



Depression and Bipolar
Support Alliance

2011 ANNUAL REPORT

MESSAGE FROM THE PRESIDENT

Since taking on the position of DBSA President in May 2011, I have been impressed by the significant role that DBSA plays in improving the lives of individuals across the nation, who, like me, live with a mood disorder. I have also been immensely inspired by the people we serve. Over the course of a busy 2011, I witnessed amazing, selfless work done by our chapter leaders; was touched by stories and insights of individuals whom I got to know through our conference, trainings, online portals, and tributes; found encouragement in the success of the members of our newly formed DBSA Honorary Advisory Board; felt moved by the support of our sponsors; and was overwhelmed and heartened by the courage and strength of people who have reached out to me to share their personal stories of challenge and success.

2011 was a year of thoughtful introspection . . . and, ultimately, a year of building our strength. In 2011, DBSA began to look beyond our history—what was—towards creating a future—what can and must be. Yes, we have challenges ahead of us, but we also have great opportunity. Though slower than we'd like, we are collectively making real progress towards a future that focuses on the potential, rather than the limitations, of individuals who have mood disorders. Peers are increasingly playing a central role, not only in directing their own personal paths to wellness, but also in changing how mental health is perceived, in shaping how mental health care services are delivered, and in helping others find success.

DBSA is embracing life—life unlimited by diagnoses and life open to possibilities. The following pages offer a few highlights of the work DBSA did in 2011 to open minds, empower people, and change lives. And we're deeply honored that several of our peers have shared the impact DBSA has had on their personal journeys to wellness.

You, our peers, are at the center of all we do. You are both our motivation and our means of manifestation. Your ongoing investment of emotional and financial support of DBSA's mission to improve the lives of individuals with mood disorders provides the foundation for DBSA's crucial, life-changing work. In turn, we vow to continue to broaden the impact of your contributions and to seek out new avenues for creating a brighter future for our peers.

On behalf of the chapters, Board, and staff of DBSA, thank you for changing lives!

Allen Doederlein

President

Depression and Bipolar Support Alliance



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Harris House

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Clinical Associate Professor of Psychology
Weill Cornell Medical College

John Wade II

Author, Investor, Philanthropist,
Retired CPA

LIFE UNLIMITED BY DIAGNOSIS

DBSA chapters and support groups provide acceptance and camaraderie to help individuals overcome the isolating feelings that can be brought on by depression and bipolar disorder. DBSA facilitates a nationwide grassroots network of nearly 700 support groups, 13 state organizations, and more than 270 chapters following the peer-led model that DBSA was built on more than 25 years ago. Support group members share the hope and encouragement that is crucial to a lifetime of wellness, extending themselves for one another as proof that no one is alone. DBSA support groups work to fight stigma, help newly diagnosed members understand their conditions, and re-enforce that a diagnosis of depression or bipolar disorder does not define an individual. Support groups also motivate individuals to stick with their treatment plans and empower them to seek new treatment plans when current ones aren't working.

On the frontlines in our communities, DBSA chapters and support groups reach out and touch the lives of individuals and their families. Supported by the national organization, DBSA chapter and support groups provide the following resources:

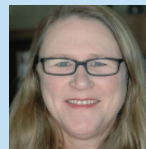
- free educational materials on depression and bipolar disorder for support group participants and the general public
- a safe place for members to share their experience of living with a mood disorder
- opportunities to share references for local resources and providers.
- a community of peers on which to rely for support

Everyone's journey is different, but thanks to DBSA, individuals don't have to make the journey alone

2011 NEW PROGRAM HIGHLIGHTS

- DBSA 2011 Chapter Leadership Forum
- Four Onsite Support Group Facilitator Trainings
- Expanded Library of Stories of Recovery on FacingUs.org
- DBSA Honorary Advisory Board

The newly inaugurated members of the DBSA Honorary Advisory Board demonstrate that an extraordinary life is absolutely possible for individuals living with mood disorders.



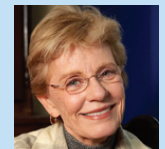
JESSIE CLOSE



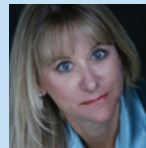
KAY REDFIELD JAMISON



MARYA HORNBACHER



PATTY DUKE



LINDA GRAY SEXTON



PATRICK KENNEDY



ANDREW SOLOMON



GREG MONTGOMERY

Peers are Essential

My name is Steve and I contend with bipolar disorder. My first hospitalization was in 2000 and was the event that finally started me on the path to recovery. My recovery has been better than a decade in the works, and two years ago I found a place where I felt understood and accepted for the first time since being diagnosed. That place is DBSA Albuquerque.

The greatest attribute of DBSA that helps me significantly in recovery is having somewhere to go each week where people understand what I'm going through. There is no explanation needed as to why I'm having a rough time; there is only empathy from those who are going through the same or similar issues.

Being able to talk to my peers (even though we come from different backgrounds and lifestyles) about the rigors and triumphs of treatment, recovery, and wellness is the most important facet of my journey, bar none. There is great importance to being properly medicated and professional therapy, but nothing can replace the feeling of camaraderie and acceptance that I get from my DBSA chapter. It is here that I came to understand that I'm not a bipolar person but rather a person who deals with bipolar symptoms. It's priceless and indispensable.

Over the last two years, I've gained so much from DBSA Albuquerque that I decided to throw my name in the hat for a chance to be president of our chapter. I am thrilled that my peers felt I could help both them and the chapter. Along with my fellow board members and the support of our members, we've launched a new DBSA chapter in New Mexico, started an online support group for the large population of rural and homebound residents of the state who might not be able to attend our support groups, and taken part in seminars and trainings that further the wellbeing of people in New Mexico dealing with depression and bipolar disorder.

— Steve

LIFE OPEN TO POSSIBILITIES

With a wealth of free tools and resources, DBSA empowers individuals to take control of and be active in their wellness plans. The DBSA Facing Us Clubhouse (FacingUs.org) shelters customizable wellness tools and plans to help individuals find inspiration and live full, healthy, and happy lives. Inside, members can explore and share wellness tips; create personalized wellness plans; journal; and find inspiration in art, music, and the personal stories of their peers. The Facing Us Clubhouse is also home to the DBSA Wellness Tracker, a comprehensive application that helps users track their symptoms, medications, health, and wellbeing. Using the DBSA Wellness Tracker can help individuals spot trends, identify potential triggers, and monitor the effectiveness of their current treatment plans—helping them make informed choices as they work toward achieving or maintaining wellness. With the right elements included in an individual's wellness plan, they can identify and address the barriers preventing them from whole health.

When peers need guidance or understanding to help them make their wellness choices, DBSAAlliance.org meets their needs with education and referrals. The DBSA educational podcast library features many of the nation's leading experts on a variety of topics that include treatment options, personal wellness, relationships, and using creative arts in one's wellness plan. Members of DBSA's Scientific Advisory Board—leaders in the field of mood disorders—answer questions sent in by peers in DBSA's monthly e-Update feature, *Ask the Doc*. When the questions are about the experts and not for them, the DBSA Find a Pro database helps individuals find peer-recommended clinicians and mental health facilities in their area, and individuals can submit their own recommendations, as well.

To ensure that peers' needs are met and their voices heard, DBSA's Consumer and Family Survey Center gives individuals a chance to contribute their thoughts on key issues facing people with depression or bipolar disorder. Feedback from our surveys also help DBSA create useful tools and resources relevant to peers and the general public.

[DBSA's wellness tools and resources give people options for improving both mental and physical health.](#)

2011 NEW PROGRAM HIGHLIGHTS

- DBSA Facing Us Wellness Fair
- Monthly *Ask the Doc* Feature
- Medications & Perceptions Survey
- DBSA 2011 National Conference

On May 20–May 22, 2011, more than 300 attendees and presenters connected with their peers at the DBSA 2011 National Conference in Houston, Texas. The weekend's highlights included the presentation of Klerman Awards to two distinguished researchers, a hilarious stand-up comedy night, 25 educational sessions, and inspiring keynotes by four renowned experts, authors, and consumer advocates.

A Journey of Personal Discovery

I found the DBSA community seven years ago; I was referred to them after I graduated from an intensive outpatient program (IOP) at a local behavioral health care center. My initial reaction was to take the DBSA literature I was handed and find the nearest trashcan. I would never consider attending one of those support groups. On the last day of IOP, a few of the folks I became friendly with were planning on going to the DBSA meeting that same night and asked me to go along. I hesitantly agreed, but tried to think of just about any excuse not to go.

It was at that meeting that I realized there were people just like me. Although they were experiencing the same debilitating effects of depression, these people had hopes and dreams for the future! During the following weeks, a fundamental shift occurred. My perspective on support groups for depression changed. I began to look forward to the DBSA meeting each week, not only for the opportunity to share my experience with people who understood me, but also for the opportunity to learn how to live well with depression. I believe the DBSA community helped me begin the important task of becoming recovery-focused and

not merely surviving with my diagnosis.

DBSA provided a safe and comfortable environment in which I was able to share my experiences with depression. As the weeks turned into months, DBSA helped me to realize that recovery is a process of personal discovery, of how to live (and to live well) with enduring symptoms and vulnerabilities. I was determined to give back to DBSA in several ways, as I am now committed to helping others recover from depression. I became active as the facilitator for the same chapter I grudgingly attended several years ago, and I have taken on increasing roles and responsibilities since as a board member, officer, and, currently, as president of that chapter. The greatest achievement in attending DBSA was that it gave me the necessary tools that I needed to believe in myself—to feel empowered to work through my depression.

— Mark

LIFE CHANGING FUTURE

When an individual is empowered to achieve wellness, they may feel called to help others see a brighter future for themselves. DBSA gives individuals the training and opportunities to use their experiences with a mood disorder to inspire and motivate others.

DBSA is a nationally recognized leader in training for the peer specialist workforce: people who use their lived recovery experience to assist others in regaining hope and moving forward to achieve their goals. The program focuses on the teachings of recovery principles, peer support intervention techniques, and ethical practices, and interested peers can opt for specialized faith-based or veteran courses. DBSA's continuing education courses for peer specialists include DBSA online training courses, Magellan Healthcare Training Courses, Recovery to Practice Advanced Peer Specialist Training, and Whole Health Action Management® (WHAM) Training. DBSA also conducts Mental Health First Aid certification courses, which gives members of the general public skills to recognize and respond to individuals experiencing or developing a mental health problem. The course also focuses on educating participants on key mental health issues and breaking down stigma.

In addition to training opportunities, DBSA also invites individuals to be part of our efforts to increase and improve mental health research. In 2011, DBSA began WeSearchTogether, an exciting collaboration with the University of Michigan Depression Center designed to identify and address the barriers between mental health consumers and mental health research. Focus groups of peers gathered information about consumer attitudes toward research, revealing that many consumers aren't aware of their rights as research participants; that a lack of positive research participation narratives keeps them from participating; that they don't know where to find studies or often find they don't qualify; and that, overall, they think mental health research is important, despite the fact that most of them don't see themselves as potential participants. These perspectives inform the ongoing WeSearchTogether project's focus on educating consumers about research and helping them find opportunities to participate in mental health research.

DBSA equips peers with training and opportunities to create a better future for people living with mood disorders.

2011 NEW PROGRAM HIGHLIGHTS

- Two Mental Health First Aid Training Classes
- Four WeSearchTogether Focus Groups
- Recovery to Practice Presentation & Support
- Six Peer Specialist Training Courses

In 2011, DBSA offered six peer specialist training courses through the nation, adding to the more than 1,300 individuals that DBSA's certified and credentialed staff has trained to join the mental health care field as peer specialists.



Finding a Purpose and Life Mission

My name is Olga and I'm a United States Army veteran. In December 2008, my life completely changed when I became a peer support specialist at the Dallas VA Hospital.

During my second enlistment in 1980, I was diagnosed with bipolar disorder with psychosis. I became a disabled veteran and because I was an alcoholic, they said I had a dual diagnosis. I began a ten year in-and-out stay in this same hospital on the acute in-patient ward. After those years, I spent my time at home watching TV or helping my family; I then started to feel my life passing by me. It's then that I decided to volunteer at the VA. I joined the Mental Health Consumer Advocacy Council. After visiting with a peer specialist, I knew that I too wanted to be a peer specialist. I met the peer supervisor and was accepted into the program. I flew to Chicago to attend the DBSA Peer Support Training and became certified.

Currently and for the last four years, I've worked in the same acute in-patient ward where I once was a patient. I enjoy giving support and helping offer hope of recovery. At the moment, I'm preparing to present at the VA National Mental Health In-Patient Training Conference where I am one of three peer specialists nationwide discussing how peer specialists impact an in-patient unit.

Becoming a peer specialist has changed the person I am in so many ways. I've developed confidence I never knew I had. My self-esteem is stronger than ever. I feel as if now I have a purpose or mission to my life. Helping others who are going through the confusion I did for many years is a gift I thank God for.

—Olga

FINANCIAL SUMMARY

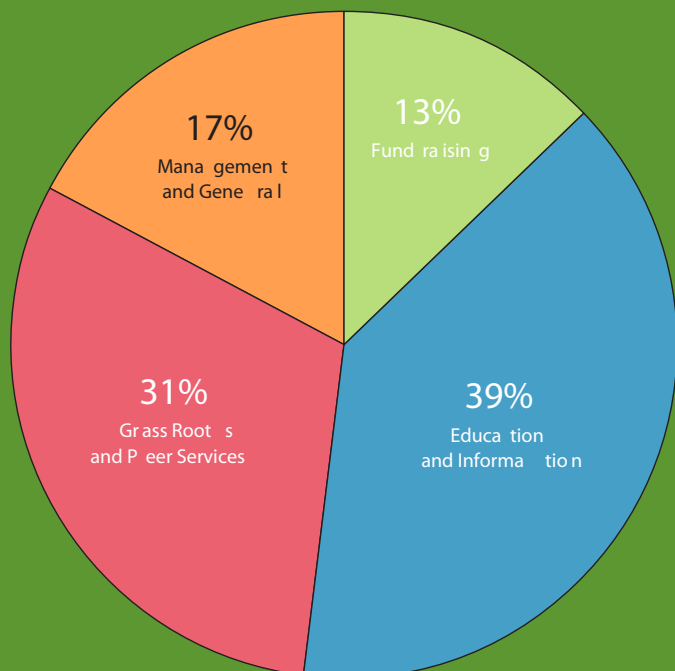
In 2011, DBSA continued its focus on reducing expenses and building new avenues for increased revenue while expanding the quality and reach of the services and programming offered to DBSA chapters and the general public. DBSA's overall financial position in 2011 remained relatively stable compared to 2010, with an overall decrease in net assets of (\$19,797). However, this modest deficit position obscures some increased strengths in several key areas.

In 2011, DBSA achieved success in reducing restricted assets by 7.6%, reducing accrued liabilities by 42%, and reducing accounts payable and accrued expenses by more than 71%. Furthermore, DBSA reduced total expenditures by more than 16%. These achievements reflect DBSA leadership's strategic focus on building increased organizational effectiveness and creating a stronger, more sustainable organization less affected by unpredictable revenue streams.

While considerable emphasis was placed on organizational efficiencies, DBSA not only expanded its programming in 2011, but we also laid the groundwork for meaningful enhancements in 2012 and beyond—broadening our vision for the role DBSA will play in helping individuals create expansive, full lives unlimited by mood disorders.

DBSA's Board and staff are committed to working with our supporters to develop impactful programming that improves lives, and we are likewise committed to careful and diligent stewardship of the investments made by these individuals and organizations that support DBSA's mission.

FUNCTIONAL ASSETS



2011 Audited Financial Statements

Balance Sheet

ASSETS

	2011	2010
Current Assets		
Cash and cash equivalents	530,314	562,389
Investments	26,276	
Accounts receivable	40,213	57,981
Prepaid expenses	16,543	12,850
Total Current Assets	613,346	633,220
Property and Equipment, net	33,244	51,376
Noncurrent Assets		
Investments	5,000	5,000
Deposits	8,297	9,161
Total Noncurrent Assets	13,297	14,161
TOTAL ASSETS	659,887	698,757

LIABILITIES AND NET ASSETS

Current Liabilities		
Accounts payable and accrued expenses	66,096	229,449
Due to grantor – Note 11	339,173	171,927
Accrued liabilities – payroll, vacation, rent	31,530	54,496
Total Current Liabilities	436,799	455,872
Noncurrent Liabilities		
Total Liabilities	436,799	455,872
Net Assets		
Unrestricted	-620,494	-670,229
Temporarily restricted	843,582	913,114
Total Net Assets	223,088	242,885
TOTAL LIABILITIES AND NET ASSETS	659,887	698,757

Statement of Activities

Revenues, Gains, and Other Support

Contributions	1,116,408	1,374,435
Other	277,110	475,058
Total Income	1,393,518	1,849,493

Expenses

Program services	880,833	970,052
Supporting services		
Management and general	208,615	331,902
Fundraising	156,621	183,202
Total Expenses	1,246,069	1,485,156

Change in net assets

Net Assets		
Beginning of year	242,885	50,475
End of year	223,088	242,885

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

THANK YOU FOR YOUR SUPPORT IN 2011

DBSA thanks the following individuals, foundations, corporations, and government entities for their thoughtful and generous support of our mission and programming in 2011.



DBSA helps people like myself, and I like to think of [donating to DBSA] as a way to reach out to others who need help getting past the worst part of bipolar to reach a stable place and grow to find happiness like myself.

—Tony
Silver Springs, MD

Transformation

\$25,000 and above

Anonymous
Ms. Karen A. Delahaut
Eli Lilly and Company
Forest Laboratories
Janssen
Pfizer Inc
University of Michigan

Stability

\$10,000–\$24,999

Anonymous
Community Health Charities of the
National Capital Area
Friends and Family of Patrick Mackey
Henry Foundation, Inc.
Merck & Co., Inc.

Growth

\$5,000–\$9,999

Anonymous
Ms. Christy Beckmann and Mr. Jim
Vykopal
Carole B. and Kenneth J.
Boudreaux Foundation
Community Health Charities
Community Health Charities of
California
Community Health Charities of Texas
Northern Trust Company
Mr. John E. Wade II

Resilience

\$2,500–\$4,999

Alexza Pharmaceuticals, Inc
Dr. Joseph R. Calabrese
Community Health Charities of
Illinois
Community Health Charities of
Kansas and Missouri
Community Health Charities of New
York
Community Health Charities of
Virginia
Dr. William Gilmer
Mrs. Georgia F. Harrison
Ms. Cindy Specht
Dr. Trisha Suppes
The Fine Foundation
The Philidelphia Foundation

Education

\$1,500–\$2,499

AT&T United Way Employee Giving
Dr. and Mrs. Mark S. Bauer
Bob and Marcia Boehm
Ms. Danielle Byron
Mr. Robert Case
Community Health Charities New
England
Community Health Charities of
Colorado
Community Health Charities of
Florida
Community Health Charities of
Georgia
Community Health Charities of
Maryland
Ms. Karen A. Fuqua
IBM Employee Services Center
Ms. Joan Lamnek
Network for Good
Mrs. Katherine M. Rodeen

Recovery

\$1,000–\$1,499

Ms. Jeanette Benziger
Joel and Carol Bernstein
Community Health Charities of
Arizona
Community Health Charities of Ohio
Mr. Wilson Cumber
DBSA Conejo Valley
Earl M. and Margery C. Chapman
Foundation
Fidelity Charitable Gift Fund
Gordon H. & Karen M. Millner
Family Foundation
David Graber
Robert H. Howland
Dr. and Mrs. Irving S. Johnson
National Voluntary Health
Agencies of Nevada
Gregory Simon, M.D.
The Robert H. and Anita Q.
Lawe Foundation
Mr. Tim Theriault
Mr. Frederick H. Waddell
Mrs. Beverly White

Empowerment

\$500–\$999

Abbott Laboratories Employee Giving
Campaign
Anonymous
Ms. Jean Marie Arduino
Mr. Steven R. Belasco and Mrs.
Frances S. Belasco
Mrs. Barbara Benda
Mr. Thomas Bishop
Mrs. Kathy Blake
Mr. Stephen Brannan
Mr. Michael Capps
Community Health Charities
Minnesota
Community Health Charities of
Alabama
Community Health Charities of LA
Community Health Charities of
Michigan
Community Health Charities of
Minnesota
Community Health Charities of
Nevada
Community Health Charities of New
Jersey
Community Health Charities of
Oklahoma
Community Health Charities of
Pennsylvania
Community Health Charities of
South Carolina
Community Health Charities of
Tennessee
Community Health Charities of
Washington and Idaho
Mr. David P. Cozakos
Mrs. Rhonda Crow
DBSA New Jersey
DBSA West - Suburban Chicago
Joyce Ann and Bill Deihl
Mr. Thomas Donahue
Ms. Jane Engle
Ms. Marcia Farrar
Dr. Jan Fawcett
Ellen Frank, Ph.D.
Give With Liberty
John M. Grohol
Mr. and Mrs. John Holte
Ms. Carolyn James
Mr. Shlomy Kattan

Dr. Zafar U. Khalid
Mr. Jordan Kurland
Mr. Henry D. Lederman
Mrs. Valerie J. Maczek
Mr. and Mrs. Anthony J. Maiello
Mr. Richard C. Moreland
Mr. Naoki Nakamura
Mrs. Gloria Nolan
Ms. Jacqueline Parks
Mr. Donald Provasi
Mr. George Rehn
Mr. and Mrs. Randy Revelle
Ms. Jana Schreuder
Ms. Marylou Selo
Ms. Katie Stinson
Mr. Stephen C. Trumble
Unitarian Church of Evanston
United Behavioral Health
Wells Fargo Community Support
Campaign
Ms. Marie L. Wilkinson

Wellness

\$300–\$499

Aetna Foundation Employee Giving
Aetna Giving Campaign
Allstate Giving Campaign
Anonymous
Boeing World Headquarters
Mr. John S. Clark
Mrs. Marilou B. Coats
Community Health Charities of
Indiana
Community Health Charities of
Kentucky
Community Health Charities of
North Carolina
Community Health Charities of
Tennessee
Community Health Charities of
Wisconsin
Dr. Judith A. Cook
Dr. Allen Daniels and Ms. Bridgett
Pincus
Mr. Bill Donovan
Ms. Mary F. Glover
Ms. Ayla Guvenoz
Mr. Peter Magrini and
Rev. Cheryl Magrini
Dr. Kim Morrison

Mr. John Mull
Mr. Kevin Pittman
Raymond M. & Jane E. Cracchiolo
Foundation
Mrs. Esme B. Root
Dr. Martha Sajatovic
Ms. Stephanie Santoro
Jean Sheridan
Mrs. Jane E. Tausig
The Balanced Mind Foundation
The Boston Consulting Group
Mr. Brad Thompson
Sue Waltman
Wellpoint Associate Giving
Campaign
Mr. James Wolf
Wolfe Family Charitable Foundation
Mr. and Mrs. Michael V. Workman
Ms. Abbie Wyman
Ms. Ann Zeiler

Strength

\$150–\$299

ADP, INC
Ms. Lauren Akins
America's Charities
Anonymous (2)
Mr. William F. Ashdown
Mr. Ron B. Atkinson
AZPAC Match Program
Ms. Patricia Bare
Dr. William S. Bartels
Dr. William R. Beardslee
Mr. and Mrs. Larry Belinsky
Mr. Steve Birkhauser
Mrs. Barbara J. Bond
Mr. Holmes G. Bond
Mr. Ken Bonnell
Mr. and Mrs. Samuel C. Brown
Kristina Helms and
Tom Bumgardner
Deive Butvila
Dr. Christopher L. Cahill
Geordan Capes
Ms. Erliza Capistrano
Mr. and Ms. Richard Carron
Mr. Brad Carter
Sidney Casel
Mr. Jeffrey Chandler
Mr. Lester Clark
Ms. Patricia Collins
Mr. Albert Colman
Combined Federal Campaign
of the National Capital Area
Mrs. Alicia Combs
Community Health Charities
of Louisiana
Community Health Charities
of Nebraska
Community Health Charities
of New Mexico
Community Health Charities
of Oregon

Community Health Charities
of Utah
Mr. Jeffrey Conover
Anthony M. D'Agostino, M.D.
Mr. Kenneth A. Davis
DBSA Chattanooga Pendulums
DBSA Greater Chicago
DBSA Lehigh Valley
DBSA Middlesex County
DBSA New Orleans
Mr. Patrick W. Dennis
Mrs. Vicki Deskin
Discover Financial Services, You Care,
We Share Donations
Ms. and Mrs. John A. Donohoe
Mr. and Mrs. Morton Dranoff
Mr. Kevin Dulin
Ms. Elizabeth Ferree
Mr. Scott Ford
Ms. Camille M. Fotopoulos
Alan J. Gelenberg, M.D.
Mr. and Mrs. Mark E. Giesecke
Mrs. Caroline Gretick
Mrs. Pamela J. Hampton
Mr. Robert D. Harris
Mr. Mark Hinsch
Mrs. Irene Hoffmann
Mr. Gordon E. Hogg
Mr. Robert Horton
Mr. Austin Hunt
Ms. Maria Ivusic
Mr. and Mrs. Lawrence R. Jabusch
Mr. and Mrs. Leslie Jacobs
Mr. Rob Jonker
Ms. Heather Jordan
JP Morgan Chase & Co
JP Morgan Chase Foundation
Mr. Michal Leah Kanovsky
Ms. Laura Kaufman
Joanne P. Kolodzik
Mr. Carl D. Lederman
Ms. Katherine Lerer and
Mr. Michael Korbholz
Mr. Steve Linn
Mrs. Mary Ellen Magrini
Mr. Clark Marshall
Mr. David Martini
Ms. Kathryn Mayer
Mr. Michael McCormick
Ms. Gail McIntyre
Tom and Sue Meisenhelder
Dr. Claudia Metz
Microsoft Matching Gifts Program
Mr. Brent Miller
Mission Fish
Mr. David Mizenko
Mr. David Mohr
Ms. Deborah Mueller
Ms. Cheryl Muniz
Ms. Judith Munson
Mr. Eli Murray
Mr. Guy Mylander

David Nathan, M.D.
Prakash Nayak
Ms. Nelson
Ms. Catherine Northfell
Ms. Melissa Palmer
Ms. Elaine H. Pawlowski
Mr. Michael Pearl
Ms. Deborah Plumley
Ms. Karen Raulli
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Ms. Nood Reynolds
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Mr. and Mrs. Martin Schwartz
Mr. Wilbert L. Schwilm
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Mr. Samuel Simmons
Ms. Karen Sladek
Ms. Cherida Smith
Mr. John Snider
Mr. Timothy Snider
Mrs. Judith Sullivan
Ms. Denise F. Swink
Mr. Jim Swink
Mrs. Maureen Tenenbaum
Mr. David Tentinger
The New Port Richey Junior Chamber
of Commerce
Mr. and Mrs. William C.
Thompson
Mr. Cindi Tredwell
United Voices for Children
Lata Varghese
Ms. Lisa D. Weiss
Ms. Marilyn J. Welchner
Mr. David Wilson
Judith B. Wilson
Mrs. Melinda Winkel

Hope

\$50–\$149

Ms. Katherine Abbott
Ms. Susan R. Acer
Mrs. Danielle R. Acosta
Ms. Nancy Adam
Mr. and Mrs. John Adamiak
Mr. Donald Adamis
Mr. John Adams
Dr. Aref Agheli
Michael and Pat Ahern
Akron Children's Hospital
Ms. Amanda L. Albert
Amazon.com
Mrs. Tara Anderson
Ms. Sharon L. Anduri
Ms. Pamela Ankofski
Anonymous (22)
Ms. Nancy Appel
Nancy Arciniegas
Mr. Gary Arenz
Mayer M. Arnowitz
Mrs. Diane Atkins
Mr. Joseph W. Ault
Mr. Harold J. Axelrod
Mrs. Kay Azarbarzin
Mr. Bradley Baker
Ms. Judith Balestrieri
Ball Corporation
Mr. David Bapst
Mrs. Stephanie Barkow
Ms. Jennifer Barney
Mr. David W. Baughman
Mrs. Carol Bauman
Ms. Carolyn S. Vandergrift and Mr.
Jack O. Behnke
Mr. Allan Bellacicco
Ms. Sandra L. Bellinder
Mr. David Bergman
Ms. Alexis Bernard
Dr. and Mrs. Sidney Bernstein
Ms. Carol Betts
D. Bhuya
Mr. Stephen E. Bishop
Mrs. Lauren Bitet
Mr. and Mrs. Henry F. Blackstock
Mr. and Mrs. James Blaha
Mr. Charles C. Blair
Ms. Amanda Block
Mr. Serge Boccassini
Mr. Don Bohling
Ms. Nancy Bollinger
Mr. Christian L. Borzello
Ms. Lynne S. Bosko
Ms. Nadine Bouleris
Ms. Terese M. Boveri
Ms. Pamela Boyd
Mr. Don Bradshaw
Ms. Gail Brady
Mrs. Lauren M. Brandt
Mrs. Monica Braunsdorf
Mr. Terry Breaux
Mr. John Brennan
Ms. Jill Bresnick
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- \$750** \$750 allows DBSA to participate in one advocacy day in DC. Through advocacy, DBSA helps to achieve system-wide change.
- \$1,000** \$1,000 allows DBSA to conduct one chapter leader training session, ensuring that the leaders of DBSA support groups are educated on best practices in assisting their peers towards hopeful change in their lives.
- \$1,500** \$1,500 allows DBSA to support and maintain the information-rich and wellness community websites DBSAlliance.org, DBSAllianza.org, and FacingUs.org for one month.

Ways to Give

Making a gift to DBSA acknowledges that depression and bipolar disorder are serious illnesses that can be managed through support of friends, family, clinicians, and generous donors like you. There are many ways to make your gift today:

Send a gift of wellness through the mail.

Donation forms can be downloaded from our website and sent in with your cash or check. Including this form helps capture your information accurately and allows you to designate your gift as a tribute gift. However, a donation form is not required. You may also send in a check or cash with a small note stating any acknowledgement information and/or leave a note in the memo line of the check.

Call in a gift of health over the phone.

Our friendly staff is available during business hours to take donations over the phone. To make a phone donation, call 1-800-826-3632 with your credit card and contact information on hand. You may also designate your gift as recurring each month over the phone.

Key in a gift of support online.

A few key strokes and a click of the mouse will send your donation straight to DBSA. You can access our online donation page at DBSAlliance.org/donatenow. The form also allows you to designate your gift as a memorial, honor, ambassador, or recurring gift.

Transfer a gift of recovery with a gift of stock.

Giving a gift of stock demonstrates your investment in our mission and, more importantly, the belief that wellness is possible. Your gift will also have potential tax benefits. You can visit our forms page at www.dbsalliance.org/donate_forms_facts to learn more on how to make your gift today.

Leave behind a gift of stability by including DBSA in your estate planning.

Making an estate gift shows that you understand and are committed to providing the tools and resources needed to help every person possible struggling with depression and bipolar disorder. The process is easy and creates tax benefits to you and your heirs. Contact your financial planner to let them know your intent to include DBSA in your estate plans or with any questions. Sample language to use in leaving an estate gift to DBSA can be found at www.DBSAlliance.org/donate_estate.

Depression and Bipolar Support Alliance (DBSA)

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