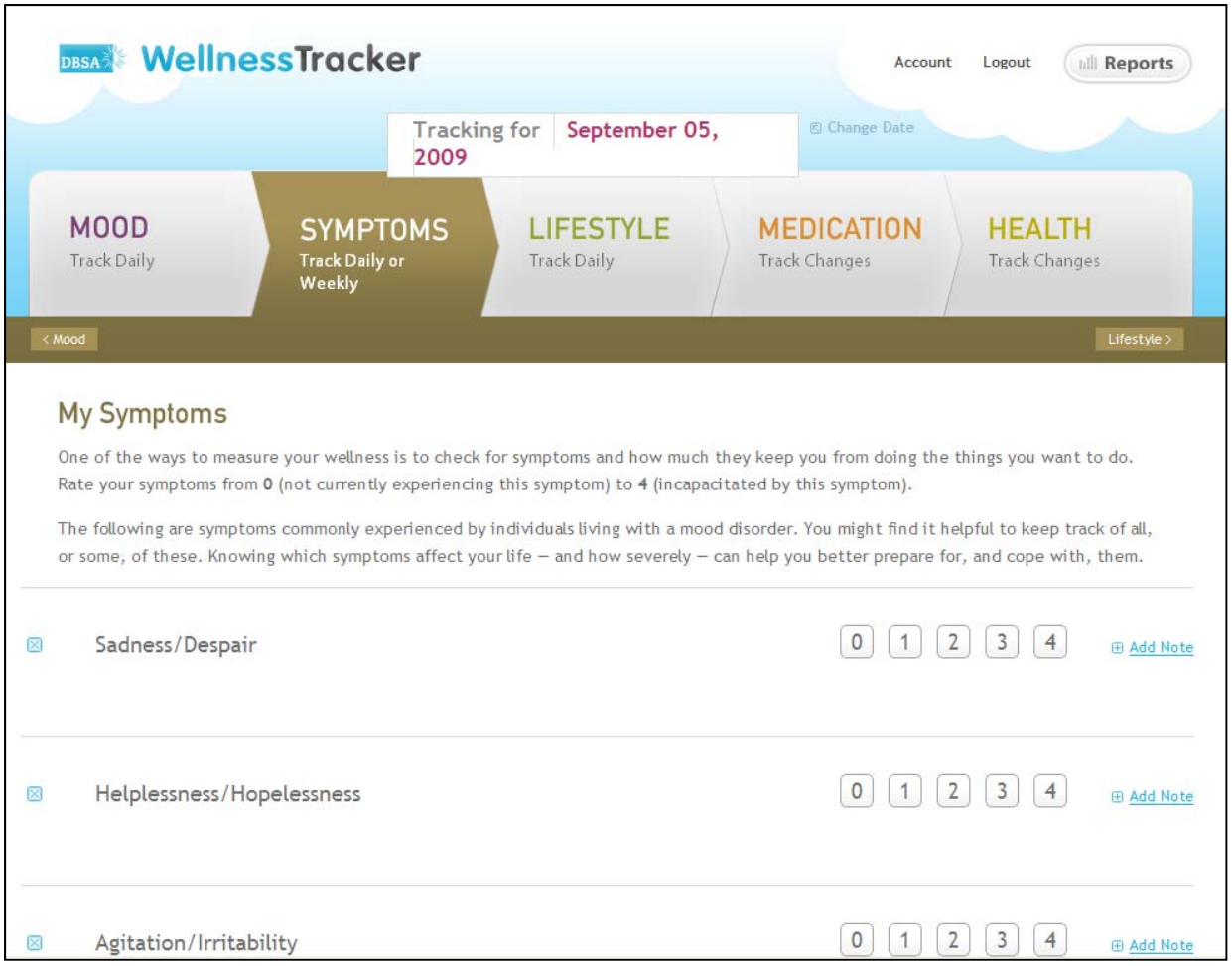
Stable

Manic Stable Depressed

DBSA

FACING US ● WELLNESS TRACKER: SYMPTOMS

One of the ways to measure wellness is to check for symptoms and how much they keep a person from doing the things he or she wants to do.



FACING US ● WELLNESS TRACKER: SYMPTOMS CONTINUED

Users continue to check for symptoms on this page and then click “Save and Continue” to move to the next section.

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

Save | Save & Continue

If you or someone you know has thoughts of death or suicide, contact a medical professional, clergy member, loved one, friend or hospital emergency room right away. If you or someone you know is in crisis, call 9-1-1 or (800) 273-TALK (800-273-8255) immediately to get help.

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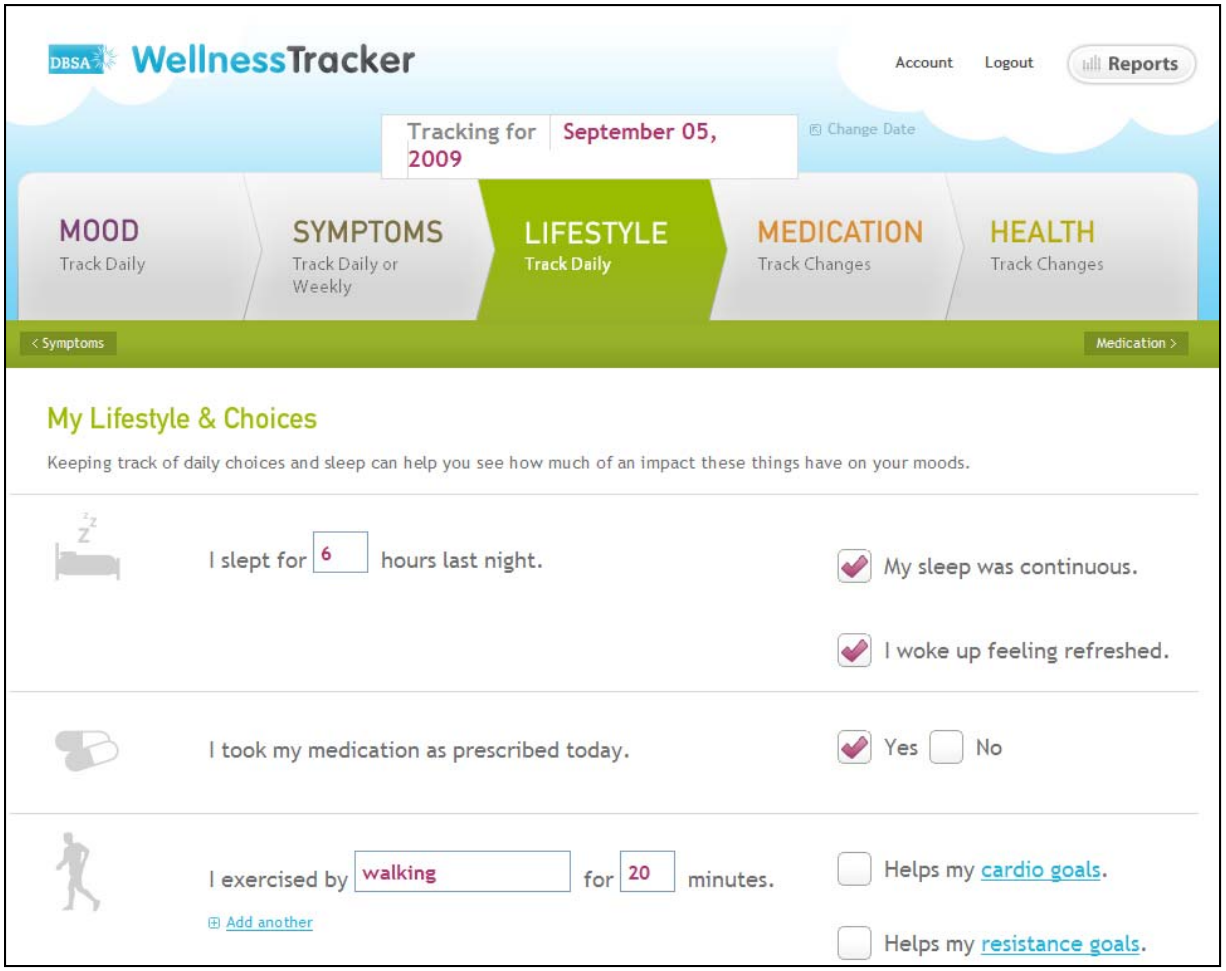
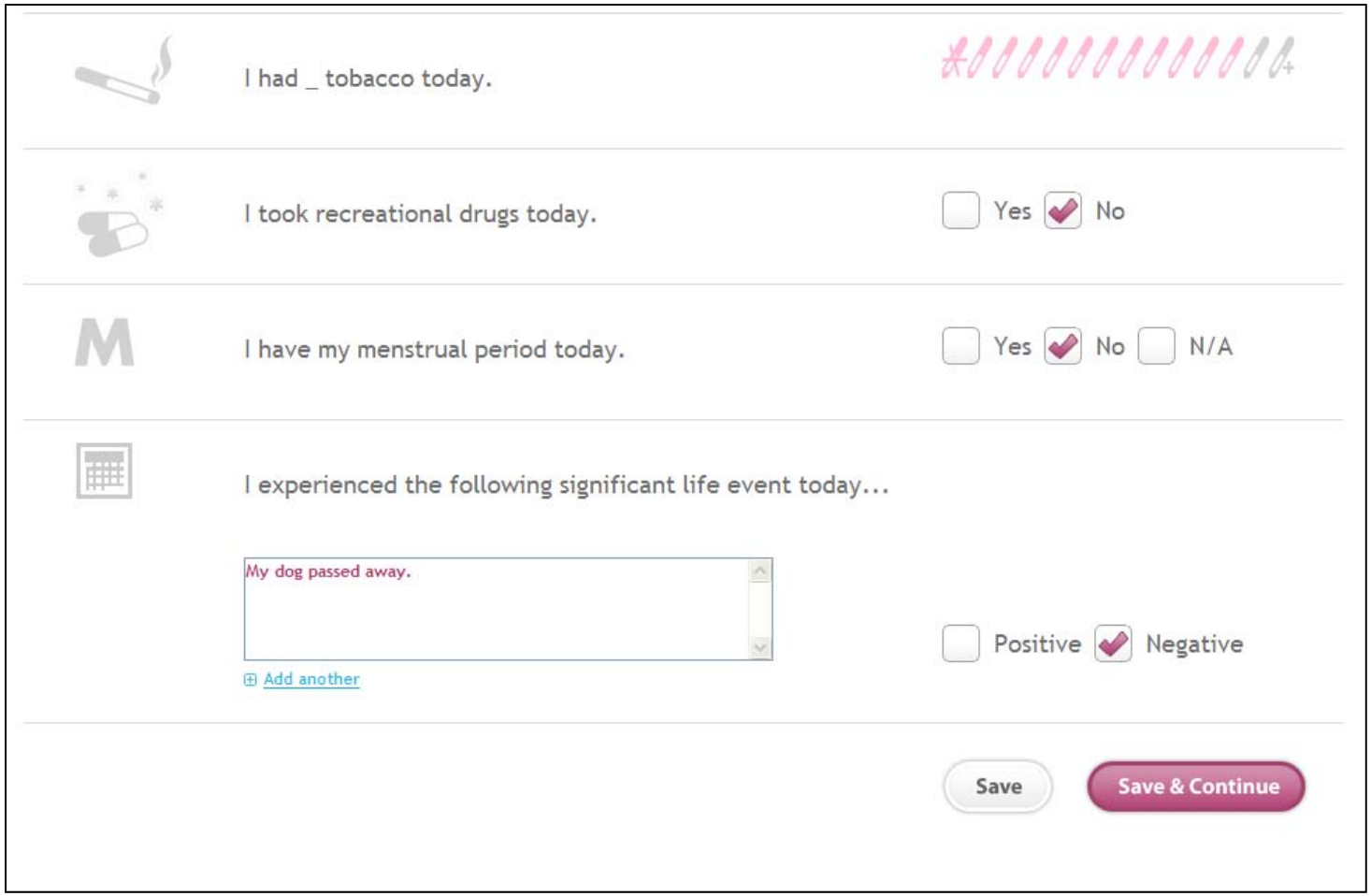
FACING US ● WELLNESS TRACKER: LIFESTYLE

Keeping track of daily choices and sleep can help an individual see how much of an impact these things have on his or her moods.



FACING US ● WELLNESS TRACKER: LIFESTYLE

Users continue through the Symptoms section and then click “Save and Continue.”



FACING US ● WELLNESS TRACKER: MEDICATION

This sections allows users to keep track of all their medications (both prescription and over-the-counter, for mental health and physical health), as well as supplements and side effects.

DBSA WellnessTracker

Account Logout Reports

Tracking for September 08, 2009 Change Date

MOOD Track Daily | SYMPTOMS Track Daily or Weekly | LIFESTYLE Track Daily | MEDICATION Track Changes | HEALTH Track Changes

< Lifestyle Health >

My Medications

It might take some time for you and your doctor to find the right medications(s) for you. It can also sometimes take several weeks for your medication to fully work. You might feel some side effects of your medication before you feel the benefits—that doesn't mean the medication isn't working. Sometimes it's hard to tell if something (like sleepiness, anxiety or headache, etc.) is a side effect or a symptom of your illness. It might also be difficult to determine if it's caused by a non-mental-health medication or over-the-counter medication/supplement.

Keep track of all your medications (both prescription and over-the-counter, for your mental health and your physical health), as well as supplements and side effects. Be sure to update this section after any change in the type or dosage of your medication...or if there's a change in any of the side effects you might be experiencing.

Don't stop taking your medication, change your dosage or add any kind of medication without first talking with your doctor.

Mental Health ⊕ Add	Physical Health ⊕ Add	Supplements ⊕ Add
Cymbalta modify Dosage: 60 mg	I take the following physical health prescriptions. Add my first one.	**Daily vitamin B** modify Dosage:

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FACING US ● WELLNESS TRACKER: SIDE EFFECTS

Side Effects

Add side effect

Talk with your doctor and/or psychiatrist about any side effect(s) you're experiencing. To help with unwanted side effect(s), they might change your medication, adjust your dosage or prescribe an additional medication...especially if the side effect is severely (or even moderately) disrupting your life or preventing you from reaching a treatment goal.

Level: Mild
Dry mouth
updated on: September 08, 2009 modify

Level: Mild
Sweaty palms
updated on: September 08, 2009 modify

Level: Mild
Itchy skin
updated on: September 08, 2009 modify

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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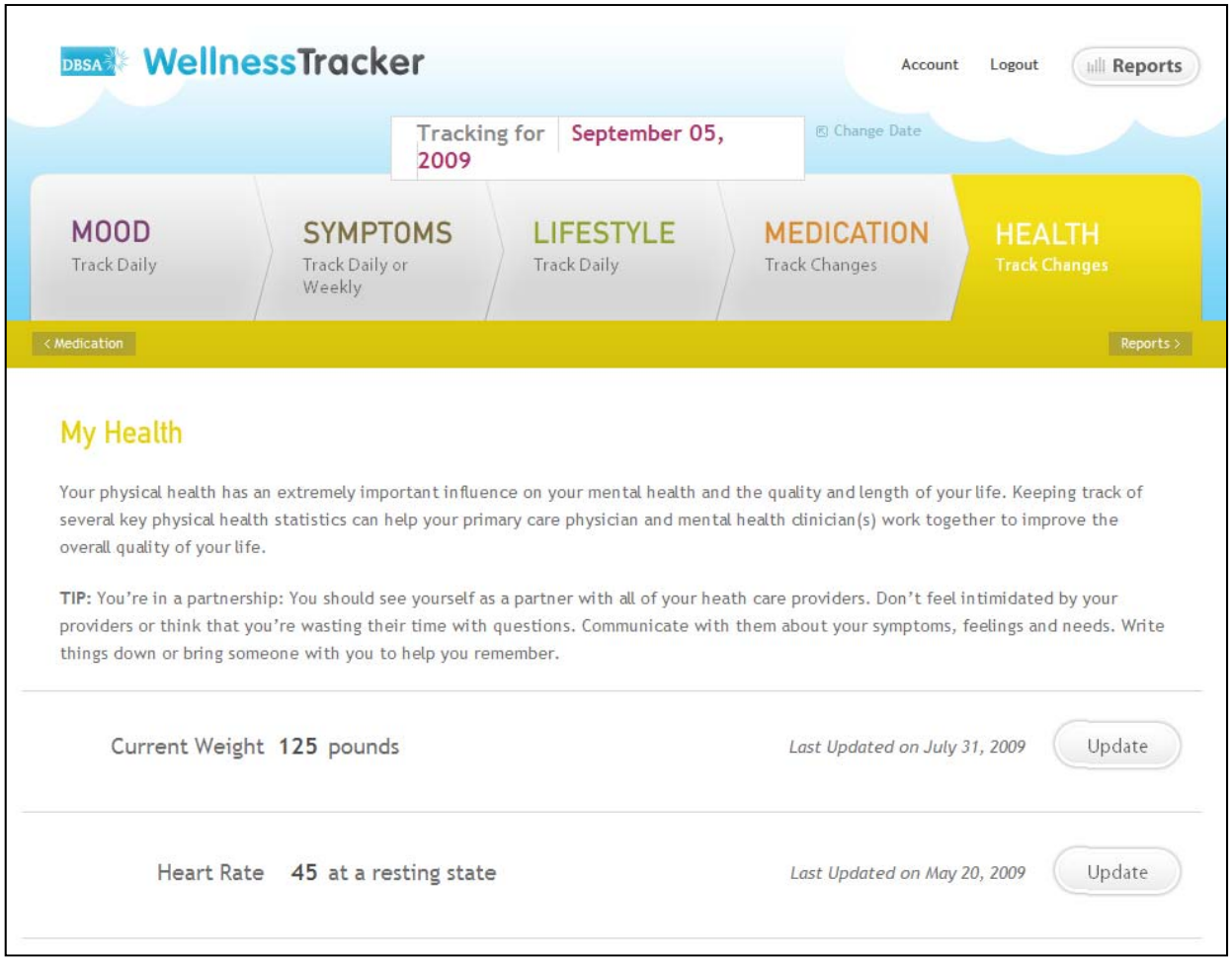
FACING US ● WELLNESS TRACKER: HEALTH

Physical health has an extremely important influence on individuals' mental health and the quality and length of their lives.



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FACING US ● WELLNESS TRACKER: HEALTH CONTINUED

Here, users continue to track their health with selections like cholesterol, blood pressure, hemoglobin levels as well as exercise goals. Clicking “Update” will save this information.

Cholesterol	185	Total		
	50	HDL		
	135	LDL	*Last Updated on May 20, 2009*	Update
Blood Pressure	100	Systolic		
	110	Diastolic	*Last Updated on May 20, 2009*	Update
Hemoglobin A1C	14		*Last Updated on May 20, 2009*	Update

My Exercise Goals

A healthy body isn't a passive endeavor. Recording a few exercise goals can help as a reminder for yourself to stay active. For instance, you might want to take a 20-minute walk each day and do 10 stomach crunches every other day.

TIP: Cardio elevates the heart rate. Resistance builds strength.

Cardio Goals	**high energy walk 30 min/day 5 days/week**	*Last Updated on July 31, 2009*	Update
Resistance Goals	**yoga for 15 minutes every other day**	*Last Updated on May 20, 2009*	Update

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FACING **US** ● **WELLNESS TRACKER: REPORTS & TRACKING**

Users chart their moods, symptoms, lifestyle, medication, and overall physical health. Just a few minutes at the same time each day/week to record how they're doing will help them to stay "on track" both mentally and physically.

The reports show, at a glance, any health trends or patterns that the tracking might reveal. They're a helpful tool when people speak with their clinicians to see how effective their treatment is and make the choices that are right for them.

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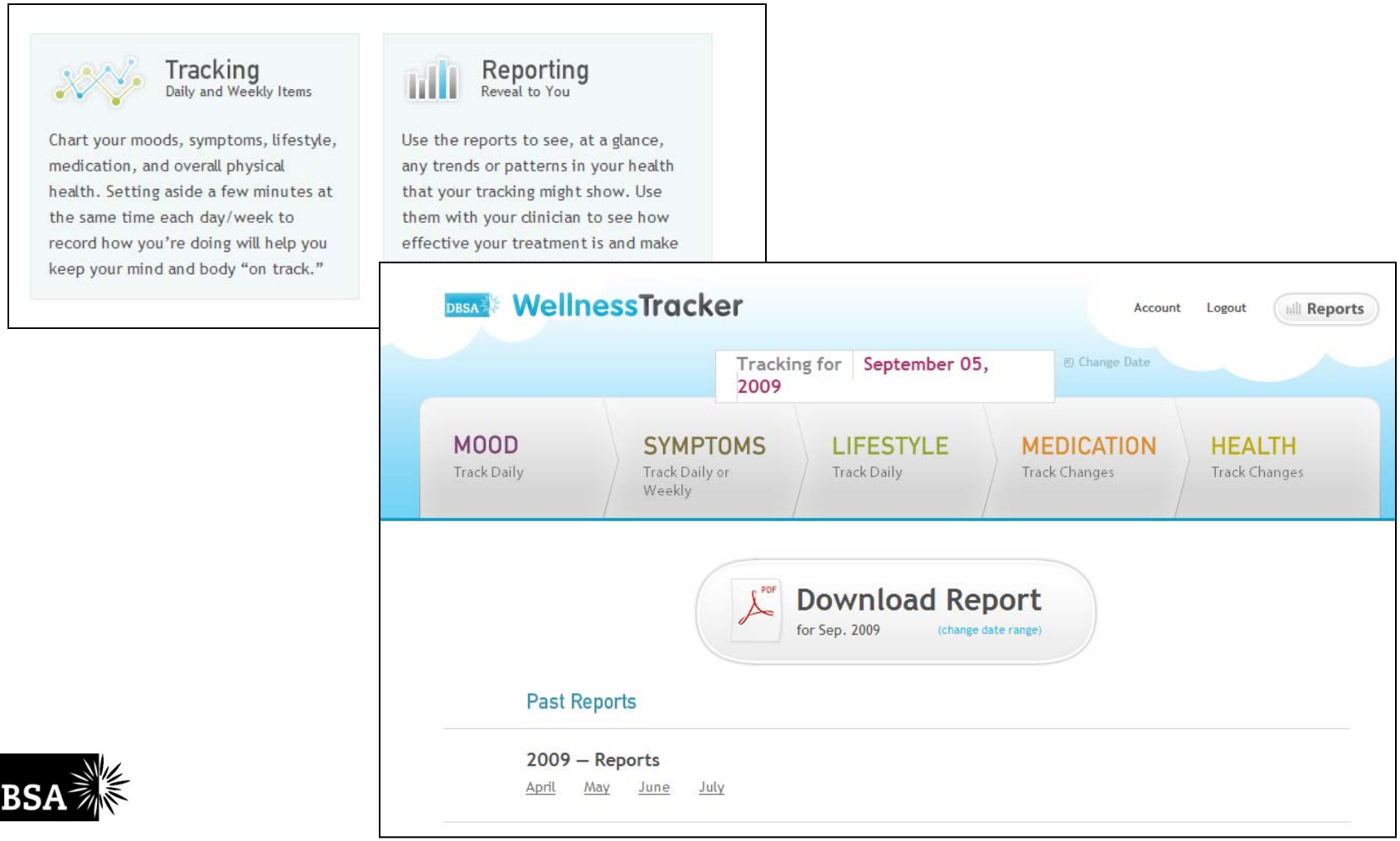
FACING US ● WELLNESS TRACKER: REPORTS



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FACING US ● WELLNESS TRACKER: REPORTS

Within the reports are statistics on an individual's overall mood, mood factors, additional factors, prescriptions, and mental health.

DBSA WellnessTracker

Report For May 2009

Information For You

There are four (4) sections of this report:

1) The DBSA Wellness Tracker **OnTrack** section charts your self-reported overall mood 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, 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, 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, external factors, medications and side effects. It also contains a diary of user-generated reports and system-generated **flags** where values reported are significantly above or below typical recommendations for good mental or physical health. These **flags** are not diagnostic; they're intended only to highlight an area for potential discussion with your patient/client. **Flags** might also prompt you to seek additional information in 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

FACING US ● WELLNESS TRACKER: OVERALL MOOD

WellnessTracker — Report For May 2009

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Overall Mood																															
Severe Mania																															
Strong Mania																															
Moderate Mania																															
Mild Mania						○						●	●		●	●				○											
Stable					●					●							●														
Mild Depression		●	●			○	●				●											●	●	●	●	●	●				
Moderate Depression	●							●													●									●	●
Strong Depression																				○											
Severe Depression																															
Mood Factors																															
Mixed State (✓ if yes)						✓														✓											
Mood Swing (✓ if multiple records in same day)																				✓											
Number of Mood Changes Per Day																				1											
Additional Factors																															
Number of Hours of Nighttime Sleep (prior night)	7.0	8.0	8.5		7.0	6.0	7.5	9.0		8.0	8.0	7.5	8.0		7.0	8.0	7.5			6.0	10.0	8.0	8.0	8.0	8.0	8.0	7.5			6.0	7.0
Number of Drinks per day (if 7 or more)	0	1	0		0	1	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 (✓ if as prescribed, ✓ if more or less, ✗ if none)	✓	✓	✓		✓	✓	✓	✓		✓	✓	✓	✓		✓	✓	✗				✓	✓	✓	✓	✓	✓	✓			✓	✓
Change in any medication?																				✓											

Information in this screen shot of the online Wellness Tracker is categorized into different areas including; overall mood, mood factors, additional factors, and prescriptions. It is broken down into the days of month where people can fill in the information relevant to each area.

FACING US ● WELLNESS TRACKER: DAILY DIARY

Wellness Tracker reports “flag” areas that fall outside of the norm and/or those that might play a significant factor in mood fluctuations.

DBSA WellnessTracker

Report For May 2009

Daily Diary

May 01, 2009

- Strong Symptom: Decreased or Increased Appetite

May 02, 2009

- Positive Life Event: went to concert event with friends
- Strong Symptom: Decreased or Increased Appetite

May 03, 2009

- Strong Symptom: Decreased or Increased Appetite

May 06, 2009

- Mixed State: Record #1 = Mild Depression & Mild Mania
- Strong Symptom: Impulsivity
- Strong Symptom: Grandiose Ideas

May 08, 2009

- Negative Life Event: met with friend who was not very supportive
- Strong Symptom: Decreased or Increased Appetite

May 10, 2009

- Positive Life Event: ride bike downtown by lake with friends

May 20, 2009

- Mixed State: Record #1 = Mild Mania & Strong Depression
- New Medication: daily vitamin

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FACING US ● WELLNESS TRACKER: TRACKING

The charting feature makes trends easy to spot.

WellnessTracker

Report For May 2009

Sadness/Despair		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
No Daily Record					●					●					●				●	●										●	●		
No Occurrence of Symptom	0					●					●		●	●		●	●	●														
Mild Occurrence of Symptom	1		●	●				●				●											●	●	●		●	●				
Moderate Occurrence of Symptom	2	●					●		●													●				●						●
Strong Occurrence of Symptom	3																				●										●	
Severe Occurrence of Symptom	4																															

Helplessness/Hopelessness		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
No Daily Record					●					●					●				●	●										●	●		
No Occurrence of Symptom	0					●					●		●	●		●	●	●														
Mild Occurrence of Symptom	1			●				●				●												●	●	●	●	●				
Moderate Occurrence of Symptom	2	●	●				●		●													●	●								●	●
Strong Occurrence of Symptom	3																				●											
Severe Occurrence of Symptom	4																															

Agitation/Irritability		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
No Daily Record					●					●					●				●	●										●	●		
No Occurrence of Symptom	0							●			●	●						●														
Mild Occurrence of Symptom	1					●	●		●				●	●		●	●					●	●				●					
Moderate Occurrence of Symptom	2	●	●	●																					●	●		●				●
Strong Occurrence of Symptom	3																				●			●							●	
Severe Occurrence of Symptom	4																															

Information in this screen shot of the online Wellness Tracker is categorized into different areas including; sadness/despair, helplessness/hopelessness, agitation/irritability. The information is broken down into days of the month and individuals can fill out the space for their corresponding feeling or emotion.

FACING US ● WELLNESS TRACKER: TRACKING

DBSA WellnessTracker

Report For May 2009

Key Physical Health Statistics

Health Statistic	Last Record in On Track	Today's Appointment	Date
Blood Pressure	100/110		
Resting Heart Rate	45		
Cholesterol (Total/HDL/LDL)	185/50/135		
Hemoglobin A1C	14		

Key Physical Health Factors

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Sleep																															
Number of hours of sleep	7.0	8.0	8.5		7.0	6.0	7.5	9.0		8.0	8.0	7.5	8.0		7.0	8.0	7.5			6.0	10.0	8.0	8.0	8.0	8.0	8.0	7.5			6.0	7.0
• Was it uninterrupted sleep? (Y if yes, N if no)	Y	Y	Y		N	N	Y	Y		Y	Y	Y	Y		Y	Y	Y			N	Y	Y	Y	Y	Y	Y	Y			Y	Y
• Awoke feeling refreshed?			✓				✓			✓	✓		✓			✓						✓									✓
Substance Use																															
Number of alcoholic drinks (12 oz beer, 4 oz wine, or 1 oz liquor)	0	1	0		0	1	0	0		0	0		0		0	0	0			2	0	0		0	0	0	0			1	0
Used recreational drugs?						✓														✓											
Smoking																															
Number of cigarettes or cigars	0	0	0			1	0	0		0	0	0	0		0		0			0	0	0		0	0	0	0			0	0
Weight Record																															
Recorded weight	100																			110											
Personal Exercise Goals (See Exercise Log for Detail)																															
Cardio (✓ if activity on this date)			✓				✓			✓			✓		✓	✓					✓	✓		✓			✓				
Resistance (✓ if activity on this date)	✓				✓			✓				✓			✓		✓								✓						✓

Information in this screen shot of the online Wellness Tracker is categorized into different areas including; Key Physical Health Statistics such as blood pressure, resting heart rate, cholesterol, and hemoglobin. Additional factors include sleep, substance use, smoking, weight record, and personal exercise goals. Information is broken down into the days of the month and individuals can fill out information based on their physical factors on each day.

FACING US ● WELLNESS TRACKER: TRACKING

DBSA WellnessTracker

Report For May 2009

Exercise Goals

Type of Exercise	Current Goal
Cardio	high energy walk 30 min/day 5 days/week
Resistance/Weight Training	yoga for 15 minutes every other day

Monthly Exercise Log

(C) cardiovascular exercise (elevates the heart rate)
(R) resistance or weight training (builds strength)

Day	Exercise	Day	Exercise	Day	Exercise
1	• (R) yoga for 30 minute(s)	12	• (R) yoga for 15 minute(s) • (R) lift weights for 25 minute(s)	23	
2		13	• (C) fast walk for 45 minute(s)	24	• (C) fast walk for 45 minute(s)
3	• (C) fast walking for 35 minute(s)	14		25	• (R) yoga for 15 minute(s)
4		15	• (C) fast walk for 45 minute(s) • (R) yoga for 15 minute(s)	26	
5	• (R) yoga for 15 minute(s)	16	• (C) fast walk for 45 minute(s)	27	• (C) fast walk for 45 minute(s)
6		17	• (R) yoga for 15 minute(s)	28	
7	• (C) fast walk for 45 minute(s)	18		29	
8	• (R) yoga for 15 minute(s)	19		30	
9		20		31	• (R) yoga for 35 minute(s)
10	• (C) ride bike for 60 minute(s)	21	• (C) fast walk for 15 minute(s)		
11		22	• (C) fast walk for 45 minute(s)		

DBSA

THANK YOU

This concludes the overview for DBSA social networking, web tools within the Facing Us Clubhouse, and the DBSA Wellness Tracker.

Questions can be directed to

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(800) 826-3632
Depression and Bipolar Support Alliance
http://www.DBSAlliance.org

DBSA
Depression and Bipolar Support Alliance

More information

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Keith Mahar
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Resources

Campaign for Mental Health Recovery: What a Difference a Friend Makes
http://www.whatdifference.samhsa.gov

Mentalympians.tv
http://www.Mentalympians.tv

Depression and Bipolar Support Alliance
http://www.dbsalliance.org

Social Software as a Tool for the Social Inclusion of Marginalised Youngsters
http://www.epractice.eu/files/Social%20Software%20as%20a%20Tool%20for%20the%20Social%20Inclusion%20of%20Marginalised%20Youngsters.pdf

Health care meets social networking
http://jacksonville.bizjournals.com/jacksonville/stories/2009/01/19/daily9.html?page=1

Survey

We value your suggestions. Within 24 hours of this teleconference, you will receive an email request to participate in a short, anonymous online survey about today's training material. Survey results will be used to determine what resources and topic areas need to be addressed by future training events. The survey will take approximately 5 minutes to complete.

Survey participation requests will be sent to all registered event participants who provided email addresses at the time of their registration. Each request message will contain a Web link to our survey tool. Please call **1–800–540–0320** if you have any difficulties filling out the survey online. Thank you for your feedback and cooperation.

Written comments may be sent to the Substance Abuse and Mental Health Services Administration (SAMHSA) ADS Center via email at promoteacceptance@samhsa.hhs.gov.