TRIUMPHING THROUGH SCIENCE, TREATMENT, AND EDUCATION
Through collaboration, thought sharing, research, and innovative education opportunities, ADAA is changing lives in the fields of anxiety and depression. This past year ADAA continued the implementation of our 2020–2025 strategic plan.

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 Washington, DC and offered many continuing education webinars offering clinical and research perspectives on a myriad of topics related to depression, anxiety, OCD, PTSD, and co-occurring disorders. We also offered dozens of free webinars and blogs for the public on a broad range of topics.

We are grateful to our generous sponsors McLean Hospital, Elsie, and Teva Pharmaceuticals, who collaborated with ADAA to launch a series of educational health literate videos for the public on subjects ranging from anxiety, depression and major depressive disorder, OCD, PTSD, tardive dyskinesia, and suicide.

This year, ADAA also collaborated with the Depression and Bipolar Support Alliance (DBSA) on a two-hour virtual summit, where participants heard from a variety of stakeholders on ways to successfully work towards ending the stigma associated with mental illness.

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

WHO WE ARE AND WHAT MAKES US UNIQUE

Advancing Science and Research

We advance global research leading us closer to a cure. Our open access scientific journal curates and disseminates innovative and groundbreaking research findings. With a diverse membership pool of professionals and a global reach, ADAA’s impact is significant and far-reaching.

We know that collaboration leads to innovation and innovation leads to new therapies, medications and a cure. By investing in mental health, we are investing in the well-being of all humankind.

We waste no time. By supporting, sharing, and distributing this research in real-time, we allow professionals to implement cutting-edge findings and best practices immediately.

We invest in the future. Increased investments in science, interventions and preventions inspires the next generation of researchers and clinicians to continue this critical work.

Developing and Expanding Evidence-Based Educational Tools and Resources

ADAA supports 5.5 million through our website annually. As a critical front-line educational resource, ADAA provides trustworthy and evidence-based information empowering individuals to connect to the help they need.

Through our community of expert professional members, ADAA develops and shares relevant, and accessible educational resources and intervention tools with the public. Our information can make a critical and life-saving difference.

Investing in Minority and Underserved Community Specific Resources

Minority and underserved communities experience increased levels of mental health struggles due to limited access to care and resources, lack of representation within the mental health community, and for many, the impacts of racial trauma. ADAA is committed to partnering with and meeting the needs of minority and underserved communities by investing in our professional members supporting these communities and by developing specific and evidence-based educational resources.
Public Community

ADAA’s website and outreach channels provide treatment, education, and support resources for those struggling with anxiety, depression, OCD, PTSD, and co-occurring disorders.

- 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.

Who We Support

ADAA’s Public Education Committee

The 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.

“With evidence-based information from organizations like ADAA and ongoing and novel research, advocacy and treatment, as well as candid and honest dialogue with mental health teams, friends and family, I believe we can all get better. There is life after severe mental illness.”

- Paige Kimball
ADAA Public Community Member

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

- 18% of people in the US experience an anxiety disorder in any given year.
- 8% of American children and teenagers are experiencing an anxiety disorder.
- 322M people worldwide live with depression.
- 7M Black and African Americans in the US are living with depression.
FROM OUR PUBLIC COMMUNITY

ADAA receives 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. Their stories inspire others who are struggling to know that hope and recovery are possible.

“From when I started looking for help. I found a therapist, I started praying again, and even opened up to my sister and uncle regarding how I was feeling. Therapy has helped me a lot. It helped me identify what was going on with me and to learn what my triggers were. I was able to learn how to deal with my stress and anxiety without letting it consume my everyday life.”

– Danesha Carter

“I reached out to ADAA because I want more exposure of my story of mental illness to help others. If you’re struggling with mental health, know that you’re not alone. There is help available, and it’s okay to ask for it. Remember that healing takes time, but it is possible. With the right tools and support, you can overcome your struggles and live a happy and fulfilling life. I hope that by sharing my story, I’ve been able to inspire and give hope to those who may be going through similar situations.”

– Daniel Michael Schooner Jr

“I am reaching out to ADAA because I want more exposure of my story of mental illness to help others. If you’re struggling with mental health, know that you’re not alone. There is help available, and it’s okay to ask for it. Remember that healing takes time, but it is possible. With the right tools and support, you can overcome your struggles and live a happy and fulfilling life. I hope that by sharing my story, I’ve been able to inspire and give hope to those who may be going through similar situations.”

– Syeda Khan

The right knowledge is crucial and organizations like ADAA provide scientific, timely, user-friendly research, support, and community. Something I did not have for a long time. And something I’ve found personally helpful is writing my story and learning about others’ challenges and triumphs.

– Shigeko Ito

“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
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 Katie Russo: krusso@adaa.org.

CORPORATE SPONSORS

Our partnership with ADAA has been an incredible experience. Their mission-driven work to support patients, families and clinicians is exemplary and McLean has been proud to work with ADAA through developing and publishing integral and innovative mental health content. We could not be more grateful to collaborate with such an outstanding organization and are looking forward to continuing our partnership in 2024.

– James M. Holsomback, Director of Marketing and Clinical Outreach, McLean Hospital

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
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 anxiety and depression, MDD, PTSD and Spanish language peer-to-peer communities offer a safe place for people to share experiences and learn from others struggling with an anxiety, depression, OCD, PTSD or a co-occurring disorder.

**SOCIAL MEDIA**
- 56K followers
- 8.8K followers
- 46K members (page/group)
- 21.7K followers
- 25K subscribers

**ADAA ONLINE SUPPORT COMMUNITIES**
- 87.5K English & Spanish subscribers
- Enhanced ADAA Find Your Therapist Directory

**WEBSITE & NEWSLETTERS**
- 5.5M unique annual, website visitors
- 40K Triumph public newsletter subscribers
- 14K Insights professional newsletter subscribers

**COMMUNITY EDUCATION**
- 75 Videos & podcasts
- 50 Blog posts
- 25 Webinars

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**STRENGTHENING OUR IMPACT IN 2023**

With support from our generous sponsors McLean Hospital, Otsuka, and Teva Pharmaceuticals, we launched our “What Is” series of educational health literate videos for the public.

**NEW PUBLIC MENTAL HEALTH VIDEO SERIES**

This year, ADAA also collaborated with the Depression and Bipolar Support Alliance (DBSA) on a two-hour free virtual summit where participants heard from a variety of stakeholders on ways to more effectively support individuals living with PTSD and their support partners. Together, the panelists explored unmet needs in underserved communities, discussed how to improve patient pathways to diagnosis and treatment, and addressed PTSD misconceptions, and how to advocate for trauma-informed, culturally competent care.

**PTSD SUMMIT**

ADAA launched an enhanced Find Your Therapist Directory. In line with our mission, the updated Find Your Therapist Directory connects ADAA members with those looking for mental health.
I have been with ADAA since it was the Phobia Society of America. 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’s Volunteer Board of Directors oversees the strategic plan and fiscal health of the organization. ADAA’s leadership is committed to ensuring that ADAA’s programming supports cultural equity.

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

Meet the ADAA Team
PROFESSIONAL COMMITTEES AND EDUCATION

Scientific Council (SC)
Comprised of senior-level basic and clinical researchers who contribute scientific expertise and mentorship, the SC participates in projects that maintain ADAA’s leading edge in research, dissemination, and treatment.

Annual Conference Committee
Helps develop the theme for the conference, invites experts, reviews submissions, makes final selections for high quality educational content, and organizes special sessions.

Membership Committee
Helps 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) Committee
Develops intensive mentoring and professional development program for early career clinicians and researchers offered at ADAA’s annual conference.

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.

MEMBERSHIP BENEFITS
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 Your 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 public focused webinars, videos and podcasts
• Write professional or public focused blog posts

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

― Naomi M. Simon, MD, MSc

“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

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

― Beth Salcedo, MD, ADAA Past President
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. At the 2023 DC conference, 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.

The 2024 conference will be held in Boston, MA (April 11–14).

Fall 2023 Forum

Sex & Anxiety brought together several leading experts to provide their clinical and research perspectives on the interaction between sex and anxiety. The webinar discussed sexual anxiety and interventions for the most frequently encountered sexual dysfunction in women and men. Presenters interwove research and treatment with real-world examples, interventions, techniques, and strategies.

“ 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

“In the case of sexual performance anxiety, it doesn’t just overlap and relate to social anxiety, it is social anxiety.” – Larry Cohen, LCSE – Fall Forum Panelist

ADAA’s Journal of Mood and Anxiety Disorders™

ADAA launched a new scientific journal with Elsevier this year. The Journal of Mood and Anxiety Disorders welcomes original clinical, translational, and basic research as well as synthetic review articles covering neurobiology (genetics and neuroimaging), epidemiology, experimental psychopathology, pathophysiology and treatment (psychotherapeutic, neuromodulation, and pharmacologic) aspects of mood and anxiety disorders.

“ I am honored to be named the founding Editor-in-Chief of the new ADAA Journal of Mood and Anxiety Disorders. With the support of our wonderful organization, and the expertise, passion and compassion of our members, I believe we are ideally positioned to create and build a journal that will have impact not only in publications but in the lives of the people we serve. I am very much looking forward to working together as a team to achieve this vision.” – Stephen M. Strakowski, MD, PhD Editor-in-Chief

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.

Meet the Journal of Mood and Anxiety Disorders™ Editorial Board

Stephen M. Strakowski, MD, PhD
Editor in Chief

Olusola Ajilore, MD, PhD
Associate Editor

Erika Wolf, PhD
Associate Editor

“ I am honored to be named the founding Editor-in-Chief of the new ADAA Journal of Mood and Anxiety Disorders. With the support of our wonderful organization, and the expertise, passion and compassion of our members, I believe we are ideally positioned to create and build a journal that will have impact not only in publications but in the lives of the people we serve. I am very much looking forward to working together as a team to achieve this vision.” – Stephen M. Strakowski, MD, PhD Editor-in-Chief

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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.

I cannot recommend ADAA’s CDLP program enough. I greatly benefitted from accessible conference attendance, wonderful professional development talks spanning research topics to personal life, and presentation opportunities. CDLP facilitated connections with colleagues in the field and provided incredible mentorship experiences both during the conference and relationships extending beyond.

– Rachel Siciliano, PhD – 2023 CDLP Research Awardee

The Donald F. Klein Award is a fantastic opportunity that places the spotlight on the work of early investigators. This recognition helps early investigators network and connect with other scientists and clinicians that can further enhance their research program. I am incredibly grateful to the ADAA for this opportunity to have my work highlighted and grateful to develop new and valuable connections with other clinical scientists. Thanks so much for all the opportunities afforded by the Donald F. Klein Award. It’s a fantastic award program!

– Emily Belleau, 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).

Studying the effects of trauma on mental health in youth affords me an opportunity to not only amplify the voices of marginalized communities but also to carve a path toward healing and resilience. Through research and advocacy, my goal is to illuminate the narratives often unheard, which help to create spaces where the impacts of trauma are understood, addressed, and transformed into sources of empowerment and hope for those affected.

– Manessa Riser – BIPOC Scholarship awardee

Graduate Student, Translational Neuroscience Program

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.

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21 | ADAA 2023 Impact Report
INDIVIDUAL AND FOUNDATION GIFTS

ADAA is grateful to all our donors—individuals, small businesses and corporations—who supported our work in the fiscal year ending December 31, 2023. We are so thankful for all those who donate to our organization in honor or in memory of a loved one, who fundraise through a peer-to-peer campaign or special event on behalf of ADAA, who donate proceeds from their business, give through their workplace, or support us through a legacy gift. We are truly grateful.

Together we change lives and help to raise the profile of mental illness in communities throughout the country. Thank you!

Major Donors (Gifts over $1,000)

A. nomymous  Kevin McGrath
Better Days Ahead  Mean Well USA Inc.
Martin Cabrera  Charles Nemcroft
Carahsoft Technology Corp  Kevin and Sandra O'Brien
Color the World LLC  Sejal Patel
Edward DiPreta  Private Wealth Management
Timothy R. Gartland  Reynolds Company
Goldwasser Family  Patrick Romani
Greenwave Nutrition LLC  School Lane Charter School
Sandeep Gupta  Helen Blair Simpson
Terrence Kinneen  Judith and Earl Spears
Lakeshore Management, Inc.  David Stark
Sanjay and Desi Mathew  Stephen and Stacy Strakowski
Andrea Mazza  Rev. Sara Wadley
Richard McClure

Recurring Donors

Recurring donors provide monthly gifts to help ADAA's mission year-round.

Carolyn Bick  Joseph Miller
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Autodesk Foundation
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Circle of Hope Foundation
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Crowe Foundation
Dreams Foundation Inc.
Diane and Howard Wohl Family Foundation Inc.
Essex Fells Foundation for Educational Excellence
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Smith Family Foundation
Steinbrenner Family Foundation
Vanguard Charitable

CORPORATE DONORS

“I struggle from bad social anxiety and I know how frustrating and debilitating it can be. I want to donate to you 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
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.

2022 Revenue
- Contributions $767,818
- Conference Revenue $447,358
- Membership Dues $275,659
- Web Sponsorship $147,949
- Advertising Revenue $18,698
- Royalty – Journal $15,338
- Webinar Revenue $12,440
- Grant Revenue $9,000
- Publications Sales $2,252
- Other Income $850

Total Revenue $1,697,362

2022 Expenses
- Conference and Other $877,957
- Public Outreach and Professional Education $531,623
- General and Administrative $324,770
- Membership $124,085
- Fundraising $67,872

Total Expenses $1,926,307

ADAA is a special organization, supporting new and important research, clinical evidence-based practices and advocating for mental health. I truly appreciate the fine work of ADAA.

- Susan Wagner, PhD, 2023 Donor

With our partners and supporters we will continue to triumph over anxiety and depression through science, treatment, and education.

We will continue to provide support to those struggling with mental health disorders while simultaneously empowering our professional community to further research and find a cure.

With your support ADAA will continue to prevent, treat, and cure anxiety disorders and depression.

Together we are changing lives.

Thank you for your support.

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www.adaa.org

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