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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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.

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

In January 2020, DBSA offered 6 National Online Support Groups

By December 2020, that number grew to 42 National Online Support Groups

In addition, Online Support Groups were hosted by 272 Chapters in cities around the country!

THE NUMBER OF PEOPLE SERVED IN ONLINE SUPPORT GROUPS WEEKLY GREW

6

54 per week in February 2020

462 per week by December 2020

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
- Mental Health in the News
- Podcasts and Videos
- 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.
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.

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

DBSAlliance.org/Mood-Crew

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

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: DBSAlliance.org/AConversationwithRose
• See a timeline of our milestones at DBSAlliance.org/our-history
• Our Founders reunited at the 2020 Leadership Summit!

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

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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.

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.
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.
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.

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.

“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
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.

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

The Mood Crew influencer campaign reached 120,000 people.

The Wellness Toolbox saw more than 50,000 visits.

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

We celebrate 4,000 Young Adult Council podcast listens.

The Wellness Wheel podcast was downloaded over 3,000 times!
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.
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
Along with gifts from individuals, corporations, foundations, and trusts, we gratefully acknowledge those who host and donate to streaming events throughout the year.

$100,000 OR MORE

AbbVie Pharmaceuticals
Alkermes, Inc.
Mr. Paul Finnegan
Janssen Pharmaceutical Companies of Johnson & Johnson

Estate of Rita Lucas
Otsuka America Pharmaceutical Inc.
Sunovion Pharmaceuticals, Inc.
Takeda Pharmaceuticals North America, Inc.

$25,000 - $99,999

Carol Bernick
Boeing Corporation
John Canning
CIBC Bank USA
Cressey Foundation
Dalio Philanthropies
Kent and Liz Dauten
The Dauten Family Foundation

Estate of David Granoff
Janssen Community Impact–Janssen Pharmaceutical Companies of Johnson & Johnson
Lillian Goldman Charitable Trust
Lundbeck Inc.
Myriad Genetics
National Council for Mental Wellbeing

Network for Good
Neurocrine Biosciences, Inc.
Robert R. McCormick Foundation
Sage Therapeutics
Sozosei Foundation
Teva Pharmaceuticals
Timothy and Susanne Sullivan Family Foundation

$10,000 - $24,999

Anonymous
Acadia Pharmaceuticals, Inc.
Arthur Zaltzman Foundation
Mrs. Frances S. Belasco
Benevity Community Impact Fund

Carole B. and Kenneth J. Boudreaux Foundation
David and Liz Chandler
Dr. Eric Cooper
Breege A. Farrell
Henry Foundation, Inc.
Ellen Krantz

The Marc Haas Foundation
James and Mary Perry
Phalarope Foundation
Sam Simmons
Wintrust Financial Group
Dennis and Shannon Wong

$5,000 - $9,999

Anonymous (4)
Ms. Christy B. Beckmann and Mr. Jim Vykopal
Suzanne and James Bergoffen
Charities Aid Foundation
Creating Healthier Communities (formerly Community Health Charities)

Shaun and Selme Finnie
Catherine Gledhill
Ms. Nancy Goodman and Mr. Michael Froman
William and Karen Goodyear
David Greer
Mr. Bradley S. Hvolbeck
Rick and Meta Joutras

Ms. Heidi Lau
Mr. Baromkoch Leenutaphong
Ron and Fifi Levin
Ms. Susan Madian
Rendle Family Charitable Foundation
Gary Sachs, MD
Trisha Suppes, MD, PhD
## $2,500 - $4,999

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

## $1,500 - $2,499

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

## $1,000 - $1,499

- Anonymous (3)
- Krishna and Ja-Ling Agrawal
- John Allen
- Ms. Cynthia Ballard
- Dr. and Mrs. Mark S. Bauer
- Jennifer Beavin
- Patricia Boyer
- Lori Budin
- Ms. Rosalie Bustos
- Catherine and Jeffrey Cappel
- Michael and Beth Capps
- Ida and SteveChan
- Stephanie and Brian Cipresse
- Compass Pathways Limited
- Miranda Dean
- Nona Fine
- Jeffrey Frishman
- Dr. Mary A. Fristad and Dr. Joseph F. Fiala
- Frontstream
- Mark A. Frye, MD
- Chris Furlong
- Mr. Michael Gantz
- Dr. Bill Gilmer
- Ms. Barbara J. Glynn
- Chad and Rebecca Hodde
- Steven Hollon, PhD
- Greg Allen Hunt
- Dr. Rakesh Jain and Mrs. Saundra Jain
- Edward and Mary Jinks
- JPMorgan Chase Foundation
- Eileen Kamerich and Victor Heckler, PhD
- Gary and Lori Kash
- Lloyd and Linda Koopman
- Mrs. Merry Beth Kowalczyk
- Mr. Michael W. Kuhl
- Mr. Jordan Kurland
- Diane Lane
- Ms. Ellen Malow
- David Maue
- Mr. James A. McShane
- Adrienne Moe
- Pierre Mourad
- NAACME, LLC
- David N. Osser, MD
- Roy Perlis
- Jacques and Beverly Perret
- Lenny Pitt
- Ms. Victoria Rosskam
- David Rothbart
- Christopher and Lori Rothko
- Karen and Stephen Sanger
- Ms. Jessica Scott
- Ms. Marylou Selo
- Brian Sethness
- Robert and Maureen Sievers
- Dr. Gregory Simon
- David Solomon
- Dr. Mary Stedman
- Tod Tappert
- Ken and Pat Thompson
- Cameron and Jane Thornton
- Mr. and Mrs. John White
- Susan and David Wolf
- Mrs. Dawn Wynn
## 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

## Staff Members
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

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
<th>2019</th>
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<tbody>
<tr>
<td><strong>Assets</strong></td>
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<td>Cash and cash equivalents</td>
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<td>Contributions receivable</td>
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<td>368,438</td>
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<td>Other assets</td>
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<td>115,032</td>
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<td>Investments</td>
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<td>1,273,425</td>
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<td>Property and equipment, net</td>
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<td>87,278</td>
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<td><strong>Total Assets</strong></td>
<td>$3,603,106</td>
<td>$2,393,345</td>
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<td><strong>Liabilities and Net Assets</strong></td>
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<td>Accounts payable and accrued expenses</td>
<td>$110,050</td>
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<td>2,206,902</td>
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<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td>$3,603,106</td>
<td>$2,393,345</td>
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## Statement of Activities

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<th>2020</th>
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<td><strong>Revenue</strong></td>
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<td>Contributions</td>
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<td>Program fees</td>
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<td>Net investment income</td>
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<td>Supporting services expenses</td>
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<td>Management and general</td>
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<td>Net assets, end of year</td>
<td>$3,407,546</td>
<td>$2,206,902</td>
</tr>
</tbody>
</table>
Providing hope, help, support, and education to improve the lives of people who have mood disorders.

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