

ADAA

Anxiety & Depression
Association of America

2021 **IMPACT** REPORT

Triumphing Through Science,
Treatment, and Education





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



ADAA, as a membership organization, recognizes that 40 million Americans struggle with anxiety disorders annually and close to 16 million adults age 18 or older have experienced at least one major depressive episode in the past year. Anxiety disorders and depression are real, serious, and treatable. ADAA's critical mission focuses on improving the quality of life for those struggling with anxiety disorders, depression, PTSD, OCD, and co-occurring disorders through education, practice, and research.

ADAA is unique. ADAA brings together clinicians and researchers with diverse backgrounds in medicine, psychology, social work, counseling, nursing, neuroscience, genetics, epidemiology, and other disciplines to advance science and treatment. ADAA forges partnerships with healthcare professionals and organizations as well as community organizations and advocates, public policy makers, business allies, journalists, and educators. We collaborate with individuals who struggle with anxiety disorders or depression, and their families and friends.

Together we give a unified voice to the millions whose lives have been impacted by these disorders, as well as to the thousands of mental health professionals who study and treat them.

ADAA supports an international inter-disciplinary membership welcoming the full range of mental health professionals and students who provide treatment and those who conduct research. We invest in the future by encouraging students and trainees to connect and by offering specialized annual early career professional development opportunities.

ADAA's 1,500+ professional members develop the public website content, author blog posts, host webinars and podcasts, and come together annually through the ADAA Conference to learn, network, and share. ADAA encourages the advancement of scientific knowledge and works with our mental health professional member base and the broader scientific community.

Our focus is to bring science to the people.

ADAA values the inclusion of individuals from a variety of professional and educational backgrounds, and honors their views. We recognize that when people across identity groups are engaged as full participants in leadership, decision making and programs, we can provide resources and programs that best meet the needs of our members and the public. As such, **ADAA's leadership embraces diversity, equity and inclusion (DEI) as core values for all members, staff, and expert volunteers.** ADAA is committed to fostering an environment that supports cultural equity and models diversity and inclusion to ensure that everyone feels safe, seen, valued, respected, and welcome.

ADAA is evidence-based. Our programs and content are grounded strictly in treatments derived from scientifically accepted protocols of testing, trials, and peer review. We bring the latest in scientific advancements to our professional and public educational content and outreach.

ADAA is people first. ADAA embraces diversity, equity, and inclusiveness as a core value. We make a difference in the lives of people with anxiety disorders and depression. **We help through the alignment of science and treatment.** Millions of people visit www.adaa.org annually—from the United States and across the globe—to find treatment, resources, and support **all at no cost.**

ADAA supports partnerships/alliances. We actively seek partnerships to increase our reach and impact with mental health professionals and the public alike.

These commitments drive ADAA's promise to find new treatments and one day prevent and cure these disorders.

“In school, I wrote a research paper on depression with the help of the ADAA website to explore more on the causes and statistics of depression. I want to share my story on the ADAA platform so people know they are not alone and that they can reach out for help.”



– Kitty Zhang, *The Light Personal Story of Triumph*



PRESIDENT'S MESSAGE

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

ADAA's members have been incredibly generous during the pandemic. Our members shared their expertise, mentored other members, and continued to remain active participants in ADAA. Thank you! I also want to thank our sponsors and allies, who continue to support ADAA and our mission. We are still working towards our goals of diversifying and growing revenue to \$5.M by 2025; diversifying the ADAA board to include non-mental health experts; and attracting clinicians including MDs, NPs, and other first-line treatment providers.

Something I am increasingly grateful for is change. I love change because of the opportunity it presents to have moments of concentrated growth. While I wish the changes we've all experienced weren't quite as profound as those brought on by a pandemic, I'm grateful that ADAA has found a way to pivot, grow, and explore new ways to reach our communities.

Another moment of change is on the horizon as we thank our outgoing Board members—Scott Rauch, MD, Risa Weisberg, PhD, and Beth Salcedo, MD—and welcome new members to the Board. This is also when I pass the baton to Charles Nemeroff, MD, PhD as the new President of ADAA. Charlie has been a member of ADAA since its inception, and I know ADAA will flourish under his stewardship.

Through our initiatives ADAA is steadfast in our vision of improving lives through science, treatment, and education.

– Luana Marques, PhD

“ I'm grateful that ADAA has found a way to pivot, grow, and explore new ways to reach our communities. ”



EXECUTIVE DIRECTOR'S MESSAGE

During a difficult year, our members remained a bright spot at ADAA. They shared their expertise, time, and passion to develop critical evidence-based content for their peers and the public.

This year our staff began implementing our **2020–2025 strategic plan** and working with a purpose-driven public relations firm, Scott Circle Communications. Our staff and board also started working with a Diversity, Equity, and Inclusion (DEI) firm and a Georgetown University master's student whose capstone project is focused on aligning ADAA with DEI principles.

We continue to foster partnerships with like-minded professional and public organizations to disseminate existing and new evidence-based mental health practices. Our successful first-ever virtual conference, many webinars, and the Fall Forum: Depression Across the Lifespan kept our members engaged. All of this was achieved with the help of our board of directors, involved members, and a wonderful staff who value ADAA's interlinked consumer and professional mission.

I am grateful for our generous sponsors and partners who support ADAA's mission. And 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. I also want to thank our ADAA Allies, many of them small independently owned businesses that share proceeds of sales with ADAA to support our mission.

Together we are raising awareness, providing educational resources to millions each year, and successfully working towards ending the stigma associated with mental illness.

I am grateful that I work with and for such a mission-driven organization.

– Susan K. Gurley, JD

“ Together we are raising awareness, providing educational resources to millions each year, and successfully working towards ending the stigma associated with mental illness. ”

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.**

ADAA's Board of Directors is comprised of distinguished researchers, clinicians, and psychiatrists from across the United States 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.



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



Charlie Nemeroff, MD, PhD
President-Elect
Chief Medical Officer
Harvard Medical School
and Massachusetts
General Hospital



Risa B. Weisberg, PhD
Treasurer
VA Boston Healthcare
System, Boston University
School of Medicine



Scott Rauch, MD
Secretary
Harvard Medical School

“One of the key reasons that I was keen to devote energy and time for ADAA was not just my interest in anxiety disorders and depression but that it was one of the few organizations that reflected the values of my home department, a place for clinician investigators, both psychologists and psychiatrists, to collaborate and partner on understanding and treating these often disabling and painful conditions.”

*Jerrold F. Rosenbaum, MD, Chief of Psychiatry, Massachusetts General Hospital
Stanley Cobb Professor of Psychiatry, Harvard Medical School*



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



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



Ken Goodman, LCSW
Private Practice
Los Angeles, CA



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



Sanjay Mathew, MD
Professor of Psychiatry
and Behavioral Sciences
Baylor School
of Medicine



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



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



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



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



Murray Stein, MD, MPH
ex officio
University of California,
San Diego
Editor-in-Chief, *Depression
and Anxiety Journal*

PAST BOARD PRESIDENTS



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



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PhD**
The Anxiety
Treatment Center



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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

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Executive Director

Jerilyn Ross
Co-Founder and
President

STAFF

Susan K. Gurley
Executive Director

Lise Bram
Deputy Executive Director

Sasha Sicard
Membership and Education Manager

Vickie Spielman
Associate Director of Membership
and Education

Tana Stellato and Christina Pino
Stellato Communications

Scott Circle Communications



ADAA 2020-2025 GOALS

TRIUMPHING THROUGH SCIENCE, TREATMENT, AND EDUCATION

ADAA, AS A MEMBERSHIP ORGANIZATION, VALUES THE INCLUSION OF DIVERSE GROUPS FROM A VARIETY OF PROFESSIONAL AND EDUCATIONAL BACKGROUNDS, AND HONORS THEIR VIEWS ACROSS ALL AREAS OF THE ORGANIZATION.

When people across identity groups are engaged as full participants in leadership, decision making, and programs, we are able to develop resources and programs that best meet the needs of our members and the public. ADAA’s leadership embraces diversity, equity and inclusion (DEI) as core values for all members, staff, and volunteers. We are committed to fostering an environment that supports cultural equity and models diversity and inclusion. ADAA is committed to practicing DEI principles to ensure that everyone feels safe, seen, valued, respected, and welcome.

VISION:

Everyone affected by anxiety disorders and depression can obtain the resources that they need to live healthier and more productive lives.

	PEOPLE FIRST	EVIDENCE-BASED	INTER-DISCIPLINARY	PARTNERSHIPS/ ALLIANCES
ENGAGE THE PUBLIC	Reach and help 15 million discrete users through current evidence-based information and resources. Keep our finger on the pulse of what is new in understanding causes and best treatments.	Document through personal stories how evidence-based help (treatments derived through the alignment of science and treatment) can positively impact lives.	Enhance public facing content that focuses on ADAA’s unique inter-disciplinary approach to research and treatment.	Distribute evidence-based content broadly, including globally, through partner organizations and collaborative initiatives.
ENHANCE AND INNOVATE ADAA PROFESSIONAL MEMBERSHIP	Strengthen and enhance member programming for early career professionals. Develop a small-grants program.	Make scientific excellence a priority at the annual conference and in all educational offerings. Connect basic biological, cognitive, behavioral science, neuro-science, and translational science to treatment.	Engage leading and emerging scientists and practitioners across disciplines through innovative programming. Encourage more mental health professionals from a variety of training backgrounds to focus on anxiety and depression.	Grow, retain, and diversify membership through enhanced programming and partnership engagement.
EXPAND ADAA’S IMPACT	Enhance internal capacity/staff. Diversify and grow revenue to \$3.4M by 2025. Increase membership, fundraising and advertising revenue. Invest in technological infrastructure. Establish a public “Friends of ADAA” initiative.	Reach 15 million discrete users through current evidence-based information and resources.	Diversify the ADAA board to include non mental health experts.	Establish mutually beneficial relationships with organizations to further ADAA’s professional and public mission.

PROFESSIONAL MEMBERSHIP



ADAA is the only inter-disciplinary professional organization in mental health that engages the world's leading experts focused on anxiety, depressive, obsessive-compulsive, and trauma-related disorders. **ADAA promotes scientific innovation** and engages a diverse network of clinicians and basic and clinical anxiety and depression researchers with varied backgrounds in medicine, psychology, social work, counseling, nursing, neuroscience, genetics, epidemiology, and other disciplines to advance science and new treatments.

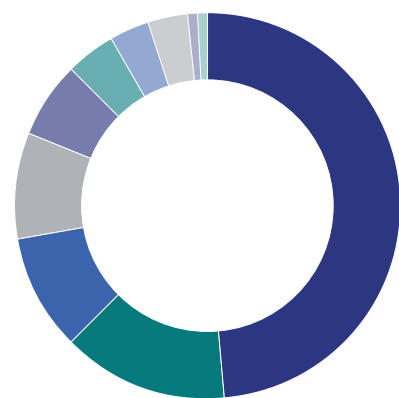
ADAA's 1,500+ U.S. and international professional members strive to improve patient care by promoting implementation of evidence-based treatments and best practices across disciplines through trainings, continuing education, and **accelerating** dissemination of research into practice. ADAA's members also support ADAA's **public mission to offer free critically needed educational resources** by hosting webinars, authoring blog posts, and providing website content. These resources reach millions of website visitors annually and help those who have little to no access to mental health treatment.

ADAA launched its new **Institutional membership category**. This is a cost-effective way for mental health professionals to participate in ADAA collectively while providing the entire staff with the best available anxiety and depression treatment and research resources to help them perform—and help the organization succeed—at the highest level.

ADAA developed new and enhanced professional and public partnerships with **Resilience Across Borders, SPARK, Mental Health Coalition, IOCDF, and One Mind.**

“Joining ADAA is not just about supporting an organization and its mission, it's also about the relationship that you can form with the members as individuals and how they can help you achieve your goals while giving back.”

– Johanna Kaplan, PhD



2021 Membership 1500 Members

■ PhD	45%	■ Student	3%
■ LCPC/LPC/LMFT/MA/MS	13%	■ Other	3%
■ PsyD	9%	■ Doctorate/ Other Doctorate	0.86%
■ MD	8%	■ RN	0.6%
■ MSW	6%		
■ LCSW/LICSW	4%		

MEMBERSHIP BENEFITS

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

– Beth Salcedo, MD, ADAA Past President

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 consumer focused blog posts

“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. Thanks to ADAA, I do not have to have an in-house training department to ensure my clinical team is armed with the latest and greatest information on empirically supported treatments for anxiety, depression and related disorders.”

– Debra Kissen, PhD, MHSA

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

– Douglas Mennin, PhD

COMMITTEES

Engaging members is essential for sustaining and positioning ADAA for ongoing success. ADAA offers its members participation in a [number of committees](#). ADAA Committee members donate hundreds of hours of their time each year to support early career professionals, our professional community, CE/CME, and ADAA's public mission.

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. Subcommittees include Practice, Research, Posters, Master Clinicians, Career Development, and Depression.

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. The committee strategizes on developing new recruitment materials and outreach plans to promote the value of ADAA membership. Committee members participate in conference activities, cultivate member engagement throughout the year, and serve as a helpful resource to new ADAA members.

CDLP Committee

The Alies Muskin Career Development Leadership Award Program (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

The Professional Education 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.



In 2021 ADAA enhanced its professional webinar and blog offerings.

“ADAA provides a forum for me to discuss complex clinical issues with professionals from all disciplines and get feedback from peers I know are experts in the field.”

– Lynne Siqueland, PhD, Member of the Professional and Public Education Committees

“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. The SC helps engage and advance the next generation of clinicians and researchers, and to assure the field continues to focus on improving the health and well-being of individuals suffering with anxiety, depression, or trauma related conditions by growing the evidence base and supporting implementation of effective clinical care approaches.”

– Naomi M. Simon, MD, MSc



Public Education Committee

The Public Education Committee improves and expands ADAA's free public education and outreach programs about anxiety, depression, and co-occurring disorders through webinars, blog posts, social media outreach, and other collaborative educational projects. This year they developed 18 new live and on-demand public webinars as well as dozens of blogs.

Scientific Council

ADAA's Scientific Council (SC) is comprised of mid- and senior-level basic and clinical researchers committed to ADAA's mission. The SC contributes scientific expertise and mentorship, and encourages participation among colleagues, students and fellows, and volunteers to participate in projects that maintain ADAA's leading edge in research, dissemination, and treatment. The SC is integral to ADAA's annual conference's cutting-edge scientific research focus.

SPECIAL INTEREST GROUPS

Special Interest Groups (SIGs) are a vibrant forum for ADAA members with a common interest, such as a particular disorder, treatment, or population. SIGs encourage education, research, mentoring, and networking.

Meetings

SIGs meet virtually and in-person at the annual conference. SIG members propose conference symposia and workshops, topics for public or professional education webinars, and web content. Program suggestions must be approved by ADAA committees (e.g. Professional Education, Conference, or Public Education).



Peer Consultations

SIGs can hold free monthly online peer consultation groups to provide a safe and confidential forum for members to discuss cases, collaborate, and share resources.

SIGS:

- Child and Adolescent
- Integrative Behavioral Health
- Early Career Professionals and Students
- Genetics and Neuroscience
- Multicultural Advances
- OCD and Related Disorders
- PTSD
- Social Anxiety
- Women's Mental Health

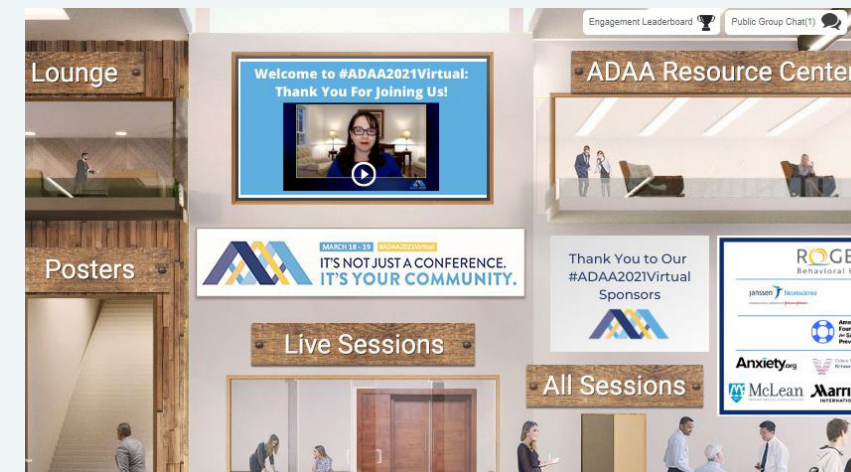
“The OCD SIG includes other clinicians who have very substantial expertise in doing exposure and response prevention. If I am struggling with a particular case they can always get me unstuck. As a solo practitioner in a small city I am not surrounded by other people who do ERP. Being able to check in with the members of the OCD SIG increases my confidence that I am practicing according to an evidence based protocol with good fidelity.”

– Jennifer D. Lish, PhD Private Practice, Phoenix, AZ

PROFESSIONAL EDUCATION

ADAA's [Continuing Education Programming](#) improves patient care and accelerates the dissemination of research into practice by promoting the implementation of evidence-based treatments and best practices across disciplines through a cohesive year-round learning experience through ADAA's annual conference, professional webinars, peer consultation groups, blogs, and more.

The world still struggled with the COVID-19 pandemic throughout 2021 when ADAA **quickly pivoted to its first virtual conference and doubled its professional education webinar and blog content**, to ensure ongoing access to the latest evidence-based research and treatment information.



2021 Fall Virtual Forum

The **2021 Fall Forum: Depression Across the Lifespan** featured:

- Alan F. Schatzberg, MD
- Gabriela Livas Stein, PhD
- Namkee Choi, PhD
- Shawn Jones, PhD, MHS
- Gabrielle Liverant, PhD
- David Mischoulon, MD, PhD.

The forum advanced an understanding of depression across the lifespan through clinical and research perspectives. Topics included research focusing on the impact of discrimination on Latinx and other minoritized youth and families and transdisciplinary perspectives on depression.

The 2021 Virtual Fall Forum was coordinated by the ADAA Professional Education Committee. **A special thank you to Committee Chair Gabrielle Liverant, PhD.**

PROFESSIONAL PUBLICATIONS

ADAA's *Depression and Anxiety* Journal

ADAA's 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.



Per the ISI Journal Citation Reports Rankings for 2020, the *Depression and Anxiety* impact factor is 6.5. The journal ranks 22 of 156 in psychiatry journals; 8 of 77 in psychology journals; 10 of 131 for psychology clinical journals, and 15 of 143 for psychiatry social science journals.

“We are pleased to announce that the 2020 Impact Factor (IF) for *Depression and Anxiety* has risen to 6.5. This reflects the increasing scientific interest in the work being published in the journal, which highlights the public health importance of depressive and anxiety disorders and new advances in their understanding and treatment.”

– Murray B. Stein, MD, MPH, Editor-in-Chief



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. More than 10,000 anxiety and depression scientists, clinicians, and researchers read *Insights* to remain informed of topics that impact their work.

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 choose from 150+ sessions, hear engaging plenary speakers, learn about cutting-edge thinking in research and clinical practice, and earn CEs and CMEs. This year ADAA added an International Attendee Working in a Developing Country discounted registration rate to encourage participation and engagement with a broader global audience.

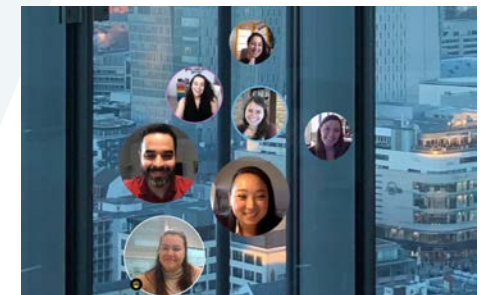


“The conference has a strong mix of clinical and research presentations, and I appreciate the ability (as a clinical neuroscientist) to engage with folks doing primarily clinical work. I also enjoy mentoring and contributing to the educational opportunities.”

– Paul E. Holtzheimer, MD



ADAA pivoted to an exciting **3-D virtual conference for 2021** as our top priority was the health and wellbeing of All attendees. ADAA's virtual 3D March 18-19, 2021 conference offered vibrant programming, impactful connections with peers, and access to exhibitors and sponsors in a dynamic, digital setting accessible from anywhere. Attendees enjoyed access to 100 +quality and diverse presentations. Attendees also interacted with poster presenters, participated in SIG events, met our sponsors and exhibitors, and enjoyed interactive social opportunities.





“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.”

– Rogers Behavioral Health, ADAA Corporate Sponsor

“As the saying goes, ‘iron sharpens iron.’ This is how I feel by the time I leave: sharper! The ADAA conference provides so many opportunities for meaningful conversations. During registration, I got into an extended conversation with someone I didn’t know before. I had the chance to discuss it with them in a casual, but professional, environment.”

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



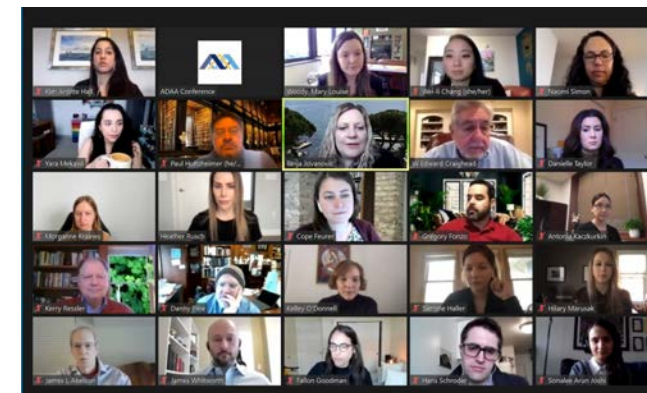
“Attending the conference has been amazing. I can tell you how friendly and welcoming it is, and how useful the information is that I gained for my clinical practice. I have returned to it feeling hopeful, energized, and ready to implement best practices. And I’ve gained friendships and professional support well beyond my rural geographical area.”

– Kerry Ressler, MD, PhD



AWARDS PROGRAMS

Promoting careers and professional development is a central focus of ADAA. Since 1998, the ADAA awards program has supplied more than one million dollars to 600+ 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. **This year ADAA removed the requirement for CDLP and Klein award applicants to be ADAA members to apply to remove any financial barriers for candidates.**



Alies Muskin Career Development Leadership Award Program (CDLP)

CDLP is an intensive mentoring and professional development opportunity for early career clinicians and researchers. This interactive learning experience challenges thinking and encourages creative discourse about anxiety, depression, and co-occurring disorders in a diverse, multidisciplinary community of professionals involved in practice and research. **CDLP offers an environment where ADAA’s next generation of leaders can flourish. Special thanks to the ADAA members who make the CDLP program a success.**

Member Recognition Award

Recognizes member participation and commitment to the association and to the community.

Member of Distinction Award

Recognizes a mid-career or senior clinician or researcher who advances ADAA’s mission through significant service and commitment to ADAA.

Special Recognition Award

Recognizes members for their commitment to ADAA and to the public and professional communities.

“The CDLP provided a wonderful opportunity to hear from leaders in the field and network with other young professionals. Since participating in the program, I have provided psychotherapy training seminars, workshops at national conference, and submitted several articles for publication, including a scale development article that has been published.”

– Rachel Leonard, PhD



“I am honored to have been selected as the ADAA Donald F. Klein Early Investigator 2021 awardee and to follow in the footsteps of so impressive a group of prior awardees...Consistent with the mission of ADAA, my long-term goal is to increase understanding of the mechanisms underlying emotional disorders, so that diagnosis and treatment can be improved and the suffering and cost associated with these disorders reduced.”

–Annmarie MacNamara, PhD, 2021 Klein Winner

Donald F. Klein Award

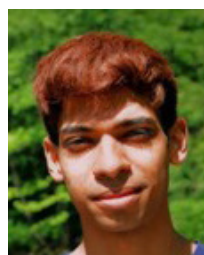
The [Donald F. Klein Early Investigator award](#) is given annually to an early career investigator for the best original research paper on neurobiology, psychopharmacology, psychosocial treatments, or experimental psychopathology of anxiety disorders and depression. This award is named for Donald F. Klein, MD (1928-2019), who revolutionized psychiatric thinking through his discovery in the early 1960s that imipramine, a recently developed psychotropic medication, was effective in blocking panic attacks.

Jerilyn Ross Clinician Advocate Award

To honor the memory and lifework of Jerilyn Ross, ADAA's co-founder and president from 1985 to 2010. This award acknowledges a professional who exemplifies excellence and outstanding advocacy for patient education, care, training, and research.

BIPOC Scholarship

ADAA offers annual membership scholarships to students and early career professionals who identify as members of the BIPOC community. Created in 2021 through the generosity of ADAA board member Krystal Lewis, PhD—it allows early career professionals and students who identify as Black, Indigenous, or as a person of color to participate in ADAA. This opportunity offers one-year ADAA Memberships for up to ten graduate degree students (MD, MPH, MS/MSW, NP, PhD, PsyD), interns, residents, postdoctoral fellows, or early career professionals of color who focus on anxiety or depression, and related disorders.



“The ADAA BIPOC Scholarship Program helped me develop personally and professionally in an evidence-based, interconnected, and diverse organization committed to supporting clinicians and researchers to care for minoritized communities... As an ADAA member, I am grateful to access the extraordinary annual conference, special interest groups, exclusive webinars, and robust journal articles, bolstering my educational growth.”

– Kevin Narine, 2021 BIPOC Scholarship Recipient

CONQUERING MOUNTAINS

ADAA: FOCUSED ON IMPROVING THE QUALITY OF LIFE FOR THOSE STRUGGLING WITH ANXIETY AND DEPRESSION

“I want to thank ADAA for their guidance and support. With their help, I learned that untreated kids with anxiety disorders are at higher risk to perform poorly in school, miss out on important social experiences, and engage in substance abuse. The resources and community that adaa.org offers helped me overcome this issue. My hope is that it helps others as well.”

– Charles Phillips, Conquering Mountains

FROM OUR PUBLIC COMMUNITY

More than 40 million Americans struggle with anxiety disorders annually and close to 16 million adults age 18 or older have experienced at least one major depressive episode in the past year.

This year ADAA received a record number of **personal stories of triumph** 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 support. ADAA is also honored to work with a number of **businesses, artists, and fundraisers**—ADAA Allies—who are working every day to help #breakthestigma around mental health issues and who graciously donate proceeds of sales and peer-to-peer fundraising to support our mission.

“If you feel that there is no one to share your story with, there are a lot of organizations (like ADAA) that provide treatment services and medical support from psychiatrists and therapists. I also found the ADAA website to be very helpful. I read personal stories there and they have helped me to feel good about myself. I really want to see the stigma around mental illness stopped and for people to realize mental health struggles are normal and treatable.”

– Simran Pandita



READ MORE



“I started therapy last year and it has been incredible. I’ve learned that being a creative doesn’t make up my pie of life, it’s just a slice. My heart, my family, my friends... those are major slices as well.

I found ADAA while looking online for organizations that focused on mental health and suicide awareness to help support my suicide awareness film ‘[Be Here Now](#)’. The outlet they are creating for humans to open up and tell their stories is the exact direction we need to be heading in—making vulnerability a comfortable and therapeutic way of expressing how we feel.

I’ve now focused on working on projects that fulfill me and brings something to others. My progress bar has now become my fulfillment inside and not what others are doing.”

– Creative Struggles by Parker Foster

READ MORE

“I took my small computer gaming channel and turned it into a fundraising mission. It gives me a chance to provide an interactive medium where people dealing with mental illnesses know they have support. And those that are curious can learn about mental health. In addition, every year we set a fundraising goal to raise money for a good cause and a great organization—the Anxiety and Depression Association of America (ADAA).



Hopefully, by reaching out through this awesome community, we can work together to break the stigma.”

– Raising Mental Health Awareness on Twitch by SpairTyme

READ MORE

“When I first began researching the mental health community ADAA was one of the first mental health organizations that I came across. I was elated when I discovered their platform because I felt like I had found a safe place where there were resources for people who were just like me. For once, I did not feel alone. I did not feel like I had to battle this illness by myself.



It would be an absolute pleasure to be an ally to the same organization that helped me find the strength to fight back! It is not an easy battle, but I am never going to stop fighting.”

– Dear Anxiety...by Carima J. Cassell, Owner of [Pretty Girls With Anxiety](#)

READ MORE



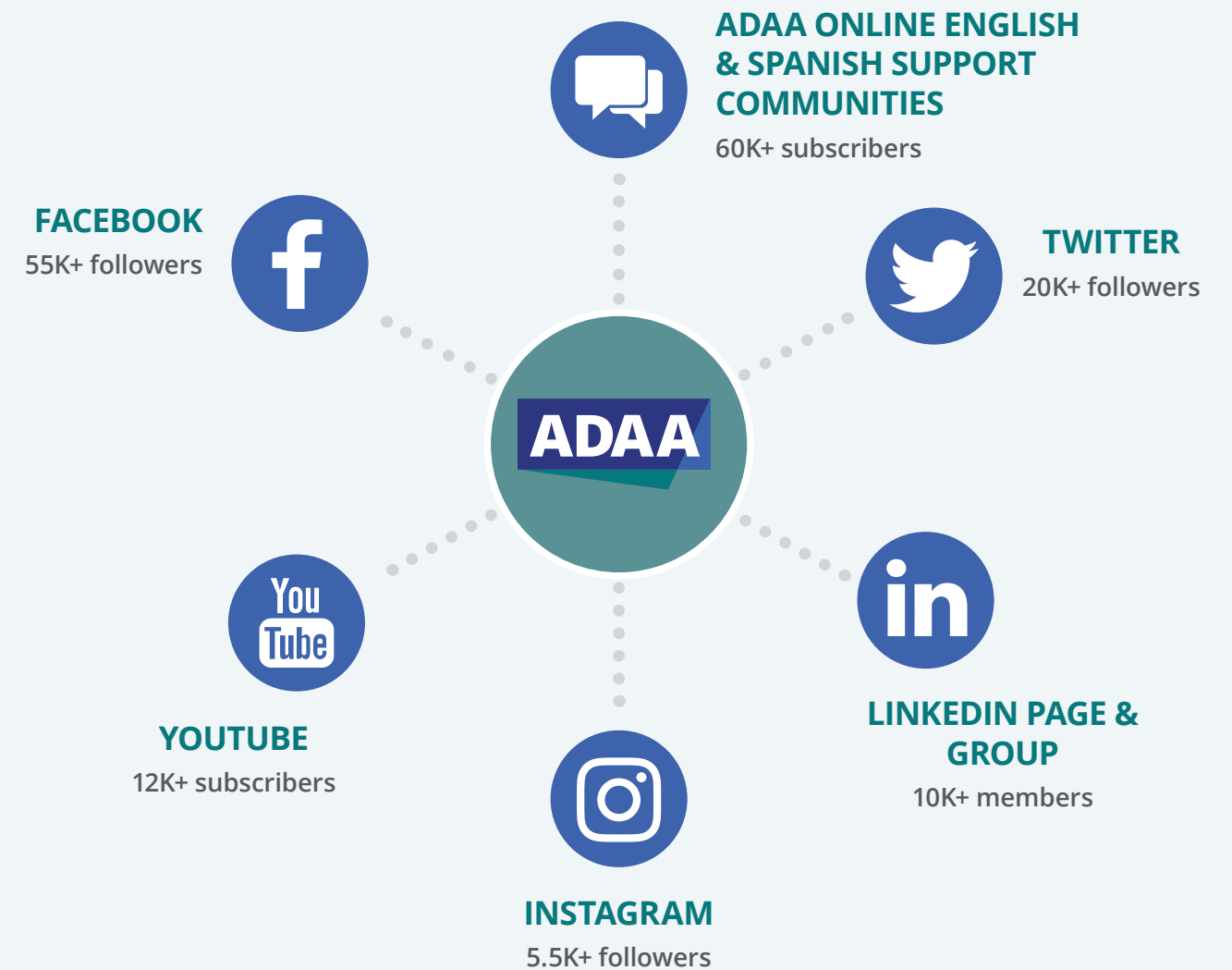
“I want to let people know that mental health issues should not be stigmatized. I want to reach out to as many people as I can through this article to help spread the word. I want to help people realize that they need to stop worrying about how their family will react or what their friends will think and seek professional support if they need it. Also, I want therapy to be seen as a way of discovering yourself rather than just a way to recover from a mental illness. Even a person without a mental health illness can go to therapy if they’re stressed and need a bit of help.”

– You’re the Real Badass by Manvi Tiwari

READ MORE

USING SOCIAL ENGAGEMENT TO STRENGTHEN OUR IMPACT

ADAA has a vibrant and active social media presence on Twitter, Facebook, LinkedIn, YouTube, and Instagram where we share a wide variety of content including personal stories of triumph, awareness raising campaigns, current news articles, member news and research, upcoming events and programs, and much more.

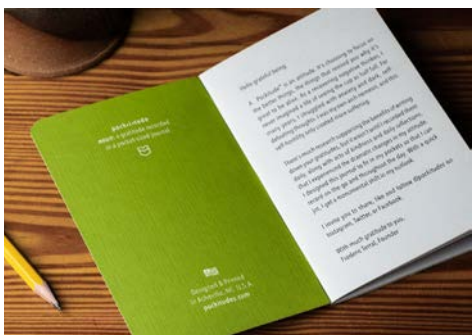


“ADAA has provided me with resources, including education, support groups listings, and access to a diverse community of people in recovery. Reading other’s personal stories gave me the courage I needed to share my own, so that I too can reduce stigma by raising awareness.”

– Caroline López-Martinez
Personal Story Author

OUR PARTNERS

No one can do it alone. That is why ADAA partners with like-minded national and international nonprofits, companies, corporations, retailers, and other mental health organizations that share our values and work collaboratively with us to support our mission through joint projects, advocacy and outreach efforts, and financial support. Together we are stronger. **Together we change lives.**



“My mom founded her mental health agency roughly 15 years ago. So growing up in a household with a counselor; talking about mental health was never a stigma. Having been involved with music most my life, struggling with my own anxiety and depression as most musicians do, it’s such a natural fit for Lullify to now give back to ADAA.”

– Patrick Zajda, Co-Founder and CEO, Lullify

MEET OUR PARTNERS

- AllMentalHealth.org
- American Brain Coalition
- American Foundation for Suicide Prevention
- Anxiety.org
- Anxiety UK
- Better Days Ahead
- Biohaven Pharmaceuticals
- Bodybuilding.com
- Bring Change to Mind
- Carbona
- Coalition for the Advancement and Application of Psychological Science (CAAPS)
- Child Mind Institute
- Claneil Foundation
- Cohen Veterans Network
- The Custom Journal
- D.R.E.A.M. Clothing
- Freda Salvador Shoes
- HealthUnlocked
- HealthWell Foundation
- Heard
- IOCDF
- International Paruresis Association
- Janssen
- Lullify
- Massachusetts General Hospital Psychiatry Academy
- McLean Hospital
- Medscape
- Mental Health America
- The Mental Health Coalition
- Mental Health Liaison Group
- Mental Health Innovation Network (MHIN)
- National Center for PTSD
- National Council for Behavioral Health
- NeedyMeds
- NIMH Alliance for Research Progress
- NNDC
- NTICentral
- OneMind
- PCORI (Patient-Centered Outcomes Research Institute)
- Postpartum Support International (PSI)
- Pottery with a Purpose
- Presently
- PuraVida Bracelets
- Resilience Across Borders
- Rogers Behavioral Health
- Sage Therapeutics
- SPARK
- StrokeOnward
- The Mighty
- VistaGen Therapeutics
- VolunteerMatch
- Wiley

For a full partner list with hyperlinks [click here.](#)

We are also so thankful for those in our ADAA community who raise awareness about mental health issues and work with us to #breakthestigma. We invite you to read our ADAA [ally](#) and [personal stories of triumph](#) we have received this year. Their brave voices and personal journeys help transform the lives of many, help decrease stigma, and make those who are struggling feel less alone. There are also a number of companies that graciously donate proceeds from the sale of clothing items and other products.

THANK YOU!

And to all those who [donate](#) in honor or in memory of a loved one, who fund raise on behalf of ADAA, give through their workplace or support us through a legacy gift, we are truly grateful. **Every gift has an impact. Every gift changes lives. Thank you!**

PROVIDING RESOURCES TO EDUCATE AND EMPOWER

FIND-A-THERAPIST

The 1000+ licensed mental health providers [listed in this directory](#) specialize in anxiety, depression, OCD, PTSD, and related disorders and are all professional members of ADAA who have chosen to be included in the database. The database can be searched by geographic location or by disorder. Many ADAA member therapists also provide telemental services.



TRIUMPH E-NEWSLETTER

[Triumph](#) is a free monthly e-newsletter for people interested in learning about anxiety, depression, OCD, PTSD, and co-occurring disorders to make informed choices about getting help. With 45,000 national and international subscribers, readers learn, find helpful resources, read about how others have triumphed, discover relevant events, and find out how ADAA can help.

WHAT'S IN A WEBSITE?

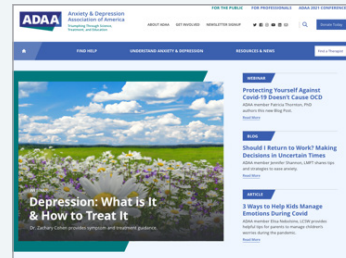
This year ADAA launched a **new enhanced website and logo**. Beyond the modern design, new colors, and logo, the new ADAA website is image-rich, multi-device friendly, and easy to use and navigate. Find help, learn about treatment and research news, get involved or share your story—we invite you to explore our new website.



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

11 MILLION

Annual unique visitors to the ADAA website adaa.org
(More than 19 million page views each year)



FREE WEBINARS, BLOG POSTS, AND MORE



ADAA offers free webinars, blog posts, and more hosted and written by ADAA professional members to address some of the most frequently asked questions about psychological and pharmacological treatment of anxiety, depression, and co-occurring disorders for adults as well as children. **In 2021 ADAA more than doubled its blog and webinar offerings.**

ADAA'S PEER-TO-PEER SUPPORT COMMUNITIES

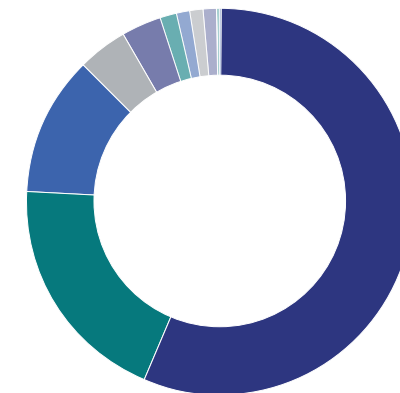


ADAA's anonymous [peer-to-peer online anxiety and depression support group communities](#)—now with more than 65,000+ subscribers from around the world, and a Spanish-language group—are free, safe and supportive spaces for individuals and their families to share information and experiences.

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, and donors for their commitment, guidance, and support. ADAA has been very fortunate this past year to receive an extremely generous **\$200,000 bequest from the Potts Family Foundation of Louisiana** that together with the **continued support of thousands of individual donors** allows us to pilot new patient focused programs and to focus staff time on developing innovative professional programming as well as community outreach and engagement opportunities.

With the continued volunteer contribution of our professional membership base, ADAA is able to provide a broad range of **free, evidence-based educational resources**. Our work makes a critical difference by helping many diverse communities throughout the United States and across the globe find the treatment information and resources they need.

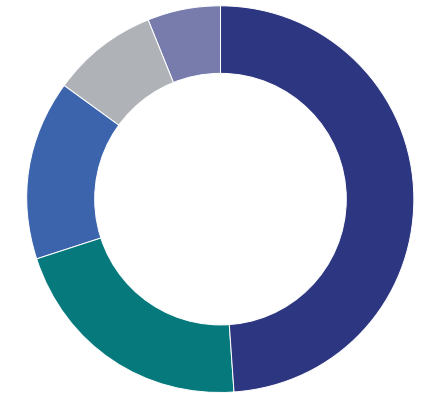


2020 Revenue

Contributions	\$921,490
Membership Dues	\$314,644
Web Sponsorship	\$189,928
Interest and Dividends	\$68,655
Paycheck Protection Program Grant	\$51,000
Webinar Revenue	\$24,360
Grant Revenue	\$20,000
Advertising Revenue	\$17,580
Royalty – Journal	\$15,027
Publications Sales	\$2,857
Other Income	\$882
TOTAL REVENUE	\$1,626,423

“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, its 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.”

– 2021 ADAA Donor



2020 Expenses

Conference and other Professional Education	\$550,198
Public Outreach	\$237,355
General and Administrative	\$167,821
Membership	\$98,260
Fundraising	\$67,560
TOTAL EXPENSES	\$1,121,194



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 national and international organizations and individuals to support our mission.

To share your personal story, to become an ADAA Ally, to learn more about anxiety, depression, OCD, PTSD and co-occurring disorders, please reach out to us at www.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
www.adaa.org



**To make a tax-deductible gift,
visit www.adaa.org.**