



"The hope that the group provides me is that I can look at others in similar situations and see them getting better."



2006 ANNUAL REPORT



DEPRESSION AND BIPOLAR SUPPORT ALLIANCE

LETTER FROM THE PRESIDENT

Serving as President of the Board for DBSA Greater Houston allows me the opportunity to work with one of the most dynamic charitable organizations in our city. Our staff and board are committed to our mission of providing free support groups to people suffering from clinical depression and/or bipolar disorder. This dedication saw DBSA Greater Houston honored nationally by DBSA with the “Outstanding Chapter of the Year” award! This was a wonderful accomplishment which we hope to repeat many times in the future.



Truly, our most significant accomplishment last year was the creation of our first Strategic Plan. This was accomplished with assistance from Carla Cooper of Dini & Associates and our dedicated board and staff. This was a very thoughtful and time consuming process led by our 2006 President, Franna Litton. I give her great thanks because this document is now providing our organization with the necessary time lines in all aspects of our work from service goals and administrative to financial and development. This plan is our roadmap for success!

2006 also saw us begin the process of creating our first marketing plan with the help of Hugh Williams and Ralph Joffrion from Executive Services Corps of Houston (ESCH). I am pleased to say that this is now complete and will serve us well as we raise our profile within the greater Houston area. It will also give us an “action plan” on how to successfully open up new support groups.

At the start of 2007, DBSA Greater Houston is on sound financial footing due to the generosity of many individuals and foundations. In fact, our fundraising goals for 2006 were exceeded by almost 10%, and our expenses actually came in under budget! Charitable giving to DBSA Greater Houston reached its height toward the end of 2006 when we were honored with a very generous gift from the John S. Dunn Research Foundation. This donation allowed us to add another Program Coordinator, David Moore, to assist our already overly busy Program Coordinator, Jennifer Urbach. I would be remiss if I were not to mention that during 2006, we also added our Executive Director, Jackie St. Germain and Office Manager, Sandy Robertson. We are humbled by the generosity of so many who have chosen to support our cause.

Our main challenge for 2007 is very simple – to keep up the momentum! In the service area we plan to open 8 to 10 adult and adolescent support groups. Our priority is to have at least one of these groups serving each of the following: Jewish community, Hispanic community, and the indigent population. I am delighted to say that we are well on our way to accomplishing this priority. In fact, we expect to announce up to 6 new support groups within the next 90 days!

Our next priority item deals with our 48 volunteer facilitators. These people are our most important assets so we are working hard to provide them additional training and resources. This will enable them to be more effective leading their support groups. Their work is quite demanding, both physically and emotionally, so we need to do all that we can to tend to their needs.

I am also pleased to announce that DBSA Greater Houston has begun to invest time and effort in the area of research. In that regard, we have one project started under the leadership of Ralph Culler, Ph.D., a research expert. This project is designed to statistically measure the efficacy of our group support model. There has been little research done in this area, and we hope to develop work that will validate what we intuitively know to be true – support groups offer real help in the recovery of individuals suffering from clinical depression and/or bipolar disorder. Additionally, Tom Kennedy, Ph.D., our facilitator at the Jester Prison, unit has plans to develop research based on follow-up contact with his group participants after release, demonstrating the relationship between compliance with medication, group support and recidivism. Many of us feel that if we can keep recently released prisoners on their medication and attending group support meetings, the chance they will be re-incarcerated will drop dramatically.

Finally, I would add that I have been asked by a number of people why DBSA Greater Houston has been so successful. The answer is quite simple – there exists a tremendous need for our wonderful mission, and we have an exceptional board and staff to implement it.

Thank you very much,

A handwritten signature in black ink that reads "Edward H. Cappel". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Edward H. Cappel



“DBSA has really helped me in so many ways. It has helped me not (be) so alone. I love all of the facilitators.”

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THE COMMITMENT OF DBSA

Mission Statement

The mission of Depression and Bipolar Support Alliance Greater Houston (DBSA) is to sponsor free support groups that assist in the recovery of individuals with depression and/or bipolar disorder.

Vision Statement

With support groups provided by Depression and Bipolar Support Alliance Greater Houston (DBSA), every person with depression and/or bipolar disorder can enhance their recovery from these treatable illnesses.

Goal Statement

Depression and Bipolar Support Alliance Greater Houston (DBSA), will be the leading provider of well attended, effective support groups throughout the Houston metropolitan area. This support will include collaboration with community resources to enhance the recovery of individuals with depression and/or bipolar and to incorporate the families in the recovery process.



SPECIAL PROGRAMS AND COLLABORATIONS

Covenant House

Covenant House Texas, a non-profit human service agency, provides emergency shelter, crisis intervention, transitional housing and community-based services to homeless, runaway, “throwaway” and at-risk youth under the age of 21. In 2006, our services were expanded from one to three groups weekly.

Jester-Prison Unit

Our collaboration with Jester-Prison Unit consists of two groups which target inmates with the diagnosis of depression and/or bipolar diagnosis. Since most of these inmates are incarcerated for some type of drug charge, they all receive specific education on drug/substance abuse issues.

The Gathering Place

The Gathering Place provides a day facility operating on a clubhouse model for persons with severe and persistent mental illness. The agency provides different types of supportive services which assist in keeping individuals in a less restrictive living environment. DBSA has had an ongoing collaborative relationship with The Gathering Place whereby we provide two active support groups. Until 2006 we had one group at their South Post Oak location. In 2006, DBSA added an additional group at The Gathering Place’s new location at 3630 W. Dallas, Suite 140, Houston, TX 77019.

El Centro De Corazón

In 2006, a group designed for women only began. This group is conducted in Spanish and occurs during the lunch hour. This allows women the opportunity to attend group during a convenient time, which doesn’t interfere with other obligations. El Centro De Corazón is a community-based health center which provides medical and behavioral healthcare to Houston’s East End.

SEARCH’s Discovery Program

SEARCH has become the leading homeless service provider in our community, serving more than 10,000 men, women, and children each year. SEARCH is unique in that they serve all segments of the homeless population: the sons and daughters of the welfare generation, the unskilled laborers, the substance abusers, the battered and abused, and the mentally and physically handicapped. Former business professionals and “those who never dreamed it could happen to them” are also their clients. DBSA holds a group one time per week at the women’s shelter for up to 10 clients. This group is offering hope and assistance to these women where little existed before.



“Before we leave, I would like to tell the group something. My wife and I have very different experiences in the group and, as we drive home, we talk a lot about our different perceptions. I want the group to know that what has been shared here over the last couple of weeks has given me a new understanding of what my wife goes through and has made me a better husband and a better caregiver for my wife.”



GENERAL

DBSA Greater Houston began 2006 with 20 groups located at 15 sites. During the course of the year an additional 18 groups opened at 7 new locations. By the end of 2006, DBSA worked with over 400 individuals on a weekly basis. DBSA has two basic types of groups. These include our groups open to the public and those groups that are considered “closed groups.” Closed groups are for members of the location where the group occurs. Closed groups are located at The Covenant House, Jester at the prison, SEARCH residential program for women, and The Gathering Place.

Historically, DBSA support groups were limited to adults, however, during the 2006 expansion we added three groups for adolescents. All adolescent groups are conducted by a licensed, master’s prepared therapist. Parent or caretaker groups occur at the same time as the adolescents, and they are highly encouraged to attend these groups.

Our most recent survey indicates the following demographics of group members:

- 55% are female and 45% male
- 85% of the group members are depressed or bipolar and 15% are family members
- 80% of the members have some college education
- The age range of attendees is primarily between 40–55
- 12% of attendees are Black, 66% Caucasian, 20% Hispanic, and 2% other

ADOLESCENT AND PARENT GROUPS

In 2006, DBSA Greater Houston began providing groups specifically for adolescents, ages 13-17. The DBSA Greater Houston model is to provide parent and/or caretaker groups at the same time that the adolescent groups meet. This allows parents the opportunity to share their experiences and knowledge about raising adolescents with the diagnosis of depression and/or bipolar disorder. It is our policy that adolescent groups will always be conducted by a paid, fully licensed Master’s prepared professional.

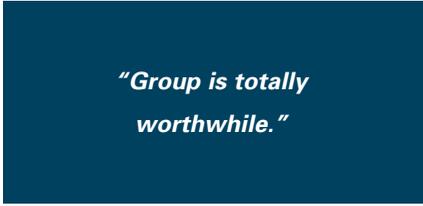
The Youth Service Center

(formerly known as The Chimney Rock Center)

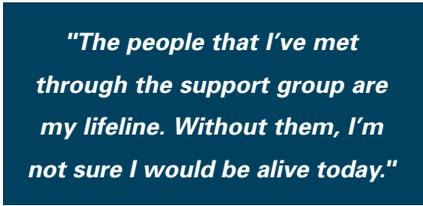
The Youth Service Center group, a collaboration with Children’s Protective Services, began as an effort to provide support groups for the adolescents either in custody of children’s protective services or juvenile probation. While these groups are open to the public, being on the grounds of The Youth Service Center presents parents and/or caretakers a location that is both well known and easily accessible.

Katy and Sugar Land

The Katy and Sugar Land groups are open to the public. They were opened in 2006 to address the increased number of calls from these areas. Often the callers indicated that driving into the Metro area was difficult and could hinder their ability to attend groups. Responding to this need and the fact that these communities continue to grow rapidly, we began groups in these areas.



“Group is totally worthwhile.”



“The people that I’ve met through the support group are my lifeline. Without them, I’m not sure I would be alive today.”



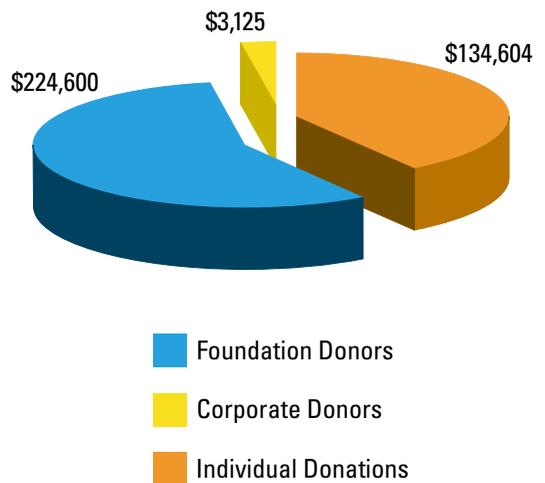
DBSA Greater Houston
Depression and Bipolar Support Alliance
2006 Financial Information

INCOME STATEMENT 2006

Jan – Dec 06

Income	
Contributions	
Corporate	\$ 3,125.00
Foundation	224,600.00
Individual	<u>134,603.63</u>
Total Contributions	362,328.63
Membership Dues	1,107.00
Interest on Accounts	12,594.77
Other Revenue	<u>8,828.02</u>
Total Income	<u><u>\$ 384,858.42</u></u>
Expense	
Payroll	
Salaries	\$ 177,052.27
Benefits	24,548.36
Program Facilitators	49,282.92
Professional Development	3,143.96
Rent/Facilities	14,976.23
Office Equipment	9,283.45
Volunteer Support	5,064.00
Fundraising	2,820.54
Printing/Postage	8,927.65
Other Expenses	<u>12,780.09</u>
Total Expense	<u><u>307,879.47</u></u>
Surplus	<u><u>\$ 76,978.95</u></u>

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