



Depression and Bipolar
Support Alliance

Interconnectivity

Achieving excellence through
community, connection, and collaboration



WHO WE ARE

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.

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Kent Dauten
DBSA Board Chair,
2020 & 2021

2020 challenged each of us in ways that we never could have imagined. The pandemic, accompanied by fears about health and safety, employment and financial stability, and increased social isolation made it quickly evident how critical access to mental health support and resources was during this time. As the year wore on, we shouldered social unrest and calls for racial justice. While the number of COVID-19 cases and deaths continued to rise, the long-standing inequities in our healthcare system became more evident as communities of color and impoverished neighborhoods suffered in high proportion.

It was a stark backdrop for the year. DBSA exists to provide hope, help, support, and education for those who live with mood disorders and those who support them. Never was the need greater than in 2020. Never have I been prouder to be part of this organization.

During a time when people were at their most vulnerable, our community stepped up. Our national staff, local chapters, and Board members worked diligently to identify areas of need, pivot our resources to online platforms, expand services, and think creatively about how to serve those who needed help. Foundations, corporations, and individual donors provided new sources of financial support to enable rapid service growth when it was most needed. Our peers reached out to us to talk about where their pain points existed, and how we could best provide help.

In this annual report, you will be able to see how we harnessed this tide of support to create needed resources. As children found themselves learning remotely, DBSA's Mood Crew gave parents, educators, and clinicians needed tools to encourage constructive conversations about emotions. We created a COVID-19 resource center on our website, including a COVID-specific Wellness Wheel workbook and accompanying tools. Our support groups moved to fully virtual forums, including the addition of dual diagnosis groups specifically for those living with both a mood disorder and substance use disorder. Our advocacy team helped secure federal funding to expand workforce development options in peer support – and so much more.

We recognize how heavy the burden has been on so many over the past year and well into 2021. Looking forward, we are committed to reducing inequities in access to mental health care and to developing more of the tools needed to help any person living with a mood disorder acclimate to the new normal.

We are exceedingly grateful for the continued support of our community in these efforts.

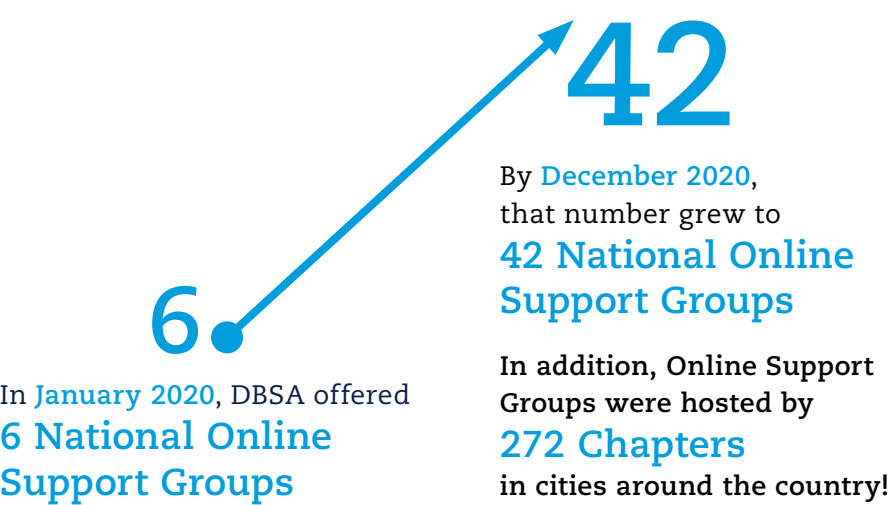
A handwritten signature in black ink, appearing to read 'Kent Dauten'.

Kent Dauten, 2020 Board Chair

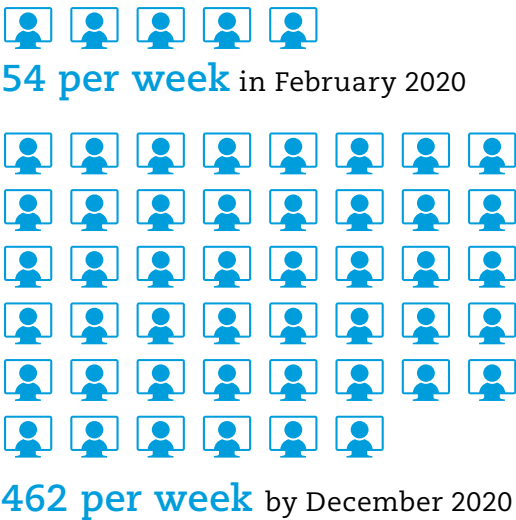
ACHIEVING EXCELLENCE THROUGH A PANDEMIC

A global pandemic, social isolation, social unrest, and calls for racial justice were just some of the challenges we faced during our thirty-fifth year. The Depression and Bipolar Support Alliance, with its national staff, chapter members, volunteers, and wider community stepped up like never before. These highlights showcase just a glimpse of the growth seen in an unprecedented year.

STAY-AT-HOME ORDERS SHUTDOWN IN-PERSON SUPPORT GROUPS, SO WE MOVED ONLINE TO MEET DEMAND



THE NUMBER OF PEOPLE SERVED IN ONLINE SUPPORT GROUPS WEEKLY GREW



COVID-19 RESOURCE CENTER

The pandemic highlighted the need for mental health support unlike any other time in history. DBSA met the demand, building a one-stop online spot for support materials including:


Everyday
Resources


Podcasts
and Videos


Mental Health
in the News


Links for
Insurance and
Financial Support

SECURED FUNDING INCREASING ACCESS TO CARE

Thanks to Otsuka and Janssen Pharmaceuticals, we are moving forward with step 1 of our priority to expand awareness and access for Black, Brown, and Indigenous communities.

Beginning in 2021 we are increasing outreach in the underserved Black communities around Chicago.





2020 was a special year for DBSA as it marked 35 years of providing hope, help, support, and education for our community. We commemorated the year:

- Listen to an informative podcast with our founder, Rose Kurland, detailing how DBSA got its start: DBSAAlliance.org/AConversationwithRose
- See a timeline of our milestones at DBSAAlliance.org/our-history
- Our Founders reunited at the 2020 Leadership Summit!



Depression and Bipolar Support Alliance

MEET THE MOOD CREW

Early childhood is when we learn about emotions and how to express them. The Mood Crew is a fun and engaging program designed to help adults open a constructive dialogue about feelings with children.



Ages 6-10

10 Unique Characters

For Clinicians and Parents

Over 40 Activities

Support Life-long Mental Health

Fun for All



DBSAAlliance.org/Mood-Crew



YOUNG ADULT COUNCIL (YAC)

Individuals 18-30 with mood disorders face unique challenges. Our YAC provided new resources throughout the year including:



Interviews



Blog Posts



Podcasts

PEER SPECIALIST COURSE PIVOTS AND GROWS

Like many of our other resources, the DBSA Peer Support Specialist course had to pivot to a virtual environment. We found that the flexibility increased interest and access!

We **tripled** the DBSA Open Course offerings

Our Peer Specialist Course Saw **75+ Graduates**

GIVING TUESDAY

Thank you for your generosity on Giving Tuesday! You and our match donors CIBC and Wintrust blew our goal out of the water, raising an impressive

\$102,183

in support of DBSA's services.



CELEBRATING 35 PROUD YEARS OF OFFERING HOPE, HELP, SUPPORT, AND EDUCATION

The last three-and-a-half decades have been a time of great progress in mental health, and in the fight to end stigma and win the kind of quality, affordable health care that we all deserve. Yet, we know we still have a ways to go.

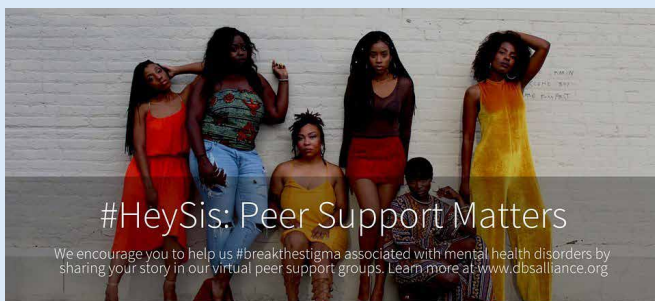
Thanks to the passion and commitment of the DBSA stakeholder community, we have realized great growth and success in achievements that have helped to improve the lives of people who have mood disorders. Because of your tireless efforts, the peer voice has a seat at the table to influence public policies, the development of treatments and therapies, and the expansion of more support groups to ensure all peers have access to safe, supportive, and welcoming

environments that allow them to pursue their individual paths to wellness.

We are very proud of the history DBSA has made in partnership with you. We look forward to building an even more collaborative and productive partnership into the future as we continue to tear down old barriers and break new ground in mental health wellness for the next 35 years and beyond!

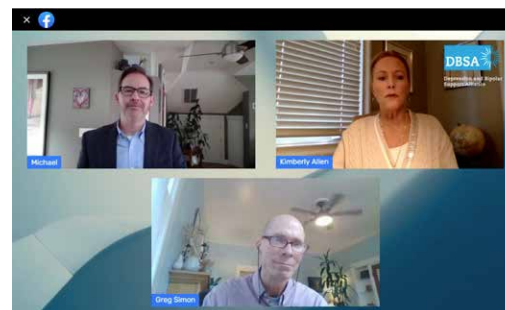


Co-founder Rose Kurland and Dr. Jan Fawcett, psychiatrist and founding Chair, Scientific Advisory Board receiving DBSA Awards



CREATING COMMUNITY

Representation matters. As DBSA continues its efforts to expand access to vital mental health resources, we look forward to offering more support groups, specifically for the underrepresented, e.g., communities of color.



DBSA CEO Michael Pollock (left), Kimberly Allen, Peer Support Specialist, (right) & Dr. Greg Simon (bottom) talk during a Facebook Live event.

MENTAL HEALTH AMID QUARANTINE

With stay-at-home orders in place, DBSA had to find new ways to keep the conversation about mental health ongoing. Live social media segments provide DBSA with an interactive space to hold meaningful conversations with our community. DBSA was able to utilize Facebook Live to bring peers and experts together during the pandemic. Our live conversation about mood disorders and substance use led to the launch a new support group and provided DBSA with a template for future live social media conversations.

EXPANDING ACCESSIBILITY WHEN IT WAS MOST NEEDED

DBSA strives in all areas of its work to ensure the peer voice of those living with depression or bipolar remains central to its efforts. This is particularly important with peer support groups.

Expanded online support

Due to the pandemic, the need for online support groups grew tremendously. DBSA's support groups provided a free resource, available virtually, during a time when many were concerned about their health and finances and experienced new or heightened symptoms.

The Senior Strength program was also expanded, adding six new seniors-only support group meetings as well as one-on-one peer support.

DBSA thanks Janssen Pharmaceuticals, The Sozosei Foundation, Takeda Pharmaceuticals, CTA Wealth Advisors, and individual contributors for the funding that helped us expand our online support presence to meet rising demand during COVID-19. DBSA also thanks the Retirement Research Foundation for making Senior Strength growth possible.

Building equity in health care

The Substance Abuse and Mental Health Services Administration (SAMHSA) has reported that the pandemic exacerbated a long-standing gap in access to mental health care, particularly in communities of color. The CDC identifies racism as a fundamental driver of racial and ethnic health disparities. Barriers to mental health also include stigma, distrust of the healthcare system, high insurance costs, and underrepresentation of Black health care providers.

DBSA secured funding from Janssen Pharmaceuticals and Otsuka America Pharmaceutical, Inc. to invest in DBSA's efforts to increase access to peer support services for Black communities in Chicago in 2021. This program is one facet of a larger, organization-wide effort to prioritize raising awareness of and expanding access to peer support services for Black, Brown, and Indigenous communities.

Creating career opportunities through the DBSA Peer Support Specialist course

Because DBSA's course incorporates SAMHSA and US Department of Veterans Affairs' (VA) identified peer specialists core competencies, this training prepares individuals for opportunities in the workforce. In 2020, DBSA's new contract with SoCal Grantmakers supported peer specialist course work for Veterans through the LA County Dept. of Mental Health.

“ ”

Most Veterans have a difficult time talking about their issues to people who have not served...I believe Veterans have an easier time talking to us because we are one of them and will not look at them differently or with judgment.

—Matt
DBSA Trained
Veteran Peer
Specialist



THANK YOU!

We appreciate the support of the Robert R. McCormick Foundation and the Boeing Foundation in helping DBSA expand its Peer Support Specialist training to Veterans.

IMPROVING ACCESS TO CARE AND THROUGH ADVOCACY

Throughout 2020, DBSA continued to grow its advocacy efforts, expanding its reach, and amplifying the peer voice.

Key legislative priorities

Access to telehealth services

DBSA has been working for several years to expand insurance coverage of telehealth services for mental health care. With the onset of the pandemic and increased risk of isolation for those with existing mental health concerns and those experiencing symptoms for the first time, DBSA increased these efforts, including activating advocates to support S.3792, the Tele-Mental Health Improvement Act of 2020.



Funding to support more online support groups

“ ”

The DBSA online support groups have meant the world to me during this time. I am a veteran with complex PTSD and Bipolar Disorder. The novel coronavirus and all the life changes that it has brought put my anxiety through the roof. Being able to talk through my symptoms, hear from others experiencing the same thing,

get helpful suggestions, and tell others what has helped me truly has been a lifesaver. Outside of taking my medications, the weekly DBSA support groups are all I currently have to manage my mental illness. We are all watching out for each other and encouraging each other to stay positive!

—Krystal Hernandez from NV



Supported legislation and passage of the National Suicide Hotline Designation Act of 2020, designating 988 as the national suicide prevention telephone number by 2022.

Equity between physical and mental health care coverage: Wins in Massachusetts

- Bill passed unanimously in MA Senate: Individuals with mental health issues will have access to health care on par with physical ailments. Eliminates prior authorization requirements.
- Settlement reached by seven companies, including two health insurance networks, requiring more equitable payment to behavioral health providers in MA and to improve subscriber directories.



DBSA CEO Michael Pollock looks on while Veterans Administration clinical psychologist Dr. Megan Mayberry comments on the value peer specialists can bring to VA services



Congressman Scott Peters (middle), DBSA staff, clinical collaborators and partners and Veterans pause for a photo just prior to U.S. House of Representatives congressional briefing.



DBSA staff, clinical collaborators and partners and Veterans pause in front of the Capitol on a chilly day in February 2020 following their congressional briefing sessions

Amplifying the peer perspective

Keeping the peer voice forefront when determining legislation that impacts mental health treatment options is essential. Work included:



Provided peer stories to the Kennedy Forum, working to unite mental health advocates, business leaders and government agencies to implement Federal Parity Law.



Congressional briefings, such as the February 27 panel moderated by Michael Pollock, DBSA CEO: 25 congressional staffers learned how integrating peer support specialists into the delivery of health services can improve outcomes, including support for seniors and Veterans.



Continued efforts on a 10-year initiative to transform the definition of wellness to focus on peer-prioritized outcomes by building relationships with FDA decision-makers, conducting peer surveys and stakeholder workshops and peer focus groups and drafting resulting white papers.

Virtual Hill Day

While we were not able to visit the Hill in person, 55 advocates used their voices to support mental health initiatives by participating in events virtually, including:

- A panel discussion about telehealth, including DBSA's success delivering community-based peer support services via phone and video conferencing.
- Contacting 66 legislators to support:
 - Emergency Appropriation of \$38.5 Billion for Mental Health and Addiction Treatment
 - Crisis Stabilization and Community Reentry Act of 2020
 - National Suicide Hotline Designation Act of 2020



CULTIVATING PROGRAMS THAT MEET YOU WHERE YOU ARE



SUPPORTING YOUTH MENTAL HEALTH

In response to feedback from our community, DBSA has prioritized the development of resources and tools for children (and their parents or caregivers) and young adults.

Launched in 2020: THE MOOD CREW™

Learning how to recognize and discuss feelings is a key step toward lifelong mental health. Thanks to funding from the Dauten Family Foundation and the American Legion Child Welfare Fund, DBSA launched the Mood Crew, a program that may be especially valuable for young ones who are having a tough time with emotions. Some children may show early signs of mood disorders, including depression and bipolar disorder. For these young ones, using DBSA Mood Crew to spark healthy conversations can help build the coping skills that support long-term wellness.



“ ”

Such a wonderful, necessary resource especially because kids have less interaction with people (i.e., teachers) these days who might be on the lookout for warning signs.

—Mother and
Mood Crew resource user



Expanded Resources: YOUNG ADULT COUNCIL

Young adults with mood disorders between the ages of 18–30 face unique challenges as they transition from high school, to entering the workforce or college, to starting a career and/or a family of their own. The charter of the DBSA Young Adult Council (YAC) is to assist in developing outreach and specialized programming to help young adults as they transition from family support to independence.

Throughout 2020, the YAC provided new resources each month, from interviews, blog posts, and podcasts about pertinent topics such as adjusting to working remotely, to tips for managing anxiety, and for staying connected to support networks during the pandemic.

WELLNESS TOOLS FOR EACH UNIQUE JOURNEY

Every person's vision of living in wellness — and of the resources needed to achieve that — is unique.

To support this journey, DBSA created the Wellness Wheel and accompanying workbook that take a strengths-based approach to viewing wellness in seven key areas: physical, financial, environmental, intellectual, occupational, social, and spiritual wellness. The Wellness Wheel is designed to provide a complete picture of the progress a person has already made in their journey and determine effective ways to create a path towards the life they want to live.

In 2020, DBSA launched the Wellness Tracker, consisting of a system of components designed to give an overall view of overall wellness, all available to download from the website. Tools include the Mood Tracker, Medication & Supplement Tracker, Symptom Tracker & Journal, a Substance Use Tracker, Nutrition and Exercise Journal, and general journal pages.



The Mood Crew
influencer campaign reached
120,000 people



Over 2,000
Mood Crew assets were
downloaded in 2020



The Wellness Toolbox saw
**more than
50,000 visits**



We celebrate 4,000
Young Adult Council
podcast listens



More than 4,000
Wellness Wheel assets
were downloaded in 2020



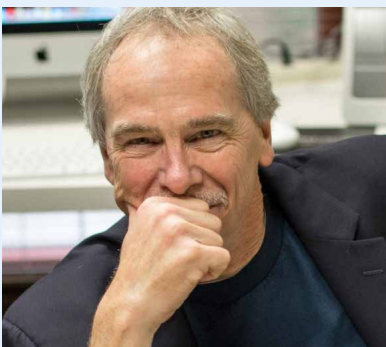
The Wellness Wheel podcast
was **downloaded
over 3,000 times!**

In July, DBSA added a COVID-specific workbook, goal planner, and Wellness Tracker to help individuals recalibrate goals during the unique challenges of the pandemic.



2019 KLERMAN AWARD WINNERS

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



Steven D. Hollon, PhD
Senior Investigator Award



**Paul A. Vöhringer,
MD, MSc, MPH**
Young Investigator Award

LOCAL CHAPTERS PIVOT TO VIRTUAL EFFORTS

Faced with an unprecedented rise in the need for mental health resources brought about by the pandemic, local DBSA Chapters continued to offer vital support to members across the country via a seamless transition to a virtual platform.

Local DBSA Chapters quickly learned how to deliver services and conduct support groups virtually. DBSA Chapters suddenly had more in common and worked together to learn online formats. Funding from the Janssen Pharmaceuticals, Inc. Impact Grant supported the expansion of online support groups from 6 to 42, including groups serving the needs of those with co-occurring substance use and mood disorders, female Veterans of color, and seniors.

Because of the ever-increasing demand for seats in online groups, many local DBSA chapters worked in tandem to serve peers nationwide rather than just in their local communities.

The launch of a virtual leadership summit

The Leadership Summit, a training and networking event bringing together members of the DBSA stakeholder community, was successfully launched in a virtual platform. The Leadership Summit updated peers and others in the DBSA community about issues related to advocacy, programs, support group facilitation, and chapter leadership and provided an update on the latest news from DBSA National.

The virtual Support Group Training and Train-the-Trainer programs trained 93 support group facilitators and 10 new peer trainers.





DBSA LEADERSHIP

2020 Board of Directors

Kent Dauten Chair	Margaret Annett Treasurer	Michael Kuhl Immediate Past Chair
Christy B. Beckmann Vice Chair	Eileen Kamerick Secretary	

MEMBERS AT LARGE

Suzanne Bergoffen	Jerry Pavlon-Blum, EdM, MA
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DIRECTORS

Rebecca Weinstein Bacon	Steven Harris	MJ Leman
John Budin, MD	Sagar P. Iyer	Gary Sachs, MD
Breege A. Farrell, CFA	Eva Kohegyi, MD, MS	Daniel Smulian

2020 Scientific Advisory Board

Roger McIntyre, MD, FRCPC,
Chair

SCIENTIFIC ADVISORY BOARD MEMBERS

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William R. Beardslee, MD	William Lawson, MD, PhD	John S. Tamerin, MD
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Robert M. A. Hirschfeld, MD	Martha Sajatovic, MD	
Rakesh Jain, MD, MPH	Gregory Simon, MD, MPH	
Ned H. Kalin, MD	Argyris Stringaris, MD, PhD	
Martin B. Keller, MD	Trisha Suppes, MD, PhD	
Ronald C. Kessler, PhD		



“ ”

Having bipolar disorder does not make me less equipped to serve others; rather, it grants me a unique empathy toward people who have been given every reason to quit.

—Katherine Cooper

We thank Katherine for contributing to our Life Unlimited series. See more at: DBSAlliance.org/stories/katherine-cooper

2020 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

AbbVie Pharmaceuticals	Estate of Rita Lucas
Alkermes, Inc.	Otsuka America Pharmaceutical Inc.
Mr. Paul Finnegan	Sunovion Pharmaceuticals, Inc.
Janssen Pharmaceutical Companies of Johnson & Johnson	Takeda Pharmaceuticals North America, Inc.

\$25,000 - \$99,999

Carol Bernick	Estate of David Granoff	Network for Good
Boeing Corporation	Janssen Community Impact–	Neurocrine Biosciences, Inc.
John Canning	Janssen Pharmaceutical Companies of Johnson & Johnson	Robert R. McCormick Foundation
CIBC Bank USA	Lillian Goldman Charitable Trust	Sage Therapeutics
Cressey Foundation	Lundbeck Inc.	Sozosei Foundation
Dalio Philanthropies	Myriad Genetics	Teva Pharmaceuticals
Kent and Liz Dauten	National Council for Mental Wellbeing	Timothy and Susanne Sullivan Family Foundation
The Dauten Family Foundation		

\$10,000 - \$24,999

Anonymous	Carole B. and Kenneth J. Boudreaux Foundation	The Marc Haas Foundation
Acadia Pharmaceuticals, Inc.	David and Liz Chandler	James and Mary Perry
Arthur Zaltzman Foundation	Dr. Eric Cooper	Phalarope Foundation
Mrs. Frances S. Belasco	Breege A. Farrell	Sam Simmons
Benevity Community Impact Fund	Henry Foundation, Inc.	Wintrust Financial Group
	Ellen Krantz	Dennis and Shannon Wong

\$5,000 - \$9,999

Anonymous (4)	Shaun and Selme Finnie	Ms. Heidi Lau
Ms. Christy B. Beckmann and Mr. Jim Vykopal	Catherine Gledhill	Mr. Baromkoch Leenutaphong
Suzanne and James Bergoffen	Ms. Nancy Goodman and Mr. Michael Froman	Ron and Fifi Levin
Charities Aid Foundation	William and Karen Goodyear	Ms. Susan Madian
Creating Healthier Communities (formerly Community Health Charities)	David Greer	Rendle Family Charitable Foundation
	Mr. Bradley S. Hvolbeck	Gary Sachs, MD
	Rick and Meta Jouras	Trisha Suppes, MD, PhD

\$2,500 - \$4,999

Anonymous (2)	MJ and Carolyn Leman	Carol Rubin and Steve Kaplan
Margaret E. Annett	Jim and Jane Ann Lockwood	Jacob Saper
Mr. Edward Brill	Patient Access Network	Roger Varela and Michael Pollock
Dr. John Budin	Foundation	Rebecca Weinstein Bacon and
CTA Wealth Advisors, Inc	Pershing	Wade Bacon
Steven and Jani Harris	PNC Financial Services Group	Mr. Darrel K. Wilcox
Karen and Seth Hieken	Anne-Marie Poincelet	Mr. and Mrs. Walter W. Winkel III
Mr. and Mrs. Lawrence Kirshner	Pura Vida Bracelets	Wells Fargo
Eva Csordasne Kohegyi	John Quinn	

\$1,500 - \$2,499

Anonymous (3)	Victoria Chumney	Sarah Salice
Natalie Accardo	House Of Cards	Sara Madeleine Saz
Ms. Kimberly Allen	Steve Manville	Shell Oil Company Foundation
Kathy Bernstein	Roger S. McIntyre, MD, FRCPC	Susan Stavits Rahn
Terrance and Georgia Blazevec	Morgan Stanley	Scott and Dana Turban
C.H. Robinson	Mrs. Carole Mourad	YourCause
Bill Campbell	Jerry and Myron Pavlon-Blum	Nicholas Zografos
	Nancy Pyron	

\$1,000 - \$1,499

Anonymous (3)	Dr. Bill Gilmer	David N. Osser, MD
Krishna and Ja-Ling Agrawal	Ms. Barbara J. Glynn	Roy Perlis
John Allen	Chad and Rebecca Hodde	Jacques and Beverly Perret
Ms. Cynthia Ballard	Steven Hollon, PhD	Lenny Pitt
Dr. and Mrs. Mark S. Bauer	Greg Allen Hunt	Ms. Victoria Roskam
Jennifer Beavin	Dr. Rakesh Jain and	David Rothbart
Patricia Boyer	Mrs. Saundra Jain	Christopher and Lori Rothko
Lori Budin	Edward and Mary Jinks	Karen and Stephen Sanger
Ms. Rosalie Bustos	JPMorgan Chase Foundation	Ms. Jessica Scott
Catherine and Jeffrey Cappel	Eileen Kamerick and Victor	Ms. Marylou Selo
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Ida and Steve Chan	Gary and Lori Kash	Robert and Maureen Sievers
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Nona Fine	Mr. Jordan Kurland	Tod Tappert
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Dr. Mary A. Fristad and	Ms. Ellen Malow	Cameron and Jane Thornton
Dr. Joseph F. Fiala	David Maue	Mr. and Mrs. John White
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Mark A. Frye, MD	Adrienne Moe	Mrs. Dawn Wynn
Chris Furlong	Pierre Mourad	
Mr. Michael Gantz	NAACME, LLC	

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

John Quinn
Chief Financial Officer

Kevin Williams
Vice President, Communications

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Jill Burgos
Manager, Chapter Relations

Angela Charleston
Manager, Projects

Robert Dabney, Jr.
Peer Apprentice Program Manager

Anita Deely
Office Manager

Olivia Dimmer
Manager, Communications

Dontaé Freeman
Manager, Digital Communications

Chrissy Gargano
Manager, Foundation and
Corporate Relations

Lisa Goduco
Coordinator, 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

	2020	2019
ASSETS		
Cash and cash equivalents	\$985,907	\$549,172
Contributions receivable	315,346	368,438
Other assets	186,469	115,032
Investments	2,068,705	1,273,425
Property and equipment, net	46,679	87,278
TOTAL ASSETS	\$3,603,106	\$2,393,345
LIABILITIES AND NET ASSETS		
LIABILITIES		
Accounts payable and accrued expenses	\$110,050	\$91,118
Deferred rent	85,510	95,325
TOTAL LIABILITIES	195,560	186,443
NET ASSETS		
Unrestricted	2,841,758	1,403,425
Donor restricted	565,788	803,477
TOTAL NET ASSETS	3,407,546	2,206,902
TOTAL LIABILITIES AND NET ASSETS	\$3,603,106	\$2,393,345

STATEMENT OF ACTIVITIES

	2020	2019
REVENUE		
Contributions	\$3,469,664	\$2,091,105
Program fees	273,946	231,106
Net investment income	24,654	134,679
Donated goods and services and other	2,868	6,757
TOTAL REVENUE	3,771,132	2,463,647
EXPENSES		
Program expenses	1,782,956	1,610,606
Supporting services expenses		
Management and general	450,860	390,293
Fundraising	336,672	400,714
Total supporting services expenses	787,532	791,007
TOTAL EXPENSES	2,570,488	2,401,613
CHANGE IN NET ASSETS	1,200,644	62,034
Net assets, beginning of year	2,206,902	2,144,868
Net assets, end of year	\$3,407,546	\$2,206,902



**Providing hope, help, support, and
education to improve the lives of people
who have 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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Chicago, IL 60604

DBSAlliance.org

(800) 826-3632