

*Storms make trees
take deeper roots.*

*~ Dolly Parton
(Living with Major Depressive Disorder)*

Hope ··· Help ··· Support



**Depression and Bipolar
Support Alliance**

**Colorado Springs
Chapter**

*"We've been there.
We can help."*

2016
Annual
Report

Hope ··· Help ··· Support

Strengthening our roots for the future

Who we are



An organization of, by, and for people living with mood disorders

91
Members &
Volunteers



17
Peer
Facilitators

What we do

Improve the lives of people living with mood disorders

by:

- ☞ Providing **free** peer-led self-help support groups
- ☞ Raising awareness in the community about the treatable nature of mood disorders, through
 - ☞ Our Resource Center and Library
 - ☞ Our peer-led presentations about depression and suicide prevention
 - ☞ Collaborative outreach partnerships at public events

How we make a difference

4,430 Attendees at our 9 Peer-led Support Groups

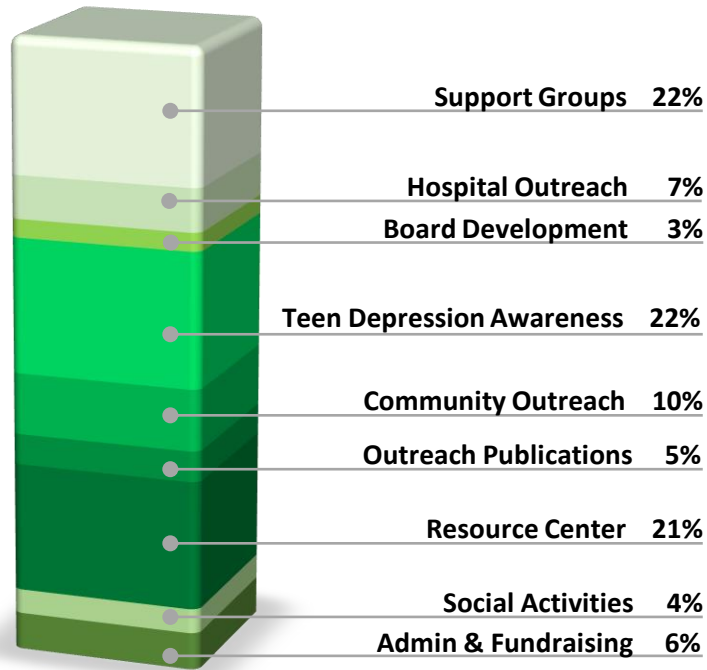
- Teens & Young Adults - North (151)
- Teens & Young Adults (406)
- Veterans (361)
- Family & Friends (618)
- Women (376)
- Later Life (541)
- Adults, afternoon (444)
- Adults, evening (898)
- Adults, evening - North (635)



“DBSA became my life saver. If I hadn’t been able to attend support groups on a weekly basis, I’m sure I would have made another suicide attempt. I kept going to meetings and kept getting stronger.”

Bridget is on our Board of Directors, and she trains all of the facilitators for all of our support groups, teaching them to help others achieve wellness.

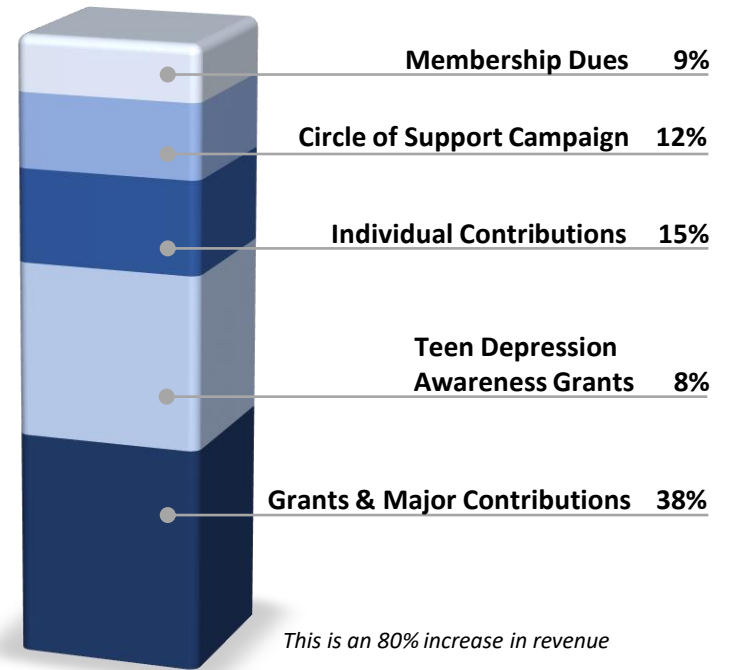
\$ 15,458 ... Expenses



This is a 9% decrease in expenses

\$ 18,149

\$ 17,925 ... Revenue



This is an 80% increase in revenue

Balance

This is a \$2,468 net increase

Hope

Last year we weathered a few storms, which strengthened our roots. While we had to prune back in some areas (expansion and outreach), we saw growth in others (facilitator training, mission focus) and DBSA CS is still hardy.

In 2017 we'll focus on fortifying our leadership and key processes. Our efforts will rely on strategies that:

- Develop and support our volunteers, most notably our Support Group Facilitators and Board members
- Improve our outreach, especially to Millennials and iGen-ers, and
- Help us hire a part-time Administrative professional

Our budget for 2017 will show a significant shift and will nearly triple as we prepare to hire for the first time. An administrative director has proven vital to our ability to support our wonderful peer volunteers—as they support the residents of Colorado Springs dealing with mood disorders.

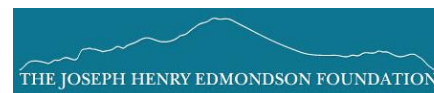
Donor and member funding support will be crucial to our ability to continue to provide **free** services to those in need.



In 2016 and 2017, we used the generous grant support from Ent Federal Credit Union and the Colorado Springs Health Foundation to upgrade our website and strengthen our Teen Suicide Awareness & Prevention efforts. Enhanced web and social media capabilities will enable better recruiting and outreach towards Millennials and iGen-ers.



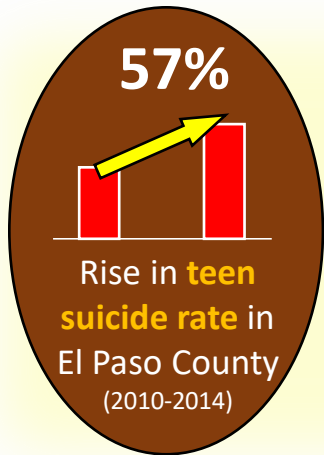
Thanks to grants from Wells Fargo Bank and the Joseph Henry Edmondson Foundation, we were able to provide Board Development and Strategic Planning Trainings for



many of our volunteers who serve in key leadership positions.

Due to its small budget, the DBSA CS Board has chosen to bypass the expense of an outside audit. For all to review. Comprehensive financial reports are made at each regular Board meeting.

As an alternative, access to funds is restricted to a few elected Board members and all transactions are available



Teen Depression Awareness & Suicide Prevention Presentations



10 in 3 = 60 + 140
Prevention Presentations School Districts Teachers Students

How we make a difference

The Power of Peer Support

4,959 
Volunteer Hours

Volunteering Improves Wellness!



The only peer-led support program for mood disorders in the Pikes Peak region

“Peer support facilitates recovery and reduces health care costs.”

www.SAMHSA.gov/recovery/peer-support-social-inclusion

3 Hospitals 137 Presentations
1,111 People informed



Our social events and educational opportunities provide empowerment and a sense of connection, since many of our people are concurrently dealing with social anxieties and low self-esteem. This year we plan to start a Walking Support Group, to get folks back on their feet – literally and figuratively!

All of our Support Group meetings are led by trained **peer** facilitators. Also, our Board is a volunteer ‘working board’ and our bylaws require that the majority of our Directors must be dealing personally with mood disorders.

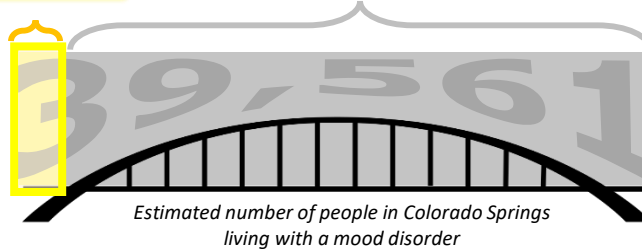
Research Shows Peer Support is Effective

- High levels of commitment to personal recovery
- Increasing awareness of triggers
- Self-determination and self-advocacy
- Boosting confidence and self-esteem

Were all attributed to “... **peers** who treated them as friends and experts, with whom they could **reciprocate support**, rather than ‘mere’ patients” (Jones et al., 2013)

We've helped
this percentage
of the people
so far

This is how many we still
need to reach . . .



Help us bridge the gap!

Our way ahead for 2017...

- Expand the number and variety of peer-led support groups
- Upgrade our website, and improve presence on social media
- Employ a part-time administrative professional

Strengthening our roots for the future

Hope
Help
Support

The best time to plant a tree was 20 years ago.

The next best time is now.

~ Chinese proverb



DBSA Colorado Springs

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2015-2025 Strategic Plan

**Who We Are ...
Why & How We Do ...
What We Hope To Do**

Our Mission:

To improve the lives of people living with mood disorders.

Our Values:

- ❖ Peer Focus
- ❖ Acceptance
- ❖ Free

Our Key Service:

Peer-led Support Groups

Our Vision:

Promote & support *wellness* for people living with mood disorders, through *Education, Collaborative Partnerships & Peer-based Programs*

Internal & External Environmental Forces That Hinder

- External Threats:
- Stigma & Fear
 - Moves Towards Greater Mandatory Reporting

- Internal Weaknesses:
- Lack of Leadership Development Process
 - Lack of Effective Outreach Program

What We Plan to Accomplish

How We'll Know We've Reached Our Goals

How We Will Achieve Our Goals

GOAL #1: Create a variety of volunteer development processes that nurture and motivate a dedication to DBSA and personal wellness.

Measurement 1.1: Implementation of a variety of plans as determined by the Board and Team Leaders, by March 2018.

Initiative 1a. Hire a part-time Executive Director by October 2017 (**Board of Directors**).

Initiative 1b. Create a facilitator development process by May 2017. [**Support Group Team**]

Initiative 1c. Create a volunteer development process by Nov 2017. [**Board of Directors**]

GOAL #2: Annually increase the number of support groups, to better serve the demographic diversity of Colorado Springs, including additional satellite locations.

Measurement 2.1: Metric(s), to be developed by the Support Group Team by October 2017.

Measurement 2.2: Each year, add at least one new support group, with one group that differs from the previous year's orientation, beginning in 2017. [Support Group Team]

Initiative 2a. Develop a process to assess the effectiveness of the new Facilitator Training/Development process by December 2017 (**Support Group Team**.)

GOAL #3: Produce and implement a comprehensive marketing/fundraising/communications plan.

Measurement 3.1: Comprehensive marketing/fundraising/communications plan Implemented by March 2018.

Measurement 3.2: Website updated, and a presence on social media created by September 2017.

Measurement 3.3: Other measurements, as determined by the plan, created by March 2018.

Initiative 3a. Implement portions of the marketing/fundraising/communications plan by May 2017. [**Public Relations Team**, w/the Funding Team and Community Outreach Team]

Initiative 3b. Create a presence on social media by September 2017. [**Public Relations Team**]

Initiative 3c. Create and implement a website update and management training process by September 2017. [**Public Relations Team** with Administration Team]

GOAL #4: Incorporate strategic collaborative partnerships to accomplish specific events/activities that focus on education and/or outreach.

Measurement 4.1: Strategic partnership(s) for the annual Community Mental Health Fair will have produced increasing participation of organizations, attendees, and media, by 2025. [Board of Directors, w/ the Community Outreach Team]

Initiative 4b. To be determined by the **Board of Directors**, w/ the Community Outreach Team by March 2018.

- Internal Strengths:
- Variety of free, peer-led support groups
 - Established, sustainable processes & services
 - Peer-run

- External Opportunities:
- Demographic Diversity of Colorado Springs
 - Growing Awareness About Mental Illness
 - Rising Healthcare Costs

Internal & External Environmental Forces That Help



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2016 Statement of Financial Results

Contributions and Other Receipts

Individual Contributions	\$ 2,723
Unrestricted Grants	6,500
Teen Depression Awareness Grants	5,000
Circle of Support	2,213
Other Receipts	4
Memberships	1,485

Total Contributions and Other Receipts \$ 17,925

Expenses

Administration	\$ 322
Fundraising	707
Board Related	391

Specific Program Activities

Resource Center	\$ 3,214
Community Outreach	1,491
Teen Depression Awareness	3,352
Inpatient Hospitalization Program	1,171
Chapter Publications	747
Support Group Meetings	3,421
Social Activities	643

Total Expenses \$ 15,458

Net – increase in cash balance \$ 2,467

Ending Balance (cash) \$ 18,149

Board of Directors

Governing Directors

Lori Salgado, PhD
Sia Fallahi
Lelia Escalante
Karen Fallahi
Sheri Landeck
Ralph Lundgren
Bridget Miller
Traci Ransberger
Larry Ritterband
Marsha Ritterband
Tory White

President
Treasurer
Administration
Director Emeritus
Grant Writer
Website
Support Groups Chair
Administration
Finance Chair
Outreach Chair
Support Groups

Advisory Directors

Brian Bain, MD
Denise Montañó
George Pollard
Tracey Reed
Sean Sackinger
Theresa Vera

Key Processes

Everything we do is to enhance our clients' wellness through the success of our peer-led support groups.

Support Groups

- Provide hope through example
- Improve wellness by augmenting professional treatment
- Facilitator training & development

Board

- Governance
- Strategic Planning
- Resource allocation
- Volunteer development

Administration

- Telephone response and crisis referrals
- Correspondence
- Comprehensive Lending Library
- Newsletter and internal communications
- Development, Grants, and Circle of Support Campaign
- Social Activities to promote wellness

Outreach

- Hospital Patient Outreach
- Suicide Prevention Presentations
- Depression Awareness
- Lectures by request
- Health Fairs
- Website

