



INTERNATIONAL
BIPOLAR
FOUNDATION

A WORLD OF HOPE, RESOURCES, AND SUPPORT



2018 IMPACT SUMMARY

EDUCATION

TECHNOLOGY

COMMUNITY

RESEARCH

SUPPORT

COLLABORATION

The **International Bipolar Foundation** is a San Diego, CA, US based non-profit with **a mission to improve understanding and treatment of bipolar disorder** through research; to promote care and support resources for individuals and caregivers; and to erase stigma through education. Through generous contributing donors, we are able to **provide our programs free of charge** to the public.





DEAR FRIENDS,

In 2007, four parents of children diagnosed with bipolar disorder set out to make a difference in the lives of the more than 60 million people affected by this mental health condition. Since our inception, IBPF has touched millions of people across the globe, creating stronger and healthier communities by connecting those in need to critical resources and education, spreading hope and funding research.

We are grateful for the ongoing support as we carry forward our mission and spread the message throughout the world of the importance of addressing our mental health and physical health equally. Each day we empower those who live under the glare of stigma, and we are responding to the climbing suicide risk by reaching out through our youth and community programs.

Our dedicated, and open-hearted philanthropists, board members, volunteers, and staff are sincerely committed to IBPF's progress and the work that we do. Thank you all for joining us on our journey to normalize mental health conversations, encourage treatment, provide supportive and vital resources to individuals and caregivers, and erase stigma around the world.

Sincerely,

Susan Berger

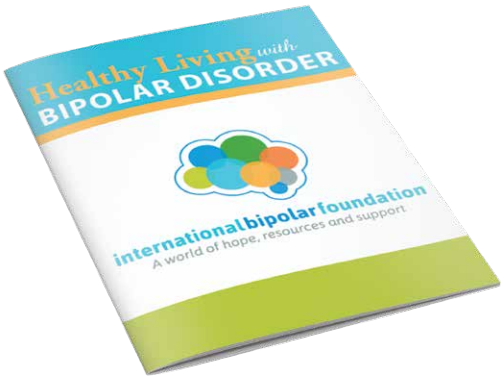
Susan Berger
Chairman



GLOBAL & SOCIAL IMPACT

HEALTHY LIVING WITH BIPOLAR DISORDER BOOK

IBPF is committed to offering our resource book, worldwide, at no charge to the public. Bipolar disorder continues to battle stigma, lack of understanding and limited availability to resources. For many people around the world, our book is the only attainable resource.



We are pleased to share that we **distributed 5522 copies** of this essential reference to individuals through hard copy and PDF forms. Our resource book is also available in libraries, treatment facilities and physician offices worldwide.

GLOBAL RESOURCES

Using technology, we support people who have limited resources in their communities

Our online traffic saw **1.2 million sessions** from **229 different countries**.



SOCIAL MEDIA IMPACT

Our social media impact continues to grow as we connected with **6600 Instagram** followers, **253,945 Facebook** likes and **897 Pinterest** followers with **17,100 monthly** views.



NEWSLETTERS

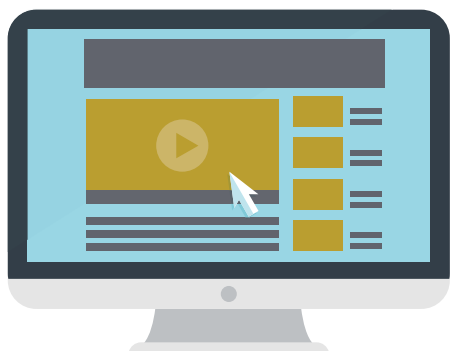
Our newsletters have pertinent information on upcoming events including webinars, blog features, community outreach and books for reading resource. In addition, we share current mental health research findings and opportunities to participate in studies and trials throughout the world. In our “Ask the Expert” column we publish answers to questions submitted by our reader and online communities.



The IBPF newsletter is issued monthly to **20,344 subscribers**.

WEBINARS

Bipolar disorder education is vital to successful living for those who are managing the illness and their caregivers. Our Webinar series covers a range of topics including lived experience interviews, updates from mental health advocates, current research and clinical information, and conversations with mental health authors.



IBPF produced
27 webinars
with 145,400
views in 2018

TOP 5 VIEWED WEBINARS

1. Cannabis and Bipolar Disorder: What Do We Know? What Do We Still Need to Learn? **(12310 views)**
2. Married and Bipolar: What One Couple Has Learned by Staying Together **(7535 views)**
3. A More Nuanced View of Hypomania **(6802 views)**
4. Ketamine, Glutamate and the Future of Mood Disorder Therapies **(6544 views)**
5. Touched by Fire: Kay Jamison, PhD and Paul Dalio **(5728 views)**


BLOG CONTRIBUTORS

IBPF’s **20 contributing blog authors** share lived experience wellness tips and successful living strategies along with clinical research and treatment updates.

In 2018 we **published 128 blogs** as resources to our community.

Wellness & My Mood Disorder

By: Liz Wilson




"Mindfully focusing on wellness in our lives builds resilience and enables us to thrive amidst life's challenges." National Wellness Institute

Wellness is a relatively new construct that encompasses our level of connectedness to the world around us. It involves our social and support networks and relies on our commitment to our personal recovery. It is also very different for each person. For me, wellness means my moods are stable or manageable (be it through self-help, therapy or medications) over several months at a time. In fact, time is a huge indicator of my level of wellness; I never trust an emotion-driven major decision about finances, romance, etc. unless that emotion and my reasoning regarding the issue stay constant for weeks or months.

As I have practiced this idea of delayed decision making for about a year now, I have made more and more choices in the rush of euphoria and other positive and negative emotions. For example, if I like Randy a lot and think we are a good fit, I will not prematurely disclose my feelings (which may have been inflated) or my relationship. Today, I am able to reason with myself about my emotions and see a wait-and-see attitude (note: I am waiting on me, not him...assessing just emotion or mood).

Wife, Mother, And Survivor

By: Tosha Maaks



I am a lucky suicide survivor. In 2005 I tried to end my life after a hard day at my job. I came home, and I said good-bye to my children, and I climbed into bed to snuggle with my middle child and say my good-byes to him. My husband knew something didn't seem right and knew how my state of mind had been in the previous days. He asked me what I was doing, and I quietly said to him, 'I am saying my good-byes' and he didn't hesitate; he knew what I had done and he grabbed the phone and called 911.

I was admitted to the hospital at that time. When I got out the Department of Children and Family Services came to my home to see if my children were ever at risk or in danger during the time of my attempt on my life. It was decided since my husband was home they were never at risk. However, the fact that DCFS had to come to my house stuck with me and made me more determined to get better.

How Managing My Nutrition Improved My Mental Health

By: Sydney Batt





A photograph of three women sitting at a light-colored wooden table in a bright room with large windows in the background. The woman on the left is seen in profile, wearing a dark blue top. The woman in the center is a Black woman with long dark hair, wearing a mustard yellow cardigan over a white top, smiling and looking towards the right. The woman on the right is a Hispanic woman with dark hair tied back, wearing a light blue sleeveless top and large gold earrings, also smiling. On the table are several papers, a blue folder or brochure, and a white marker.

COMMUNITY OUTREACH

As part of our ongoing effort to educate and improve awareness and understanding of Bipolar Disorder we continue our commitment to community outreach.

LECTURES

Our public lectures allow us to support and educate our community. In addition, lectures are recorded and archived on our website for online viewing.

This year we hosted **two lectures** focused on lived experience.

Our Spring lecture brought **Serena Goldsmith** to stage where she shared her story.

Serena received her Bachelor of Arts degree from Occidental College in Sociology and her Master of Social Work (MSW) Degree from California State University San Marcos. Serena has 26 years of lived experience with bipolar disorder, type I.

As a mental health recovery educator and advocate, she is passionate about sharing knowledge gained from her own recovery journey as well as from her work with clients in order to provide hope and practical tools to others.



Our women’s panel featuring **Aubrey Good, Claire Griffiths** and **Kitt O’Malley** allowed each individual at varying stages of life to share their journeys, including difficulties and tips to thrive with vulnerable transparency. Their powerful stories were real and inspiring to the community.

MOVIE SCREENINGS

We hosted a movie screening of *Suicide: The Ripple Effect* produced by **Kevin Hines**. This film is “a movie and a mission to eradicate suicide” and promotes the hashtag **#beheretomorrow!**



It is a feature length documentary focusing on the **devastating effects of suicide** and the tremendous **positive ripple effects of advocacy**, inspiration and hope that are helping millions heal and stay alive. The film highlights the story of Kevin Hines, who at age 19, attempted to take his life by jumping from the Golden Gate Bridge.

EDUCATIONAL PANEL

In partnership with **San Diego State University**, IBPF facilitated an educational panel for **Public Health students**. The panelist shared their stories of living with or caring for someone with bipolar disorder and then opened the session for student questions.

“I really appreciated and respected her honesty with her daily struggle with bipolar disorder” - Nicole

“Like Christine, let us be advocates against stigma and work toward the treatment and education of mental health problems” - Gerard

“I applaud programs like this for speaking up on this issue. More awareness needs to be known about mental health issues” – Amber

RESOURCE FAIRS

We participated in three resource fairs where we talked with and educated the public on the challenges and victories of living with bipolar disorder. For many people, it was the first time they had real conversation about bipolar disorder and other mental health issues. Our continued presence in the community is essential to combating stigma.



This year we attended the following events:

Girl Scout Community Partner Fair

UC San Diego Community Fair

El Cajon Valley Community
Resource Fair

VOLUNTEERING

Being active in community volunteerism allows us to spread awareness while raising funds for our continued mission.

This year we spent time volunteering with three organizations: San Diego Beach and Bay Half-Marathon, Tri City Medical Center Run, and Aloha Run.





YOUTH MENTAL HEALTH AWARENESS

The earlier mental health awareness education begins, the better equipped youth are to seek help when they need it, which results in the best long term outcomes.



IBPF educated foster youth at the annual **Urban Surf 4 Kids Mental Health and Wellness Camp**. They learned about the importance of being aware of your mental health, along with how to reach out when you are having difficulty and what it might look like when friends are struggling. We were honored to be involved in this “suicide prevention” day.

Our **Mental Health Awareness Patch** program educates youth from 5 to 18 years old through a series of engaging, age appropriate educational activities. This program has been adopted by the Girl Scouts and other boys’ and girls’ organizations around the world. Over this past year **1727 participants** have been awarded our free patch from **142 different troops**.

AWARDS

Our **Annual High School Essay Contest** offers the opportunity for students to win an award scholarship.



Mental Health Parity and Addiction Equality Act - The students researched this act, and then drafted a letter to their insurance company or politician petitioning that illnesses of the brain be treated no differently than illnesses of the body.

We received **382 submissions from 9 countries**. After review of each submission, a cash scholarship was awarded to our first, second and third place winners.

Dr. Georgina Hosang was the 2018 **recipient** of the **IBPF Young Investigator Award**. She is researching on Childhood Maltreatment and the Medical Morbidity in Bipolar Disorder. As a delegate, sponsored by IBPF, Dr. Hosang presented at the 2018 ISBD conference



2018 COLLABORATIONS:

- International Society for Bipolar Disorders
- National Council for Behavioral Health
- American Brain Coalition
- Med Circle
- ShareCare
- The Kennedy Forum

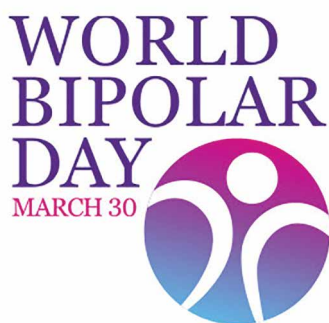




WORLD BIPOLAR DAY

This year we asked our community to share facts, resources, and personal stories under the two hashtags **#WorldBipolarDay** and **#thisisbipolar**. **#WorldBipolarDay** became a trending hashtag for the mental health community, particularly in the US.

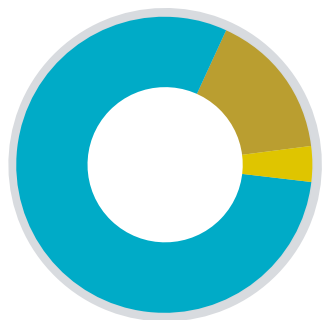
IBPF and Bipolar health advocate **Gabe Howard** hosted a Facebook Live event supporting our hashtag of **#thisisbipolar**, engaging our online community to share their life experiences



Over **10,000 posts** were shared under **#WorldBipolarDay** which created over one million “impressions”. On Instagram, social media influencers tagged International Bipolar Foundation, promoting our resources worldwide.

FINANCIALS

Programs 80%
Management 16%
Fundraising 4%



ASSETS

<i>Current Assets</i>	2018
Cash and cash equivalents	147,310
Investments	373,539
Prepaid expenses and other assets	22,364
Total Current Assets	543,213

LIABILITIES AND NET ASSETS

<i>Liabilities</i>	
Accounts payable and accrued expenses	11,164
<i>Net Assets</i>	
Unrestricted	496,415
Temporarily Restricted	2,000
Permanently Restricted	33,634
Total Liabilities and Net Assets	543,213

CHANGES IN NET ASSETS

<i>Revenue and Support</i>	
Contributions	85,499
Special Events	234,115
Investment Income	(23,734)
Total Revenue & Support	295,880
<i>Expenses</i>	
Program Services	275,083
Management and general	55,016
Fundraising	13,754
Total Expenses	343,853
Changes in Net Assets	(47,973)

2018 DONORS

International Bipolar Foundations thanks all the individuals, foundations, and corporations who made us stronger in 2018 through their generous gifts of support.

20,000+

Blair Family Foundation
Susan & Walter Berger
The Carmel Hill Fund
The Dalio Foundation

15,000-19,999

Robert Wood Johnson
Foundation
Mary Jane & Robert
Engman

10,000-14,999

Christie Donaldson
Margaret & Doug Colbeth
Karen & Kevin Lynch
The Morrison & Foerster
Foundation

5,000-9,999

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Lynn & Fred Muto
Jeffrey Hogan
Neurocrine Biosciences
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Sharp Healthcare

2,500-4,999

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Jordan White
Marlene Drasin
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Marie Queen

2,000-2,499

Chris & Sarah Herr
Kayleen & Rick Huffman
The Simon-Strauss
Foundation

1,000-1,999

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Addison Michael
James Criswell
Richard Hoffman
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Austin Krainz
Stephen McGrath
Rachel & Bob Perlmutter
Jori Potiker-Brown
Jodi & Christopher Queen
Nancy & Carmelo Santoro
Martha Walker
Zack Zalon

ABOUT IBPF

Founded in 2007 by four parents with children affected with bipolar disorder, International Bipolar Foundation is a not-for-profit organization whose mission is to improve understanding and treatment of bipolar disorder through research; to promote care and support resources for individuals and caregivers; and to erase stigma through education.

We are proud to offer these programs and services free of charge to our global community:

Research

- International Bipolar Foundation awards a Bipolar Disorder Young Investigator a Research and Travel Grant each year. This includes travel and attendance to the annual conference of the International Society of Bipolar Disorders. At this conference, courses, workshops and networking opportunities are offered where researchers, clinicians, advocates, and those living with bipolar disorder can share scientific findings, treatment advances, and personal experiences. The remainder of the award is used to fund research at the awardee's institution.

Education, Care & Support

- Referral - online support
- International Blogging Program
- Community Resource Events
- High School and College Internships
- *Healthy Living with Bipolar Disorder* Book
- World Bipolar Day Anti-stigma and Awareness Campaign
- College Mental Health Program
- Youth Mental Health Awareness Patch Program
- My Support e-Newsletter
- High School Essay Contest
- Webinars, Lectures & Conferences
- Say It Forward Anti-stigma Campaign
- Social Media, HealthCare Media & YouTube Channel

ABOUT IBPF

Collaboration

- International Society for Bipolar Disorder
- National Council for Behavioral Health
- Medcircle
- Community Alliance for Healthy Minds
- American Brain Coalition
- Sharecare
- WebMD
- The Mighty
- *BP Hope Magazine*



Mission

The mission of International Bipolar Foundation is to improve understanding and treatment of bipolar disorder through research; to promote care and support resources for individuals and caregivers; and to erase stigma through education.

Vision

International Bipolar Foundation envisions wellness, dignity and respect for people living with bipolar disorder.

PHOTO CREDITS

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