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.

With gratitude,

David D. Kinder
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
2018 Annual Giving

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

$125,000 and Above
The Hamill Foundation

$100,000 to $124,999
John S. Dunn Foundation

$25,000 to $49,999
The Albert and Margaret Alkek Foundation
The Brown Foundation Inc.
The Crain Foundation
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The Ellwood Foundation
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Florence and William K. McGee, Jr. Family Foundation
The M. D. Anderson Foundation
Vivian L. Smith Foundation
St. Luke’s United Methodist Church
The West Endowment

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The Vaughn Family Foundation
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Carol and Larry Barbour
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Minnie and Edward Cappel
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Lydia and James Chao
Lacy Crain and Joseph Galloway
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Pam and Jimmy Erwin
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Jo Ann Dougall Levering
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Deborah Piercy
Peggy Roe
Kathleen and Dick Rogers
Mike Rose
Stacey Ruston
Mary Catherine Sharman
Olinda and John Simon
The Bob and Janette Strode Charities
Suzi and Douglas Swanson
Mary Kristen and David Valentine
Kit Wallingford
Matt Williams
$500 to $999
Anonymous
Marilyn and Bolivar Andrews
Vicki and John Bitner
Briggs & Veselka Co.
Margaret and
    Michael Castleman
Kelty and Rogers Crain
Neva and John Dawson
Rockie and John Deboben
Susan Holderness and
    Kenneth Ledford
Albert Hunt
Kathleen and James Jennings
Dianne and Richard Kilday
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Lindy and Laurence Neuhaus
Wendy Rasmussen
Fay and George Rizzo
Sara and Fred Robertson
Ashley and Gavin Roseman
Kendra Scott
Phyllis and Jack Selber
Anne and Clark Thompson

$250 to $499
Anonymous (6)
Rana Bonds
Bebe and Bob Burns
Shana and Holden Burrow
Mike Dalton
Janita and Garney Griggs
Lana Hadlock
Ann and Tom Kelsey
Anne Kinder
Stacey and Ken Malcolmson
James A. Reeder
Pam and Steven Rosen
Kirsten Schachter
Tom Tellepsen
Ann Gordon Trammell

$1 to $249
Anonymous (3)
Sandy and Jack Baber
Susan Backes
Monica Barnett
Lisa Bean
Ashley Behrent
Tammy J. Boudreaux
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Janet Caldwell
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Cherry and Nigel Curlet
Alix Davidson
Charles Davidson
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Every effort has been made to ensure the accuracy of our donors and their gifts. In the case of a discrepancy, please contact the development office at 713.600.1133.
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.

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

**TODAY’S MORNING LIGHT**  
$25,000 and above  
Marie Louise and David Kinder

**RAY OF HOPE**  
$10,000  
Marilyn and Bolivar Andrews  
Minnie and Ed Cappel/  
Susan and Will Penland/  
Kathy and John Pipkin  
Cuenod Families  
Cynthia and Ben Guill  
Jo Ann Dougall Levering  
Jack H. and William M. Light Charitable Trust  
Carol Ann and Robert W. Paddock  
Lynda Underwood
HELPING HANDS
$5,000
Eddie and Chinhui Allen
Shelley and Geoff Bracken
Sally and Joe Bridges/Jackie and Fred Dunlop/Cecille and George Shannon
Crow/Davis/Guerino/Lucke/O'Shell Families
Pam and Jimmy Erwin
Lydia and Joe Gorczyca
Mary Gregory/Peggy Roe
Linda Lester Griffin
Lindsay and Jonathan Hyman
Evelyn and Bob Jewell
Franna and Ted Litton/Delia and Jim Stroud
Tom and Lucinda Marinis
Kim and Scott Martin
Sanjay and Dessi Mathew
Lynn and Bill Rafferty
Kathleen and Dick Rogers
Aimee and Wynne Snoots
Christine and David M. Underwood, Jr.
Bonnie and David Weekley

SUNBURST
$3,500
Anderson Family/Letty Knapp/Bette Linbeck
Mary Kathryn Anderson and Warren Gould
Joanie and Doug Aron/Amy and Daniel Ferber/Jennifer and Neil Wizel
Mike and Maggie Castleman
Central Bank/Carolyn and John Young
Don Condon
Crestwood LP
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Friends of Ellecia
Friends of Marilyn and Bolivar
The Greentree Fund
Houston Methodist
Suzie Johnson/Tatiana Seligmann
Jo Ann Petersen/Jessica Younger
Phyllis and Jack Selber
**VALET SPONSOR**
The Gillman Automotive Group

**FAVOR SPONSOR**
Gray Reed & McGraw LLP

**SUNFLOWER**
$500 to $3,499

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Mary Kristen and David Valentine
Charley Walters
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Trisha Hillman

In Honor of Marilyn and Bolivar Andrews
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Polly and Murray Bowden
Maria and Bill Boyce
Dr. Gene Carlton and Dr. Bette Stead
John L. Carter
Carol and George Dehan
Pat and Tamara Dyer
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Barbara and Charles Kraft
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Sandra Mchenery
Dale Miller
Pene Moore
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Pinkie and David Searls
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Lisa Stone

In Memory of Joe Brown
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Don Condon

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Cathryn Cutrer Holland

In Memory of Grayson Monroe Cuenod
Cuenod Families

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Maudeen Frazier Eccles

In Memory of Will Erwin
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Dorothy and Hall Webb

In Memory of Kevin Ferris
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In Honor of Cynthia Guill
Beth and Schuyler Tilney

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In Memory of Polly DuVal Kinder
Marie Louise and David Kinder
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Financial Information
January 1, 2018 through December 31, 2018

2018 PER AUDITED
FINANCIAL STATEMENTS

Source of Funds

<table>
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<tr>
<th>Source of Funds</th>
<th>Amount</th>
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<td>Contributions</td>
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<td>Special Events</td>
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<tr>
<td>In-Kind Gifts</td>
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<td>Donated professional services</td>
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<td>Investment &amp; Other</td>
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<td>Net assets released from restrictions</td>
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**TOTAL SOURCE OF FUNDS** 1,920,948
Include In-Kind grant from Google, Inc.

Use of Funds

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<td>Program Facilitators</td>
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<td>In-Kind expense-Google Grants advertising</td>
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<td>In-Kind expense- imputed support group space rental</td>
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<td>Technology</td>
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<td>Travel and meetings</td>
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<tr>
<td>Depreciation</td>
<td>1,979</td>
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</table>

**TOTAL USE OF FUNDS** 1,801,358
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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
P.O. Box 27607, Houston, Texas 77227

713.600.1131 phone  713.600.1137 fax
www.remindsupport.org