

Depression and Bipolar Support Alliance



William Ashdown



Lydia Lewis

2003 Annual Report

DBSA's mission: To improve the lives of people living with mood disorders.

Throughout 2003, over four million people asked DBSA for help. DBSA responded by providing information, support, and messages of hope.

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

Removing the stigma associated with depression and bipolar disorder is essential to improving early diagnosis, and education is key. One way DBSA educates is through the media. In 2003, our messages were viewed or heard by more than 325 million people – 100 million more than in 2002. Millions of people learned, for the first time, that they are not at fault and not alone. DBSA was prominently featured in *Time Magazine* and *The Los Angeles Times*, and on *The Today Show*, CNN and National Public Radio. More than 11 million airline passengers heard our message on a Sky Radio interview with DBSA President Lydia Lewis.

Helping people successfully manage their disease

More than 8,000 peer-led support group meetings were offered by DBSA chapters in 2003, helping more than half a million patients and their families. Nearly two million copies of our educational materials were distributed. DBSA is especially proud of *The Storm in my Brain*, a booklet written for children with illustrations created by children and teens with mood disorders.

Nearly one million people visited our web site to participate in a support group, connect with others on our message boards, learn about mood disorders or find a health care provider using our peer referral service. More than 1,000 patients and family members participated in our 2003 Annual Conference.

DBSA launched its Peer-to-Peer Resource Center to develop a training curriculum for Peer Specialists. These individuals will promote self-determination and empower people to regain control over their lives through self-directed recovery.

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

DBSA collaborated with organizations such as the National Institute of Mental Health (NIMH), the Center for Mental Health Services, and the American Psychiatric Association, combining our strengths to improve access to information and quality of care.

Expanding the ability of people to receive treatment

DBSA continued its work to educate lawmakers and emphasize the urgent need for insurance parity legislation. DBSA's first annual Paul Wellstone Mental Health Award was presented to Representative Patrick Kennedy (D-RI) for his support of parity. DBSA also met with senior Congressional staffers to discuss NIMH research funding and the impact of privacy regulations on research. Our grassworks network worked on many state-level issues including open access to treatment, which would ensure patients and their doctors can work together to choose the best available treatment. Thousands of people communicated their opinions to state and federal representatives through our web site.

Advancing research to improve mood disorder treatment options

DBSA made sure the patient voice was heard by serving on advisory boards of large research trials. Our scientific consensus conference explored mood disorders and co-occurring substance or alcohol abuse and identified areas needing further research. Manuscripts addressing unmet needs of children and older adults with mood disorders were published in several peer-reviewed medical journals.

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

DBSA served as a resource for journalists to ensure correct reporting about mood disorders. We met with the Social Security Administration to ensure patient rights are protected when Social Security Disability eligibility rules are updated. DBSA President Lydia Lewis received the American Psychiatric Association's 2003 Assembly Speaker's Award, "in recognition of her special contributions and profound commitment to the health care needs of patients."

Thanks to everyone who supports our work and mission. We are grateful for the tireless efforts of our volunteers and the ongoing financial support of our individual and corporate friends. You make it possible for DBSA to touch and save lives every day.

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DBSA 2003 Year in Review

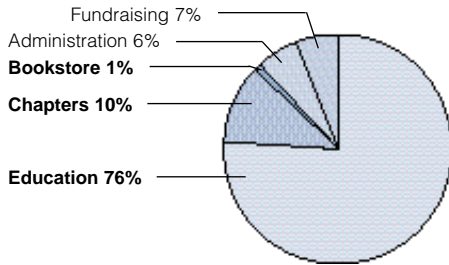
In 2003, DBSA continued to use contributions wisely, with 87 cents of every dollar spent directly on education, programs and services. Only 13 cents of each dollar was used for administrative and fundraising expenses.

Like many not-for-profit organizations, DBSA felt the impact of the slowing economy, and ended the year with a deficit. Despite the loss, DBSA remains stable.

Overall, DBSA is focused on improving the financial health of the organization while providing the same level of service. The Board of Directors reviews monthly financial reports and creates plans to move forward.

2003 Functional Expenses

How each dollar was spent



2003 Audited Financial Statements Balance Sheet

Assets

Cash and cash equivalents	104,859
Investments	418,099
Accounts receivable	36,435
Contributions receivable	462,768
Other	50,858
Property and equipment	62,372
Total Assets	1,135,391

Liabilities and Net Assets

Capital lease obligations	14,276
Accounts payable and accrued expenses	138,946
Accrued liabilities-payroll, rent	44,079
Total Liabilities	197,301

Net Assets

Unrestricted	816,070
Temporarily restricted	122,020
Total Net Assets	938,090

Total Liabilities and Net Assets 1,135,391

Statement of Activities

Revenues, Gains and Other Support

Contributions	2,732,378
Other	229,250
Total Income	2,961,628

Expenses

Program services	2,889,690
Supporting services	
Management and general	184,837
Fundraising	196,509
Total Expenses	3,271,036

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

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