

2013

Annual Report



Depression and Bipolar Support Alliance Greater Houston



17,878

This is the number of times in 2013 when people shared deeply personal details about their lives within a Depression and Bipolar Support Alliance Greater Houston support group. They were there to feel better about life and their futures. In turn, they were able to offer their peers the hope and encouragement they were seeking for themselves.

Dear Good Friends,

Depression and Bipolar Support Alliance Greater Houston has a singular and far-reaching mission to provide free and confidential support groups for individuals living with, and family and friends affected by, depression and bipolar disorders, and is the only local organization doing so with strong professional management, supervision and consistent monitoring.

People who have attended DBSA Greater Houston support groups often reflect on how the program changed the course of their lives. They count on DBSA to be their touchstone, whether they attend regularly or only occasionally to reach out to their peers for advice and support. The profound effect of our support groups continues to inspire participants to join our roster of passionate facilitators, who all participate in the support group process by sharing their life experiences and guiding others toward healing.

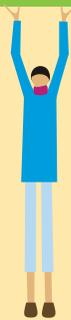
Our donors invest in DBSA Greater Houston because the mission is important, and their investments have yielded great returns. In 2013, additional support groups were created for specific populations and in diverse locations. DBSA redirected funds from support groups with inadequate participation to areas and populations with higher demand. Targeted investments in web-based technology resulted in dramatic increases in visitor traffic to www.dbsahouston.org where we educate the population at large and inform group participants about our services. DBSA established an endowment, recognizing the importance of sustaining our program growth. Our luncheon event was a highlight of the year where Glenn Close performed moving and inspiring monologues and her sister Jessie Close shared her experience living with bipolar disorder.

With your help, 2014 will be another year of unparalleled service to thousands of people in our region, as we continue to improve lives by:

- Executing a careful plan of growth and applying new methods to efficiently reach more people;
- Improving our high degree of effectiveness by incorporating feedback from our Annual Participant and Facilitator Satisfaction Surveys and leveraging our “lessons learned;”
- Expanding our presence in the community, informing people about our services and combating the fear of discrimination against people with mental disorders; and
- Maintaining the trust and safety of the people we serve through ongoing training and professional supervision of our group facilitators.

Depression and Bipolar Support Alliance

Greater Houston



Entering our 11th year, we have a new green logo that represents the promise of renewal and growth. Please help us extend that promise to the countless individuals affected by depression and bipolar disorders in our community this year and in the decades to come.



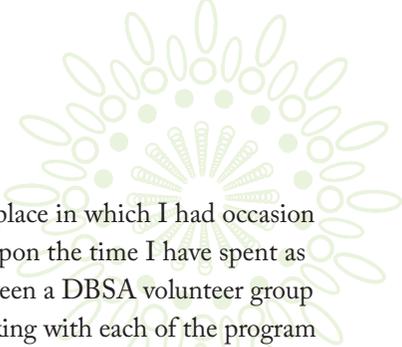
A. Blake Williams

A. Blake Williams
2014 Board Chair



Mary Collins

Mary A. Collins
President & CEO



Mission Moment

This weekend I found myself in a quiet, isolated place in which I had occasion to reflect on the past years. I was thinking back upon the time I have spent as a facilitator for DBSA. During this time, I have been a DBSA volunteer group facilitator spending various amounts of time working with each of the program managers. These years have been ones of immense personal growth, rich in fulfillment and experience. I have done things I never thought I would be able to do. If it had not been under the guidance of you all as my program managers at different times, I do not think that it would have been the same. Under the tutelage of my program managers, I have found that their leadership cannot be overstated. The conditions set up for me as a volunteer have been conducive for growth and inspiration. I would not change my years working for DBSA and working with you all for anything. I have always felt appreciated and noticed. I have always felt valued as a team member. Thanks to you all for being in my corner. Thank you all for the pride I feel in myself.

Danny



The Friends of Drew Webb

In 2013, for the third consecutive year, The Friends of Drew Webb and its founder Dr. David Lintner hosted the 7's for 7 Lacrosse Tournament in memory of Drew Webb. Drew, who died by suicide in 2010, was a much-beloved athlete, high school valedictorian, Eagle Scout, All-American lacrosse player, graduate of Cornell University and a Dean's List student. His suicide reverberated throughout Houston, Cornell and local and national lacrosse communities. More than 400 athletes and 3,000 supporters joined in memory of Drew in 2011 for the inaugural 7's for 7 Lacrosse Tournament, and that number tripled in 2012! Through 7's for 7, The Friends of Drew Webb works to increase awareness of depression and mental disorders in athletes and raises thousands of dollars for DBSA Greater Houston's free support group program, contributing more than \$40,000 in 2013.

Financial Information

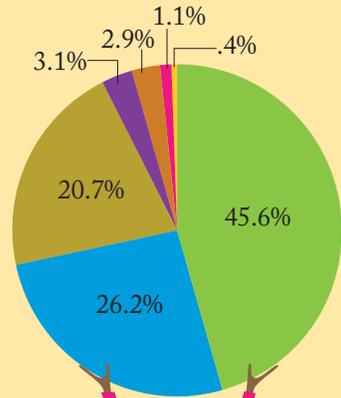
(January through December 2013)

Source of Funds

Special Events	\$333,025
Unrestricted Contributions	
Corporate	\$15,106
<i>(excluding Special Events)</i>	
Foundation	\$579,100
Individual	\$262,569
Friends of Drew Webb	\$40,000
Total Unrestricted Contributions	\$896,775
Investments	\$36,303
Other Revenue	\$4,462
In-kind gifts	\$45,935
Total Income	\$1,270,565

Source of Funds

- Foundation
- Special Events
- Individual
- Friends of Drew Webb
- Investments
- Corporate
- *(excluding Special Events)*
- Other Revenue



Use of Funds

Personnel	
Staff	\$569,470
Program Facilitators	\$140,770
Other Professional Fees	\$17,330
Additions to Reserves	\$214,924
Rent and Facilities	\$75,313
Marketing, Printing & Postage	\$39,851
Insurance	\$8,080
Office Expenses	\$54,672
Volunteer Support	\$6,261
Education & Training	\$3,825
Fundraising	\$6,354
Special Event	\$133,717
Total Expense	\$1,270,565



No, I can't "just get over it"

2013 Annual Fund

We are grateful for the following donors who generously supported our annual fund in 2013.

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(\$10,000 and above)

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Lisa Foronda



Glenn Close, Dr. Stuart Yudofsky and
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Christine and Blake Williams



In 2013, DBSA hosted its second annual Help...Hope...Healing Luncheon, a community-wide event designed to raise awareness of mental disorders and normalize the conversation about mental health. Actress Glenn Close and her sister Jessie Close were the featured speakers. Jessie shared her personal experiences of living with bipolar disorder, and Glenn delivered dramatic monologues that described living life with a mental disorder. DBSA honored Dr. Stuart Yudofsky, a champion of mental health in our community, with the Gary Levering Mental Health Impact Award. Under the leadership of luncheon chairs Christine and Blake Williams and honorary chairs Susan and Will Penland, the event raised more than \$330,000 for the DBSA Greater Houston free support group program.

Today's Morning Light
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