

2010 Year in Review

Our mission: To help families recognize and cope with depressive disorders to get people well and prevent suicides.

Advisory Board

Kitty Dukakis, Co-chair
Margaret Vettese, Co-chair
Dr. Scott T. Aaronson
Halima Ali
Robert Antonioni
Douglas Banks
Bill Barke
Dr. William R. Beardslee
Genet Bekele
Dr. Edward J. Benz
Alec Berman
Lisa Berman
Merrill & Dalia Berman
Lynne Adams Boschee
Ellen Chulak
Frank Cullen
Michael Dukakis
Dr. David Fassler
Dr. Mary Fristad
Richard Gatto
Jay Geyer
Carol A. Glod, Ph.D.
Elizabeth Godrick, Ph.D.
Beth Goldman, M.D.
Josie Greene, MA, LMHC
Edward Hallowell
Mary Haskell
Alexis Henry, SC.D.
Margaret Howard, Ph.D.
Dr. Steven Hyman
Aimee Kenyon
Dr. Howard King
Bill Lichtenstein
Diane Lieberman
Patricia Miller-Katz
Dr. Beth Murphy
Missy and Bill Nicholson
Nancy and Bill Noyes
June Peoples
Noreen Reilly-Harrington,
Ph.D.
Hon. Maurice Richardson
Nate Rickles
Dr. Laura Rosen
Dr. Anthony J. Rothschild
Dr. Matt Ruble
Gary Sawyer
Nancy Sharby
Anne Sheffield
Rose Styron
Linda Gray Sexton
Jane Wilson

1. Recognizing Depressive Disorders

With your support, we helped more families identify depression and seek treatment, education, and support. This was due, in part, to the success of our programs and our reach in the media.



Teen Depression Program.

We significantly expanded this program, developing and delivering a webinar for nearly 300 parents, school staff and youth workers. We also recorded five teen speakers (view the video clips at www.familyaware.org), created a teen depression fact sheet; and distributed over 1,000 parent and teen Depression and Bipolar Wellness Guides.

Survey results of our education showed that:

- 90% of participants rated our training as either good or excellent
- 81% of participants will take action for a teen as a result of the training

Depression in the Workplace Program. We continued to reach out to employers to help them reduce the costs of untreated depression and improve their existing wellness programs. We delivered two national trainings on the cost of depression and coping with stress and depression. Our training on coping reached hundreds of people and was rated highly by 86% of survey respondents.



Newspapers, Magazines, Radio Shows.

Educating the public through the media helps reduce stigma around mental health. We connected our teen and adult speakers with reporters from all over the country to share their experiences and raise awareness of depressive disorders. In 2010, we reached over 34 million people with print, web articles, radio, and TV shows nationwide, such as *Good Morning America*, *NPR*, *The Wall Street Journal*, *LA Times* and *The Boston Globe*.

Quotes from “Coping with Stress and Depression” Participants

“I will encourage several of my staff to seek professional help”
K.P., MA

“I’ve been feeling depressed lately and had forgotten what I need to do for myself.”
Donna, OR

“I called my psychiatrist and made an appointment to go back on medication.” Kerstin, MA

Advisory Board (continued)

Terry Wise
Nancy Works
Eric Youngstrom, Ph.D.
Dr. Linda Zamvil

Board of Directors

Wally Higgins, Chair
John Wilson, Treasurer
Barbara Boger, Clerk
Allan Cohen
Sanford Evans
Glenn Johnson
Sean McDonald
Peggy Sexton
Jerry Tichner
Lori Wassermann

President and Founder

Julie Totten

Staff

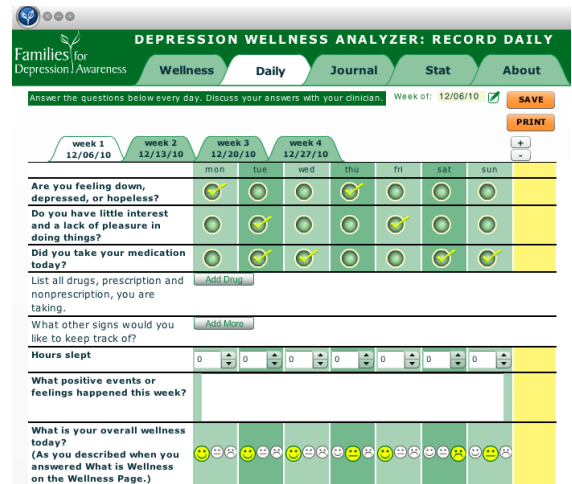
Valerie Dickerson-Cordero
Kimberly Feng-Nielsen
Connie Johnson

2. Coping with Depressive Disorders

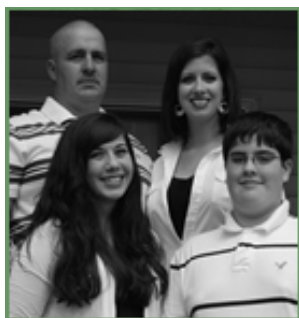
There are many ways that we assist families in managing depression and recovery. They include giving families tangible coping aids—such as free printed materials and computer-based monitoring—and providing a forum in which families can tell their stories to others.

Introducing the Depression Wellness Analyzer!

How can people who have depression get better? With treatment, of course, but how do you know if it is working? The key is careful monitoring. To help families and their clinicians monitor depression treatment and speed up recovery, we developed a computer-based program called the Depression Wellness Analyzer. This tool allows you to input your goals, your medications and other items you wish to track, print out graphs to share with clinicians, and keep a diary. With programming now completed, we have moved to the user-testing phase. Watch for the analyzer's release later in 2011!



Volunteer Help. In the past year, hundreds of our volunteers, including 70 new ones, engaged in such activities as speaking to the media, helping moderate our online communities, distributing educational materials, and putting on *SWEET! Baking for Healthy Minds* bake sales. Additionally, volunteers created and distributed 180 care packages for teens hospitalized in the psychiatric ward of Franciscan Hospital for Children (Boston).



Family and Expert Profiles. Our photographs and stories of families coping with depression continue to be a focal point for people visiting our web site. In 2010, we added 5 new family and expert profiles.

Publications and Web site. Our web site continues to be a lifeline of support and information for those seeking help. Through it, we distributed more than 20,000 guides and brochures. Our monthly email newsletter also offered announcements, links to current medical studies, and opportunities for service.

About Us

Families for Depression Awareness, www.familyaware.org is a national nonprofit organization helping families recognize and cope with depressive disorders to get people well and prevent suicides. The organization provides education, outreach, and advocacy to support families, especially family caregivers. Families for Depression Awareness is made up of families who have lost a family member to suicide or have watched a loved one suffer with depression, with little knowledge about how to help.

Families for Depression Awareness, 395 Totten Pond Road, Waltham, MA 02451 (781) 890-0220, www.familyaware.org