



Depression and Bipolar Support Alliance
Greater Houston
2015 Annual Report

Depression and Bipolar Support Alliance
Greater Houston



Mental illness touches each and every one of us –

our families, friends, neighbors, and colleagues. We all have a story to tell about how mental illness has impacted our lives and the lives of the people we know and love.

With this **2015 Annual Report**, we ask you, **“What’s your story?”** What experiences have brought you to Depression and Bipolar Support Alliance Greater Houston? Has a DBSA support group helped you or someone you love? Has DBSA changed the way you think and feel about mental health and mental illness?

DBSA provides safe places where individuals from all around Greater Houston can openly share their stories of living with depression or bipolar disorder with other people who know that managing a mental disorder is as much of a success as it is a struggle. A DBSA support group is the very haven where sharing stories and experiences can lead to empowerment, increased knowledge, and heartfelt acceptance. When we share our stories about mental illness, we have the potential to transform attitudes and inspire compassion and empathy. We open minds and comfort hearts on our journeys of whole wellness.

Over the past **13** years, DBSA support groups have built a network of individuals who come together each week to share their personal stories of hope and healing. During 2015, DBSA peer-to-peer support groups served more than **2,700** people! In addition, DBSA reached thousands of people through its website, social media, and educational presentations in our communities. DBSA is the only organization in the region providing free support groups that employs licensed mental health professionals who facilitate, supervise, and evaluate its support groups – support groups that are led by both trained volunteers and professionals.

DBSA is currently providing **80** support groups at **56** locations throughout Harris, Fort Bend, and Montgomery Counties. It is likely you can find a DBSA support group in your neighborhood or one near you. Of those 80 groups, **13** are in high schools, and others in prison, and residential treatment and transitional housing facilities. Our focus on hope and healing reaches and unites all communities while broadening awareness of mental health.

As we reflect on 2015 – by sharing a Mission Moment, recognizing our generous donors, and spreading good news about the DBSA mission – we encourage you to think about your own story, and hope you stay with us throughout 2016 and beyond to share and listen to the many transformative stories we all have.



Phyllis Selber
2016 Board Chair



Mary Collier
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Mission Moment

My name is Aussie.

I am 25 years old and diagnosed with Bipolar Type I Disorder. This is the opening statement that I have said at the group meeting every Thursday night for almost two years. Each week, I open my heart to a group of people who understand me. I had no idea when I first attended a DBSA Greater Houston support group the lasting impact it would have on me.



When I was growing up, I did not know what was wrong with me. I was suffering and could not seem to get a grip on reality. I would not sleep for three or four days at a time. I was impulsive with money and often full of unexplained energy. My teeth would chatter, and my hands would shake from random rushes of adrenaline. Later I would learn that I had been suffering from manic episodes.

Over several years, I had attempted more than 120 college credit hours – years of failing classes and dropping out. My paranoia and anxiety were isolating, and would keep me from class. I have had more than 20 jobs not being able to find a balance between work and my mental disorder. It has been crippling. I have felt shame, embarrassment, and guilt.

After 186 therapy appointments, I decided to try a different approach. I searched for help online and found a link to DBSA Greater Houston. I was so skeptical of group support – I could not talk about bipolar disorder to anyone except my therapist. I have always felt the need to hide my mental disorder. Despite making friends, I have never felt truly accepted or understood.

When I showed up for group, I was greeted with a warm smile. I was terrified to say aloud that I have bipolar disorder and to share this with other people. But I did. This sole event was the catalyst that changed things for me and my mental health.

I have been stable now for a long time, successfully managing and coping with my bipolar disorder. I am studying psychology and have a good job. I want to end the stigma of mental illness and help others learn how to manage their mental disorders.

DBSA Greater Houston saved my life and helped me grow into the person I am today.

Now I am a facilitator in the very group that changed my life. I help others who experience similar challenges and difficulties and can say with certainty that it truly can get better.



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2015 Help...Hope...Healing Luncheon

Depression and Bipolar Support Alliance Greater Houston hosted its fourth annual *Help...Hope...Healing Luncheon*, a community-wide special event that increases awareness of depression and bipolar disorders, engages people in an open conversation about mental health, and raises necessary operating funds for the free DBSA support group program. Professor of Mood Disorders and Psychiatry at Johns Hopkins University School of Medicine and bestselling author of classics *An Unquiet Mind: A Memoir of Moods and Madness* and *Night Falls Fast: Understanding Suicide*, Kay Redfield Jamison Ph.D. spoke about her life and living with bipolar disorder. DBSA was pleased to honor Evelyn and Bob Jewell with the Gary Levering Mental Health Impact Award. Evelyn and Bob give generously of their time, talent, and treasure to help ensure the continued growth, success, and sustainability of DBSA. Under the wonderful leadership of luncheon co-chairs Franna and Ted Litton and Delia and Jim Stroud, the event raised more than \$433,000 for DBSA.

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Top row, left to right: Brady Dolsen, Kristen Dolsen, and Bob Paddock; Elizabeth Jeffers, John Jeffers, and Marie Louise Kinder; Delia Stroud and Franna Litton. Middle row, left to right: Bob Jewell, Evelyn Jewell, and Peggy Roe; River Oaks Country Club with luncheon guests. Bottom row, left to right: Allan King, Janice Levering King, Kay Redfield Jamison, Jo Ann Levering, and LeAnn Levering Plant; Walt Parmer and Edith Parmer; Carol Ann Paddock, Martha Hanson, and Susan Penland.

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Sunrise Tributes

In Honor of Bolivar Andrews
 Cathy and Ed Frank
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In Memory of Linda Condon
 Franna and Ted Litton
 Edith and Walt Parmer
 Wynne Signe
 Delia and Jim Stroud
In Memory of Matthew W. Cook
 Janie and Gareth Cook
In Honor of Dorothy and Ronny Cuenod
 Mary Beth and Johnny Arcidiacono
In Memory of Kevin Ferris
 Phyllis and Jack Selber
In Honor of The Bob Jewell Family
 Rosanna and Myron Blalock
In Honor of Evelyn and Bob Jewell
 Anonymous

Kent and Linda Anderson
 Andrews Kurth LLP
 Lisa and William Bonner
 Debbie and David Brollier
 Melinda and Bill Brunger
 Kristen and David Buck
 Janet Caldwell
 Barbara and Bob Collie
 Carol and Brad Deason
 Julie and Casey Doherty
 Kristen and Brady Dolsen
 Greg and Jeannie Frazier
 Matthew and Mary Frazier
 Cynthia and Wiley George
 Mary and Charles H. Gregory
 Joanie and Don Haley
 Amy and Josh Hancock
 Kay and David Hedges
 Jennifer and Thomas Hensley
 Cindy and Jim Hinton
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 Ann Kennedy and
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 Carolyn and David W. Light III
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 Susanne and Steve Slack
 Amie and Jeff Springmeyer
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 Cynthia and Fisher Trigg
 Christie and George Vlahacos
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 Chris and Merrell Athon
 Allison and Joe Bailey
 Lindsey and John Beck/
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 Susan and Bill Finnegan
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 Jacque and Buck Ogilvie
 Suzann C. Richardson
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 Kathy and John Stanton
 Delia and Jim Stroud
 Lynda and David Underwood
 Deanne T. White
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 Shirley and Jim Dannenbaum
 Franna and Ted Litton
 Olinda and John Simon
 Cindy and Richard Snell
 Delia and Jim Stroud
In Honor of Franna and Ted Litton
 Anonymous
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Financial Information

January 1, 2015 through December 31, 2015

Source of Funds

Special Event	\$433,090
Contributions	
Corporate	\$2,428
Foundation	\$532,023
Individual	\$191,242
Friends of Drew Webb	\$30,000
Total Contributions	\$755,693
Contributions to	
Gary L. Levering	
Endowment	\$5,150
Investments	\$-9,440
In-Kind Gifts	\$87,080
Total Income	\$1,271,573

Use of Funds

Personnel	
Staff	\$556,171
Program Facilitators	\$214,703
Contract Services	\$78,089
Additions to Reserves	\$63,458
Rent and Facilities	\$83,997
Marketing, Printing and	
Postage	\$110,236
Insurance	\$7,700
Office Expenses	\$54,054
Volunteer Support	\$3,481
Education and Training	\$4,575
Fundraising	\$7,476
Special Event	\$87,633
Total Expense	\$1,271,573



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