

Depression and Bipolar Support Alliance

2004 Annual Report

DBSA's mission

To improve the lives of people living with mood disorders

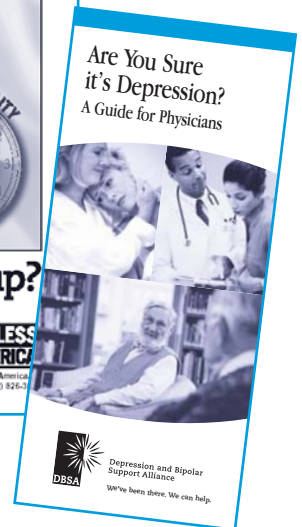
How we met our mission in 2004



Improving recognition, early detection and diagnosis of mood disorders as treatable medical illnesses

DBSA's message of hope was heard or seen over 700 million times through print and broadcast media. DBSA also reached out to communities across the country with a variety of programs and events.

- *Sleepless in America* focused on a common mood disorder symptom: insomnia. Thousands of Sleep Kits, including sleep tips and mood disorder information, were requested each month and helped many people learn about mood disorders for the first time.
- *Men and Depression* targeted colleges and universities with public service announcements and brochures to help young men identify symptoms of depression and let them know the real sign of strength is seeking help.
- DBSA took two educational programs on the road, *Ask the Doctors* and *Detour to Wellness*. *Ask the Doctors* featured a panel of expert clinicians addressing common consumer questions, while *Detour* featured informative and inspirational speakers including author Lizzie Simon.
- *Are You Sure it's Depression?* educated professionals about bipolar II disorder and offered new hope to people facing treatment challenges.



Helping people successfully manage their disease

At DBSA, we know that where disease management is concerned, knowledge is power and an essential part of recovery is sharing experience and hope with peers who have been there.

- DBSA's *Mind, Body, Spirit* Conference in Pittsburgh brought together hundreds of individuals for fellowship and learning.
- With the help of the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, DBSA implemented our Peer-to-Peer Center. We conducted several training sessions for Certified Peer Specialists across the country, to assist people with self-determination, self-management and support system development.
- Our *Just Diagnosed... What Now?* brochure, a shortened version of 2002's successful kits, was reprinted and distributed to thousands of professionals and patients.

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DBSA 2004 Year in Review

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- DBSA's specialized online training for chapters helped chapter leaders offer the best possible help to their communities.
- DBSAAlliance.org continued to grow, offering online chats with Scientific Advisory Board members, weekly online support groups and a database of frequently asked questions about mood disorders.

Working with people with mood disorders, families and health care professionals to improve care

- DBSA began a Hospitalization Education and Outreach program, to help chapters reach out to their local inpatient facilities and the families of people receiving inpatient treatment. DBSAAlliance.org also added a section to educate people about voluntary and involuntary hospitalization, advance directives and patient rights.
- DBSA helped raise awareness about veterans' struggles with mental health by participating in the Veterans' Administration Committee on Veterans with Serious Mental Illness.
- DBSA kept constituents informed throughout the controversy surrounding Selective Serotonin Reuptake Inhibitor (SSRI) antidepressants prescribed to those under 18. DBSA also testified on Capitol Hill regarding the importance of informed families and supervised treatment.
- DBSA began working on the steering committee of the Annapolis Coalition, helping to reframe medical education and increase patient focus and empathy among health care professionals.

Expanding the ability of people to receive treatment

- DBSA's 800 number helped hundreds of thousands of people find the resources they needed.
- DBSAAlliance.org helped people learn about finding a mental health professional with patient-to-patient recommendations, referral service listings and ideas on reducing treatment costs.
- DBSA educated patients and families on forming collaborative partnerships with health care providers to receive the best treatment possible.
- DBSAAlliance.org provided a Legislative Action Center with step-by-step instructions on advocating with policymakers for laws that make better mental health care accessible to more people.



Advancing research to improve mood disorder treatment options

DBSA has worked to ensure that the patient is at the center of national research agendas.

- Our organization served on numerous research advisory boards, conducted national consumer and family surveys, and provided essential patient perspectives through publication in scientific journals and speeches to researchers, clinicians and policy makers.
- DBSA presented the annual Klerman Awards to recognize outstanding researchers in the field of mood disorders and encourage future research.
- DBSA submitted written testimony to the FDA stating the need for more research on the issue of prescribing SSRIs to children and adolescents.
- DBSA President Lydia Lewis joined the Academic Consortium of National Mental Health Organizations and met with Congress to encourage increased funding for mental health research at the National Institutes of Health.



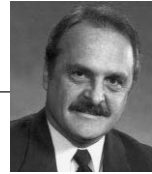
Increasing acceptance and understanding of mood disorders so that the rights of people with mood disorders are protected

DBSAAlliance.org kept readers current on events and active in legislation. Endorsed bills included

- The Positive Aging Act
- Medicare Mental Health Copayment Equity Act
- Medicare Mental Health Modernization Act
- Youth Suicide Early Intervention and Prevention Expansion Act of 2004
- Keeping Families Together
- The Senator Paul Wellstone Mental Health Equitable Treatment Act

In the fall of 2004, we applauded when The Mentally Ill Offender Treatment and Crime Reduction Act, with the goal of reducing the number of individuals with mental disorders in prisons, and the Garrett Lee Smith Memorial Act, which supports early intervention and suicide prevention, were signed into law.

All of us at DBSA express our sincere gratitude to each of our chapters and supporters. With your help, we can continue to provide help, hope and support to the millions of patients, families and professionals living and coping with depression and bipolar disorder.



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Lydia Lewis

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DBSA 2004 Year in Review

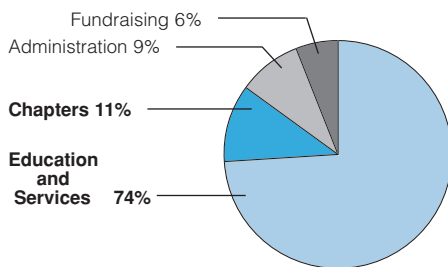
DBSA ended the fiscal year of 2004 with a surplus. It was a great accomplishment to keep expenses as conservative as possible without affecting the high quality of service that DBSA provides to over four million individuals and families living with depression or bipolar disorder.

The auditor's report stated that DBSA continues to be in compliance with GAAP and Sarbanes Oxley Act. We are proud to report that 85 cents of every dollar is spent on programs and services and only 15 cents of every dollar is spent on fundraising and administration.

DBSA continues to use donations wisely and prudently while offering the majority of our programs, products and services at no charge to all who ask for help.

2004 Functional Expenses

How each dollar was spent



2004 Audited Financial Statements Balance Sheet

Assets

	2004	2003
Cash and cash equivalents	576,144	104,859
Investments	446,657	418,099
Accounts receivable	8,573	36,435
Contributions receivable	100,000	462,768
Other	22,329	50,858
Property and equipment	38,825	62,372
Total Assets	1,192,528	1,135,391

Liabilities and Net Assets

Capital lease obligations	10,258	14,276
Accounts payable and accrued expenses	46,560	138,946
Accrued liabilities-payroll, rent	64,853	44,079
Total Liabilities	121,671	197,301

Net Assets

Unrestricted	856,933	816,070
Temporarily restricted	213,924	122,020

Total Net Assets	1,070,857	938,090
Total Liabilities and Net Assets	1,192,528	1,135,391

Statement of Activities

Revenues, Gains and Other Support

Contributions	2,852,868	2,732,378
Other	160,192	229,250
Total Income	3,013,060	2,961,628

Expenses

Program services	2,430,875	2,889,690
Supporting services		
Management and general	258,786	184,837
Fundraising	190,632	196,509
Total Expenses	2,880,293	3,271,036

Change in net assets	132,767	-309,408
Net Assets		
Beginning of the year	938,090	1,247,498
End of year	1,070,857	938,090

Planning for the future — The Dr. Jan Fawcett Heritage Society

Help us reach our long-term goals by planning for DBSA's future today

More than 20 years ago, Jan Fawcett, MD, assisted a group of people with mood disorders who were helping each other to improve their lives. In 1985, this group incorporated as the National Depressive and Manic-Depressive Association, now the Depression and Bipolar Support Alliance. In the beginning, the future of the organization was unknown. It was peers helping peers, hopeful that they could make a difference.

A lot has changed in those 20 years! DBSA is now the nation's leading patient-directed organization focused on mood disorders. We have more than 400 chapters and more than 1,000 support groups across the country. More than four million people contact us each year looking for support and information on depression and bipolar

disorder. And, our goals for the future are clear – improving recognition, early detection and diagnosis of mood disorders, helping people successfully manage their disease, expanding the ability of people to receive treatment and advancing research to improve mood disorder treatment options.

While we cannot reach all of these goals tomorrow, this month or even this year, with your help they can be reached. Please consider joining a key group of supporters working to ensure that our goals become our realities by including DBSA in your plans for the future. The Dr. Jan Fawcett Heritage Society was established to recognize and honor those generous donors who have included DBSA in their estate plans.

The most common way of including DBSA in your estate plans is to designate us as a recipient in your will. A will should be done in consultation with an attorney and a tax advisor who can help you prepare a document that is legally sound and provides the maximum tax benefits.

Other planned gifts include donations of stock, life income gifts and gifts of retirement plans. If you would like to learn more about these or other types of planned gifts, please consult with your attorney and tax advisor.

If you have already planned a gift to DBSA or would like to include DBSA in your estate plans, please contact us at (800) 826-3632 to find out how you can become a member of the Dr. Jan Fawcett Heritage Society.

Special Thanks to our Donors

In DBSA's Annual Report, we celebrate those individuals, organizations, foundations, and corporations that demonstrated their commitment "to improve the lives of people living with mood disorders" by generously supporting our 2004 programs. These inspirational gifts were crucial to providing life-saving services to more than four million people. Thank you!

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