Mental illness touches each and every one of us – our families, friends, neighbors, and colleagues. We all have a story to tell about how mental illness has impacted our lives and the lives of the people we know and love.

With this 2015 Annual Report, we ask you, “What’s your story?” What experiences have brought you to Depression and Bipolar Support Alliance Greater Houston? Has a DBSA support group helped you or someone you love? Has DBSA changed the way you think and feel about mental health and mental illness?

DBSA provides safe places where individuals from all around Greater Houston can openly share their stories of living with depression or bipolar disorder with other people who know that managing a mental disorder is as much of a success as it is a struggle. A DBSA support group is the very haven where sharing stories and experiences can lead to empowerment, increased knowledge, and heartfelt acceptance. When we share our stories about mental illness, we have the potential to transform attitudes and inspire compassion and empathy. We open minds and comfort hearts on our journeys of whole wellness.

Over the past 13 years, DBSA support groups have built a network of individuals who come together each week to share their personal stories of hope and healing. During 2015, DBSA peer-to-peer support groups served more than 2,700 people! In addition, DBSA reached thousands of people through its website, social media, and educational presentations in our communities. DBSA is the only organization in the region providing free support groups that employs licensed mental health professionals who facilitate, supervise, and evaluate its support groups – support groups that are led by both trained volunteers and professionals.

DBSA is currently providing 80 support groups at 56 locations throughout Harris, Fort Bend, and Montgomery Counties. It is likely you can find a DBSA support group in your neighborhood or one near you. Of those 80 groups, 13 are in high schools, and others in prison, and residential treatment and transitional housing facilities. Our focus on hope and healing reaches and unites all communities while broadening awareness of mental health.

As we reflect on 2015 – by sharing a Mission Moment, recognizing our generous donors, and spreading good news about the DBSA mission – we encourage you to think about your own story, and hope you stay with us throughout 2016 and beyond to share and listen to the many transformative stories we all have.

2016 Board Chair

President and CEO
My name is Aussie.
I am 25 years old and diagnosed with Bipolar Type I Disorder. This is the opening statement that I have said at the group meeting every Thursday night for almost two years. Each week, I open my heart to a group of people who understand me. I had no idea when I first attended a DBSA Greater Houston support group the lasting impact it would have on me.

When I was growing up, I did not know what was wrong with me. I was suffering and could not seem to get a grip on reality. I would not sleep for three or four days at a time. I was impulsive with money and often full of unexplained energy. My teeth would chatter, and my hands would shake from random rushes of adrenaline. Later I would learn that I had been suffering from manic episodes.

Over several years, I had attempted more than 120 college credit hours – years of failing classes and dropping out. My paranoia and anxiety were isolating, and would keep me from class. I have had more than 20 jobs not being able to find a balance between work and my mental disorder. It has been crippling. I have felt shame, embarrassment, and guilt.

After 186 therapy appointments, I decided to try a different approach. I searched for help online and found a link to DBSA Greater Houston. I was so skeptical of group support – I could not talk about bipolar disorder to anyone except my therapist. I have always felt the need to hide my mental disorder. Despite making friends, I have never felt truly accepted or understood.

When I showed up for group, I was greeted with a warm smile. I was terrified to say aloud that I have bipolar disorder and to share this with other people. But I did. This sole event was the catalyst that changed things for me and my mental health.

I have been stable now for a long time, successfully managing and coping with my bipolar disorder. I am studying psychology and have a good job. I want to end the stigma of mental illness and help others learn how to manage their mental disorders.

DBSA Greater Houston saved my life and helped me grow into the person I am today.

Now I am a facilitator in the very group that changed my life. I help others who experience similar challenges and difficulties and can say with certainty that it truly can get better.
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Depression and Bipolar Support Alliance Greater Houston hosted its fourth annual *Help...Hope...Healing Luncheon*, a community-wide special event that increases awareness of depression and bipolar disorders, engages people in an open conversation about mental health, and raises necessary operating funds for the free DBSA support group program. Professor of Mood Disorders and Psychiatry at Johns Hopkins University School of Medicine and bestselling author of classics *An Unquiet Mind: A Memoir of Moods and Madness* and *Night Falls Fast: Understanding Suicide*, Kay Redfield Jamison Ph.D. spoke about her life and living with bipolar disorder. DBSA was pleased to honor Evelyn and Bob Jewell with the Gary Levering Mental Health Impact Award. Evelyn and Bob give generously of their time, talent, and treasure to help ensure the continued growth, success, and sustainability of DBSA. Under the wonderful leadership of luncheon co-chairs Franna and Ted Litton and Delia and Jim Stroud, the event raised more than $433,000 for DBSA.
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Mary and Larry Peterson
Sue Price
Todd and Lori Roggen
Pam and Steven Rosen
Cynthia Scofield
Jody and Allan Sommer
Giggy and Matt Thanheiser
Rande and Jack Wagner
Elizabeth and Frank Webster
Kay and Fred Zeitman

Everybody 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.
# Financial Information

January 1, 2015 through December 31, 2015

## Source of Funds

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Special Event</td>
<td>$433,090</td>
</tr>
<tr>
<td>Contributions</td>
<td></td>
</tr>
<tr>
<td>Corporate</td>
<td>$2,428</td>
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<tr>
<td>Foundation</td>
<td>$532,023</td>
</tr>
<tr>
<td>Individual</td>
<td>$191,242</td>
</tr>
<tr>
<td>Friends of Drew Webb</td>
<td>$30,000</td>
</tr>
<tr>
<td>Total Contributions</td>
<td>$755,693</td>
</tr>
<tr>
<td>Contributions to Gary L. Levering Endowment</td>
<td>$5,150</td>
</tr>
<tr>
<td>Investments</td>
<td>-$9,440</td>
</tr>
<tr>
<td>In-Kind Gifts</td>
<td>$87,080</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td><strong>$1,271,573</strong></td>
</tr>
</tbody>
</table>

## Use of Funds

<table>
<thead>
<tr>
<th>Use</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personnel</td>
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</tr>
<tr>
<td>Staff</td>
<td>$556,171</td>
</tr>
<tr>
<td>Program Facilitators</td>
<td>$214,703</td>
</tr>
<tr>
<td>Contract Services</td>
<td>$78,089</td>
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<tr>
<td>Additions to Reserves</td>
<td>$63,458</td>
</tr>
<tr>
<td>Rent and Facilities</td>
<td>$83,997</td>
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<tr>
<td>Marketing, Printing and Postage</td>
<td>$110,236</td>
</tr>
<tr>
<td>Insurance</td>
<td>$7,700</td>
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<tr>
<td>Office Expenses</td>
<td>$54,054</td>
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<tr>
<td>Volunteer Support</td>
<td>$3,481</td>
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<tr>
<td>Education and Training</td>
<td>$4,575</td>
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<tr>
<td>Fundraising</td>
<td>$7,476</td>
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<tr>
<td>Special Event</td>
<td>$87,633</td>
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<tr>
<td><strong>Total Expense</strong></td>
<td><strong>$1,271,573</strong></td>
</tr>
</tbody>
</table>

Audited financials available on the DBSA Greater Houston website at [www.dbsahouston.org](http://www.dbsahouston.org)

Your donation to Depression and Bipolar Support Alliance Greater Houston...

- provides free and confidential support groups
- recruits and trains facilitators
- educates communities about depression and bipolar disorders

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