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)

- 450 sessions

“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.
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. As an alternative, access to funds is restricted to a few elected Board members and all transactions are available for all to review. Comprehensive financial reports are made at each regular Board meeting.
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)
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

Help us bridge the gap!

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The best time to plant a tree was 20 years ago.
The next best time is now.
~ Chinese proverb
What We Plan to Accomplish

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

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

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

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

How We’ll Know We’ve Reached Our Goals

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

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

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

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]

How We Will Achieve Our Goals

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]

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

Initiative 2b. Create a presence on social media by September 2017. [Public Relations Team]

Initiative 2c. Create and implement a website update and management training process by September 2017. [Public Relations Team with Administration Team]

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]

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

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 of Directors
- 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

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

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Administration
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Support Groups Chair

Advisory Directors
Brian Bain, MD
Denise Montaño
George Pollard
Tracey Reed
Sean Sackinger
Theresa Vera