

**DBSA**



Depression and Bipolar  
Support Alliance

**Greater Houston**

[www.dbsahouston.org](http://www.dbsahouston.org)

# 2012 Annual Report



# President's Letter

As an old folk song so aptly states, "Keep your eyes on the prize," I want to report that Depression Bipolar Support Alliance of Greater Houston (DBSA) has kept its focus on accomplishing its mission of providing free and confidential support groups to people diagnosed with depression or bipolar disorder throughout 2012. DBSA helps people who are struggling with the difficult symptoms of mood disorders by providing a safe and compassionate setting in which to share their experiences and challenges with others. DBSA serves many unique populations that deal with the diagnosis of depression and/or bipolar disorder including veterans, homeless, GLTB, Spanish speakers, adolescents, young adults, incarcerated, caregivers and seniors.

I want to acknowledge and thank my predecessor, Dr. Martha Hanson, who so ably implemented our strategic plan in 2012 and who maintained her focus on improving our service delivery to our participants. Martha, along with past president, Will Penland, led the search for our new Executive Director, Mary Collins, who started in March. Mary's nonprofit experience and her dedication to the DBSA mission has prepared her to lead DBSA into the future.

2012 was a banner year for fund raising. Our heartfelt thanks go to all of our generous donors, board members, advisory board members, individuals, foundations, and the Friends of Drew Webb "7s for 7" Lacrosse Tournament. In September, the highlight of the year was our "Help, Hope and Healing" luncheon honoring Maureen Hackett. This was the first special event sponsored by DBSA with the goal of raising the awareness of DBSA support groups and reducing the stigma of mental illness. Jane Pauley was the keynote speaker at the luncheon attended by almost 500 people at River Oaks Country Club. Jane was captivating in her description of dealing with her late-in-life diagnosis of bipolar disorder, and was very articulate in promoting her passion for "normalizing the conversation of brain diseases and mood disorders."

As we start 2013, it is my goal to continue fulfilling the vision that Gary Levering had in 2002 which was to provide access to free support groups for all people dealing with depression or bipolar disorder.



Robert W. Paddock  
2013 Board President

# 2012 Executive Director Report

The data listed below demonstrates DBSA's impact in 2012:

- 16,989 contacts with 2,727 individuals
- Averaged 63 groups in 47 locations
- Served residents from five counties: Brazoria, Fort Bend, Galveston, Harris and Montgomery

Volunteer facilitators are critically important to DBSA's success. From a financial standpoint, the 2,118 hours of volunteer time donated by facilitators offset our 2012 program expenses by \$46,405. More importantly, these dedicated volunteers, who were group participants for at least six months prior to their training, provide participants with proof that depression and bipolar disorder are manageable illnesses and that they can live happy and rewarding lives. We celebrate and encourage these volunteer contributions by offering facilitator training programs and monthly brown bag lunches where they exchange ideas, discuss challenges and celebrate successes.

Sharing resources and working in sync with other organizations are both fundamental to sustaining our program and maximizing the number of people who are able to access our free support groups. DBSA's 63 collaborative partners include community centers, churches, high schools, residential treatment facilities, mental health associations, universities, hospitals, counseling centers, prisons, advocacy organizations, the City of Houston, health clinics, the Harris County Court System, and professional associations.

DBSA's new software program, APRICOT, allows us to track demographic information, ensure quality control and improve our overall program. The new methodologies we created gave us the capability to report new information. Examples include: demographics, zip codes of participants and fluctuations in group attendance.

In 2012 DBSA changed the way we measure our program's performance and outcomes by highlighting the sustainability of strong, long-term support groups and by striving to improve all groups. DBSA is working steadily to ensure that established groups work successfully, as we build relationships that will lead to opening new groups in the Greater Houston community.

A handwritten signature in black ink that reads "Mary Collins". The signature is written in a cursive, flowing style.

Mary Collins  
Executive Director

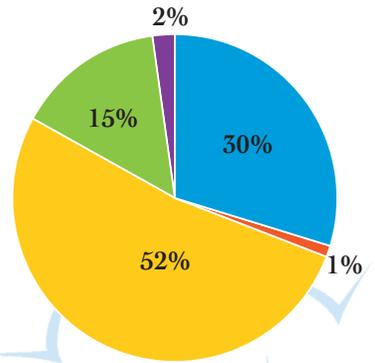
# Financial Information (January - December 2012)

## Source of Funds

Special Events	325,365
Unrestricted Contributions	
Corporate	9,078
Foundation	527,000
Individual	186,55
Friends of Drew Webb	49,162
Total Unrestricted Contributions	1,097,161
Investment Income	6,675
Other Income	2,185
Funds Released from Restriction	11,623
<b>Total Income</b>	<b>\$1,117,642</b>
<i>In-kind gifts</i>	\$37,495

## Use of Funds

Personnel	
Staff	438,307
Program Facilitators	130,635
Other Professional Fees	59,798
Restricted & Unrestricted Reserves	197,785
Depreciation of Fixed Assets	8,501
Rent and Facilities	68,826
Marketing, Printing & Postage	44,745
Insurance	3,422
Office Expenses	39,171
Volunteer Support	3,883
Education & Training	8,878
Fundraising	6,564
Special Event	106,877
<b>Total Expense</b>	<b>\$1,117,642</b>



### Source of Funds

- Special Events
- Corporate
- Foundation
- Individual
- Gifts in Kind



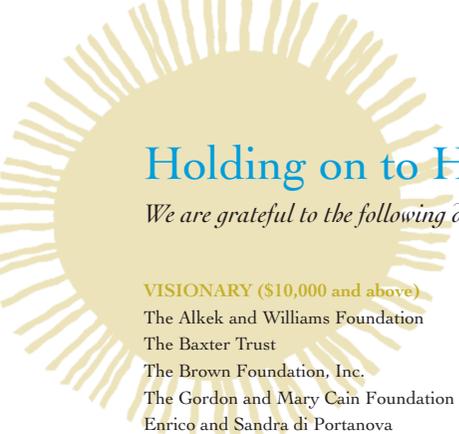
## 2012 Facilitator Awards

Each year during the DBSA facilitator appreciation luncheon, the Program staff presents a Rookie of the Year Award and a Big Heart Award to two facilitators who go above and beyond the call of duty representing DBSA and helping others as they facilitate their groups.



Rob Scott received the Rookie of the Year award. Rob has been attending DBSA for a few years as a participant and providing great insight and feedback to the group. He was nominated and trained as a Facilitator in September 2011. Rob is very involved in DBSA educational opportunities and continues to grow and learn as a facilitator. He currently facilitates our Kingwood support group.

Shannon Cutshaw received the Big Heart Award this year. She has been with DBSA as a facilitator since April 2010. Shannon began the process as a very enthusiastic, empathetic and caring participant, and continues to demonstrate these qualities as a facilitator. Shannon now serves as lead facilitator for the Pearland group and is helping others to grow and become facilitators. Shannon is always willing to help DBSA's efforts to fight stigma and educate the public about depression and bipolar disorder, and is a shining example of an extraordinary person and facilitator.



# Holding on to Hope Annual Fund

*We are grateful to the following donors who generously supported our annual fund in 2012.*

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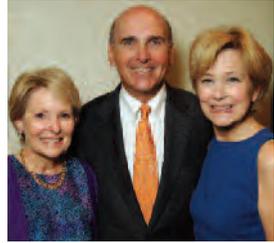
# Help...Hope...Healing



*Jane Pauley and  
Maureen Hackett*



*Gary and Jo Ann Levering with Jane Pauley*



*Carol Ann and Bob Paddock with  
Jane Pauley*

In 2012 DBSA hosted its first ever community wide event, the “Help...Hope...Healing” Luncheon featuring Jane Pauley as our speaker and presenting Maureen Hackett with the Gary Levering Mental Health Impact Award. We were lucky to have Carol Ann and Bob Paddock chair the event, along with Jo Ann and Gary Levering as honorary chairs. This event was an overwhelming success, educating hundreds of new people on mood disorders and the benefits of DBSA support groups. This event would not have been possible without the following generous donors.

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A Friend of DBSA Greater Houston

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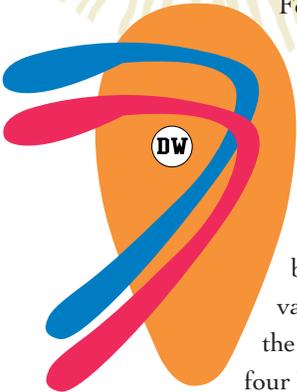
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The University of Texas Health Science  
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Carolyn and Bryan Wimberly



## The Friends of Drew Webb and the 7s for 7 Tournament

For the past three years, The Friends of Drew Webb has held the "7's for 7" Lacrosse Tournament in January. The goal of the event is to raise awareness of depression and other mental illnesses in athletes and educate them and their coaches, friends and families.

Drew Webb was the first Houston lacrosse player to be a high level D1 recruit. He was an Eagle Scout and valedictorian at Episcopal High School where he wore the #7 jersey. Drew attended Cornell University and earned four Varsity letters and Dean's List recognition. While there, his struggle with depression came to the forefront resulting in his hospitalization. Nonetheless, Drew persevered, continued with lacrosse, was a columnist for the Cornell Daily Sun, and graduated in 2008. Following graduation, he coached club lacrosse and volunteered in the psychiatric ward at Ben Taub Hospital as well as at a local hospice while he contemplated a change in career plans. However, in April 2010, while at UPenn preparing for



medical school, Drew took his own life. In addition to his family and friends, his death shook the lacrosse community in Houston. He was a beloved figure in Houston and throughout the state. His tragic death has galvanized the Houston lacrosse community to honor Drew and to work to prevent such tragedies in the future.



The tournament honors Drew (#7). The Friends of Drew Webb foresee a future where young athletes with mental illnesses are treated like an athlete with an ACL injury or with a disease like diabetes rather than feeling like or being treated as an outcast or weakling.



There have been a number of young-athlete suicides and athletes hospitalized with depression or anxiety disorders. We hear again and again that it can be hard for a coach to recognize and/or address such issues. And it can be difficult for teammates to know how to reach out to their struggling teammate. At least one athlete was hit hard enough by Drew's death to realize that he needed professional help.

Others have been able to reach out for help after hearing the message of hope from the tournament. So, we are trying to further Drew's contributions to the lacrosse community and the entire athletic community.

"The Friends of Drew Webb" chose DBSA to be the recipient of the proceeds from the 7s for 7 Tournament because of the invaluable service DBSA provides to the Houston community.

*The Founding Members of The Friends of Drew Webb:*

Mike Donnelly; The Gentry Family; The Lehle Family: Terri, Pete, Brooks and Brett; The Lintner Family; The Skibber Family, Jim Weiss; Hall, Dorothy and Thurston Webb



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