

**ADAA**

Anxiety & Depression  
Association of America



# 2022 **IMPACT** REPORT

Triumphing Through Science,  
Treatment, and Education



## PRESIDENT AND EXECUTIVE DIRECTOR'S MESSAGE

Through collaboration, thought sharing, and innovative continuing education opportunities, ADAA is changing lives in the field of anxiety and depression.

Through our initiatives, ADAA is steadfast in our vision to improve lives through science, treatment, and education. ADAA continued the implementation of our 2020–2025 strategic plan and worked with a purpose-driven global public relations firm. Our staff and board also worked with a Diversity, Equity, and Inclusion (DEI) firm and a Georgetown University master's student to align ADAA with DEI principles. As a result, ADAA has enhanced its diversity-focused mental health content.

We continue to foster partnerships with like-minded professional and public organizations to disseminate existing and new evidence-based mental health practices for both the public and the mental health professional community. We hosted a very successful in-person educational conference in Denver (it was so wonderful to be together again!), offered many continuing education webinars including the *Fall Forum: Psychedelic Therapy: Problems and Promises* which offered clinical and research perspectives on the psychedelic medicine field as it pertains to depression, anxiety, and PTSD. We also offered dozens of free webinars and blogs for the public ranging in topics focused on men's mental health, suicide risk, feeling safe at school, LGBTQ+ resilience, and climate anxiety. We are also excited to have **launched a new Major Depressive Disorder subgroup in our online peer-to-peer community.**

All of the above was achieved with the help of the ADAA board of directors, involved members, and a wonderful staff who value ADAA's interlinked consumer and professional mission. We are grateful for our generous sponsors, and partners, who support ADAA's mission. And to our individual donors—many of whom are struggling with mental health issues themselves or grieving the loss of a loved one—who donate so generously to support ADAA's work. We couldn't do all we do without the support of ADAA's corporate partners, many of them small independently owned businesses that share proceeds of sales with ADAA. We also wanted to thank our 2022 **mental health influencers and supporters** (former NFL player Doug Middleton, Joshua Thompson of the Tennessee Titans, the LAT 35 women's rowing team, mental health speaker and TV personality Clayton Echard, actor Luke Cosgrove, and singer/songwriter Justin Bernardez) who have used their voice and social media channels to support ADAA's mission.

Together we raise awareness, provide educational resources to millions each year, and successfully work towards ending the stigma associated with mental illness.

We are grateful that we work with and for such a mission-driven organization.

– Susan K. Gurley, JD – Executive Director

– Charles B. Nemeroff, MD, PhD – Board President



### ADAA works to prevent, treat, and cure anxiety disorders and depression.

**ADAA improves the quality of life** for those who suffer through evidence-based educational resources, professional practice, and scientific research.

Through education, raising awareness, outreach and special programs, **ADAA is focused on reducing the stigma** surrounding anxiety disorders, depression, OCD, PTSD, and co-occurring disorders. We actively seek partnerships and alliances with mental health professionals and the public alike to increase our reach and impact.

**ADAA's promise is to raise awareness** about the impact of mental health on physical health, to find new treatments, and one day prevent and cure anxiety, depression, OCD, PTSD, and co-occurring disorders.

**ADAA brings together mental health professionals** who lend their time and expertise to improve patient wellness and access to care by promoting the implementation of best practices and treatments across disciplines through continuing education and training and accelerating dissemination of research into practice.

“ ADAA offers my staff and my patients the best resource for anxiety and depression. Where else can my staff learn so much in multidisciplinary setting that reflects their real world professional community, while at the same time their patients have access to support communities, curated research, and live interaction with the experts through webinars and seminars. ”

– Karen Cassidy, PhD - ADAA Past President



Improving the Quality of Life for those Struggling with Anxiety and Depression

## WHO WE SERVE



“ I am so honored that you would like to share my story. This is something that I still battle with every single day. I wanted to put my story on ADAA because I feel that when people are battling things, sometimes other people’s stories and journeys will give them the will power and drive to keep going. This website has helped me to continue to be strong and when I feel that I am starting spiral down, I find the power to pick myself back up and keep going! ”

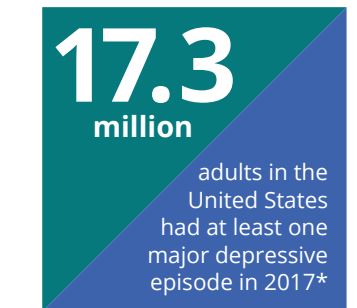
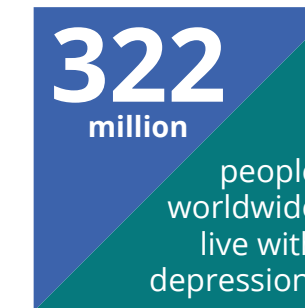
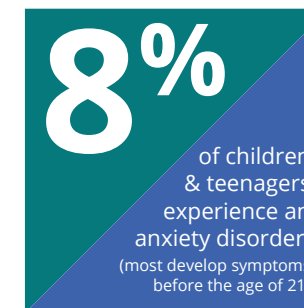
- April Davis

ADAA’s website and outreach channels provide treatment, education and support resources for those struggling with anxiety and depression.

- Learn about evidence-based **treatment options**, including how to choose and find a therapist.
- Find support by **sharing with others**.
- Search for **information** for any demographic and age group.
- Stay informed: subscribe to ADAA’s free monthly **Triumph newsletter**.
- Find self-help **books and publications**.
- Read **blog posts and news articles** featuring ADAA’s members.
- Watch and listen to free **webinars, videos, and podcasts**.

### ADAA’s Public Education Committee

This professional member committee focuses on improving and expanding public education and outreach through website content, webinars, blog posts, social media outreach, infographics, self-help books and other collaborative educational projects.



\*This number represented 7.1% of all U.S. adults.



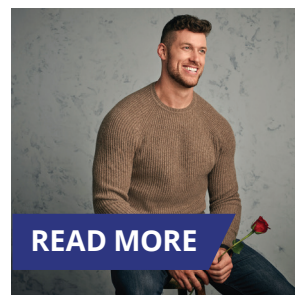


## FROM OUR PUBLIC COMMUNITY

ADAA receives dozens of personal stories every year from our public community. These stories share how people living with anxiety, depression, obsessive-compulsive, and trauma-related disorders have struggled, coped, and triumphed. They inspire readers to learn about what helped them find hope and recovery.

“ Speaking candidly across the country, whether at schools, organizations, or other forums, I am hoping to help destigmatize the issues around body dysmorphia and other mental health conditions. Particularly for young men and boys where there is still a lot of stigma and shame around speaking out. Men don’t have the same type of support or resources and they’re less inclined to talk about it, feeding into that toxic masculinity. We need good male role models and if I can be that to one person, two people or even a whole network, then it’s worth it. ”

– Clayton Echard: *Finding My Own Silver Linings Playbook Through Mental Health Advocacy*



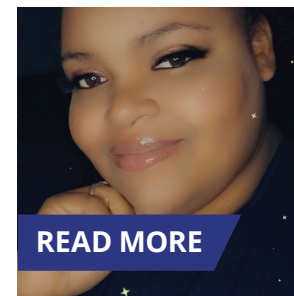
[READ MORE](#)



[READ MORE](#)

“ I was one of those “strong” friends—on the outside. And I realize now how important it is to check in on your strong friends. Check in on the people in your life that seem like they are handling the uncertainties of life with grace and poise. Check in on your loved ones that always seem to check in on you first. In this ever-changing world of pandemic uncertainties, try to listen for the signs of hopelessness and despair in the ones that seem good or strong. You never know whether their strength is coming from having to constantly mask their true feelings. ”

– Tiara Johnson: *Your “Strong” Friends Need Checking in on Too: Despair and High Functioning Depression*



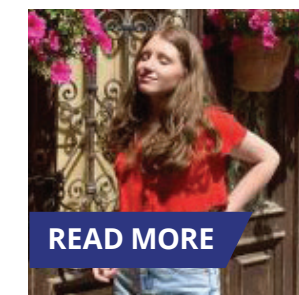
[READ MORE](#)

“ I was told about this organization and how there were tools that I would find useful. There I learned more about anxiety and the importance of getting help to control it as it can be a risk to your health. This family gave me the confidence to admit I needed help and to seek help. I told my family and they were very supportive. I now have a therapist that has done wonders for me. I am learning relaxation techniques, learning that I’m in control, learning how to calm myself before it goes too far. Thanks to the support from family, therapists, and ADAA my world is now more manageable but I still have more learning to do. Now I want to give back, help support, and spread awareness. This is a safe place with no judgement. ”

– Charmagne: *Realizing My Power*

“ I’m now 16 years old, currently in Italy, and have been living with OCD and the fear of throwing up for so long that I don’t even remember how my life was without it. Soon I will be graduating and I will need to deal with my OCD on my own when I go to university. Having to deal with OCD showed me how strong I can be, fighting with my brain every day, and it has made me interested in studying psychology. This is the reason why I wanted to tell my story. I’ve learned not to be ashamed of my OCD. Although it took a long time until I was able to talk about my OCD, now I might be able to help someone feel better by sharing my story. ”

– Anahid Mantl: *OCD Took My Life Away at the Age of 8*



[READ MORE](#)



[READ MORE](#)

“ My name is TJ. I am a 42-year-old trans man, who lives in the state of Alabama...The reason I submitted my story to ADAA is because I have seen other people’s stories on the website and it did give me the courage to type my story up. Plus, I have to give y’all credit for supporting LGBTQ+ people because right now it feels like not many people do. Especially in Alabama. I have people in my life that I love, and they love me. Life is pretty good, and I am happy with who I am, what I believe in, and who I love. I realized that I had to become my hero and live my truth. It is worth fighting for and staying around even when you may not want to. ”

– T.J. Bradley: *My Own Hero’s Journey*



## WHO WE WORK WITH

ADAA partners with like-minded national and international nonprofits, companies and mental health organizations that support our mission. Together we are stronger. Together we change lives.

ADAA seeks to build partnerships with additional organizations to deliver the highest quality programs, education, and information to our members and the public. **Interested in partnering with ADAA?** Please email [information@adaa.org](mailto:information@adaa.org).

## CORPORATE SPONSORS



“ADAA is a fantastic forum to connect with clinicians and leaders in mental health to discuss our work and identify opportunities for collaboration in the future.”

– Dr. Brad Riemann, PhD, President of Philanthropy, Research, and Clinical Care – Rogers Behavioral Health

## MEDIA PARTNERS



## COMMUNITY PARTNERS



“The many years of partnership between the American Foundation for Suicide Prevention (AFSP) and ADAA, including our annual sponsorship of the ADAA conference, has been essential for sharing research findings related to suicide prevention and informing clinical practice. This collaboration helps us to achieve our mission of saving lives and bringing hope to those affected by suicide.”



– Jill Harkavy Friedman, PhD, Senior Vice President of Research – AFSP

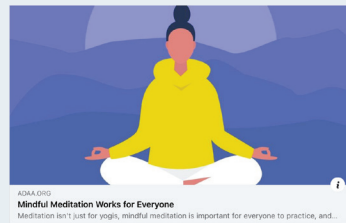
# STRENGTHENING OUR IMPACT IN 2022

ADAA has a vibrant and active digital presence. Our website, newsletters and social media platforms offer a wide variety of content including personal stories, awareness raising campaigns, current news and research, upcoming events, and more. Our free English and Spanish peer-to-peer communities offer a safe place for people to share experiences and learn from others struggling with an anxiety disorder or depression.

## SOCIAL MEDIA



59K+ followers



30K+ members (page/group)



6.7K+ followers

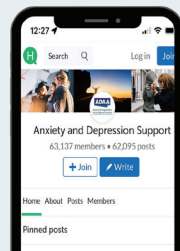


26K+ followers



20K+ subscribers

## ADAA ONLINE SUPPORT COMMUNITIES



72K+ English & Spanish subscribers

## WEBSITE & NEWSLETTERS



7M unique annual, website visitors



40K Triumph newsletter subscribers



14K Insights newsletter subscribers

## COMMUNITY EDUCATION



60

Videos & podcasts



45

Blog posts



25

Webinars

# INFLUENCERS AND SUPPORTERS



**JUSTIN BERNARDEZ**

Singer/Songwriter



**LUKE COSGROVE**

Actor



**CLAYTON ECHARD**

Mental Health Advocate and TV Personality



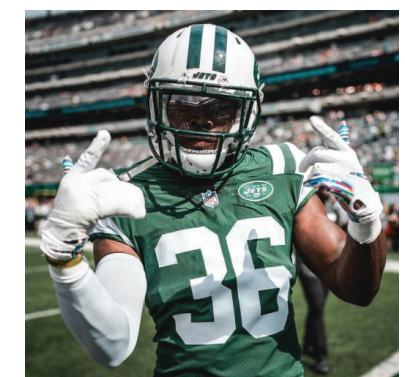
**THE LAT35 ROWING TEAM**

Women's 2022 Rowing Champions



**JOSHUA THOMPSON**

NFL Player Tennessee Titans



**DOUG MIDDLETON**

Former NFL Player



# INCREASING ACCESS TO CARE: ADAA'S DIVERSITY, EQUITY, AND INCLUSION RESOURCES

## DEI Commitment Statement from ADAA

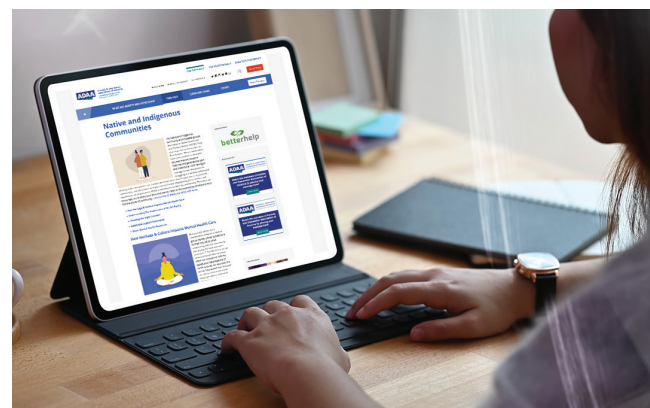


ADAA values diversity, equity, and inclusion as core organizational standards to promote BIPOC-specific mental health research and professionals. ADAA recognizes that combatting societal, organizational and health inequalities is an ongoing commitment. Therefore, we will continue to highlight and encourage BIPOC-specific mental health research and professionals throughout our organization. [Read more.](#)

## RESOURCES

ADAA has a variety of resources that are catered specifically to multiple demographics and cultural identities. The following website pages provide resources to better understand specific mental health issues, challenges, or stigmas faced in different cultures.

- [Mental Health Resources for the Asian America/Pacific Islander Communities](#)
- [Mental Health Resources for the Black Community](#)
- [Mental Health Resources for the Latiné/Hispanic Community](#)



- [Mental Health Resources for the LGBTQ+ Community](#)
- [Mental Health Resources for Native and Indigenous Community](#)

## WEBINARS & BLOGS

Webinars and blogs written and hosted by ADAA professionals discuss a wide range of health-related topics specifically for diverse communities.

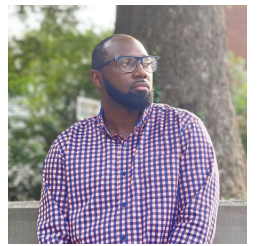
- [Addressing Systemic Racism: A Call to Action for Allies](#): Webinar by ADAA member Kimberlye Dean, PhD
- [Antiracist Parenting is a Journey Not a Destination](#): Blog Post by Katherine Martinez, PsyD
- [Hidden Inequalities: COVID-19's Impact on our Mental Health Workforce](#): Blog post by Soo Jeong Youn, PhD, Torrey A. Creed, PhD, Shannon Wiltsey Stirman, PhD, and Luana Marques, PhD
- [Persistent Trauma of Systemic Racial Inequities and the Perils of COVID-19](#): ADAA webinar by ADAA members Kathariya Mokruue, PhD and Mbemba Jabbi, PhD
- [Protests, Racism and Our Children: Helping Kids Cope](#): Blog by Michelle Witkin, PhD
- [Responding to Discrimination Against Individuals with Disabilities and Medical Conditions During the COVID-19 Outbreak](#): Blog post by Bryan Balvaneda, M.A., Lizabeth Roemer, PhD, and Sarah Hayes-Skelton, PhD
- [Responding to Racism During the COVID-19 Outbreak](#): Blog post by Bryan Balvaneda, M.A., Lizabeth Roemer, PhD., Sarah Hayes-Skelton, PhD., Amelia Yang, B.S., and Anna Ying, M.A.
- [Understanding the Cracks: What COVID-19 Means for the Mental Health of the Marginalized in the United States and Opportunities for Response](#): Blog post by Anna Bartuska, BS/BA, Derri Shtasel, MD, MPH, and Luana Marques, PhD
- [What Now? Dealing with the Emotional Aftermath of the Verdict](#): Blog post by Kathariya Mokruue, PhD



Mbemba Jabbi  
ADAA Board of Directors

## PERSONAL STORIES

ADAA encourages sharing personal mental health stories with other community members. There is strength and support found in sharing and learning from the mental health experiences of others.



Charles Philip

- [My Own Hero's Journey](#) by T.J. Bradley
- [Celebrating Progress: Why the Celebration of Juneteenth Matters to the Black Community](#) by Tiara Johnson
- [Conquering Mountains](#) by Charles Philip
- [Living with 2020 Vision](#) by Tiara Johnson
- [My Anxiety Triumph](#) by Nikia Jones
- [The Stigma Surrounding AAPI Mental Health](#) by Tanaya Kollipara
- [A Long Line of Depression and Anxiety: The Stigma Stops Here](#) by Adina Young

100K+ PAGE VIEWS

For enhanced diversity focused public and professional pages on ADAA.org's website.

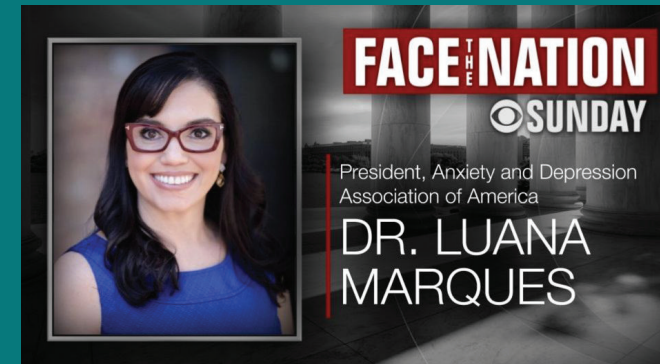
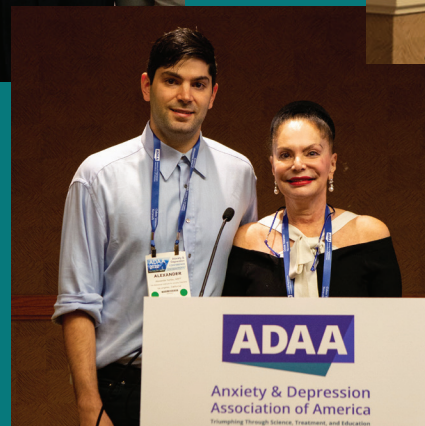


# PROFESSIONAL MEMBERSHIP



“ I have been with ADAA since it was the Phobia Society of America many decades ago. It was probably during its first few years of existence, and it is an organization I feel proud to serve. ”

- Fugen Neziroglu, PhD, ABPP  
ADAA Member Since 1984

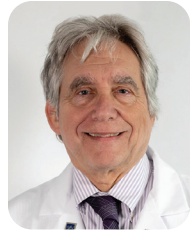


ADAA is the only multidisciplinary mental health professional organization engaging the world's leading experts, students, and early career professionals who are in clinical practice or conduct research on anxiety, depression, and co-occurring disorders.



# BOARD OF DIRECTORS

ADAA's Volunteer Board of Directors oversees the strategic plan and fiscal health of the organization. **ADAA's leadership embraces diversity, equity, and inclusion (DEI) as core values for all members, staff, and volunteers and is committed to ensuring that ADAA's programming supports cultural equity.**



**Charles B. Nemeroff, MD, PhD**  
President  
Chief Medical Officer  
Harvard Medical School and  
Massachusetts General Hospital



**Helen Blair Simpson, MD, PhD**  
Columbia University  
Medical Center/New York  
State Psychiatric Institute



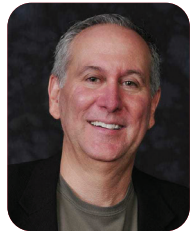
**Sanjay Mathew, MD**  
Chief Medical Officer  
and Secretary  
Professor of Psychiatry and  
Behavioral Sciences  
Baylor School of Medicine



**Tanja Jovanovic, PhD**  
Treasurer  
Assistant Professor,  
Department of Psychiatry and  
Behavioral Sciences, Emory  
University School of Medicine



**Paul Holtzheimer, MD**  
Dartmouth-Hitchcock  
Medical Center, White River  
Junction VA Medical Center



**Ken Goodman, LCSW**  
Private Practice  
Los Angeles, CA



**Krystal Lewis, PhD**  
National Institute of  
Mental Health (NIMH)



**Mbemba Jabbi, PhD**  
Department of  
Psychiatry and  
Behavioral Sciences  
Dell Medical School



**Martin Paulus, MD**  
Laureate Institute for  
Brain Research  
Chair, Scientific Council



**Sheila Rauch, PhD**  
Emory University  
School of Medicine  
Atlanta VA Medical  
Center



**Victoria Risbrough, PhD**  
University of California  
San Diego ex-officio and  
Scientific Council Chair

“ADAA thanks the mental health community and supporters for trusting in us to continue to develop evidence-based resources for the public and the professional communities. Our goal is to ensure that no one faces an anxiety disorder or depression alone. We are in this together.”

– Sanjay Mathew, MD Chief Medical Officer and Secretary

ADAA's Board of Directors is comprised of distinguished researchers, clinicians, and psychiatrists who contribute a broad range of experience in patient care, academics, and research.

ADAA could not serve the public and mental health professional community without the dedication and commitment of these volunteers, many of whom have demanding full-time careers outside of the work they do for ADAA.

“Leading ADAA as president was one of the greatest joys of my professional career because of the organization's focus on science and practice; its ability to make all of us feel welcome; and because I was able to learn and work closely with the most gifted mental health professionals.”

Luana Marques, PhD, ADAA Immediate Past President

## PAST BOARD PRESIDENTS



**Luana Marques, PhD**  
President  
Harvard Medical School  
and Massachusetts  
General Hospital



**Beth Salcedo, MD**  
President  
The Ross Center for  
Anxiety & Related  
Disorders



**Karen Cassidy, PhD, ACT**  
The Anxiety  
Treatment Center



**Mark H. Pollack, MD**  
Rush University  
Medical Center



**Terrence M. Keane, PhD**  
VA Boston  
Healthcare System



**Jerrold F. Rosenbaum, MD**  
Massachusetts  
General Hospital



**Robert Dupont, MD –  
1st President of ADAA**  
Institute for  
Behavioral Health

## HONORARY BOARD MEMBER

Michael Gleason

## IN MEMORIAM

Alies Muskin  
Executive Director

Jerilyn Ross  
Co-Founder and  
President

## STAFF

Susan K. Gurley  
Executive Director

Lise Bram  
Deputy Executive Director

Katie Russo  
Senior Director, Strategic Business  
Development and Operations

Sasha Sicard  
Associate Director  
Membership and Education

Mona Ghuneim  
Communications Specialist

Parthenon Management Group

# PROFESSIONAL COMMITTEES AND EDUCATION



## Scientific Council (SC)

The SC is comprised of senior-level basic and clinical researchers who contribute scientific expertise and mentorship and encourage participation among colleagues, students and fellows, and volunteers to participate in projects that maintain ADAA's leading edge in research, dissemination, and treatment.

## Annual Conference Committee

Committee members help develop the theme for the conference, invite experts, review submissions, make final selections for high quality educational content and organize special sessions.

## Membership Committee

The purpose of this committee is to build and promote ADAA membership, increase retention of current members, and ensure ADAA member benefits continue to meet not only industry standards but our members' specific professional needs.

## Alies Muskin Career Development Leadership Program (CDLP)

The CDLP is an intensive mentoring and professional development opportunity for early career clinicians and researchers offered at ADAA's annual conference. The committee develops the in-person education programming and reviews submissions.

## Professional Education Committee

This committee promotes the investigation and implementation of empirically supported treatments and best practices across disciplines and career levels through the development of a cohesive ADAA professional education program for inter-disciplinary professionals. The committee oversees all ADAA professional education webinars and the Fall Forum.

“ADAA's Scientific Council (SC) is a virtual who's who of scientists dedicated to advancing the understanding and treatment of depression and anxiety disorders. The SC serves a guiding role in ADAA's scientific direction.”

– Naomi M. Simon, MD, MSc

# MEMBERSHIP BENEFITS

## COLLABORATE & NETWORK

- Join a Special Interest Group or Committee
- Post and share on the online members' only community
- Participate in monthly peer consultations

## LEARN & MENTOR

- Earn free CEs/CMEs
- Participate in live webinars and watch on-demand webinars
- Enjoy free access to ADAA's *Depression and Anxiety* journal
- Attend the annual conference at a reduced fee
- Mentor early career professionals

## PROMOTE & ENHANCE

- Share research and clinical trials
- List your practice on Find-a-Therapist
- Post new publications and media placements
- List job postings and clinical trials

## SUPPORT & HOST

- Support ADAA's public mission through annual dues
- Share expertise — create content for the ADAA website, newsletters, and social media
- Host free professional or consumer focused webinars and podcasts
- Write professional or public focused blog posts

This year ADAA offered **19 Webinars** and the opportunity for **28+ CEs**

“Membership in ADAA is the single best investment I have made in my career.”

– Beth Salcedo, MD, ADAA Past President

“I can't think of a better way to put my money to work than group membership with ADAA for my organization Light On Anxiety. To have the opportunity to make ADAA's wealth of professional resources and trainings available to my staff is priceless.”

– Debra Kissen, PhD, MHSA  
Light on Anxiety  
ADAA Institutional Member

“I have been a member of ADAA since my career began, and I couldn't be prouder. The organization is dynamic, multidisciplinary, and innovative, and it just keeps getting better.”

– Douglas Mennin, PhD



# ANNUAL CONFERENCE



The ADAA annual conference brings together clinicians and researchers from across the US and around the world who want to improve treatments and find cures for anxiety, depression, and co-occurring disorders. Attendees chose from 150+ sessions, heard from engaging plenary speakers, learned about cutting-edge thinking in research and clinical practice, and earned **40 enduring CE/CME credits**.

ADAA's March 17–20 2022 Denver Conference—our first in-person meeting since 2020—offered vibrant programming and impactful connections.

“I go to the ADAA conference to hear about cutting-edge research and practice pertaining to anxiety and related disorders. It’s also a chance to spend time with like-minded colleagues with similar interests. As the saying goes, ‘iron sharpens iron.’ This is how I feel by the time I leave: sharper!”



– L. Kevin Chapman, PhD, HSPP, Licensed Clinical Psychologist

## Fall 2022 Forum

### Psychedelic Therapy: Problems and Promises

This webinar brought together several leading experts to provide their clinical and research perspectives on the psychedelic medicine field as it pertains to depression, anxiety, and PTSD.

2022 FALL FORUM  
**PSYCHEDELIC THERAPY: Problems & Promises**  
 Thursday, October 27, 2022 | 12 pm ET  
 2 CE/CME Credit Eligible  
 More Information: [webinars@adaa.org](mailto:webinars@adaa.org)  
**ADAA**  
[www.adaa.org](http://www.adaa.org)

Speakers:  
 Robin Carhart-Harris, PhD (University of California, San Francisco)  
 Rachel Yehuda, PhD (James J. Peters Veterans Affairs Medical Center)  
 Stephen Ross, MD (NYU Grossman School of Medicine)  
 Greg Fonso, PhD (Dell Medical School)

“If a client is asking for mushrooms, at this moment as [psychedelics] are not really available or legal, what I would do is interpret this in a very psychological way as a wish for more. If this is a patient that you’ve been seeing for a while that comes to you and says I need this other thing, this is a good opportunity to discuss what is or isn’t working and have some candid discussions on progress.”

– Rachel Yehuda, PhD – Fall Forum panelist

# PROFESSIONAL PUBLICATIONS

## Insights

*Insights on Anxiety and Depression* is ADAA's bi-weekly e-newsletter that delivers current research and program news about anxiety and depression from respected journals and media outlets.



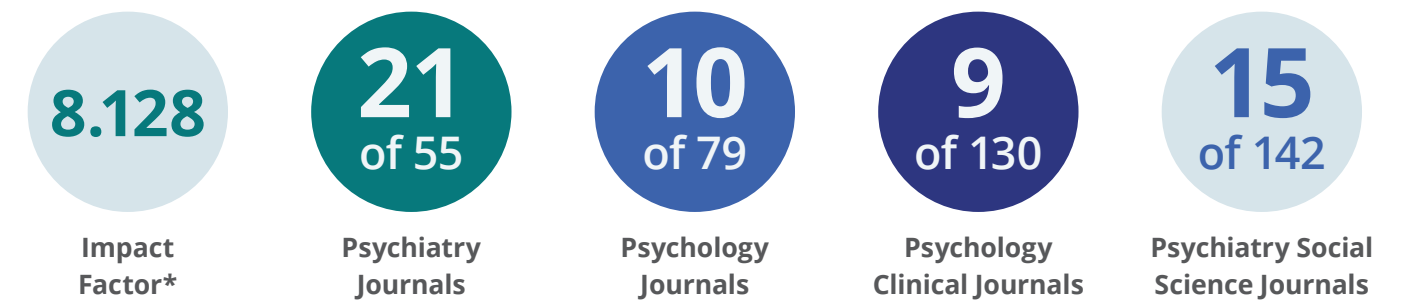
## ADAA's Depression and Anxiety Journal

ADAA's current official online journal welcomes original research and synthetic review articles covering neurobiology (genetics and neuroimaging), epidemiology, experimental psychopathology, and treatment (psychotherapeutic and pharmacologic) aspects of mood and anxiety disorders, and related phenomena in humans.



## JOURNAL RANKINGS

\*2021 Journal Citation Reports release



# AWARDS PROGRAMS

Promoting careers and professional development is a central focus of ADAA. The ADAA awards program has supplied more than one million dollars to 700+ aspiring professionals and given them access to a professional home, unique pairings with senior mentors from our membership, and complimentary registration to ADAA's annual conferences.

## Member Recognition Awards

ADAA recognizes member participation and commitment to the association and to the community through a number of special recognition awards.



## Alies Muskin Career Development Leadership Award Program (CDLP)

CDLP offers an environment where ADAA's next generation of leaders can flourish. CDLP is an intensive mentoring and professional development opportunity for early career clinicians and researchers.

“ It has been wonderful being paired with a senior mentor, and I made lasting connections with other colleagues at ADAA/CDLP that have been invaluable for my clinical and research training. I highly recommend that others apply! ”

–Allegra Anderson, MS - 2022 CDLP Awardee

“ The Donald F. Klein award offers a wonderful opportunity to highlight the work of promising young investigators and provides the logistical support for them to be able to share their work with the field more broadly. I am grateful for the opportunity to share my work with others and to have expanded my academic connections. ”



– Sage E. Hawn, PhD

## Donald F. Klein Early Investigator Award

This award is given annually to an early career investigator for the best original research paper on neurobiology, psychopharmacology, psychosocial treatments, or experimental psychopathology of anxiety disorders and depression. This award is named for Donald F. Klein, MD (1928-2019).



## BIPOC Scholarship

ADAA offers annual membership scholarships to students and early career professionals who identify as members of the BIPOC community. This opportunity offers one-year ADAA Memberships for up to ten graduate degree students, interns, residents, postdoctoral fellows, or early career professionals of color who focus on anxiety or depression, or related disorders.



“ I chose to become a clinical psychologist to advance mental health of individuals that have been minoritized. The goal of my work is to ensure that mental health treatments are effective and accessible for all individuals, while leveraging strengths of their culture. ”

– Darius Dawson, PhD – 2022 BIPOC Scholarship awardee



# INDIVIDUAL AND FOUNDATION GIFTS

We are so thankful for all those who donate in honor or in memory of a loved one, who fundraise on behalf of ADAA, who give through their workplace or support us through a legacy gift, we are truly grateful.

## FOUNDATION GIFTS

- The Cady Family Trust
- Charles and Blanche Muller Trust
- Circle of Hope Foundation
- Crowe Foundation
- Diane and Howard Wohl Family Foundation Inc.
- Essex Fells Foundation for Educational Excellence
- Greater Houston Community Foundation
- Matthew Simmons Fund
- Meshnick Charitable Family Foundation
- Miranda Leigh Nelson Foundation
- Potts Family Foundation
- Rogers Family Foundation
- Vanguard Charitable

“I am so grateful for the opportunity to donate to this association. I struggle with anxiety and depression, and I am happy to help in any way that I can, especially to break the stigma!”

- Kristina Shelfer

Your gift changes lives.

“I struggle from bad social anxiety and I know how frustrating and debilitating it can be. I want to donate to you guys to help others with mental health issues because I believe that your work is improving the lives of many people that go through what I go through daily.”

- Shawn Nguyen

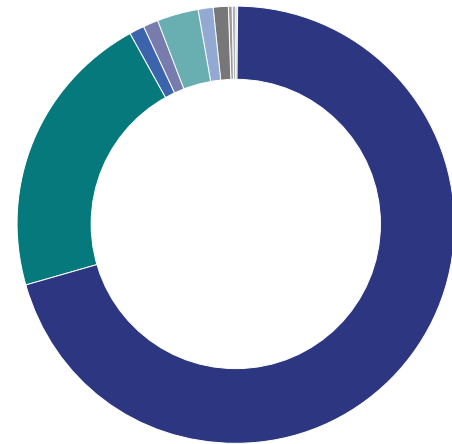
# CORPORATE DONORS





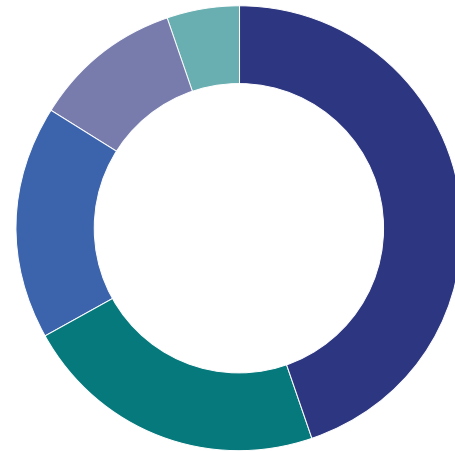
# ADAA BY THE NUMBERS

ADAA is pleased to report that the “financial state of our union” is strong and poised for future growth. With deep appreciation, we acknowledge the partnership and dedication of ADAA leadership, staff, volunteers, members, individual and corporate donors for their commitment, guidance, and support.



## 2021 Revenue

■ Contributions	\$953,279
■ Conference Revenue	\$446,433
■ Membership Dues	\$288,481
■ Web Sponsorship	\$158,100
■ Webinar Revenue	\$14,609
■ Grant Revenue	\$42,500
■ Advertising Revenue	\$16,039
■ Royalty – Journal	\$14,964
■ Publications Sales	\$2,902
■ Other Income	\$1,700
<b>TOTAL REVENUE</b>	<b>\$1,939,007</b>



## 2021 Expenses

■ Conference and other Professional Education	\$594,298
■ Public Outreach	\$293,630
■ General and Administrative	\$227,108
■ Membership	\$142,587
■ Fundraising	\$67,886
<b>TOTAL EXPENSES</b>	<b>\$1,325,509</b>

“I’ve suffered from severe social anxiety and bouts of depression in the past. I’ve been fighting both for most of my life and although I am better, it’s still a challenge every day. I don’t want others to continue struggling with anxiety and depression and I want to do my part to help in any way I can. I hope my donation is able to make an impact. I plan on getting more involved with ADAA and continuing to donate as much as I can for as long as I can.”

– 2022 ADAA Donor



**Anxiety & Depression Association of America**  
Triumphing Through Science, Treatment, and Education

No one can do it alone. That is why we partner with like-minded domestic and international organizations and individuals to support our mission.

To share your personal story, to become an ADAA Supporter, to learn more about anxiety, depression, OCD, PTSD and co-occurring disorders, please reach out to us at [information@adaa.org](mailto:information@adaa.org).

Together we can triumph over anxiety and depression.

Together we are changing lives.

**Thank you for your support.**

8701 Georgia Avenue #412  
Silver Spring, MD 20910  
[information@adaa.org](mailto:information@adaa.org)  
[www.adaa.org](http://www.adaa.org)



To make a tax-deductible gift, visit [www.adaa.org](http://www.adaa.org).