

2023 annual report

Celebrating
twenty years
of support

re:
MIND **20** YEARS
of
SUPPORT
DEPRESSION & BIPOLAR SUPPORT



Dear Friends,

As I finished 2023 as Board Chair of re:MIND, I felt very thankful for the dedicated support this organization sees from its multiple donors in the community. It was an honor to serve in this position during re:MIND's 20th anniversary and reflect on the growth and evolution of this wonderful organization.

Our focus in 2023 was on celebrating the success of re:MIND on its 20th anniversary as we pivoted to the organization's future. As re:MIND has evolved, so has the topic of mental health becoming less and less stigmatized. Re:MIND (re:MIND) provides support groups in-person and online, which ensures participants have weekly stability and an opportunity to come together with others who are also living with or struggling with mental health challenges.

The re:MIND support group program had a year of success seeing 27% growth in 2023! By the end of the year, re:MIND was providing education and support group services in seven school districts, serving youth ages thirteen and up. This year also marked the first post-COVID year as our operation returned to fully staffed facilitator and program coordinator levels. The facilitators are the backbone of the work that we do, and we are thankful for the dedicated work they provide. At the end of 2023, re:MIND had twenty community groups, thirteen youth groups, and seventeen online support groups, serving 1,661 people in our community with 13,178 units of service.

Last fall, we held one of the most successful Circles of Hope Luncheons to date, raising more than \$420,000 in support of re:MIND's life-saving mission. It truly was a representation of celebrating the past 20 years as we honored David Kinder with the Gary Levering Mental Health Impact Award. We heard from Zak Williams, the son of Robin Williams, on the importance of good mental health support throughout your life.

It is amazing that over the past 20 years, re:MIND has flourished because of donations from individuals, foundations, and corporations, like those recognized in this report. Further, this support has allowed re:MIND to become the largest affiliated chapter in the United States for the Depression and Bipolar Support Alliance. Due to this, we can continue to help those suffering from depression, bipolar disorder, and other mental illnesses in new ways. The demand for re:MIND services has never been greater.

I cannot thank you enough for your support. I hope you will continue to support re:MIND's mental health mission today and in the years to come.



Mary Catherine Sharman
2023 Board Chair

Mission Moment Letter

My name is Courtney and I have been diagnosed with depression and anxiety. It was an honor to share the story of my mental health journey at the 2023 Circles of Hope Luncheon. I'm a high functioning full-time working professional, community leader, volunteer — and I do it all with a genuine smile.



I have been a participant of re:MIND support groups for the past 7 years. I have been in counseling on and off since I was 18 and while the individual setting has been helpful, I prefer the group setting where it isn't just focused on me, but where I can talk to peers going through similar struggles.

I began in the Piney Point group because the location was closest to me but then during COVID, I switched to the online platform groups. Today, I continue to attend the Women's group online every week. The re:MIND facilitators are the best mental health team you could ask for to help you. They provide support and nonjudgmental structure for us to share. They have great listening skills and are very attentive.

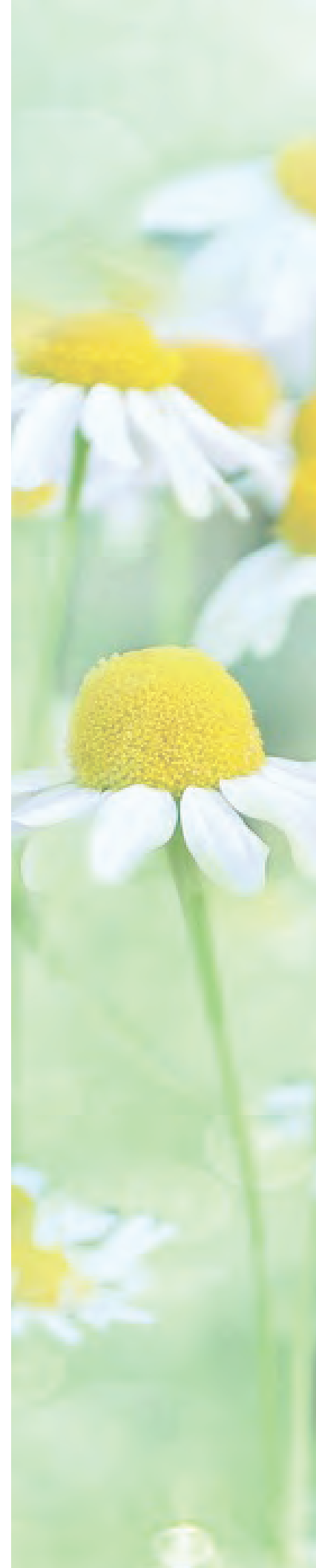
In the support groups, the camaraderie is nice because we have gotten to know each other, so each week we pick up right where we left off. We rely on each other for advice and support when needed. We discuss topics such as dating, which in a post-pandemic world is really tough, and we talk about our jobs and managing stress to avoid burnout.

I am personally working on a term called radical acceptance which is learning coping skills to find a way to accept things the way they are and letting go of bitterness that can spiral into a cycle of suffering and unhappiness. Joining a re:MIND support group was a pivotal decision that changed my life. I encourage anyone to attend a group because chances are you or a family member or friend are affected by mental health issues.

I remember how financial assistance helped my mother and me thrive in my younger years, so I became a re:MIND donor myself and am proud today that I am now a member of the re:MIND Advisory Board.

Courtney Caldwell

2023 Circles of Hope Luncheon Mission Moment Speaker
re:MIND Advisory Board Member



2023 Annual Giving

\$100,000 to \$149,999

The John S. Dunn Foundation
The Hamill Foundation

\$50,000 to \$99,999

The Cullen Trust for Health Care
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IS EXTENDED TO THE
INDIVIDUALS, CORPORATIONS,
FOUNDATIONS AND
COMMUNITY ORGANIZATIONS
WHO MADE PHILANTHROPIC GIFTS
TO THE re:MIND
ANNUAL GIVING FUND AND THE
CIRCLES OF HOPE LUNCHEON
BETWEEN JANUARY 1, 2023,
AND DECEMBER 31, 2023.

2023 Annual Giving

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2023 Annual Giving

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2023 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.



re:MIND hosted its Twelfth Annual
Circles of Hope Luncheon
on September 26, 2023.

More than 400 guests attended the 2023 Circles of Hope Luncheon to celebrate the 20th anniversary of re:MIND. Chaired by Christine and Blake Williams, the event raised more than \$420,000 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. The funds raised also contributed to opening two new support groups.

David Kinder was honored with the Gary Levering Mental Health Impact Award for his invaluable contributions to re:MIND and mental health awareness in the community. David has been a member of the re:MIND Board of Directors since 2015, serving as Board Chair in 2019. He and his wife Marie Louise Kinder served as Luncheon co-chairs in 2017. David's leadership was pivotal as he led this organization through transition while remaining focused on maintaining the mission at hand. The luncheon featured keynote speaker Zak Williams, son of the late Robin Williams, and fierce mental health advocate.

In 2003, Gary Levering saw the potential for growth in free mental health services. His vision was to strengthen the organization and expand its reach in the community. He did this by identifying and recruiting a strong board of directors, generating significant funding, and hiring professional staff to run the program. 20 years later, these free mental health support groups are still in existence today.





We gratefully acknowledge our generous luncheon sponsors.

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Celebrating 20 Years of Support



Financial Information

January 1, 2023 through December 31, 2023

2023 PER AUDITED FINANCIAL STATEMENTS

SOURCE OF FUNDS

Contributions	\$775,862.00
Special events	417,462.00
In-Kind gifts	597,400.00
Investment & Other	39,109.00
Net assets released from restrictions	238,689.00

TOTAL SOURCE OF FUNDS **\$2,068,522.00**

USE OF FUNDS

Personnel staff	\$615,347.00
Program facilitators	306,054.00
In-Kind expense	597,400.00
Contract services	101,385.00
Equipment rental and maintenance	2,863.00
Facilities	124,570.00
Fundraising	1,666.00
Insurance	7,162.00
Business expense	8,344.00
Office expenses	43,193.00
Other	5,597.00
Technology	26,216.00
Travel and meetings	7,322.00
Depreciation	3,946.00

TOTAL USE OF FUNDS **\$1,951,498.00**

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Mission: re:MIND provides free and confidential support groups for individuals living with, or family and friends affected by, depression and bipolar disorders.



re:
MIND

DEPRESSION & BIPOLAR SUPPORT

re:MIND provides free and confidential support groups for individuals living with, and family and friends affected by, depression and bipolar disorders.

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

re:MIND
P.O. Box 27607, Houston, Texas 77227
713.600.1131 phone
713.600.1137 fax
www.remindsupport.org