

re:
MIND

DEPRESSION & BIPOLAR SUPPORT

*Annual
Report*
2020



"YOUR GENEROSITY ALLOWED re:MIND TO CONTINUE PROVIDING A FREE AND ACCESSIBLE MENTAL HEALTH RESOURCE, BOTH ONLINE AND IN PERSON, SO NO ONE HAS TO SUFFER OR STRUGGLE ALONE."

Dear Friends,

As my time as Board Chair of re:Mind came to a close in December, I was very thankful for the strong and broad support for this organization by a growing donor base throughout our community. We could never have imagined the rapid adaptation our organization would undergo, and your help made that possible.

During such an unprecedented year, it is because of you that we were able to continue expanding the delivery of our mission: providing confidential, life-saving support for adults and youth in our community who live with depression and bi-polar disorders. I am very proud of the staff for quickly and successfully pivoting from our traditional model of in-person support groups to an online platform supporting people's mental health needs virtually when and where they needed it most.

Your generosity allowed re:MIND to continue providing a free and accessible mental health resource, both online and in person, so no one has to suffer or struggle alone. While the way we provide this support has necessarily evolved, our mission remains the same, yet the delivery and efficacy of our services would not be possible without the compassionate contributions from caring donors like you. Through our new platforms and modes of providing services, re:MIND is now poised to serve even more people in our community.

Last fall we held our first virtual Circles of Hope Luncheon which raised more than \$320,000 in support of re:MIND's life-saving mission. We heard Eric Hipple's personal story, highlighting the importance of mental health and how it impacted him his entire life, especially after his professional football career. We also honored Katie and David Lintner and Mary Zimmerman, founders of the 7's for 7 Drew Webb Lacrosse Tournament, for partnering with re:MIND over the past 10 years. As someone who is personally impacted by the devastating effects of suicide, I was proud and encouraged that our message of hope was shared virtually with many people in their homes during a year when all of us struggled to feel and be connected to others.

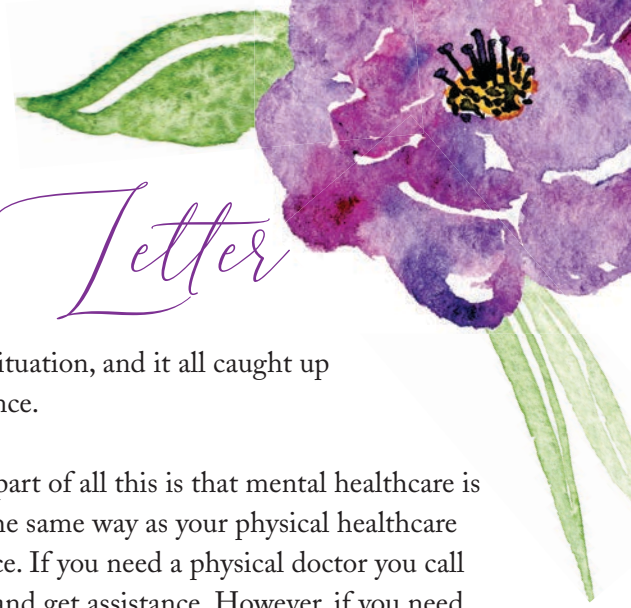
The need for re:MIND services has never been more important. I am proud of how the staff effectively tailored the delivery of our services to meet the changing needs of our community. Thank you so much for your past support. I hope you will continue enabling the work of re:MIND and the people it serves in the future.

With gratitude and appreciation.

Ronny Cuenod
2020 Board Chair



Mission Moment Letter



As 2020 saw an evolution of re:MIND services from in-person to online support groups, re:MIND participants had the opportunity to connect online with new groups and new facilitators. One participant, Denise Grigsby, had a very positive experience with her new facilitator and group members. She shared below how much she appreciated re:MIND's commitment to mental health during this unprecedented year.

When everything shut down in March 2020, it was an uneasy time for those of us who had grown to depend on re:MIND support groups and services. I understood the re:MIND groups could not be open in person, but also knew they were working quickly to get the online groups started. I was honestly a little skeptical to attend online at first because I am not very tech savvy. I was also nervous about the confidentiality aspect of being online. My brother was the one who encouraged me to log on because he knew how much I had valued my in-person Monday group at the Medical Center. Everyone who knows me knows that on Monday- Denise was at her group- and my brother told me I needed to create another peer support system to get through this unique period. I believe peer support is key in maintaining strong mental health.

I decided to start by just picking a day and time that I could easily stick with and I promised myself I would try it for 4 to 5 weeks. I was a trained peer facilitator at one time, and I have been attending these groups for over 15 years. I always tell people that you have to come a few times to give the group a chance.

I started going to the online support group in July and despite being a regular at the online group, and being compliant with my medicine and therapy, I ended up having an episode in December. The thing about bipolar episodes is they can come even when you are doing everything you are supposed to be doing. I had some outside stress factors with the intensely distressing death of my father, lack of social interaction and the

coronavirus situation, and it all caught up with me at once.

The hardest part of all this is that mental healthcare is not funded the same way as your physical healthcare with insurance. If you need a physical doctor you call one number and get assistance. However, if you need mental health assistance, you must access behavioral healthcare, which involves a different set of doctors, criteria and approvals. It can quickly become a ball of wax. I was able to finally get my approvals in place and was in critical care for two months.

My online group was walking alongside me as I updated them each week on what was going on and they understood when I left group temporarily. But when I returned, they were so supportive and so excited to see me.

Watching me go through this was a help to others as they, too, learned the ins and outs of healthcare when it comes to mental health. The biggest part of these support groups is the support we provide each other in navigating our own mental health care.

Going forward, I plan to do a little bit of both in person and online support groups. There are some weeks where in person may be difficult and online is better and vice versa. The community aspect of these groups helps people cope with their mental illnesses. They provide assistance in between doctor visits, while we wait for more intense treatments, or just while we wait for another week to pass. I am so thankful for everyone who supports re:MIND allowing the support groups to be free and accessible to each of us. re:MIND has consistently been there for me, helping me to hold on to my stability even during unstable times, and, for that, I am truly grateful.

re:MIND support groups provide hope.
Denise Grigsby

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**re:MIND HOSTED ITS NINTH ANNUAL CIRCLES OF HOPE 'VIRTUAL'
LUNCHEON ON SEPTEMBER 22, 2020.**

This was the first time the annual event was held virtually as a result of concerns around gathering together because of COVID-19. The event raised more than \$320,000 in support of re:MIND's life-saving mission to provide free and confidential mental health support groups for individuals living with, and family and friends affected by, depression and bipolar disorders.

Guests attended the event virtually, chaired by Mary Leslie Plumhoff, the late Craig Plumhoff and Mary Kristen and David Valentine. This year, re:MIND was proud to honor Katie & David Lintner and Mary Zimmerman, Founders of the 7's for 7 Drew Webb Lacrosse Tournament with the Gary Levering Mental Health Impact Award. 2020 marked the 10th anniversary of the tournament, which has not only raised nearly \$300,000 for re:MIND's support groups but has also helped to increase awareness of mental health issues amongst young athletes and their families, friends and coaches. The virtual luncheon featured guest speaker Eric Hipple, a former NFL quarterback, whose ten-year career with the Detroit Lions came to a halt after losing his 15-year-old son to suicide. Since then, Eric has devoted his life to breaking the stigma surrounding mental health issues and helping other families.



WE ARE VERY GRATEFUL FOR THE GENEROUS SUPPORT OF THE
2020 CIRCLES OF HOPE LUNCHEON UNDERWRITERS.

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\$25,000 and above

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Financial Information

January 1, 2020 through December 31, 2020

2020 PER AUDITED FINANCIAL STATEMENTS

SOURCE OF FUNDS

Contributions	1,103,933.00
Special Events	320,798.00
In-Kind Gifts	205,777.00
Investment & Other	381.00
Net assets released from restrictions	24,000.00

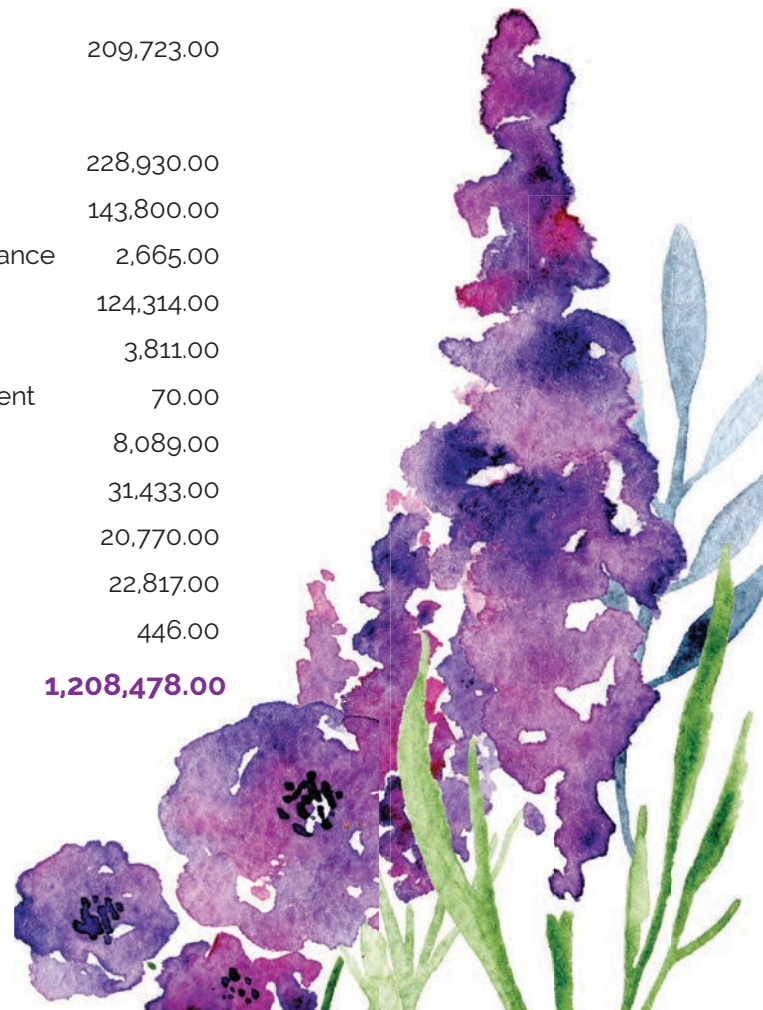
TOTAL SOURCE OF FUNDS 1,654,889.00

Include In-Kind grant from Google, Inc.

USE OF FUNDS

Personnel Staff	508,365.00
Program Facilitators	175,831.00
In-Kind expense- Google Grants advertising	209,723.00
In-Kind expense- imputed support group space rental	228,930.00
Contract Services	143,800.00
Equipment rental and maintenance	2,665.00
Facilities	124,314.00
Fundraising	3,811.00
Furniture, fixtures, and equipment	70.00
Insurance	8,089.00
Office expenses	31,433.00
Other	20,770.00
Technology	22,817.00
Travel and meetings	446.00

TOTAL USE OF FUNDS 1,208,478.00



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