



Depression and Bipolar  
Support Alliance

# 2010 ANNUAL REPORT

INFORMS • EMPOWERS • SUPPORTS • INSPIRES

## MESSAGE FROM THE PRESIDENT

Dear Friends,

In 2010, DBSA celebrated 25 years of helping people with depression and bipolar disorder accelerate their own unique journeys towards recovery. As we celebrated DBSA's mission and programs—begun by visionary volunteers who understood the extraordinary power of peer support—we also navigated the organizational challenges of decreased and changing revenues in a tough economic climate.

DBSA could not have met the challenges, nor done the work, of 2010 without you. Indeed, you, our peers, are the driving force behind DBSA: the people on the ground, in local communities, who ensure that free, peer-led, recovery-oriented support is available when people need it, where people need it, and how they want to receive it. Because of you, DBSA emerged from 2010 with a renewed conviction that we can and must be taken from a place of uncertainty to a responsible, stable era of fiscal stability and renewed programmatic vigor.

In this report, we demonstrate what invigorates DBSA and the 5,000,000 people we reach in-person, on the phone, and online each year. We focus on four crucial accelerators of recovery: information, support, empowerment, and inspiration.

**DBSA INFORMS** – Increasing understanding and awareness of depression and bipolar disorder among people who live with them, their support networks, the clinical community, and the general public

**DBSA EMPOWERS** – Equipping individuals not only to become active participants in their treatment plans, but to direct and manage them

**DBSA SUPPORTS** – Providing critical networks of support that ensure that individuals are not alone on their journeys to recovery

**DBSA INSPIRES** – Instilling hope and, perhaps more importantly, the expectation that recovery is possible by sharing the stories and experiences of others—like us and so many others—who have faced depression or bipolar disorder and found success

We have listed in these pages just a few examples of what DBSA was able to accomplish in 2010. It was definitely not always easy, but we have come out a stronger more vibrant organization.

You, our loyal peers, offered your financial and moral support throughout 2010, contributing generously to both our annual and PEERS campaigns. Your generosity made it possible for us to continue our work. Please know how grateful we are as you review the many names of individuals, foundations, corporations, and others that populate our honor roll of donors.

Thank you for your support in 2010 and for sharing in DBSA's mission to inform, empower, support, and inspire people living with mood disorders and their communities,

Allen Doederlein  
President  
Depression and Bipolar Support Alliance

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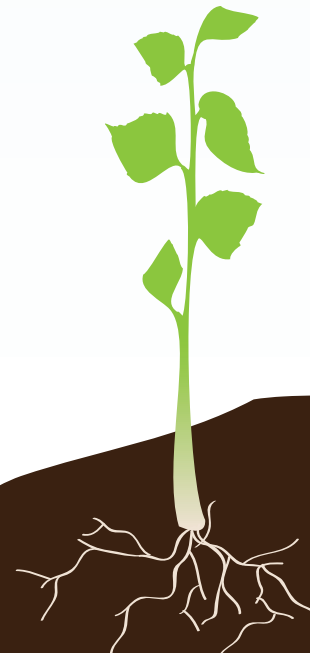
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**Ellen Frank, Ph.D.**



**RECOVERY...It starts with a seed and grows.**

# DBSA centers its services on four essential accelerators of recovery—information, empowerment, support, and inspiration.

## DBSA INFORMS

**DBSA reaches millions of people around the world through its websites, online and printed publications, toll-free information and referral line, and public events. In 2010, DBSA**

- Partnered with the American College of Neuropsychopharmacology (ACNP) Advocacy Affiliate Outreach program to hold four in-person and one online “Ask the Doctors” community events, providing opportunities for the public to ask clinicians questions about diagnoses, treatments, and support resources for depression and bipolar disorder.
- Re-launched DBSA’s YouTube and Facebook social media sites, broadening DBSA’s reach and allowing us to update our constituents in real time as news and events unfold.
- Developed and distributed the DBSA Consumer and Family Survey Center “Medications and Perceptions” survey. The survey summary, reflecting over 1,300 individuals’ opinions about the use of medications and perceptions about key mental health influencers, can be found at [www.DBSAlliance.org/SurveyCenter](http://www.DBSAlliance.org/SurveyCenter).
- Provided over 1.7 million unique visitors to [DBSAlliance.org](http://DBSAlliance.org) with enhanced content such as an improved clinical trials section and new “DBSA Real Recovery Podcasts,” featuring renowned mental health experts, advocates, and authors speaking about treatment options and wellness strategies.

## DBSA EMPOWERS

**DBSA demonstrates that individuals living with depression or bipolar disorder can become their own best advocates and teachers. In 2010, DBSA**

- Partnered with University of Michigan Depression Center—with the support of the National Institutes of Health—to begin development of a Consumer Clearinghouse for Depression and Bipolar Research, the goals of which are to increase individuals’ access to clinical studies and to support the research necessary to ensure advances in treatment of mood disorders.
- Delivered DBSA’s nationally recognized Peer Specialist training and certification courses in Itasca and Lombard, Illinois, and West Los Angeles, California, as well as in collaboration with several VA facilities throughout the United States, including Via Hope / Texas Department of State Health Services; Pacific Islands VA Health Care System; Northern California VA Health Care System; and Captain James A. Lovell Federal Health Care Center in Illinois.
- Expanded Media Room content on DBSA’s community wellness website [FacingUs.org](http://FacingUs.org), home to a multitude of customizable, personal wellness tools.
- Advocated for enhanced veterans’ mental health services as a member of the Consumer Liaisons Council to the Department of Veterans Affairs’ Committee on Care of Veterans with Serious Mental Illness.

- Consulted nationally on SAMHSA’s Recovery to Practice initiative as a subcontractor to the National Association of Peer Specialists (NAPS).
- Collaborated with the National Council on Community Behavioral Healthcare (NCCBH), Appalachian Consulting Group, and other supporting organizations on the first consumer-facilitated Mental Health First Aid national pilot course.

## DBSA SUPPORTS

**DBSA provides a variety of programs to assist our over 300 chapters with tools, training, and resources to deliver peer-led support groups and educational programming in their communities. In 2010, DBSA**

- Provided over 100 chapter leaders a day of networking and skill-building programs at the DBSA 2010 Chapter Leadership Forum, “Party with your Peers,” which focused on best practices for ensuring support group safety, retaining participants, building a sense of community, and strengthening chapters through mission-based goals.
- Offered three chapter quality enhancement teleconferences focused on community advocacy and building support for chapter initiatives.
- Held one-day support group facilitator trainings in St. Louis, Missouri, and Chicago, Illinois, providing local DBSA chapters with core facilitation and recovery-orientation skills.

- Increased accessibility and ease of navigation of the DBSA Chapter Management section on [DBSAlliance.org](http://DBSAlliance.org), putting best-practice tools, resources, and training in the hands of DBSA chapter leaders.

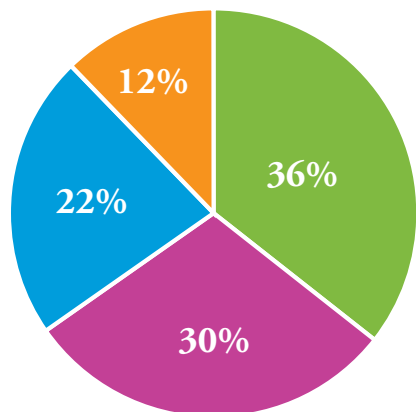
## DBSA INSPIRES

**DBSA staff and Board members have indeed been there, and we can help. But we are not alone. There are tens of thousands of personal stories of recovery that can inspire and encourage. Famous or not, each person has the power to change a day, a mind—a life. In 2010, DBSA**

- Inspired over 460 registrants at the DBSA 2010 National Conference, “A Celebration of 25 Years of Peer Support,” which featured over 30 educational presentations and inspirational personal stories and presentations from keynotes Kay Redfield Jamison, Calen Pick, Jessie Close, Ron Manderscheid, Paula Kamen, Graeme Cowan, and Marya Hornbacher.
- Presented “Speak and Be Heard,” a campaign featuring personal video stories designed to inspire individuals living with bipolar disorder to seek treatment to improve the quality of their lives.
- Partnered on the national “Walk to Washington for Depression Awareness” campaign, which included rallies by eight DBSA chapters along the 850-mile walk between St. Louis, Missouri to Washington, D.C., and culminated in an event on the National Mall.

DBSA ended 2010 with a modest surplus despite the economic downturn and decreased revenues from key partners. This was achieved through pragmatic budget cuts and a 50% reduction in staff. DBSA's leadership team ensured that, even as there was a reduction in resources and staffing, we nevertheless responsibly maintained our ability "to improve the lives of people living with mood disorders."

DBSA's Board and staff are committed to continuing to further the fiscal health of the organization through more efficient use of resources and an aggressive campaign to increase contributed income and diversify revenue streams.



- Education and Information
- Grass Roots and Peer Services
- Management and General
- Fundraising

## 2010 AUDITED FINANCIAL STATEMENTS

An independent accounting firm audited DBSA's financial statements, and they found us to be in compliance with Generally Accepted Accounting Principles and the Sarbanes Oxley Act.

### Balance Sheet

#### ASSETS

##### Current Assets

	2010	2009
Cash and cash equivalents	562,389	227,969
Investments		48,218
Contributions receivable		50,000
Accounts receivable	59,176	51,541
Prepaid expenses	12,850	
<b>Total Current Assets</b>	<b>634,415</b>	<b>377,728</b>

##### Property and Equipment, net

**50,181**      **68,917**

##### Noncurrent Assets

Investments	5,000	84,495
Deposits	9,161	9,161
<b>Total Noncurrent Assets</b>	<b>14,161</b>	<b>93,656</b>

#### TOTAL ASSETS

**698,757**      **540,301**

### LIABILITIES AND NET ASSETS

#### Current Liabilities

Accounts payable and accrued expenses	229,449	396,440
Due to grantor	171,927	
Accrued liabilities - payroll, vacation, rent	54,496	87,117
<b>Total Current Liabilities</b>	<b>455,872</b>	<b>483,557</b>

#### Noncurrent Liabilities - accrued rent

**Total Liabilities**                      **6,269**

#### Net Assets

Unrestricted	(670,229)	(679,261)
Temporarily restricted	913,114	729,736
<b>Total Net Assets</b>	<b>242,885</b>	<b>50,475</b>

#### TOTAL LIABILITIES AND NET ASSETS

**698,757**      **540,301**

### Statement of Activities

#### Revenues, Gains, and Other Support

Contributions	1,305,083	1,538,311
Other	544,410	420,714
<b>Total Income</b>	<b>1,849,493</b>	<b>1,959,025</b>

#### Expenses

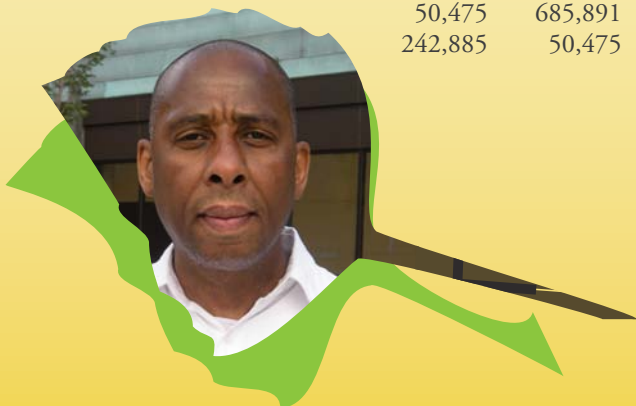
Program services	970,052	1,866,322
Supporting services		
Management and general	331,902	418,063
Fundraising	183,202	310,056
<b>Total Expenses</b>	<b>1,485,156</b>	<b>2,594,441</b>

Change in net assets                      192,410      (635,416)

#### Net Assets

Beginning of year	50,475	685,891
End of year	242,885	50,475

*"To ask for help...that's a start."*  
~Walter Lee Logan



# THANK YOU FOR SUPPORTING DBSA

DBSA thanks the following individuals, foundations, corporations, and government entities for their generous support of our mission and programming in 2010.

## **Leadership Circle**

**\$150,000 - \$499,999**

AstraZeneca

## **Founders Club**

**\$10,000 - \$149,999**

Anonymous (4)

Eli Lilly and Company

Henry Foundation, Inc.

Merck & Co., Inc.

Pfizer, Inc.

The Consumer Advocacy  
Center, P.C.

## **Advocate Council**

**\$5,000 - \$9,999**

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Neuropsychopharmacology

Bloomberg L.P.

Carole B. and

Kenneth J. Boudreaux  
Foundation

Friends and Family of  
Patrick Mackey

OptumHealth

Thomson Reuters

## **Recovery**

**\$1,500 - \$4,999**

J.C. & Nancy Anderson

AT&T United Way

Employee Giving

IBM Employee Services Center  
Network for Good

Dr. John S. Tamerin. and

Ms. Susan Penry-William

The Philadelphia Foundation

Mr. John E. Wade II

## **Empowerment**

**\$500 - \$1,499**

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Giving Campaign

Aetna Giving Campaign

American Packing and Gasket  
Company

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Mr. James Babb, Jr.

Ronnie Bauman

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Mrs. Frances S. Belasco

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Bob and Marcia Boehm

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Earnie Giles

Give With Liberty

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Mr. John Puder

Mr. George Rehn

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Mr. Erwin R. Schmid

Ms. Gloria E. Schmid

Ms. Marylou Selo

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Ms. Judith Tenzer Benn

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Mr. and

Mrs. Cameron Thornton

Mr. Stephen C. Trumble

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Support Campaign

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Mr. David H. Willis

## **Wellness**

**\$300 - \$4,99**

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Mr. Ryan Cannon

Varuni Dayaratna

Edgewater Plantation

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**\$151 - \$299**

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America's Charities

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AZPAC Match Program

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Mission Fish

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National Voluntary Health

Agencies of Nevada

New York Yankees Fantasy

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Wilf Family Foundation

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Mr. David Wilson

Mr. and

Mrs. Michael V. Workman

Mr. Barry Zalph

## **Hope**

**\$49 - \$150**

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Ms. Craig Alston

Anonymous (30)

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Mr. and Mrs. Michael Barr



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 Ms. Marie Kasten  
 Ms. Laura Kaufman  
 Mrs. Suzanne Kaufman  
 Mr. and Mrs. Warren Keller  
 Sharon and Tom Kelly

## INFORMATION: to increase understanding and awareness of these life threatening illnesses among patients, their support networks, and the general public.

---

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# THANK YOU!

## DBSA STORIES OF EMPOWERMENT

I spent 25 years not knowing I had, nor being treated for, bipolar disorder. It got to the point of needing a series of hospitalizations and day programs before I finally began to get better. I wanted to know more about this illness, to educate myself about how to live with it, because I was convinced that life could get better. Well, when I hit the DBSA website I found so much information there that I spent hours poking around and found something very important to me, the DBSA Online Support groups.

There were no face-to-face groups in my area, so I began to attend a meeting virtually every week. I found people there who had lived my life, understood what was inside my head and were there to show me you can make it through. A few months later, I was asked if I wanted to become a Group Facilitator. I was very tentative to put myself out there, but I agreed, and have been facilitating groups for about three years. It never ceases to amaze me to see people come into these groups feeling so alone and misunderstood, find others just like themselves, and begin to heal.

Last year, I was asked to sit on a steering committee on a joint project between DBSA and the University of Michigan. The project will develop a clearinghouse to help bring researchers more in touch with the consumer and us with them. As a DBSA member and Peer Support Specialist, I am proud to act as a voice for those of us living with Mood Disorders and I thank DBSA for the opportunity to do so.



### Carolyn Kristof

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I am 60 years old and from the time I was about 10 I have been diagnosed with depression, post traumatic stress disorder (PTSD), attention deficit disorder, hypo-thyroid and bipolar disorder, and in just about that order. I suffered between major depression (suicide attempts) and what I later learned to be dysthymia or a chronic mild depression that often goes undiagnosed for many years if diagnosed at all. Sufferers may believe that it is just part of their character and don't discuss it with others. That was me—I felt like my depression was my fault and part of my character even when I did see a psychologist. I think that dysthymia is one of the most debilitating of all my diagnoses.

I am also a product of a dysfunctional family where verbal and physical abuse seemed almost ordinary. In retrospect I now realize my parents and younger sisters also suffered most of my illnesses and/or disorders. I was always what I would consider to be high functioning. My mania was undiagnosed and was usually focused on anger and irritability.

I have been in remission/recovery for over a year. I define remission as not having any depressive episodes and not wishing to die in my sleep every time I go to bed (persistent suicidal ideations). My mania has been stabilized for some time thanks in no small part to DBSA, my medication and a very supportive wife.

I credit my remission with attending and facilitating DBSA meetings on a regular basis since 2007 (right after my last suicidal ideation) and following my wellness plan. I have learned a great deal from other people that suffer from depression and bipolar disorder and from the educational material provided by DBSA.

Some of the things I've learned from DBSA are forgiveness of both myself and others, the fact that I suffer from a chemical brain illness and not just a 'mental' disorder. I've also learned that my illness causes negative and distorted thinking. The most important thing I've learned with the help of DBSA is that I can like myself, I can manage my disorder just as someone with diabetes or heart disease can manage their disorders. And probably most importantly is that I do not have to define myself by my disease. I can now enjoy my sensitivity, compassion, empathy, intuitiveness and love and not view them or my illness as weakness.

DBSA taught me to regularly follow my wellness program which has included educating myself on bipolar disorder and my other illnesses, becoming a strong advocate for myself while working with my doctors and psychiatrist (I had to realize that I couldn't tolerate some meds and had to speak up), and that I could actually like myself and help others like me find hope.



I want to thank everyone who is part of this great organization, the Depression and Bipolar Support Alliance.

### Jeff Fox



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