



Depression and Bipolar  
Support Alliance

# Online Child Mood Disorder Screeners and Marketing Campaign

Depression and Bipolar Support Alliance

American Legion Child Welfare Grant

September 17, 2017

Angie Day, Chapter and Volunteer Services Director

Today, we'll discuss:

- Who We (DBSA) Are
- Who We Help
- How We are Doing It
- Impact of the American Legion Child Welfare Grant



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## About DBSA

Founded in 1985, Depression and Bipolar Support Alliance, DBSA, is the leading **peer-directed national** organization focusing on the two most prevalent mental health conditions, **depression and bipolar disorder.**

## What makes DBSA unique?

- **Peer-led**
- **Targeted**
- **Nationally Recognized**
- **Innovative**
- **Wellness Centered**



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# DBSA Programs Snapshot



## DBSA Support Groups

[www.DBSAlliance.org/FindSupport](http://www.DBSAlliance.org/FindSupport)

Free peer-led support groups for peers and family



## Balanced Mind Parent Network

[www.DBSAlliance.org/BMPN](http://www.DBSAlliance.org/BMPN)

Online support for parents



## DBSA Wellness Tracker

[www.FacingUs.org/Tracker](http://www.FacingUs.org/Tracker)

Online and phone app wellness tracker



## Facing Us Clubhouse

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

Online, personalized wellness tools



## Educational Materials

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

In-depth online information and printed brochures



## Care for Your Mind

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

Peer and family advocacy blog



## DBSA Find a Pro

[www.DBSAlliance.org/FindaPro](http://www.DBSAlliance.org/FindaPro)

Search for mental health professionals or facilities



## Training & Consulting

[www.DBSAlliance.org/Training](http://www.DBSAlliance.org/Training)

Peer specialist training & consulting



## We Search Together

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

Peer clearinghouse for research studies



## Peer Leadership Center

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

Resource center for peer specialists



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# Peer-Led Support Groups

Search at [www.DBSAlliance.org/FindSupport](http://www.DBSAlliance.org/FindSupport)

**DBSA** Depression and Bipolar Support Alliance

We've been there. We can help.

[Crisis](#) [Donate](#) [Newsletter Sign-up](#)  [Go](#)

[EDUCATION](#) info, training, events | [WELLNESS OPTIONS](#) treatment, tools, research | [PEER SUPPORT](#) peer groups, inspiration | [HELP OTHERS](#) family, friends, peers | [FOR CLINICIANS](#) coming soon

**DBSA Chapters/Support Groups**

This directory is published for confidential use by DBSA constituents. No part of this directory may be stored or reproduced electronically or printed (with the exception of printing individual pages listing support groups in your area) without prior permission of DBSA. **Information in this directory may not be used for solicitation purposes.**

**Online Support Groups**

Can't make it to a DBSA support group in your area? DBSA now offers [online DBSA support groups](#) in real-time! These virtual meetings are just like the DBSA support groups offered by our affiliated chapters and provide the same hope, help, and support needed for a lifetime of wellness and recovery.

**Click on your state to find a support group in your community**

US Search by Zip Code:  Mile:  [Go](#)

Map of the United States with state abbreviations: AK, HI, WA, OR, ID, MT, WY, ND, SD, NE, KS, MN, IA, MO, WI, IL, IN, OH, PA, NY, NJ, MA, CT, RI, NH, VT, ME, DE, DC, MD, VA, WV, KY, TN, MS, AL, GA, SC, NC, AR, LA, TX, AZ, NM, CO, UT, NV, CA, HI, AK.

[Alabama](#) [Louisiana](#) [Oklahoma](#)  
[Alaska](#) [Maine](#) [Oregon](#)

**PEER SUPPORT**

**Support Group Locator**

[DBSA In-Person Support Groups](#)

[DBSA Online Support Groups](#)

**DBSA Chapters & Support Groups**

[What They Do](#)

[Find a Support Group](#)

[Start a Chapter](#)

[DBSA State Organizations](#)

**Peer Inspiration**

[Life Unlimited Stories](#)

[DBSA Honorary Advisory Board](#)

[Videos of Personal Stories](#)

[Peers Celebrating Art](#)

[Peers Celebrating Music](#)

[FIND A SUPPORT GROUP NEAR YOU](#)

**CHAPTER MANAGEMENT**  
A virtual library of guides, tools and resources for DBSA chapters only.

[Wellness Tracker](#)

[Facing Us Clubhouse](#)

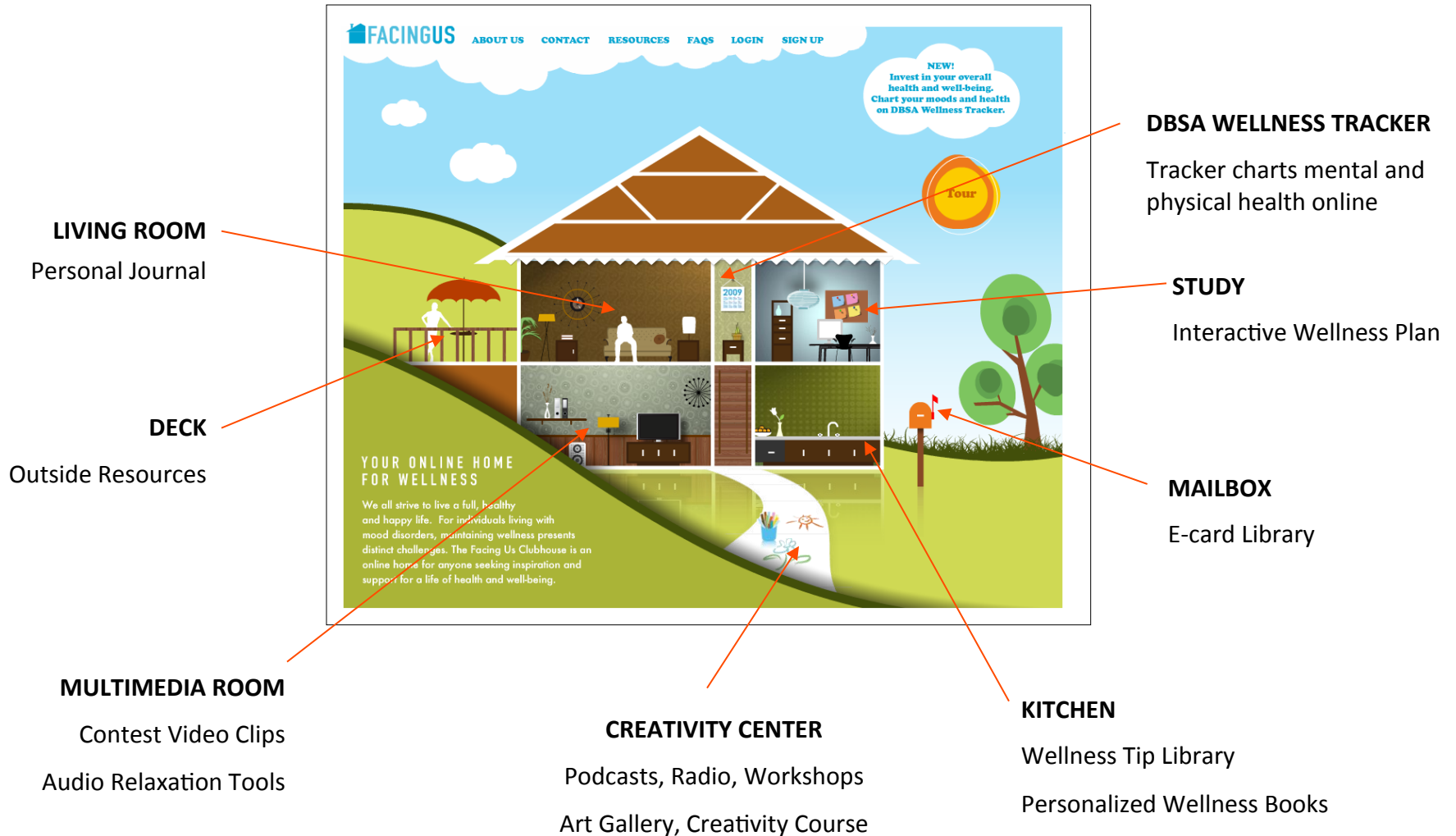
49,624  
PEOPLE SERVED  
IN LOCAL COMMUNITIES

650   
SUPPORT GROUPS

250   
DBSA CHAPTERS

11   
STATE ORGS

## Tour the Facing Us Clubhouse at [www.FacingUs.org](http://www.FacingUs.org)





**DBSA** Depression and Bipolar Support Alliance

**We've been there. We can help.**  
DBSA support groups provide the kind of sharing and caring that is crucial for a lifetime of wellness. See how a DBSA Support Group might be right for you.

**OUR MISSION:** DBSA provides hope, help, support, and education to improve the lives of people who have mood disorders.

**THE POWER OF PEERS**  
DBSA envisions wellness for people who live with depression and bipolar disorder. Because DBSA was created for and is led by individuals living with mood disorders, our vision, mission, and programming are always informed by the personal, lived experience of peers.

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## In-depth Online & Printed Information [www.DBSAAlliance.org](http://www.DBSAAlliance.org)

- In-depth information about mood disorders
- Brochures to Print or Order
- Educational podcasts, videos, webinars
- Screening Center
- Survey Center
- Advocacy Center
- Resource Center
- DBSAIianza.org (Spanish)







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# Family Resources

## We Provide Hope, Help, and Support

- **Getting Started**
- **Helpline**
- **Educational Materials**
- **Online Support Community**
- **Flipswitch**
- **I'm Living Proof**
- **And More!**



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# Parent Network

**DBSA** Depression and Bipolar Support Alliance

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

[Home](#) **EDUCATION** [info, training, events](#) **WELLNESS OPTIONS** [treatment, tools, research](#) **PEER SUPPORT** [peer groups, inspiration](#) **HELP OTHERS** [family, friends, peers](#) **ABOUT DBSA** [who we are](#)

Your input is important—join the DBSA Website User Experience Team! [Learn more.](#)

[Like 839](#) [Tweet](#) [Pin it](#) [G+](#) [Share](#) [152](#)

## Welcome to the Balanced Mind Parent Network

The Balanced Mind Parent Network (BMPN), a program of the Depression and Bipolar Support Alliance (DBSA), guides families raising children with mood disorders to the answers, support, and stability they seek.

**Parent Online Support Community** [JOIN US](#)

**LEARN**  
Learn all there is to know about mood disorders from The Balanced Mind Parent Network! Here is a list of our most popular articles.

**CONNECT**  
These resources are for parents, caregivers and other adults involved in raising a child, teen or young adult with, or at risk for, a mood disorder.

**ABOUT**  
The Balanced Mind Parent Network is a community where you'll find resources, connection and hope for the road ahead.

**THE BALANCED MIND PARENT NETWORK** *a program of DBSA*

**Learn**

- [For Parents](#)
- [For Teens](#)
- [For Educators](#)
- [BMPN Searchable Library](#)
- [Webinars](#)
- [Family Resources](#)
- [Bookstore](#)
- [Parent Connection News](#)

**Connect**

- [Parent Online Support Community](#)
- [Helpline](#)
- [Find a Professional Resource](#)
- [Research Studies](#)

## Balanced Mind Parent Network • [www.DBSAAlliance.org/BMPN](http://www.DBSAAlliance.org/BMPN)

Online resources and communities to support those with the greatest influence on our youngest peers, children living with a mood disorder.

***“It is a privilege to make this journey with such resourceful, compassionate and resilient parents – that in itself is an encouragement to me.”***

--BMPN volunteer moderator and participant



**Getting Started** • [www.DBSAAlliance.org/GettingStarted](http://www.DBSAAlliance.org/GettingStarted)

A guide for parents with newly diagnosed children or those who suspect that their child may have a mood disorder



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# Helpline



**Helpline** • [www.DBSAAlliance.org/Helpline](http://www.DBSAAlliance.org/Helpline)

Resource and Information Phone Line and Email

# American Legion Child Welfare Grant

**The American Legion Child Welfare Grant** is supporting our work through a one year, \$25,000 grant entitled, “**Online Child Mood Disorder Screeners and Marketing Campaign.**”

- **Aid in Early Intervention and Detection of Symptoms**
- **Link Families to Resources and Education**
- **Connect Parents to a Support Network**

## What does this specifically fund?

- **Pediatric Depression, Mania, and Anxiety**

**Screeners:** DBSA has partnered with the University of North Carolina on the selection and automation of screeners for mood disorders in children.

- **PHQ-A Severity Measure for Depression**
- **CMSR10 Parent Version**
- **PHQ-9 Parent Report**
- **Child Anxiety Related Disorders**

## What does this specifically fund?

- **Marketing Campaign of our Family and Child**

### **Resources**

- **Expansive Social Media Outreach (Parents and Clinicians)**
- **Promotion to Partner Agencies (Organizations, Clinicians, and Parents)**
- **Hard Mail Campaign (Clinicians)**





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[DBSAAlliance.org/BMPN](https://DBSAAlliance.org/BMPN)

*Peer support for parents whose children  
live with a mood disorder.*

## The Impact: Education, Empowerment, and Endless Hope

- **American Legion Child Welfare Grant will:**
  - **Guide more parents to resources**
  - **Share an opportunity for parents to find support**
  - **Educate clinicians on our resources**
  - **Promote our work with partner agencies**
  - **Provide an important tool for parents assessing their children's needs**

# American Legion Child Welfare Grant

*“I discovered The Balanced Mind Parent Network when I needed help for my daughter, my family, and me. Her symptoms had begun when she was 7 but she wasn’t diagnosed with bipolar disorder until she was a freshman in high school. That was in 2000. Through The Balanced Mind Parent Network’s cutting edge scientific resources and support networks, I was able to ask her doctors the right questions, advocate for her with her school, learn more effective parenting skills, and get the support and hope I needed when I felt alone and overwhelmed. This June, she graduated from college and is doing extremely well.”*



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A photograph of a person's legs wearing blue denim jeans, with the hems rolled up. The person is wearing red sneakers with white laces. The background is a textured, brownish-orange wall.

**Questions?**