


A decorative floral border runs along the right and bottom edges of the page. It features several large, detailed roses in shades of pink, light pink, and deep red. Interspersed among the roses are smaller, delicate flowers and clusters of berries, possibly holly or similar, in red and pink tones. Green leaves and stems are also visible, adding to the natural, garden-like feel of the design. The background behind the flowers is a light blue and white geometric pattern of small, repeating floral motifs.

re: MIND

DEPRESSION & BIPOLAR SUPPORT

2018

ANNUAL REPORT



“I believe the future for re:MIND has never looked brighter. Our goal is simple. Continue to increase the number of support groups we offer both adults and youth in our community to support the basic need of good mental health.”

Dear Friends,

2018 was a good year for re:MIND. We continued to provide life-saving, free and confidential support groups to both adults and youth in our community in a fiscally responsible manner.

Additionally, we were excited to announce Jennifer Leal as our new executive director of re:MIND at the end of 2018. Jennifer brings a wealth of experience having both a nursing and business background. She has worked for not for profit organizations as well as in the corporate world. Jennifer along with the rest of the outstanding staff at re:MIND will continue the mission that our founder Gary Levering strongly believed in which is helping those affected by depression and bipolar disorders.

Supporting good mental health allows individuals to have gratifying and productive lives. You, as donors, understand these principles and make re:MIND what it is today. Our support groups meet weekly and are overseen by licensed mental health professionals to help those suffering from depression, bipolar disorder and other mental illnesses. We rely on the donations from individuals, foundations and corporations that are recognized in this report to provide 57 adult support groups and 20 school support groups that impact approximately 3,000 lives in the Houston area. We simply would not be able to do this without your support!

I believe the future for re:MIND has never looked brighter. Our goal is simple. Continue to increase the number of support groups we offer both adults and youth in our community to support the basic need of good mental health. I can't thank you enough for your past support and hope you will continue on the shared path to mental wellness going forward.

With gratitude,

David D. Kinder





Mission Moment Letter

In the years before my diagnosis, I couldn't recognize the early indications of my illness for what they really were. In fact, I had created an erroneous belief system that what I was experiencing was simply part of life. I attributed my mood to what I believed were my own shortcomings. I believed that I was lazy or bored, disinterested or tired or any other suggestion that disguised my depression for what it really was. The reality was that a gathering melancholy had already made real advances into every aspect of my life. Like many others before me, the only way I came to see my illness clearly for the first time was when I had a severe depressive crash which threw me down into a spiral of despair that I could no longer ignore. I found myself sobbing and weeping at home or sitting in my bathtub alone and trying to understand what was happening to me. I felt so isolated and alone; I just couldn't make sense of the overwhelming sense of sadness that had now come to dominate my entire being.

I would subsequently lose my job, my income and my way in life. I would perceive the worthlessness of my hard earned education, and my hope for a successful career seemed like a distant dream. The only things I had to look forward to were increasingly debilitating attacks of depression and paralyzing bouts of anxiety. I felt humiliated in the presence of family and friends who didn't know why I couldn't just feel better, or pick myself up by sheer will.

Before long, I would come to see my illness as a thief who delighted in stealing every good thing in my life. I decided that this thief would no longer steal my joy and happiness. I am indebted to the friends and family who gradually understood my illness and became some of my best supporters. I am grateful to the mental

health professionals who helped me chart a new course forward. And I am especially thankful for re:MIND – people I consider my closest allies in overcoming our shared illness.

This wonderful organization has made an immeasurable difference in my life. Without sharing my story and hearing the similar stories of others, I would never have seen how I had become trapped between the recurring impact of my illness and the self-defeating resignation I felt about my own future. It was only after attending re:MIND sponsored support groups that I could manage the symptoms of my illness and that I could perceive a life beyond my own doubts and fears.

re:MIND has not only helped me recover from my disease but has helped me achieve a better life and more importantly has allowed me to become a better person. My own recovery would not have been possible without the compassionate peers I found right here in this organization. Without re:MIND, I might have gone on living a desperate life defined and limited by the cruelty of my disorder. Instead, this organization has given me a richer life full

of hope and possibility and not limited by the once despair and desperation that I had come to define myself as a person.

The re:MIND support group model allows for life-changing connections with people in desperate need of recovery. There are people in our community who don't yet know that we exist, and who don't know that their lives can be better in the company of peers who have been there and who understand the impact of depression or bipolar disorder on one's life. Our story is our best gift, our greatest accomplishment, and our ongoing mission. And I am honored and glad to share my story with you.

- Support Group Participant



“This wonderful organization has made an immeasurable difference in my life.”

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We are very grateful for the support of the following donors.

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15 YEARS OF SUPPORT
HELP HOPE HEALING
a luncheon benefiting
re:MIND

re:MIND hosted its Seventh Annual Help. Hope. Healing. Luncheon on September 25, 2018 to celebrate 15 years of support. This event helps to increase awareness of depression and bipolar disorders, engage people in an open conversation about mental health, and raise necessary operating funds for re:MIND's lifesaving support groups. Under the gracious and enthusiastic leadership of luncheon chairs Ellecia and Edmund Knolle, re:MIND raised more than \$336,500.

Recipients of the 2018 Gary Levering Mental Health Impact Award included Marilyn and Bolivar Andrews along with The Hamill Foundation. Marilyn and Bolivar were honored for their unwavering commitment to re:MIND, inspiring generations of loyal leadership and generous donors. Additionally, The Hamill Foundation, re:MIND's leading foundation partner, was honored for serving as an especially strong community advocate for re:MIND's

mission. Through its ongoing support of re:MIND and other local mental health agencies, The Hamill Foundation continues to be an invaluable partner in diminishing stigma and increasing awareness of mental health. The luncheon featured guest speaker Dr. Sanjay J. Mathew, who shared his ground-breaking research on ketamine to treat depression, revealing and examining first-time discoveries about mental illness.

We are very grateful for the generous support of the **2018 Help.Hope.Healing.** Luncheon Underwriters.

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Financial Information

January 1, 2018 through December 31, 2018

2018 PER AUDITED FINANCIAL STATEMENTS

Source of Funds

Contributions	715,139
Special Events	292,775
In-Kind Gifts	665,221
Donated professional services	22,400
Investment & Other	183
Net assets released from restrictions	225,230

TOTAL SOURCE OF FUNDS **1,920,948**

Include In-Kind grant from Google, Inc.

Use of Funds

Personnel Staff	479,433
Program Facilitators	286,570
In-Kind expense-Google Grants advertising	436,291
In-Kind expense- imputed support group space rental	228,930
Contract Services	147,890
Equipment rental and maintenance	4,089
Facilities	116,850
Fundraising	35,364
Furniture, fixtures, and equipment	1,291
Insurance	6,639
Office expenses	29,198
Other	10,486
Technology	12,554
Travel and meetings	3,794
Depreciation	1,979

TOTAL USE OF FUNDS **1,801,358**



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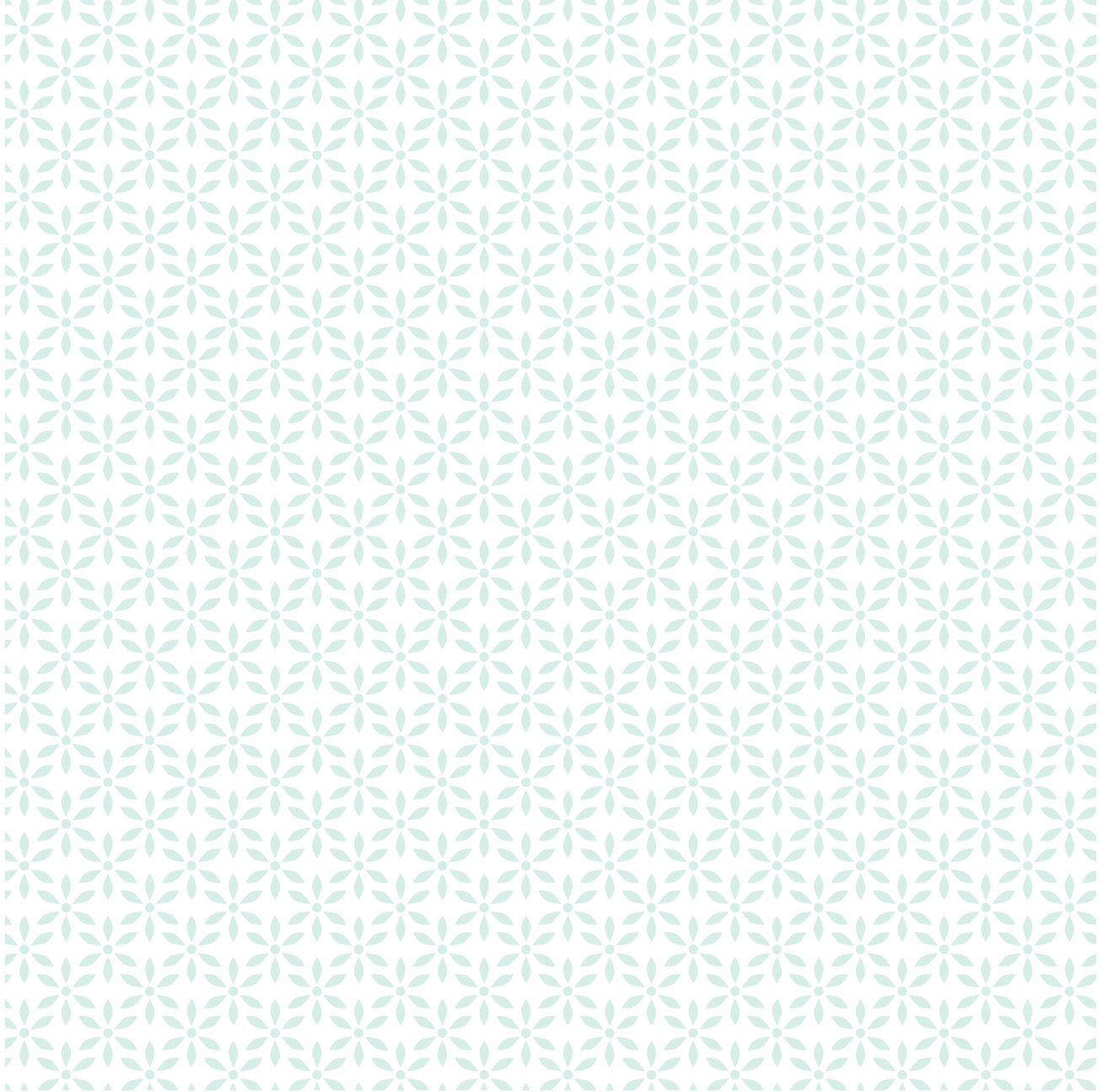
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re:MIND provides free and confidential support groups for individuals living with, and family and friends affected by, depression and bipolar disorders.

re:MIND is a 501(c)(3) nonprofit organization. All gifts to re:MIND are tax-deductible to the extent allowed by law. Fair market value for each luncheon seat is \$50.

re:MIND
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