



# **DBSA, A Cost-Effective Resource for Your State**

July 11, 2005



# DBSA, the Depression and Bipolar Support Alliance

- Consumer-operated national organization
- 4,000,000+ people request and receive help each year
- Free peer support in more than 1,000 groups across US + online 24/7

*We've been there, we can help.*




# DBSA

- World-renowned Scientific Advisory Board
- Up-to-date and scientifically-based tools, written in user-friendly language
- 80,000+ brochures downloaded per month
- 850,000,000+ media impressions per year



# Education

- Publish over 40 different educational materials written by consumers, reviewed by our SAB; for example:
  - You've just been diagnosed
  - Recovery workbook
  - Wellness at work
  - Dual diagnosis and recovery
- Copies free on request; unlimited download; low-cost reprint rights



# Psychosocial Education

- Six week peer-delivered, SAB reviewed educational series
- Six week Lorig/Stanford Chronic Disease Management course
- WRAP (Wellness Recovery Action Plan)
- 3 national conferences in IL, TX, NJ



# Support

## DBSA Support Group Survey: Participants

- Less likely to have stopped medication against medical advice
- Report less depression and mania
- Fewer hospitalizations

*-DBSA Support Group Survey, 2000*



# Peer Support

- 1,000 peer-facilitated groups
- Free of charge
- Specialized: Dual Dx, Family, kids, teens
- Online groups



# Help: Top Patient Requests

1. To be treated with respect
2. Doctor who listens to me
3. Treatment that looks at my whole life, not just medication
4. (tie) Thorough explanations of what is going on
4. (tie) Spend more time with me
5. Generate hope



# Certified Peer Specialists

- Model shows better patient outcomes, lower costs
- CMHS grant to develop model curriculum
- Consumer training and “Train the Trainer” for States, VA facilities
- Nationally-recognized trainers



# Education

- *Making Recovery Real*
  - 8 hour workshop or
  - 2 hour inservice training
  - in clinics, hospitals, with staff
- *Grand Rounds*
- *Other events or meetings*



# Advocacy

- How can our grassroots community support your work?



# **The Annapolis Coalition**

## **MISSION:**

To ensure the availability of a workforce, sufficient in size and skill, to meet the needs of individuals with mental illnesses and substance use disorders by providing care that is safe, person-centered, effective, efficient, equitable and timely.

<http://www.annapoliscoalition.org/>

# Hope, Help and Support





Depression and Bipolar  
Support Alliance

[www.DBSAAlliance.org](http://www.DBSAAlliance.org)

800-826-3632