



There is such beauty in healing and hope; DBSA offers real people real coping strategies through support. I am honored to be a part of DBSA – as a Professional Facilitator, as a group member, as a true believer in the healing power of people.



Depression and Bipolar Support Alliance

Greater Houston
www.dbsahouston.org

2010 ANNUAL REPORT

OFFERING FREE SUPPORT TO HOUSTON



PRESIDENT'S REPORT

As I begin my year as president of Depression and Bipolar Support Alliance Greater Houston (DBSA), I want to acknowledge what my predecessor, Jan Redford, brought to her presidency last year and the extraordinary dedication of the DBSA staff. 2010 was one of DBSA's most successful years, due in large part to Jan's leadership, vision and commitment to the organization's mission of improving the lives of those with depression and bipolar disorder. In 2011, we will continue to build on the momentum of my predecessors and past boards in all facets of the organization—support group expansion, development, community awareness and board development.

GROUP EXPANSION

Because of the community support and in response to the area-wide need to expand the reach of DBSA, the organization begins 2011 with 70 weekly support groups at 38 locations. Peggy Roe led the Group Expansion Committee in 2010 and has agreed to continue her leadership role in 2011. Since 2008, DBSA has expanded its growth efforts to serve what we consider to be unique populations, those individuals who are more prone to suffering with depression and bipolar disorder. The populations that will get special emphasis are veterans who suffer from the post-traumatic effects of combat; seniors with depression; adolescents; young adults; the incarcerated; and finally, working closely with the Harris County juvenile justice system to reach out to kids whose run-ins with the law are largely attributed to mental health issues.

DEVELOPMENT

The community support DBSA received in 2010 was truly unprecedented in the organization's history. In a year in which the national and local economies were still recovering from a prolonged recession, DBSA exceeded its fundraising goal by 7% and achieved an unprecedented level in total contributions. Through the kind generosity of many donors, DBSA continued in its group expansion and community awareness efforts. We are deeply grateful to the individuals, foundations and corporations who financially invested in DBSA's mission this past year. I want to personally thank Carol Ann Paddock, chair of the 2010 Development Committee, and Christina Wilkerson, Development Director, for their efforts and leadership. I look forward to working with our new Development Chair, Phyllis Selber, as she helps lead our 2011 fundraising efforts.

COMMUNITY AWARENESS

The year began with two significant events that I believe will go a long way in raising community awareness of mental illness. On January 8, 2011, a lacrosse tournament was held in memory of Drew Webb, an exceptional athlete and scholar, who lost his life to suicide. Drew's former teammates from the Cornell University lacrosse team made a special trip to Houston to participate. The Cornell alumni were among a number of teams in all age groups who participated in the tournament honoring Drew's memory, the proceeds of which will go to DBSA. On the very same day of the tournament, a longtime DBSA board member and exceptional group facilitator, Dick Walters, died from complications of cancer. His life was the personification of the DBSA mission—reach out to those in need through the empowerment offered by DBSA support groups. Fortunately for us all, hundreds heard that message at Dick's funeral service. A dedication in memory of Dick Walters can be found on the back page of this Annual Report.

BOARD DEVELOPMENT

The Board of Directors, with whom I am privileged to serve as Board President, is comprised of people dedicated in carrying out the mission of DBSA. The inspiration behind the growth of DBSA over the past ten years has been and continues to be Gary Levering, who was given the title of President Emeritus in 2010. We are being joined this year by seven new Advisory Board members, all of whom sought out service to DBSA because of personal experiences or the realization of the need to assist DBSA in its important work. We look forward to the future leadership of these exceptional people and thank them for their service. I want to recognize the other committee chairs for 2011: Clyde Buck, Audit; Martin Debrovner, Finance; Fred Dunlop, Legal; Keith Kimmick, Community Outreach, Elke Laughlin, Communications; and Jan Redford, Nominating and Governance.

As I assume my role in 2011, I should acknowledge the exceptional staff of DBSA - Executive Director Glenn Urbach, Julie Schultz and Jennifer Strich, Program Coordinators, Christina Wilkerson, Development Director, Nelly Ray, Business Manager, and Amy Gusman, Executive Assistant – and the numerous facilitators without whom DBSA would not exist. Our lofty ambitions cannot be achieved without their dedication and work.

Thank you for your effort in support of DBSA in 2010 and beyond.

Will Penland, 2011 DBSA Board President

After my diagnosis, I really didn't know what to do with my label "bipolar." The support group helped me in realizing I wasn't the only person feeling helpless and angry about that description. It had a very calming and grounding effect for me. Now, I'm working on my recovery by helping members who felt like I did almost 2 years ago. Instead of it being a stigma, it's become a banner I wear proudly because of the importance for others to learn about DBSA Houston and find their way to recovery and acceptance.



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THE COMMITMENT OF DBSA

OUR MISSION:

Depression and Bipolar Support Alliance Greater Houston (DBSA) sponsors free support groups that assist in the recovery of individuals with depression or bipolar disorder.

OUR VISION:

With support groups provided by DBSA, every person with depression or bipolar disorder can enhance their recovery from these treatable illnesses.

OUR GOAL:

DBSA will be the leading provider of free, 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 or bipolar disorder and to incorporate families and friends in the recovery process.



2010 DBSA PROGRAM ACHIEVEMENTS

In 2010, DBSA Greater Houston continued its work in helping those with depression and bipolar disorder live lives of fulfillment and promise. To the family members, friends and caregivers that our support groups have also served, it is our hope that you found your own strength, comfort and guidance. As we prepare for 2011, DBSA will continue to dedicate itself in reaching out to the many Houstonians who need depression and bipolar support groups as they navigate their own roads to recovery.

At the end of 2010, DBSA was facilitating up to 70 weekly support groups at 38 different locations, making the organization the largest provider of mental health support groups in the Greater Houston area and the largest DBSA chapter in the nation. During the past year, DBSA started new support groups at the Harris County Jail for male and female inmates suffering from mood disorders, and whose incarceration is directly tied into their respective mental illnesses. As reported in a number of media outlets, Texas ranks 49th in the nation in state mental health funding. In fact, our correctional system, both here in Houston and in the state, serves as the largest residential treatment facilities for the mentally ill among us. The work of non-profit organizations like DBSA helps fill the gap in services for those whose voices are often voiceless. Stopping the cycle of incarceration not only helps thousands of Houstonians regain a sense of stability and empowerment but also serves to strengthen our entire community in a positive fashion.

Mental health research has shown that mental illnesses are often genetically linked, passed down from one generation to the next. Often the first signs of depression and bipolar disorder occur in the adolescent to young adult years. Early intervention is the key to a lifetime of success in managing a mental illness. To respond in a proactive manner, DBSA partnered in 2010 with Communities in Schools in sponsoring adolescent support groups at a number of local area high schools. At the end of 2010, we were sponsoring support groups for the students of Lamar, Reagan, Milby, Lee and Sam Houston High Schools, with more adolescent groups to come online in 2011.

DBSA also worked diligently in 2010 to educate the public about depression and bipolar disorder through speaking engagements and other public presentations. Removing the stigma of mental illness is something all of us can do by making it safe for others to step out of the shadows and onto a road to recovery. This past year, staff and board members made presentations to local area universities, high schools, civic clubs, social service agencies, the criminal courts and crisis centers. DBSA is wholly committed to removing the stigma of mental illness and we will be redoubling our efforts in community outreach during the course of 2011.

As our name has grown synonymous with depression and bipolar disorder, DBSA was an important resource to local media outlets covering a wide range of stories related to the mentally ill. In 2010, the organization was featured prominently on National Public Radio, KPRC Channel 2 and KIAH Channel 39 and in the pages of the Houston Chronicle, Houston Business Journal and the 2009 Houston Endowment Annual Report.

For the work performed by DBSA in 2009, we were honored for the second time in our history at this year's DBSA National Conference in Chicago. For our work in 2010, DBSA won the Leadership in Action award presented by Leadership Houston.

In closing, DBSA has come a long way since its first annual report back in 2006. The organization has expanded its support groups to every geographic area in the Gulf Coast region. We were the first DBSA chapter in the nation to begin sponsoring support groups for special populations more prone to mood disorders. We can proudly report that, during the past year, thousands of Houstonians walked through the doors of churches, community centers and hospitals and into the embrace of our support groups. All of our accomplishments begin with a dedicated staff, a passionate board and generous donors who care about the mental wellness of those suffering from these difficult, yet treatable, mental illnesses.

Please know that DBSA sees you not just as a donor but as a partner in its cause and values your contributions in both time and treasure. Thank you.

Glenn Urbach, Executive Director

FACILITATORS

The success of every DBSA support group is due to the commitment of the facilitators. These individuals are the heart and soul of DBSA, and we depend on their hard work every day of every week. Thank you to the following dedicated DBSA volunteer and professional facilitators.

Jill Ahrens	Cyndi Dunn	Tracy Mosely	Wayne Schneider
Belinda Alman	Danielle Ellis	Joshua Mueller	Suzanne Senn
Rex Alman	Elisha Enard	James Mukley	Richard Seu
Carmen Anderson	Melissa Engel	Lee Ann Nichols	Marianna Shelton
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Andrea Battle	★ Martha Hanson	Sandra Parish	Joeil Southward
Jeff Bornstein	Phil Hanson	Marilyn Patterson	Angie Stephens
Talaisha Branch	Bryan Howell	Cindy Pavlock	Ken Sumner
Katrina Brauer	Sarah Hyde	Tawney Pearson	Pat Sumner
Mary Ann Brauer	★ Evelyn Jewell	Nikki Perry	Karen Taylor
Andy Brazda	Nancy Kahn	Michelle Plamondon	Sharon Throckmorton
Christina Brazda	Rosemary Kallinen	Alfred "Freddie" Porras	Timothy Tindel
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Mamta Chhabra	Tom Kennedy	Chuck Pyle	Faye Walker
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Roberta Culbertson	Dagny Lodowski	Judy Rodriguez	★ Ted Weiss
Shannon Cutshaw	★ Stephanie McGraw	Bill Rudolf	Jill Wheeler
Amal Dakkour	Jamie McIntire	Danny Sage	
★ Lois Davis	Cynthia Moore	Josie Salazar	

★ *These facilitators are also DBSA Board Members.*

DBSA Greater Houston 2010 Financial Information

	Jan – Dec 10		Jan – Dec 10
Source of Funds		Use of Funds	
Contributions:		Personnel:	
Corporate	\$ 15,733	Payroll Expenses	\$ 361,993
Foundations	475,800	Contract Facilitators	105,423
Individuals	190,414	Other Contract Labor	9,387
Total Contributions	681,947	Restricted and Unrestricted Reserves	83,527
Interest on Accounts	475	Rent and Facilities	35,379
Other Revenue	5,340	Marketing, Printing, and Postage	32,986
Total	<u>\$ 687,762</u>	Insurance	9,143
		Office Expenses	30,041
		Volunteer Support	2,053
		Education and Training	4,935
		Fundraising	921
		Legal and Accounting	11,974
		Total	<u>\$ 687,762</u>

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE GREATER HOUSTON CIRCLE OF HOPE

We are grateful to the following donors who generously supported our organization in 2010.

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Gareth and Janie Cook

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Jan and David Redford

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Cissie and Dillon Ferguson

Mrs. David H. Knapp
Ann G. Trammell

Jo Ann and Gary Levering
Anonymous
John and Vicki Bitner
Sally and Joe Bridges
Anne and Bob Baillio
Betty and Richard Carrell
Vicki and Jim Clepper
Nina Maria and Gary Cole
Jackie and Fred Dunlop
Juanity and Garney Griggs
Marilyn and John Holstead
John W. and Ann K. Johnson
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Linda and Robert Ligon
Louis and Janet McCarter
Janice Dougall Melcher
Steven and Sheila Miller Foundation
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Susan and Will Penland
Dave and Marti Peterson
Nancy Porteous-Thomas
Frank and Martha Smith
Mr. and Mrs. David M. Underwood
Clark Williams

Franna Litton
Missy and Ron Bandy
Sandy and Richard Lucas

Sheri Lynn
Anonymous
Carolyn Kenyon

Gaye and Ed McCullough
Carla Knobloch

Wells McGee
Emily and Holcombe Crosswell

Flo and Bill McGee
Ann G. Trammell

Sandra McHenry
Anonymous

Susan Pavlica
Anonymous

The Piney Point DBSA group
Linda and Don Condon
Susan Pavlica
Kelly Walberg

Jan Redford
Missy and Ron Bandy
Mr. and Mrs. Roy E. Box Jr.
Sharon G. Ley
Sharon and Bob Lietzow

Mr. and Mrs. J. Dickson Rogers
Susan and Will Penland

Dorothy R. Schneider
Wayne Schneider

Phyllis Selber
Janet Caldwell
Phyllis and Steven Segal

Mr. and Mrs. Scott Sturges
Ann G. Trammell

Elizabeth J. Styers
Rosemary Jablonowski

Mrs. Carolyn Trammell
Ann G. Trammell

Mr. and Mrs. David Underwood
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Ted Weiss
Dorothy and Hall Webb

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Rob and Sue Bushman

Aaron Chernosky
Al and Jean Chernosky
Karen Moody

Matthew Cook
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Dr. Peggy Brown Ingram
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Tripp Cooke
Jo Ann and Gary Levering

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David S. Brollier
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Vivien and Scott Caven
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Morgan and Pat Copeland
Tee Couch
John J. Crossin and Lindsay Crossin
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Barbara Fosdick
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Twilight and Marc Erwin
Anne and Robin French
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Throckmorton
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Alicia and Monroe Garrison
Kay and Fred Zeidman

Will Flesner
Elizabeth and Albert Kidd

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Alcorn
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Merrell and Chris Athon
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Bischoff
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Colvin Worth
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Gayle Pearson
Rufus and Kay Schmidt
Tommye and George Zenner

O.J. Weber
Martha Neil and Bobby Gamblin
Jo Ann and Gary Levering
Franna and Ted Litton



DICK WALTERS

This year's Annual Report is dedicated in loving memory to Richard "Dick" Brooks Walters (1945 – 2011), who lost his battle with bladder cancer on January 8, 2011. Dick lived his life to the fullest and touched many people through his friendships, church, law practice and volunteer work for Lamar High School, Chapelwood United Methodist Church and, of course, DBSA. His passing has left all of us thankful for our time with him and grateful for the difference he made at DBSA through his work as both a longtime Board member and a support group facilitator.

Dick was an integral part of DBSA since its earliest years. When talk of growing DBSA into a bigger and better organization started, Dick was at the forefront of those early discussions. He joined Gary Levering (DBSA President Emeritus) in visiting all the groups to determine what they had to work with and what needed to happen to take DBSA to the next level. And with those visits came the inception of the first official Board of Directors, on which Dick faithfully served since 2006.

Dick openly lived with depression and, rather than letting the illness hold him back and lead to isolation, he used his experience, knowledge and passion to reach out and help others live fulfilling lives. Initially DBSA support groups were part of Dick's therapy and, in time, he became a DBSA support group facilitator. This is where his true legacy to DBSA will live on. His willingness and ability to share his own story to help others led to the creation of the first DBSA support group dedicated to young adults. Dick almost single-handedly facilitated this young adults group at Chapelwood United Methodist Church every week for almost ten years (and in recent years with the help of Derrick Pyper). He was passionate about listening and reaching out to younger generations, believing that if he could help them with their depression or bipolar disorders early enough it would forever change their lives in a positive direction, making a difference in their futures. With Dick's support and guidance, many of these DBSA participants went on to finish college and start their own careers and families. Dick faced his own battle with depression with courage and strength, and these same values led to his creating hope and encouragement for countless others.

Dick Walters leaves a lasting legacy at DBSA, and we will strive to continue in his footsteps in empowering young adults living with depression or bipolar disorder to face their illnesses as he would have wanted them to. Many of DBSA's accomplishments that you have read about in this Annual Report started with the passion, dedication and work of Dick Walters. From all of us - one last thank you to Dick for all his years of hard work and dedication to serving others. As he would have said, you will forever be missed, "Amigo."



I was diagnosed with depression in 1985 and always felt like I was alone in my struggles. About 3 years ago I found out about DBSA and I found so many stories similar to my own. Now I feel like I'm a part of something bigger than myself. I have a sense of belonging. I feel that DBSA groups are an invaluable way for participants to share experiences, knowledge and coping techniques.

~ DBSA Group Participant



Depression and Bipolar Support Alliance

Greater Houston
www.dbsahouston.org

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