

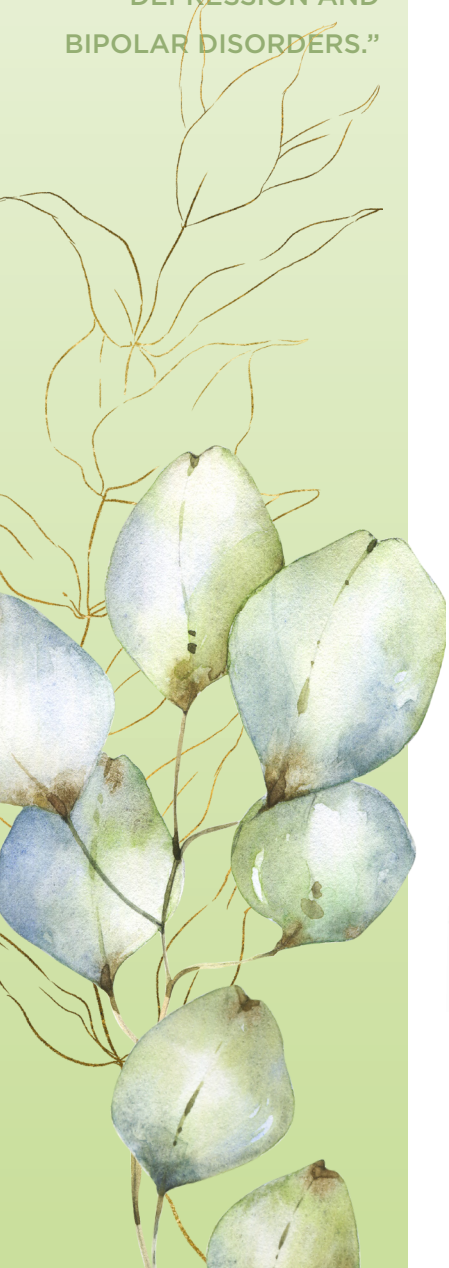
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*Annual
Report*





“I BELIEVE THAT
RE:MIND’S FOUNDER,
GARY LEVERING,
WOULD BE PROUD
TO SEE HOW
THE ORGANIZATION
HE STRONGLY BELIEVED
IN CONTINUES TO HELP
THOSE AFFECTED BY
DEPRESSION AND
BIPOLAR DISORDERS.”



Dear Friends,

IN REFLECTING UPON THIS LAST YEAR AS BOARD CHAIR FOR RE:MIND,

I feel incredibly grateful for this community of support. Because of generous donors such as you, re:MIND was able to sustain its operations during a pandemic — and in the process, become even stronger, at a time when mental services were needed most.

In 2021, re:MIND made the decision to permanently offer both online and in-person support groups for those impacted by depression and bipolar disorders. This began a new chapter for re:MIND as we evolved to meet the changing needs of those seeking mental health services. While the way we provide this support has expanded, our mission remains the same.

Last Fall, re:MIND held its second virtual Circles of Hope Luncheon to allow us to share our mission while also being considerate of continuing COVID-19 concerns. The virtual event, chaired by Pam and Jimmy Erwin and Brittany and Reynolds Lawnin, raised nearly \$300,000 in support of re:MIND’s life-saving mission. We heard from group participants and an online group facilitator about the work re:MIND is doing and how it is directly impacting those we serve. We also honored Houston-based Insperity for the work they have done to support re:MIND and the mental health needs of others during the pandemic.

I believe that re:MIND’s founder, Gary Levering, would be proud to see how the organization he strongly believed in continues to help those affected by depression and bipolar disorders. Supporting good mental health allows individuals to have gratifying and productive lives. You, as donors, understand this mission and allow re:MIND to make a difference in the lives of so many Houstonians.

The demand for re:MIND services has never been greater. I am proud of how the organization has evolved to meet the changing times and changing needs of our community, and I can’t thank you enough for your past support. I hope you will continue to support re:MIND’s mental health mission today and in the years to come.

With gratitude and appreciation,

Mary Kristen Valentine
2021 Board Chair



Mission Moment Letter

With the launch of online support groups, re:MIND participants had the opportunity to connect virtually with new groups and new facilitators. One facilitator, Sita, had a very positive experience with new virtual group members. She shared below how much she appreciated re:MIND's commitment to mental health during this unprecedented period that saw increased need for mental health services.

As re:MIND shifted to online support groups, I was excited for the opportunity to connect with new participants choosing to attend at the beginning of the pandemic. Overall, the online group setting has been impactful for people just like an in-person support group. We are continuing to offer the same high quality support groups online that re:MIND was known for with in-person groups.

At the beginning of each online group session, I make sure each person can see my face as they enter the virtual room. I welcome them individually and then at 11am, when it is time for the group to start, I ask everyone to turn on their cameras.

The regular attendees form their own camaraderie and share the most each time. But, if someone is new to the group, the participants who attend regularly are always very welcoming. They make sure to encourage the new participants and tell them they are going to have a great time.

I noticed at the beginning of the pandemic, there was a common underlying theme of talking about Covid and not being able to leave the home. Once the vaccinations began, the conversation shifted more to how everyone is adapting post-Covid with things such

as "I went to the grocery store this week" and "I went on a date", etc.

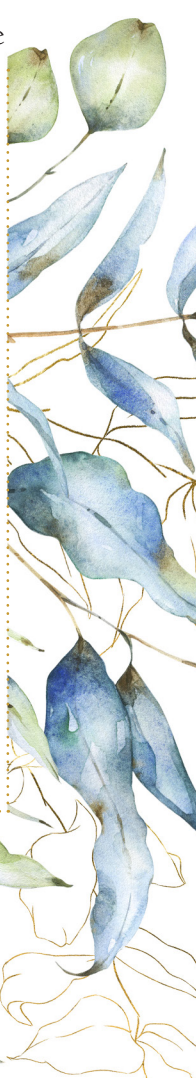
Unfortunately, it seems everyone has regressed in some way because of the social setbacks of the pandemic. Many felt the same anxieties and fears of everyone else but combined with a mental health issue, they were struggling more. There was anxiety and depression over not being able to go out, the elections, the winter storm, losing jobs, trying to find new jobs, but they have supported each other through each of these challenges — and continue to each week.

From my perspective, the true value of re:MIND support groups is knowing you are not isolated. You are not alone. These groups allow people to know it's okay to feel a certain way and to know they are not the only one feeling this way. I like the format of the groups because it encourages them to talk to each other and provide feedback to each other.

The online groups have allowed people to feel in control of their mental health. The online groups have also provided an opportunity for people who would have never attended an in-person support group because of severe social anxiety or physical limitations, transportation, or other reasons, a way to attend virtually. For some participants, we are the only interaction they have all week.

There is a sense of hope for each of them and you can tell they are thankful for the hour they spend in the online support group each week.

re:MIND support groups provide hope,
Sita



2021 Annual Giving

WE ARE
VERY GRATEFUL
FOR THE
SUPPORT OF
THE FOLLOWING
DONORS.



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\$50,000 to \$99,999

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2021 Annual Giving

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Every effort has been made to ensure the accuracy of our donors and their gifts. In the case of a discrepancy, please contact the development office at 713.600.1133.





NOW VIRTUAL

re:MIND hosted its Tenth Annual Circles of Hope 'Virtual' Luncheon on September 21, 2021.

Due to social gathering concerns with the continuing pandemic, we gathered together virtually with luncheon co-chairs Pam and Jimmy Erwin and Brittany and Reynolds Lawnin. Despite being virtual, the event met its goal, raising nearly \$300,000 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.

This year, re:MIND was proud to honor Houston-based Insperty with the Gary Levering Mental Health Impact Award. Insperty is a 35-year-old company with more than 70 offices across the U.S. The organization provides human resources support for small and medium sized businesses, which goes hand in hand with supporting mental health in the workplace and community. Insperty also supported re:MIND with decisions and planning in order for operations to continue at a modified level during the pandemic. They also assisted with financial support, applying for funding and connecting our organization to other businesses in order to bring awareness of re:MIND's services.

The virtual luncheon featured stories from a re:MIND facilitator and two re:MIND participants on the impact of support groups when the mental health needs were so great. The luncheon speakers reiterated how the addition of virtual groups made such a difference for them, and because of this, re:MIND announced that the program would permanently offer both in-person and online support groups free to participants moving forward.



*We are very grateful for the generous support of the
2021 Circles of Hope luncheon underwriters.*

**TODAY'S MORNING LIGHT
\$25,000 AND ABOVE**

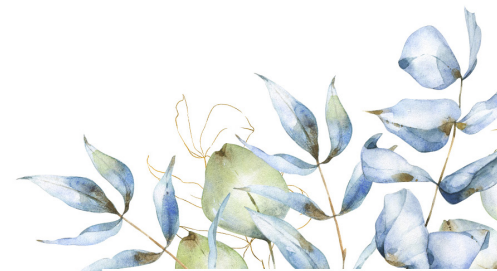
The Marie M. and James H. Galloway Foundation
Marie Louise and David Kinder

**RAY OF HOPE
\$10,000**

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Janita and Garney Griggs/Cecille and George Shannon
Pam and Jimmy Erwin/Brittany and Reynolds Lawnin
Cynthia and Ben Guill
Lindsay and Jonathan Hyman
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Mary Leslie Plumhoff/Alison and Jonathan Plumhoff/Mary Kristen and David Valentine
Lynda Underwood/Christine and David Underwood

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Financial Information

January 1, 2021 through December 31, 2021
2021 PER AUDITED FINANCIAL STATEMENTS

SOURCE OF FUNDS

Contributions	776,789.00
Special Events	279,075.00
In-Kind Gifts	435,020.00
Investment & Other	463.00
Net assets released from restrictions	152,000.00

TOTAL SOURCE OF FUNDS 1,701,276.00

Include In-Kind grant from Google, Inc.

USE OF FUNDS

Personnel Staff	491,091.00
Program Facilitators	203,083.00
In-Kind expense- Google Grants advertising	435,020.00
In-Kind expense- imputed support group space rental	2,524.00
Contract Services	84,311.00
Equipment rental and maintenance	2,969.00
Facilities	127,096.00
Fundraising	32,443.00
Furniture, fixtures, and equipment	121.00
Insurance	6,840.00
Office expenses	25,572.00
Other	9,336.00
Technology	24,557.00
Travel and meetings	1,198.00

TOTAL USE OF FUNDS 1,447,583.00



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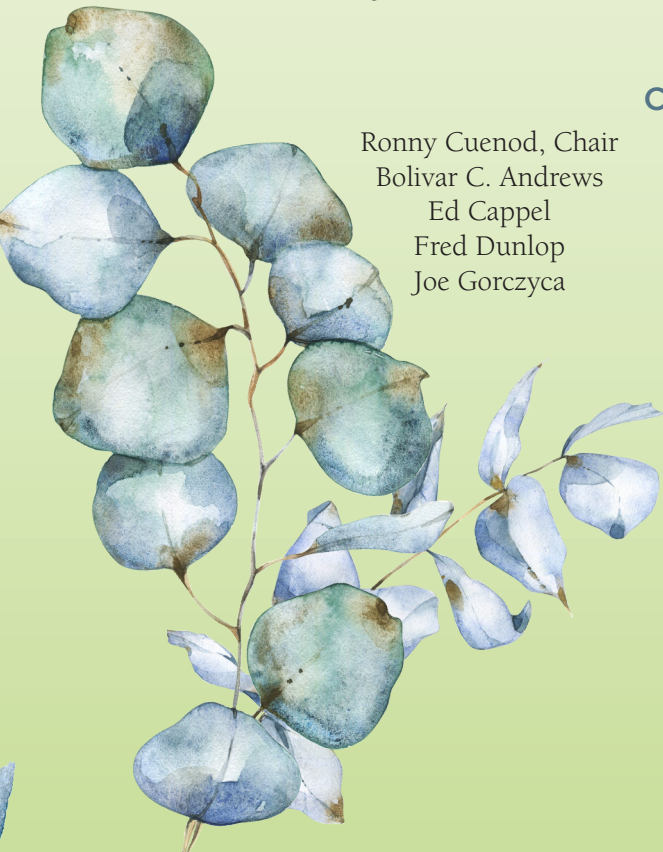
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(1939-2014)



re: MIND

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re:MIND is a 501(c)(3) nonprofit organization.
All gifts to re:MIND are tax-deductible to the extent allowed by law.

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