



ANNUAL REPORT 2019

SUPPORTING LIFELONG MENTAL HEALTH



Depression and Bipolar
Support Alliance



Our mission

The Depression and Bipolar Support Alliance provides **hope, help, support, and education** to improve the lives of people who have mood disorders.

Our vision

DBSA envisions wellness for people living with depression and bipolar disorder.

Our values

COMMUNITY



DBSA creates the opportunity for meaningful lives by compassionately engaging with individuals and providing peer-led support groups, educational materials, and wellness tools that focus on resilience, achievement, creativity, and connection.

INSPIRATION



DBSA celebrates peers' accomplishments, including those of the many talented, successful individuals recognized by the public for their contributions to the world.

WISDOM



DBSA advances learning through research and experience while promoting a transformative understanding of mental health through wide, timely dissemination of information about the latest treatments, wellness practices, and lived experiences.

RESPONSIBILITY



DBSA advocates for the right of peers to choose their own paths to mental, emotional, and physical wellness while promoting structures and practices that advance whole health and accessible care for everyone.

Table of Contents

[Who We Are](#) 01

[Growth and Impact](#) 03

[Support for Peers and Families](#) 04

[Powerful Advocacy](#) 06

[Peer Support](#) 07

[Innovative New Programs](#) 08

[Expanding Our Reach](#) 09

[Honoring the Scientists](#) 10

[DBSA Leadership](#) 10

[2019 Investors](#) 11

[Statement of Financial Position](#) 12

[DBSA Staff](#) 12





GROWTH AND IMPACT: FINDING A NEW STRATEGIC APPROACH



Michael Kuhl
DBSA Board Chair, 2019



Kent Dauten
DBSA Board Chair, 2020

DBSA is a national organization maintained by a lean staff alongside a committed Board of Directors and Scientific Advisory Board, with hundreds of dedicated volunteers across the country. Operating in this way has enabled us to grow quickly, delivering programs and resources to more than 4 million people each year, while managing our finances wisely.

In 2019, we took a close look at every aspect of our operations to ensure that our growth would have a direct impact on the quality of daily life for those who need us most. Through surveys and conversations with key stakeholders, we studied the impact of our national programs as well as the work of local chapters and support groups.

Our review revealed the need to expand peer support to respond to a growing need. We recognized the importance of providing better training and formalizing procedures for our chapters and support groups nationwide. We also began to develop plans to encompass the needs of children and teens in order to more effectively support caregivers.

In this annual report, you will see how our efforts throughout 2019 led to a more united path at all levels of our organization. We launched a new website and developed an aggressive, three-year strategic plan. We streamlined our chapters and launched new programs. We added to our social media efforts to engage more people living with mood disorders on their preferred channels.

While none of us could have imagined what 2020 held in store, the foundation laid in 2019 made it possible for us to pivot quickly when COVID-19 arrived, mobilizing our programs and services to provide even more peer support and resources through virtual channels. We are tremendously thankful for the DBSA community, our nationwide network of advocates, and the many individual and corporate donors who have made this possible.

DBSA is proud and grateful to serve the 21 million people who live with depression and bipolar disorder in the U.S. today. In the year ahead, we will continue to listen, seek innovative ways to connect, and to create even more tools to better daily life for our community.

A handwritten signature in black ink, appearing to read "Michael Kuhl".

Michael Kuhl, 2019 Board Chair

A handwritten signature in black ink, appearing to read "Kent Dauten".

Kent Dauten, 2020 Board Chair

SUPPORT FOR PEERS AND FAMILIES: AN INTEGRATED APPROACH AT THE NATIONAL AND LOCAL LEVEL



“ ”

I have been in the same weekly support group in Greenwich for 16 years! There is nothing like shared experience to create an open and honest environment. When someone is having a hard time they are supported in a loving, caring way, including practical advice.

—Fran
DBSA support group attendee

At DBSA, we are committed to serving individuals and caregivers at all stages of life. This includes youth, adults, military Veterans, seniors, and members of underserved communities.

In all, we reach an estimated **4 million people each year** with education, advocacy, resources, and support. Peer-led support and resources are offered through DBSA's **500+ support groups** and **150+ chapters** across the country.

Strengthening DBSA chapters to better serve their communities

With so many local support groups and chapters across the country, we recognized the need to provide more standardized resources. In the fall of 2019, DBSA held **11 support group facilitator training sessions in 5 weeks for more than 130 volunteers**. These sessions formalized processes and procedures, widened the pipeline of volunteer facilitators, and helped assure a more consistent experience for those who attend local support groups across the country.

Following the training, a high percentage of attendees felt prepared to lead support groups, **reporting an average confidence level of 4.4 out of 5**.



Training tour 2019

Albuquerque, NM
Atlanta, GA
Chicago, IL
Clarksburg, WV
Columbus, OH
Los Angeles, CA
Nashville, TN
Portland, OR
San Francisco, CA
White Plains, NY
Winthrop, MA

*Special thanks to Janssen Pharmaceutical Companies of Johnson & Johnson for their support of our training activities.



Research reveals the value of our virtual support groups

Recognizing that many people can't attend our in-person support groups, DBSA also offers online support with our partner organization, Support Groups Central. Led by trained peer support specialists who also live with mood disorders, these gatherings provide a safe, welcoming space where peers can learn from one another and offer mutual aid. Just as with in-person meetings, participants have the opportunity to decide how involved they want to be based upon their comfort level.

In 2019, researchers at Pepperdine University studied the effectiveness of DBSA's online support groups through an online survey. One of the significant findings was an improved sense of empowerment.

The Pepperdine University study found that online participants felt:



**BETTER
INFORMED**



**GREATER ACCEPTANCE
OF THEIR MENTAL HEALTH CONDITION**



**MORE CONFIDENCE
IN THEIR TREATMENT**



**GREATER OPTIMISM AND
CONTROL OVER THE FUTURE**



**HIGHER
SELF-ESTEEM**

 [Find a virtual support group](#)

“ ”

I had my first full episode of depression as a college undergraduate, decades ago. Though I live in wellness now, I know that I need to tend to my mental health every day. This is one reason I enjoy being a longtime DBSA support group leader. Everyone on earth needs community, and this is a place where people with mood disorders can find a kind of help that isn't available anywhere else.

—Vicki Hoagland
Peer support group leader



POWERFUL ADVOCACY, DRIVEN BY THE PEER VOICE



Hill Day: Collaboration for a united voice

Partnering with the National Council for Behavioral Health and other leading organizations to meet with legislators on Capitol Hill is a critical element in our advocacy strategy. In 2019, these discussions centered on two primary areas of focus: (1) funding for mental health and substance use programs; and (2) expanded access to health information technology for behavioral health providers.

The largest Hill Day yet included:

-  **More than 700 advocates**, including 32 from DBSA
-  **26 partner organizations** represented
-  **Attendees from 43 states** who met with **350 legislators** from both sides of the aisle

Through DBSA's advocacy efforts, we strive to elevate the needs of people living with mood disorders. By sharing their experiences and their struggles to obtain effective care, our advocates are valued advisors to decision-makers working to achieve mental health reform at the local, state, and federal level.

More than **8,300 DBSA advocates** receive our biweekly advocacy newsletter, *Making Mental Health Matter*, keeping them engaged with key issues and policy decisions that affect people living with bipolar disorder and depression.

In 2019, DBSA sent out **18 unique action alerts**, inviting our advocacy force to reach out to lawmakers on specific measures. Thousands of individual actions by our advocates helped bolster legislation and policies focused on mental health parity, better access to medical products that treat mood disorders, and funding for all forms of peer support.

Stakeholders gain crucial insights from DBSA's peer research

As part of DBSA's 10-year effort to transform the definition of wellness for people who live with mood disorders, we hosted our annual Patient Engagement Stakeholder Workshop in Silver Spring, MD. Key stakeholders, including peers, FDA staffers, and medical researchers working on new treatments, gathered to hear findings from:

 **6,500**
PEERS
SURVEYED


DBSA's groundbreaking *Supporting Wellness* survey of 6,500 peers, revealing experiences and concerns to guide the creation of better treatment options

WELLNESS
OUTCOMES THAT
MATTER MOST

Our 2018 listening session with stakeholders, where peers and caregivers outlined the wellness outcomes that matter most to them

HEAR FROM
30+ DIVERSE
PEERS
IN OUR FOCUS GROUPS

Our 2019 focus group sessions in Chicago, Los Angeles and Greenville, NC, which sought the opinions of a diverse group of more than 30 peers to hear firsthand about preferred treatment outcomes

 [Learn more about how to get involved with our advocacy efforts.](#)

PEER SUPPORT: EXPANDED TRAINING TACKLES DIVERSE NEEDS

Because lived experience is a fundamental element of support for those living with mental health disorders, DBSA seeks to create broader awareness of the Peer Support Specialist role.

These trained, certified professionals are expanding the mental health workforce as they offer support for individuals and families, often supporting integrated care. Efforts in 2019 aided a variety of our vulnerable communities.

Preparing new Peer Support Specialists



NEARLY 100 STUDENTS took DBSA's Peer Support Specialist Course, including 24 military Veterans



We delivered our **FIRST COURSE IN SPANISH**



DBSA became one of only two vendors authorized to offer Peer Support Specialist education to **VA-EMPLOYED PEER APPRENTICES AND VA EMPLOYEES**

Supporting our seniors

Recognizing that seniors aged 60 and over face unique mental health challenges and an increased risk of isolation, DBSA concentrated efforts on growing the Senior Strength program that launched in late 2018.



60 PEOPLE received peer support services through the program



Participants showed a **30% REDUCTION IN THEIR PHQ-9 SCORE**, a self-reported measure of depression symptoms



[Learn more about Peer Support Specialist training.](#)

“ ”

The peer-to-peer program has been a lifesaver to me. I also feel like the program is a much-needed way to help people stay at ease in our lives. It's been great.

—Beth

Senior Strength program participant

“ ”

Our work is very important because we are not psychiatrists, psychologists or friends of patients. We are partners who go hand in hand with them, to listen and guide with our own lived experience. Only that person who has lived what the other is living, can understand firsthand, find empathy, and empower them.

—Monica

Certified Peer Support Specialist








CREATING INNOVATIVE NEW PROGRAMS FOR CHILDREN AND TEENS

Young adults find support through our Young Adult Council

Young adults (ages 18-30) typically experience many changes such as moving out on their own, finding first jobs, and building relationships with significant others. For those living with a mood disorder, this can be particularly stressful. DBSA's Young Adult Council (YAC) is led by individuals living this experience who can provide insights and resources.

In 2019, YAC developed resources that tackle questions specific to the young adult community, including:

-  A podcast on navigating budgets and health insurance
-  Videos explaining how to talk to your primary care physician about your mental health condition
-  The "Ask a Young Adult" feature on our website, where YAC members address questions submitted by their peers
-  New leadership and a strategic plan aligned with DBSA's Supporting Youth Mental Health initiative

 [Join the Balanced Mind Parent Network Community.](#)

In 2019, DBSA identified the need to better serve children, teens, young adults, and their parents. We were able to secure crucial grants to fund our work as we continued to partner with external organizations that focus on youth mental health.

DBSA added a Programs Manager position reporting to our national Programs Director — a move that supported the enrichment of all programs and created leadership for our Supporting Youth Mental Health (SYMh) initiative.

Landmark funding for new youth initiatives

DBSA secured a Dauten Family Foundation grant, providing resources for a multi-year plan to thoughtfully assess constituent needs, develop and implement resources, and gather feedback to evaluate the effectiveness of our youth programs.

As part of this effort, an advisory board of peers, parents, education consultants, psychiatrists, and social workers was created to provide guidance.

DBSA also received a grant from the American Legion Child Welfare Foundation, funding the development and launch of our first child-focused program, to be launched in 2020.

NEXUS partnership focuses on youth, women, and those who have been incarcerated

DBSA joined the Neuroscience Experts and Cross-Sector Unconventional Stakeholders (NEXUS) partnership, which works for greater access to mental health resources for youth, women, and individuals coming into contact with or just released from the justice system. In 2019, members of our staff actively took part in NEXUS meetings and initiatives.

Enhancing and integrating the Balanced Mind Parent Network

In 2019 we began the process of studying how DBSA's Balanced Mind Parent Network (BMPN) can become a more valuable resource for our community. Steps included:





- Gathering feedback from seasoned BMPN members
- Researching technology and platform options for best usability
- Improving accessibility of DBSA program and support group information within the platform



EXPANDING OUR REACH THROUGH CREATIVE COMMUNICATIONS

Because DBSA supports a broad audience of peers, caregivers, families, and mental health experts, we continually seek new ways to engage our chosen audiences. In 2019, we reached many new milestones in our outreach and communications efforts.

Social media

-  Total audience **320,000+**
-  **NEARLY 11,000** new followers in 2019
-  **86%** overall social media growth over previous year
-  Facebook and LinkedIn audiences grew by **MORE THAN 200%**

All-new website

-  Clear, easy-to-understand information, reviewed by **MENTAL HEALTH EXPERTS**
-  **FOCUSED SECTIONS** for adults, youth, and parents
-  **DEDICATED PORTALS** for mental health clinicians and researchers
-  **1 MILLION+** website sessions in 2019

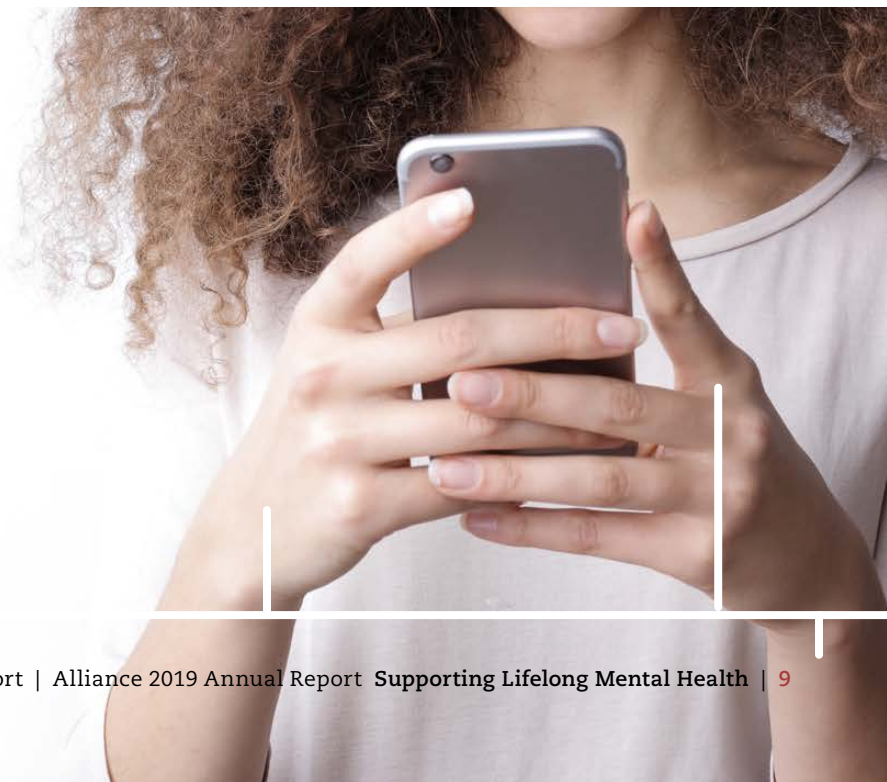
**Special thanks go to the developers at Fuzzy Math for donating their time and services to make DBSA's new website possible.*

eUpdate newsletter

-  Received by **46,000 DBSA COMMUNITY MEMBERS** every month
-  Everyday wellness **TIPS AND RESOURCES** to support readers' health
-  **SPECIAL ARTICLES** on advocacy, awareness, and scientific advances in mental health
-  Our popular **ASK THE DOC SERIES**, with reliable answers to peer and family questions
-  **LIFE UNLIMITED**, an inspiring collection of stories from peers in recovery



-  **Most popular social media post of 2019:** From Mental Health Awareness Month
-  **13,000+ IMPRESSIONS**
-  **500+ ENGAGEMENTS** driving visitors to the DBSA website's Wellness Toolbox



HONORING THE SCIENTISTS WHO ADVANCE OUR UNDERSTANDING OF MOOD DISORDERS



Lifetime Achievement Award

In recognition of his many years of service as Chair of the Scientific Advisory Board, **Gregory Simon, MD, MPH** was honored in 2019 with a special Lifetime Achievement Award.

“ ”

Bipolar disorder has affected our family, and we've seen firsthand the importance of DBSA support groups and surrounding oneself with people who care about you. These support systems provide hope and healing. We were honored to support DBSA's efforts to provide support groups for everyone – regardless of their location or family situation.

—Katie Ballen

Board Member,
The Leslie Kuhn Family Foundation

The **Gerald L. Klerman Award** is the highest honor that DBSA gives to members of the scientific community. Presented each year, this award recognizes researchers whose work expands our knowledge of the causes, diagnosis, and treatment of depression and bipolar disorder.

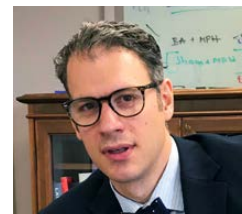
2019 Klerman Award Winners



Holly Swartz, MD
Senior Investigator Award



James J. Prisciandaro, PhD
Young Investigator Award



Argyris Stringaris, MD, PhD, FRCPsych
Young Investigator Award

DBSA LEADERSHIP

2019 Board of Directors

Michael Kuhl,
Chair

Christy B. Beckmann,
Vice Chair

Kent Dauten,
Treasurer

Suzanne Bergoffen,
Secretary

Gary Sachs, MD,
Scientific Advisory
Board Chair

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LaGenia Bailey, PharmD,
BCPP, C-IAYT
John Budin, MD

Steven Harris
Roger McIntyre, MD, FRCPC
Jerry Pavlon-Blum,
EdM, MA

Robert C. Schwartz, Jr.
Daniel Smulian

2019 Scientific Advisory Board

Gary Sachs, MD,
Chair

Roger McIntyre, MD, FRCPC,
Vice Chair

MEMBERS

George S. Alexopoulos, MD
Mark S. Bauer, MD
William R. Beardslee, MD
Joseph R. Calabrese, MD
Ian Cook, MD
J. Raymond DePaulo, Jr., MD
Jan Fawcett, MD
Mary Fristad, PhD, ABPP
Mark A. Frye, MD
Nassir Ghaemi, MD, MPH
William Gilmer, MD
John F. Greden, MD
Constance Guille, MD, MSCR
Rakesh Jain, MD, MPH
Ned H. Kalin, MD

Martin B. Keller, MD
Ronald C. Kessler, PhD
Terence Ketter, MD
Amy Kilbourne, MD
William Lawson, MD, PhD
Lauren B. Marangell, MD
Erin Michalak, PhD
David J. Miklowitz, PhD
Ricardo F. Munoz, PhD
Andrew A. Nierenberg, MD
Sagar V. Parikh, MD, FRCPC
Roy Perlis, MD
Daniel S. Pine, MD
James Prisciandaro, PhD
Martha Sajatovic, MD

Gregory Simon, MD, MPH,
Past SAB Chair
Argyris Stringaris, MD, PhD
Trisha Suppes, MD, PhD
Holly Swartz, MD
Louisa Sylvia, PhD
John S. Tamerin, MD
Audrey Tyrka, MD, PhD
Karen Wagner, MD, PhD
Myrna Weissman, PhD
Samuel Wilkinson, MD
Lakshmi Yatham, MBBS,
FRCPC
John M. Zajecka, MD
Sidney Zisook, MD

2019 INVESTORS

Along with gifts from individuals, corporations, foundations, and trusts, we gratefully acknowledge those who host and donate to streaming events throughout the year.

\$100,00 OR MORE

| | |
|--|---|
| Community Impact Grant, Janssen Pharmaceutical | Janssen Pharmaceutical Companies of Johnson & Johnson |
| The Dauten Family Foundation | Otsuka America Pharmaceutical, Inc. |
| David H. Graham Personal Trust | Sunovion Pharmaceuticals, Inc. |

\$25,000 - \$99,999

| | | | |
|---------------------|--|------------------------------|--|
| Anonymous | American Legion Child Welfare Foundation, Inc. | Impel NeuroPharma, Inc. | Sage Therapeutics |
| Alkermes, Inc. | Carole B. and Kenneth J. Boudreaux Foundation | Lundbeck, Inc. | The Takeda Lundbeck Alliance |
| Allergan Foundation | Compass Pathways Limited | Myriad Genetics | Takeda Pharmaceuticals North America, Inc. |
| Allergan, PLC | Kent and Liz Dauten | Network for Good | Teva Pharmaceuticals |
| | | Neurocrine Biosciences, Inc. | |

\$10,000 - \$24,999

| | | | |
|----------------------------------|---------------------------------------|--|------------------------|
| Anonymous (2) | Chicago Chapter Charities Foundation | Ms. Nancy Goodman and Mr. Michael Froman | Ms. Susan Madian |
| The Alberini Family Fund | Fred Bergfors Foundation | Henry Foundation, Inc. | Phalarope Foundation |
| Benevity Community Impact Fund | The George Link, Jr. Charitable Trust | LEAD Pittsburgh | Mrs. Molly Reinhart |
| W. Y. Campbell Family Foundation | | The Leslie Kuhn Family Foundation | Mr. Andrew Sveikauskas |

\$5,000 - \$9,999

| | | | |
|------------------------------|-------------------------|--|---------------------------|
| Anonymous | Shaun and Selme Finnie | Estate of Ronald J. O'Daniel | Therapy Stores |
| Mr. Mohammed Al Banna | Mr. Bradley S. Hvolbeck | Pura Vida Bracelets | The Wallace Foundation |
| Alpha Sigma Phi - Seton Hall | Jersey Dining, LLC | Raymond M. and Jane E. Cracchiolo Foundation | Wintrust Investments, LLC |
| Suzanne and James Bergoffen | Ellen Krantz | Mr. Daniel Smulian | YourCause |

\$2,500 - \$4,999

| | | | |
|---|-----------------------------------|----------------------------------|--|
| Anonymous (2) | Brother International Corporation | Michael Pollock and Roger Varela | Wilson Townsend II and Marlaina Townsend |
| Margaret Annett | Ms. Jennifer Furman | Brian Sethness | United Way of Greater Philadelphia and Southern New Jersey |
| Ms. LaGenia Bailey, PharmD, BCPP, C-IAYT | Mr. Steven Harris | Shell Oil Company Foundation | Mr. Darrel K. Wilcox |
| Ms. Christy B. Beckmann and Mr. Jim Vykopal | Karen and Seth Hieken | Trisha Suppes, MD, PhD | |
| | Jim Lockwood | Tod Tappert | |
| | Pledgeling Foundation | | |

\$1,500 - \$2,499

| | | | |
|---|-----------------|----------------------------|--------------------|
| Anonymous (2) | Scott Deits | Dr. Robert Z. Lawrence | Mr. Ben Pelcyger |
| Terrance and Georgia Blazevec | House of Cards | Mr. Baromkoch Leenutaphong | Michael Rodrigues |
| Dr. John Budin | IBM Employees | Jennifer and Chris Leonard | Sara Madeleine Saz |
| Willson Cumber and Michelle Breidenbach | Rakesh Jain, MD | Mrs. Carole Mourad | Richard A. Shore |

\$1,000 - \$1,499

| | | | |
|-----------------------------------|---|-------------------------------|--|
| Ms. Cynthia Ballard | Andrew and Laura Dahlem | Mr. M.J. Leman | Ms. Claire Saddington |
| Dr. and Mrs. Mark S. Bauer | Mr. Charles DeBenedittis | Liquid Webb, LLC | Karen and Stephen Sanger |
| Kathy Bernstein and Daniel Harris | Mr. Steve Donahue | Dr. Lauren Marangell | Brian Schiffman |
| Bengt and Marianne Bjernfalk | Loren and Dorothy Field | Mr. James A. McShane | Ms. Marylou Selo |
| Patricia Boyer | Foundation for the Carolinas | Richard Mead | Dr. Gregory Simon |
| Craig Braham | Dr. Mary A. Fristad and Dr. Joseph F. Fiala | Pierre Mourad | Ken and Pat Thompson |
| Lori Budin | Matthew Furst | The Orange Bead Collective | Cameron and Jane Thornton |
| Chris Capossela | Ms. Barbara J. Glynn | David N. Osser, MD | Myrna Weissman, PhD |
| Chandler Cavell | John M. Grohol | Paypal Charitable Giving Fund | World Heritage Foundation - Prechter Family Fund |
| Ida and Steve Chan | Pliny Jewell III and Sue Jewell | Dr. Jeffrey F. Peipert | Mrs. Dawn Wynn |
| Charities Aid Foundation | Edward and Mary Jinks | Jacques and Beverly Perret | Yee Family Foundation |
| The Chowdy Foundation | JPMorgan Chase Foundation | Mr. Bruce Pfaff | Matthew Yeterian |
| Victoria Chumney | Mr. Shlomy Kattan | Nancy Pylon | |
| Colleen Creighton | Mr. Jordan Kurland | Susan and Stanley Rosenblatt | |
| | | Ms. Victoria Rosskam | |



Depression and Bipolar Support Alliance

National Staff

Michael Pollock
Chief Executive Officer

MANAGEMENT TEAM

Kathy Bernstein
Vice President, Development

Carla DeFlorio
Director, Chapters

Phyllis Foxworth
Vice President, Advocacy

Maria Margaglione
Director, Programs

Betsey O'Brien
Director, Communications

John Quinn
Chief Financial Officer

STAFF MEMBERS

Jill Burgos
Manager, Chapter Relations

Anita Deely
Office Manager

Dontaé Freeman
Manager, Communications

Chrissy Gargano
Manager, Foundation and Corporate Relations

Lisa Goduco
Manager, Peer Engagement and Public Policy

Douglas Hulst
Manager, Peer Specialist Workforce Development Program

Erica Kadel
Manager, Development

Kimberly King
Manager, Health Care Industry Relations

Eric Scharf
Advisor, Federal Advocacy

Andrew Smith
Manager, Community Engagement

Brenda Wiseman
Executive Assistant

Hannah Zeller
Manager, Programs

STATEMENT OF FINANCIAL POSITION

| | 2019 | 2018 |
|---|--------------------|--------------------|
| ASSETS | | |
| Cash and cash equivalents | \$549,172 | \$630,935 |
| Contributions receivable | 368,438 | 402,777 |
| Other assets | 115,032 | 126,208 |
| Investments | 1,273,425 | 1,134,022 |
| Property and equipment, net | 87,278 | 120,635 |
| TOTAL ASSETS | \$2,393,345 | \$2,414,577 |
| LIABILITIES AND NET ASSETS | | |
| LIABILITIES | | |
| Accounts payable and accrued expenses | \$91,118 | \$167,004 |
| Deferred rent | 95,325 | 102,705 |
| TOTAL LIABILITIES | 186,443 | 269,705 |
| NET ASSETS | | |
| Unrestricted | 1,403,425 | 1,539,822 |
| Donor restricted | 803,477 | 605,046 |
| TOTAL NET ASSETS | 2,206,902 | 2,144,868 |
| TOTAL LIABILITIES AND NET ASSETS | \$2,393,345 | \$2,414,577 |

STATEMENT OF ACTIVITIES

| | 2019 | 2018 |
|--------------------------------------|------------------|------------------|
| REVENUE | | |
| Contributions | \$2,091,105 | \$2,231,534 |
| Special event, net | - | 55,112 |
| Program fees | 231,106 | 343,665 |
| Net investment income | 134,679 | (30,177) |
| Donated goods and services and other | 6,757 | 71,793 |
| TOTAL REVENUE | 2,463,647 | 2,672,107 |
| EXPENSES | | |
| Program expenses | 1,610,606 | 1,778,264 |
| Supporting services expenses | | |
| Management and general | 390,293 | 381,352 |
| Fundraising | 400,714 | 422,720 |
| Total supporting services expenses | 791,007 | 804,072 |
| TOTAL EXPENSES | 2,401,613 | 2,582,336 |
| CHANGE IN NET ASSETS | 62,034 | 89,771 |
| Net assets, beginning of year | 2,144,868 | 2,055,097 |
| Net assets, end of year | \$2,206,902 | \$2,144,868 |



Providing hope, help, support, and education
for all individuals and families who live with
mood disorders.

Your gifts make our life-changing work possible.

Give now at dbsalliance.org/donate.



Depression and Bipolar
Support Alliance

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