We regain a sense of normalcy here. I feel encouraged because now I am not alone and have people who understand me.

~ DBSA Group Participant
PRESIDENT’S REPORT
It is a distinct honor and pleasure to serve as President of the Board of Directors of one of the most dynamic and worthwhile organizations in the Greater Houston area – DBSA. As a retired psychologist, I have seen over the course of my career a great need in our community for free, quality mental health support. I have found that DBSA is meeting that need in a most effective and efficient way. I now see hope for persons suffering from these devastating but treatable illnesses. This hope is instilled by persons in our community whose empathy and generosity bring our mission to life.

DBSA Greater Houston has shown tremendous growth since its reorganization in 2004, and it is currently the largest DBSA chapter in the nation. Through our network of free support groups, staff and board members are totally committed to serving persons experiencing depression or bipolar disorder, their families and friends. We have established support groups to serve people in all geographic areas of the Greater Houston area, including five counties – Brazoria, Fort Bend, Harris, Galveston and Montgomery. The financial support from the community – individuals, foundations and corporations – is crucial to our success as we implement the mission of DBSA. We want to assure contributors that their donations provide quality support groups for those suffering from despair but who are committed to their own recovery.

PROGRAM AND GROUP EXPANSION
In 2009 DBSA not only added several new support groups, but also fine-tuned our support group program. (See the Program Achievements section in this report to learn about the fine work being accomplished by our staff and group facilitators.) DBSA will continue to focus on the growth of our two kinds of support groups:
1) Special Populations, such as seniors, adolescents, and veterans, and 2) Public Groups, open to all. As a result of our Outcome Study in 2008, we now have independently verified evidence that our support group program does effect positive changes in group participants’ quality of life and progress toward recovery.

In my professional life as a psychologist, I became interested in how the power of support could create a positive impact on those in the midst of their struggle with mental illness. Therefore, I am pleased to report that in 2010 DBSA will be conducting an Exit Study, a research study concerning the reasons participants remain in their groups or decide to leave. The results will help us better understand the internal dynamics of group support and will direct us toward developing best practices and implementing quality improvements.

MARKETING
DBSA realizes the importance of making the community aware of our services. • In May of 2009, we showcased DBSA at a public event featuring Paige Hemmis, a designer on ABC Extreme Makeover: Home Edition, as she toured the country with her program BluePrint for Hope sponsored by Wyeth Pharmaceuticals and DBSA National. DBSA Greater Houston hosted the tour kick-off with an evening event open to the public – featuring Mrs. Hemmis speaking about her experience with depression; Houston’s Dr. John Burruss, a nationally known expert in psychiatry; and Glenn Urban, the Executive Director of DBSA. • DBSA also began a Corporate Initiative to inform and inspire members of the business community to spread the word about our services. It is hoped that corporate officers will inform their employees about DBSA through internal communications and human resources involvement.

DEVELOPMENT
Because of generous gifts from our amazing donors, we are pleased to report that DBSA was able to raise 96% of our 2009 fundraising goal in the midst of one of the worst economic downturns in many years. Also, 100% of our Board members made financial contributions to DBSA. Our donors know that support groups are even more important as people experience depression resulting from lost jobs, homes and incomes.

IMPLEMENTING HOPE IN CHALLENGING TIMES
Hope is the theme of our activities this year, and fostering that hope will take all of us working together to support DBSA. Our donors are our bedrock upon which all our endeavors rely. Our Board of Directors, Advisory Board and Medical Advisors are dedicated and wise volunteers who make policy decisions and provide the framework for action. Our talented staff members are the internal activators working tirelessly to provide resources and guidance for our groups throughout the community. But out in the field is where it all comes together. Our facilitators, most of whom have also experienced depression or bipolar disorder, are the connection with those suffering from their illness. It takes all of us to overcome obstacles and instill hope. It is MY hope that DBSA will continue to reach for excellence as we work to enhance the recovery of those with mental illness.

Thank you for your part in this successful undertaking.
Jan Redford, Ph.D., 2010 DBSA Board President

Please note: DBSA Greater Houston is referred to as “DBSA” in this publication.
When I reluctantly faced my illness and attended my first DBSA meeting I immediately experienced a sense of community at a level I had not had for quite some time. I felt accepted. I felt like I belonged. I felt valued. I felt hopeful.

~ Carmen, DBSA volunteer facilitator

2009 BOARD OF DIRECTORS
Fred H. Dunlop, President
Jan Redford, Ph.D., President Elect
Boilvar C. Andrews, Past President
Gary Levering, Founding President
Linda Condon, Secretary
Martin Debrovner, Treasurer

2009 ADVISORY BOARD
Philip Burguieres, Chairman
Margaret Bandy
Ron Bandy
Jim Braniff
Rev. Linda Christians
John Eads
Jim Gasper
Maureen Hackett
Evangelina Hammond, LCSW
Tim Horan
Marjorie Bintliff Johnson
Elke Laughlin
Franna Litton
B.D. McAndrew
Ed McCullough
Flo McGee
Stephanie McGraw
Sandra McHenry
Marcie Mir Tipton, LCSW
Vicki Montague
Robert W. Paddock
John Pipkin
Phyllis Selber
George Shannon
Doug Swanson
Lene Symes, Ph.D., RN
Vivian Wise

2009 MEDICAL ADVISORS
Susan Backes, M.D.
Matthew Brams, M.D.
John W. Burruss, M.D.
James W. Lomax, M.D.
Alice Mao, M.D.
Walfrido Sepulveda, M.D.
Mary Ann Ty, M.D.

STAFF
Glenn Urbach, LMSW
Executive Director
Christina Urquhart Wilkerson, MBA
Development Director
Heather Burrell, LMSW
Program Coordinator
Julissa Villarreal Schultz, LMSW
Program Coordinator
Jennifer Screws, LPC
Program Coordinator
Nelly Ray
Business Manager

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.
2009 DBSA PROGRAM ACHIEVEMENTS

In 2009, DBSA Greater Houston experienced a tremendous surge in growth as we expanded our support group services to new geographical locations and to a more diverse population base than ever before. We are not only the largest provider of support group services for the mentally ill community in Houston, but we are also by far the largest DBSA chapter in the nation. These two accomplishments can be attributed to the following facts:

1. Depression and Bipolar Disorder are the two most commonly diagnosed mental illnesses affecting Americans today.
2. The need for ancillary mental health services, such as the support groups DBSA provides, is great and continues to grow.
3. DBSA uses a proven peer-facilitated model of support groups that in recent years, our organization has been able to refine and replicate with success.
4. DBSA utilizes well qualified volunteer group facilitators who truly know what it is like to have or to be impacted by a mood disorder. Licensed professionals are also used to open new groups or lead groups with special populations. These group facilitators have dedicated their careers to serving the mentally ill community.
5. Finally, we have one of the strongest non-profit Boards of Directors and Advisors in Houston, a dedicated and knowledgeable staff and some of the area’s most generous donors who have financially invested in the mission of DBSA.

At the end of 2009, DBSA was facilitating up to 60 weekly support groups at 34 different locations – a far cry from the five support groups facilitated at five locations just six years ago. During the past year, DBSA started new support groups at The Women’s Home for its female residents working to get their lives back on track and at West University Place Community Center for seniors experiencing what can only be described as crippling depression. Also, we created support groups for the residents of Richmond, Pearland, Pasadena and mid-town Houstonians. Finally, DBSA added a second Spanish-speaking support group at El Centro de Corazón and introduced its first English-speaking support group at the same location.

DBSA also worked diligently to educate the public about depression and bipolar disorder through speaking engagements and other public presentations, such as partnering with St. Luke’s United Methodist Church’s Counseling and Life Enrichment Center to sponsor a series of well attended and well received public lectures about mental illness. In July, we gave a lecture at the annual conference of the Texas Society of Psychiatric Professionals. In 2009, we also participated in the annual conferences of DBSA’s National organization and the National Association of Social Worker’s. Finally, our newsletter, MoodPoints was redeveloped to include more information about mood disorders as well as the events, activities and successes of DBSA.

To provide the best support and guidance for our outstanding facilitators, DBSA updated its Facilitator Training Manual and Policies and Procedures. To further strengthen facilitators’ ability, staff Program Coordinators provided each facilitator with a suicide prevention flow chart, community resource database, and a quick reference card listing various psychotropic medications used to treat mood disorders. Our monthly facilitator trainings were more diverse in 2009, providing facilitators with guidance that will in turn benefit group participants who have come to rely on our ability to provide effective support groups week in and week out.

In 2010, DBSA will build on its past successes and address the challenge of providing more of its support group services in an economic climate that is sure to be a challenge for any non-profit organization. To expand services, while being good stewards of the funds entrusted to us, DBSA will continue to develop best practices in the delivery of its support groups. Building on the results of our 2008 Outcome Study, we will implement ongoing Participant Satisfaction Surveys, designed to measure variables related to the quality of our support groups. In essence, the survey will help us build on what works and change what does not work within each support group. Our Development Director will be working with Rice MBA students to develop innovative ways to market DBSA’s brand and its individual support group locations. Recognizing that online communication is the fastest and easiest way for most individuals to learn about available community resources, DBSA has updated and redesigned the DBSA website. The website is more user-friendly, informative and visually appealing. Please visit it at www.dbsahouston.org to see for yourself.

Thank you to all who have given so generously to DBSA in 2009. Our success begins with your belief in our mission. Your support provides a light out of a dark tunnel for those affected by these two difficult, yet treatable, mental illnesses.

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
Belinda Alman
Rex Alman
Carmen Anderson
Patricia Andrews
Virginia Angel
Deborah Arnold
Cindy Bartz
Douglas Bednorz
Jeff Bornstein
Talaisha Branch
Katrina Brauer
Mary Ann Brauer
Nola Brody
Joseph Carlson
Gloria Champion
Mamta Chhabra
Jennipher Cole
Linda Condon*
Roberta Culbertson
Amal Dakkour
Lois E. Davis*
Danielle Ellis
Melissa Engel
Charles Gallup
Aaron Gerstler
Penny Gerstler
Troy Gremillion
Thomas Haessly
Brent Hancharyk
Martha Hanson*
Phil Hanson
Donna Hoffman
Sarah J. Hyde
Christopher Jones
Nancy Kahn
Rosemary Kallinen
Tom Kennedy
Daniel Kennedy
Neal Krenzke
Mary Kuskowski
Wendy Larson
Danny Lemon
Gary Levering*
Dagny Lodowski
Kisha Lorio
Ronda Loving
Dorothy Massie
Stephanie McGraw*
Jamie McIntire
Hans Meyer
Cindy Moore
Crystal Morrison
Sarah Muzzarelli
Teddy Noble
Rodolfo Orna
Buzz Owen
Walt Parmer
Hope Pampil
Marilyn Patterson
Cindy Pavlock
Nikki Perry
Brandon Peters
Michelle Plamondon
Freddy Porras
Derrick Pyper
Jim Rice
Judy Rodriguez
Bill Rudolf*

* Also 2009 DBSA Board Members

DBSA Greater Houston
2009 Financial Information

Jan – Dec 09

Source of Funds

Contributions:

Corporate $ 5,708
Foundations 431,800
Individuals 162,694
Total Contributions 600,202
Interest on Accounts 3,018
Other Revenue 4,648
Total $ 607,868

Use of Funds

Personnel:

Payroll Expenses $ 385,417
Contract Facilitators 98,131
Other Contract Labor 2,325
Rent and Facilities 33,231
Marketing, Printing, and Postage 37,443
Insurance 38,938
Office Expenses 25,172
Volunteer Support 16,071
Education and Training 4,915
Fundraising 1,296
Legal and Accounting 11,503
Total $ 654,442

2009 Expenses

Programming 85%
Administrative 10%
Fundraising 5%
IN HONOR OF

Tuesday Night Chapelwood Group
Rosemary Jablonskowski
Susan and Charles Pavlica

Marilyn and Bolivar Andrews
John and Rita Madden
Rick and Jane McCord
Ann Trammell
Millicent and Paul Wear

Jim Braniff
Don and Sue Sue Aron Family Fund of the Houston Jewish Community Foundation
Bobbie and John Nau/Silver Eagle Distributors

Sharrie and Clyde Buck
John and Rita Madden
Richard H. Rau/AmTex Machine Products, Inc.

Linda Condon
Anne and Albert Chao
Linda and Richard Elliott
Nancy and Steve Lerner
Wayne Schneider
Mr. and Mrs. Connie and Raleigh Williamson

Lois Davis
Georgia and Jim Gaspers

Jackie and Fred Dunlop
Don and Sue Sue Aron Family Fund of the Houston Jewish Community Foundation
Dr. and Mrs. Jon Heine
Janis and Randy Henry
Kathy and Derek Munger
Rufus and Kathleen Oliver
Sanford and Leslie Weiner

Sandy Selber Ferris
Phillip and Lara Ladin Charitable Trust
Susan and Charlie Neuhaus

Martha and Phil Hanson
Janie and Garrett Cook

Mrs. David H. Knapp
Ann Trammell

Thomas W. Leman
Anonymous

Jo Ann and Gary Levering
Mr. and Mrs. Louis K. Adler
Helen and Joe Allen
Marrell Athon
Suzy and Roy Box
J.M. and Vicki Clepper
Mr. and Mrs. D. Michael Dalton
Dr. and Mrs. Edward Earle
Mr. and Mrs. Russel M. Frankel/Frankel Family Foundation
Judith Gausnell
Ann Gregory
John W. and Ann K. Johnson Foundation, Inc.
Rick and Jane McCord
Janice Dougall Melcher
Susan and Will Penland
Beverly and Oliver Pennington
Ms. Nancy Porteous-Thomas
Sandy and Leonard Rosenberg
Wayne Schneider
Jim and Sue Sheeler
Thomas Simmons
Olinda and John Simon
Stephanie Smither
Barbara and Skip Vaughan
Kay and Ewing Wellein, Jr.
Mary and Bobby Whilden
Clark Williams

Franna Litton
Elizabeth and Albert Kidd

Sheri Lynn
Carolyn Kenyon

Flo and Bill McGee
Ann Trammell

Carol Ann and Bob Paddock
Catherine and Edward Crain
John and Rita Madden
Jane Moore
Joe and Nancy Smith

Ms. Mary Pate
Victoria and David Wilson

Susan Pavlica
Carolyn Kenyon

Jim and Gay Perry
Sharon and Don Cantrell

Jan Redford
Suzy and Roy Box
John and Rita Madden

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

Mr. and Mrs. Jack Selber
Don and Sue Sue Aron Family Fund of the Houston Jewish Community Foundation
Phillip and Lara Ladin Charitable Trust
Frann Gordon Lichtenstein

Mr. and Mrs. Tommy Soriero
Victoria and David Wilson

Mr. and Mrs. Scott Sturges
Ann Trammell

Elizabeth J. Styers
Rosemary Jablonskowski

Mrs. Carolyn Trammell
Ann Trammell

Mr. and Mrs. David Underwood
Ann Trammell

Mr. and Mrs. Layton B. Wilson
Victoria and David Wilson

Mr. and Mrs. Robert C. Wilson
Victoria and David Wilson

IN MEMORY OF

Carter Adcock
Anne W. Pratt

Tom Arnold
Marilyn and Bolivar Andrews

Winnie Bandy
Ron and Missy Bandy

Will Bracken
Evelyn and Bob Jewell
Mr. and Mrs. David M. Underwood

Edmond L. Buckley
Evelyn and Bob Jewell

Matthew Cook
Peggy B. Ingram, Ph.D.

Susie Cullen
Isabel B. and Wallace Wilson

Bob Davis
Marilyn and Bolivar Andrews

Bill Doherty
Evelyn and Bob Jewell

Kevin Ferris
Sandy Selber Ferris
Sherry and Gerald Merfish

D.B. Gregory
Roy and Susan Hill

Kathryn Hitchcock
Vicki and Jim Montague

Trey Horan
Tim and Diana Horan

Robert Alden Jewell
Linda and Don Condon
Jo Lynn and Steven Davis
Pam and Jimmy Erwin
Jennifer and Tom Hensley
Evelyn and Bob Jewell
Nancy and George Jewell
Tony Massoth
Jerry L. Metcalf

Betty Jones
Ron and Missy Bandy

David Knapp
Marilyn and Bolivar Andrews
Linda and Don Condon
Evelyn and Bob Jewell
Jo Ann and Gary Levering
Flo and Bill McGee
Ann Trammell
Mr. and Mrs. David M. Underwood
Marie and Bill Wise

Sandra Masterson
Leigh Masterson

Mac McAllister
Evelyn and Bob Jewell

Hugh O’Neal Myers
Ed and Minnie Cappel
David R. Wilson Family

Mickey Nelson
Dr. and Mrs. Jon Heine
Carolyn and David Light
Donna and Gordon Marcum

Rod Peddie
Evelyn and Bob Jewell
Walter A. Plumphoff
Craig and Charlie Plumphoff

Mark Chapman Powell
Julie and Markley Crosswell III
Martha and William Thorsell

Teresa Ruppert
Ruth Elledge

Wilhelmina Smith
Evelyn and Bob Jewell

Willard B. “Bill” Wagner III
Richard B. Walters

Ms. Sarah M. Wilson
Linda and Don Condon

All gifts received 1/1/09 – 12/31/09
STEVE’S STORY

My name is Steve. I am a 40-year old son, husband and father. DBSA is an essential part of my personal health plan – enabling me to live a healthy, productive life with bipolar disorder. My sister, grandfather and three uncles had or have bipolar disorder. Others in my family suffer from chronic depression. Many self medicate with alcohol. For years I kept the disorder and any conversations about it at arm’s length. I thought that if I indeed had “it”, I would simply “pull myself up by my bootstraps”. Now I can laugh at the sheer folly that I could diagnose and treat myself like a trained physician. But at the time, I firmly believed I could change my thoughts and actions by sheer willpower.

Throughout my high school and college years and later in my career, my mood swings greatly affected my behavior. In my manic phases, I was very productive but much too aggressive toward my colleagues. I felt that I was always right and greatly resented it when someone suggested otherwise. I often changed jobs if I felt I was being treated “unfairly”. When depressed, life had no “color” and it was all I could do to get out of bed and go to work. I was even more sluggish at night, despite trying to smile and spend time with my family.

In 2004 my depression manifested itself as unprovoked anger and I began seeing a therapist. Suspecting bipolar disorder due to my family history, my therapist suggested I speak with a psychiatrist who then misdiagnosed me with Attention Deficit Disorder (ADD). The prescribed medication then sent me into extreme mania – an episode like no other. After the correct diagnosis I spent two weeks in outpatient therapy at Intracare Hospital – learning about bipolar disorder, coping skills and how to change my life going forward. My counselors made me aware of DBSA and I began to attend weekly meetings at the hospital.

Fearing that I would be judged, it took a lot of courage to attend my first meeting. Of course, the opposite was true and I found people with whom I could share my experiences in a warm, loving environment - people who had walked a mile in my shoes. I was so relieved to find other people like me. I truly needed to learn about others success stories, to see that light at the end of the tunnel. I read all the suggested books and devoured the DBSA brochures. While it was initially disappointing to learn there is no “magic bullet” to cure bipolar disorder, it was not hard to see that the people who improved the most came to group regularly, saw a therapist and a psychiatrist, and took their medications as prescribed.

As part of my treatment plan, my wife and I made a contract that I would take my medications religiously, see my therapist and psychiatrist, and attend DBSA meetings. With God, my wife, my parents, my in-laws and my friends I have a very fulfilling life and have not had a manic episode since 2004, although I have been depressed a few times. The difference now is I know how to cope and I have a team of people supporting me, especially those in my DBSA support group.

Because of the impact DBSA has had on my life, I have become a volunteer facilitator. It is one of the most rewarding things I do as I look forward to helping others each week. One of the most inspiring things is to see family members and friends come to meetings to learn more about the disorders and to support their loved ones in their journey toward recovery.