

re:
MIND

DEPRESSION & BIPOLAR SUPPORT

Annual Report

2022



Dear Friends,

AS I REFLECT ON MY TIME SERVING AS BOARD CHAIR OF RE:MIND IN 2022, I am grateful for the continuing support that you have provided for this organization. Providing resources for mental health services has never been more critical for our community. Your support has allowed re:MIND to evolve to meet the changing needs of our participants.

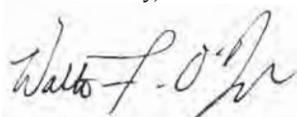
After the significant changes brought on by the pandemic, our focus in 2022 was to restore attendance in both our online and in-person support groups. In September, re:MIND also brought back the in person Circles of Hope Luncheon at River Oaks Country Club. The 2022 luncheon keynote was a tribute video featuring past Board Chairs and the history of re:MIND to kickoff our 20th anniversary as we head into 2023. We also had the privilege of hearing directly from one Gary Levering's daughters as well as a group facilitator. It is clear that as re:MIND evolves, so does the topic of mental health into becoming less and less stigmatized. Founder Gary Levering bravely set out to open the conversation and connect with individuals suffering from mental health issues before mental health was an openly discussed topic. My wife Jennifer and I were honored to chair this event which raised nearly \$285,000 in support of re:MIND's life-saving mission.

Gary Levering started re:MIND because he believed that no one should make the journey through mental illness alone. Every donation you make helps someone on their mental health journey join a support group and walk through their struggle in the company of others. You as donors understand this mission and allow re:MIND to make a difference in the lives of many Houstonians. The demand for re:MIND services has never been greater. I am proud of how the organization has evolved to meet our community's changing times and needs, and I can't thank you enough for your past support.

As Gary Levering said in the luncheon tribute video, "Hold on to hope." Your support allows thousands of people to do just that through the free mental health support re:MIND provides.

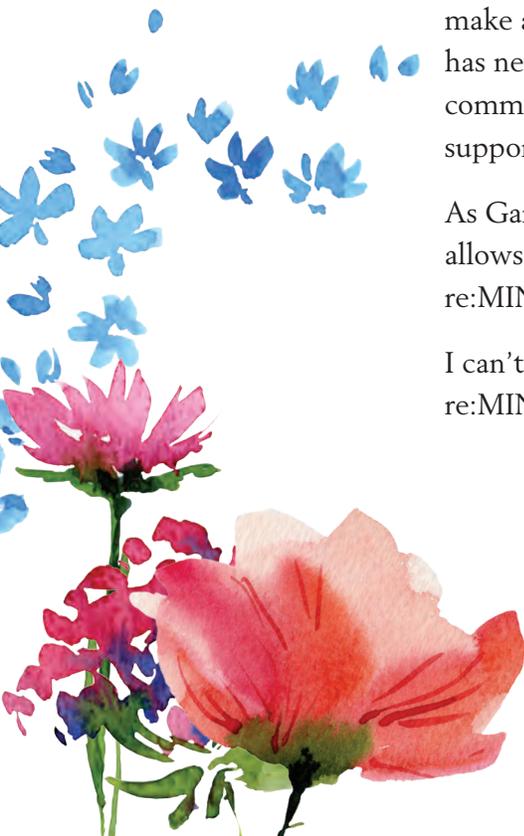
I can't thank you enough for your support. I hope you will continue to support re:MIND's mental health mission today and in the years to come.

Sincerely,



Walter O'Donnell
2022 Board Chair

"Gary Levering started re:MIND because he believed that no one should make the journey through mental illness alone. Every donation you make helps someone on their mental health journey join a support group and walk through their struggle in the company of others."



Mission Moment Letter

With the 20th anniversary of re:MIND approaching, Janice Levering King shared a touching tribute about her dad Gary Levering at the Circles of Hope Luncheon. Below are her words:

I am Janice Levering King, daughter of re:MIND's founder Gary Levering. I struggled to acknowledge my Dad's brave acceptance of his bipolar diagnoses and his willingness to overcome potential shame around the stigma of mental illness.

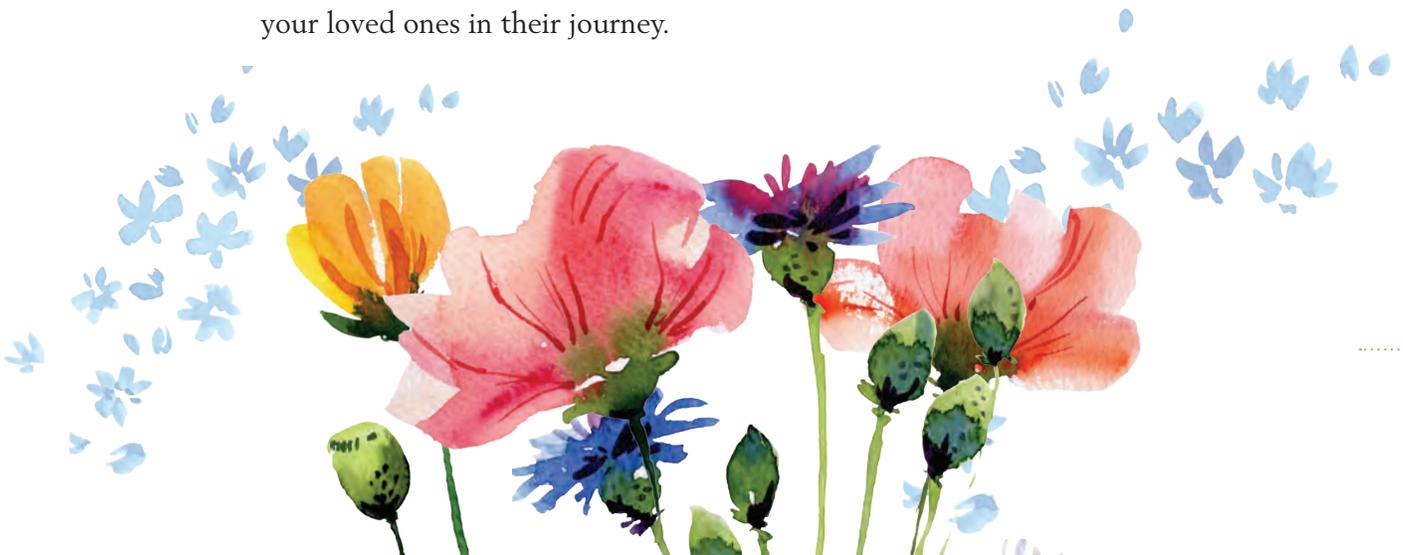


*Janice Levering King,
LeAnn Levering and
Jo Ann Levering*

He opened himself up to supporting other families and individuals as they addressed their shame in order to seek help.

I could not accept my dad's diagnoses myself in any real way. Turns out my denial then inhibited me from learning about the disease of bipolar in order to see the signs of bipolar in my spouse. Today, I stand in awe of my dad and every individual and family who joins and supports re:MIND's efforts to not only support those who suffer from mental illness but to also provide tangible and much-needed resources toward proper diagnoses and treatment and vital support groups.

It took me decades to recognize how silly it is to waste any time on shame and denial around mental illness. I wish my dad were still here for me to make an amends. Instead, I offer myself to re:MIND and any family member out there who would like encouragement about accepting the reality of mental illness and finding support for yourself as you support your loved ones in their journey.



2022 Annual Giving

DEEPEST APPRECIATION
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, 2022,
AND DECEMBER 31, 2022.

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re:MIND hosted its Eleventh Annual Circles of Hope Luncheon on September 20, 2022.

The Circles of Hope Luncheon was a special event as chairs Jennifer and Walter O'Donnell hosted the first in person luncheon since 2019. The event raised nearly \$285,000 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.

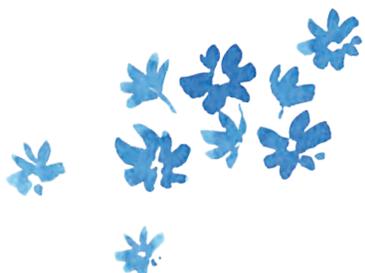
This year, re:MIND was proud to honor Dr. Jan Redford with the Gary Levering Mental Health Impact Award. Honoring Dr. Jan Redford was especially appropriate as it brought historical focus back to the beginning vision of Gary Levering. She and an enthusiastic group of volunteer leaders embarked on a remarkable journey to bring support and hope to people experiencing depression or bipolar disorder. Jan had been working for many years as a Psychologist at the University of Houston (UH) where every day she encountered students suffering from these debilitating illnesses. She found over the years that after her clients concluded treatment, they still needed mental health support at a cost they could afford. With the development of a Board of Directors and the forming of working committees, Gary's vision of support groups throughout Houston became a reality. Jan served as Chairman of the Board in 2010 and then served as Interim Director during 2011.

The keynote tribute video featured a history of

re:MIND from past board chairs, who led the organization's transformation and growth since its founding by Gary Levering nearly 20 years ago. re:MIND would like to acknowledge the Board Chairs and the Board Members who served under their leadership for their dedication:

- 2004 *Wayne Schneider*
- 2005 *Ed McCullough*
- 2006 *Franna Litton*
- 2007 *Ed Cappel*
- 2008 *Bolivar C. Andrews*
- 2009 *Fred Dunlop*
- 2010 *Jan Redford*
- 2011 *Will Penland*
- 2012 *Martha Hanson, Ph.D.*
- 2013 *Robert Paddock*
- 2014 *Blake Williams*
- 2015 *Peggy Roe*
- 2016 *Phyllis Selber*
- 2017 *John Jeffers*
- 2018 *Joe Gorczyca*
- 2019 *David Kinder*
- 2020 *Ronny Cuenod*
- 2021 *Mary Kristen Valentine*
- 2022 *Walter O'Donnell*







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Financial Information

January 1, 2022 through December 31, 2022
2022 PER AUDITED FINANCIAL STATEMENTS

SOURCE OF FUNDS

Contributions	\$1,120,723.00
Special Events	284,457.00
In-Kind Gifts	587,733.00
Investment & Other	2,403.00
Net assets released from restrictions	182,031.00
TOTAL SOURCE OF FUNDS	\$1,956,016.00

USE OF FUNDS

Personnel Staff	\$624,197.00
Program Facilitators	275,625.00
In-Kind expense	587,733.00
Contract Services	89,573.00
Equipment rental and maintenance	2,575.00
Facilities	131,741.00
Fundraising	60,528.00
Furniture, fixtures, and equipment	130.00
Insurance	7,726.00
Office expenses	37,166.00
Other	5,597.00
Technology	27,039.00
Travel and meetings	7,486.00
TOTAL USE OF FUNDS	\$1,861,061.00



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FOUNDER

Gary Levering
(1939-2014)



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.

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