

2019



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA

IMPACT REPORT

WHO WE ARE



ADAA recognizes that 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. 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. Our commitment to diversity and inclusivity 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. We also forge partnerships with other healthcare professionals and organizations as well as community organizations, public policy makers, journalists, and educators. We collaborate with individuals who struggle with an anxiety disorder 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 health professionals who study and treat them.**

ADAA is about people. Our passion is helping people understand their anxiety disorders and depression, find treatment, and recover. ADAA educates people about all current scientifically supported treatments so they can make informed decisions to best meet their individual needs. **ADAA promotes professional and public awareness of anxiety, depression, and co-occurring disorders.** More than 11 million people visit www.adaa.org annually – from the United States and across the globe – to read and share blog posts, webinars, podcasts, videos, articles, and more. With more than 38 million annual page views, ADAA's website helps people find treatment, resources, and support – all at no cost.

ADAA supports mental health professionals who provide treatment and those who conduct research. We invest in the future by encouraging students and trainees to connect and network and by offering specialized annual early career professional development opportunities. ADAA's 1,800 professional members provide 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.

ADAA operates at the intersection of all these disorders and is a leading voice and trusted convener for professionals interested in aligning research and science with treatment advances to help alleviate the suffering.

ADAA links people who need treatment. We connect people with the health care professionals who provide treatment and help develop self-help skills.

ADAA works through outreach, education, and engagement programs to help #breakthestigma surrounding anxiety, depression, OCD, PTSD, and co-occurring disorders.

ADAA is evolving. ADAA has been leading the fight to improve research, education, and treatment and to find the cure for anxiety disorders and depression for the past 40 years and will continue to play a critical role in advancing the understanding and treatment of anxiety disorders and depression in the years to come.

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



“**ADAA supports scientific research, and is unique in serving clinicians, researchers, and patients.**”

– Murray Stein, MD, MPH

PRESIDENT'S MESSAGE



“Through all of our initiatives, ADAA is steadfast in our vision of changing lives, and we hope you will join us on the journey.”

When I first joined ADAA in 2009, I was struck by the Association’s dedication to the treatment and prevention of mental health disorders that affect the lives of each of us in one way or another.

Through research, practice, and education the Association’s commitment to leading the way in the field has been unwavering. ADAA supports collaboration, thought sharing, and innovative continuing education opportunities – opportunities that contribute to the professional development of clinicians and researchers alike.

Over the coming years, ADAA will be particularly focused on attracting and retaining clinicians including MDs, NPs, and other first-line treatment providers. ADAA will also continue to foster partnerships with like-minded professional and public organizations with the goal of disseminating existing and new evidence-based practices to those navigating anxiety and mood disorders.

ADAA’s new strategic plan will launch in 2020 with the goal of providing specific direction to the Association’s board and leadership. This will ensure we are hitting benchmarks we have set for ourselves and growing the organization to better serve those who are living with mental health disorders – all while staying true to our mission.

We look forward to partnering with our members to implement our strategic plan. Through all of our initiatives, ADAA is steadfast in our vision of changing lives. We hope you will join us on the journey.

– Luana Marques, PhD

EXECUTIVE DIRECTOR'S MESSAGE



I am extremely honored to be at the helm of such an innovative and mission driven organization. Over the last few years we have launched new programs and initiatives, collaborated with new partners, and greatly enhanced our outreach and impact. I have the privilege of working with a visionary and committed board of directors and a wonderful staff who value ADAA’s interlinked personal and professional mission and who are dedicated to the prevention, treatment, and cure of anxiety, depression, and co-occurring disorders. Together with our more than 1,800 multidisciplinary international members, ADAA is at the forefront of cutting-edge research and new evidence-based treatment options.

I am forever grateful to the many ADAA members who share their expertise and knowledge with the public on a volunteer basis. Our members spend countless hours per month writing blog posts, hosting webinars and podcasts, working on our annual conference, and sharing their knowledge with the media to ensure that evidence-based information is available free of charge to the members of our communities who need it most.

I am also most grateful for the ongoing support we receive from our generous sponsors and partners. Their collaboration ensures the continuity of our critical mission and allows us to enhance and expand our programming. Together we are committed to improving the quality of life for individuals and families struggling with anxiety and depression. Together we are raising awareness, providing educational resources to millions each year, and successfully working toward ending the stigma associated with mental illness.

On behalf of the ADAA Staff, I am excited for what this year will bring and to furthering ADAA’s critical mission.

– Susan Gurley, JD

“I am forever grateful to the many ADAA members who share their expertise and knowledge with the public on a volunteer basis.”

BOARD OF DIRECTORS

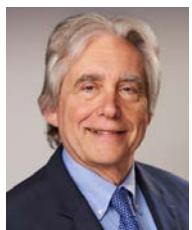
ADAA's Board of Directors oversees the long-term strategic plan for ADAA, enabling the organization to advance its mission, vision, and strategic objectives. The Board of Directors actively helps guide, support, and oversee ADAA's activities – setting long-term goals and priorities for the Association and monitors ADAA's strategic direction, fiscal health, and its financial, administrative, and personnel policies.

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



Charles Nemeroff
President-Elect
Professor/Chair of Psychiatry
Dell Medical School, The University of Texas at Austin



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Paul Holtzheimer, MD
National Center for PTSD
Dartmouth-Hitchcock Medical Center



Vasiliki Michopoulos, PhD
Emory University School of Medicine



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



Ken Goodman, LCSW
Private Practice
Los Angeles, CA



Tanja Jovanovic, PhD
Department of Psychiatry and Behavioral Neurosciences Wayne State University



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



Murray Stein, MD, MPH
ex officio
University of California, San Diego



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Professor of Psychiatry and Behavioral Sciences Baylor School of Medicine

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President
The Ross Center for Anxiety & Related Disorders



Karen Cassiday, PhD
The Anxiety Treatment Center



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Rush University Medical Center



Terrence M. Keane, PhD
VA Boston Healthcare System



Jerrold F. Rosenbaum, MD
Massachusetts General Hospital

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

– Karen Cassiday, PhD

HONORARY BOARD MEMBER

Michael Gleason

IN MEMORIAM

Alies Muskin
Executive Director

Jerilyn Ross
Co-Founder and President

STAFF

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Stellato Meeting Solutions

Ashley Ormon
Project Coordinator

Vickie Spielman
Associate Director Membership and Marketing

Tana Stellato and Christina Pino
Stellato Meeting Solutions

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 commitment and dedication of ADAA leadership, staff, and donors for their commitment, guidance, and support. Over the last two years, ADAA has seen significant growth in both its professional education programming and its public outreach and engagement. ADAA is focused on sustaining and building upon our current financial stability to ensure that we continue to meet all the needs of our professional community and the millions who turn to us every year for resources and support.

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. In addition, through the generosity of our donors, ADAA has witnessed a 50% growth in contributions over the last two years, allowing 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.



2018 Revenue

Conference Revenue	\$849,484
Membership Dues	\$360,763
Contributions	\$878,025
Fundraising	\$47,420
Grant Revenue	\$8,000
Publications Sales	\$2,494
Interest and dividends	\$31,066
Other income	\$41,818
TOTAL REVENUE	\$2,219,070

45%
INCREASE
IN REVENUE
FROM 2017



2018 Expenses

Membership	\$132,544
Public Outreach	\$166,381
Conference and other professional education	\$634,889
Fundraising	\$103,839
General and Administrative	\$240,884
TOTAL EXPENSES	\$1,278,537

ADAA'S ORGANIZATIONAL REACH

PUBLIC



English and Spanish free anonymous online peer-to-peer support groups

35,000+ Members



Annual conference

1,400 Attendees and 500 speakers



INSIGHTS

online professional newsletter

10,000+ professionals

TRIUMPH

online consumer newsletter

32,000 subscribers



200+ viewers a month

free monthly webinars by ADAA members



200+ blog posts

written by ADAA members

ADAA'S DEPRESSION AND ANXIETY JOURNAL

impact factor of **4.935**

Monthly Blog Posts



by ADAA members focusing on practice and research

FIND-A-THERAPIST

search tool with **1000+ ADAA Members** providing therapy both in office and online



100+ webinars



CE offerings from experts on a wide variety of subjects



75+ podcasts



SOCIAL MEDIA

f 2-3 daily posts

49,000 followers

16,000 followers

2,000+ followers

5,000+ members

2,000+ subscribers

2,000+ subscribers

in group

5,000+ members

2,000+ subscribers

videos posted weekly

2,000+ subscribers



PROFESSIONAL MEMBERSHIP

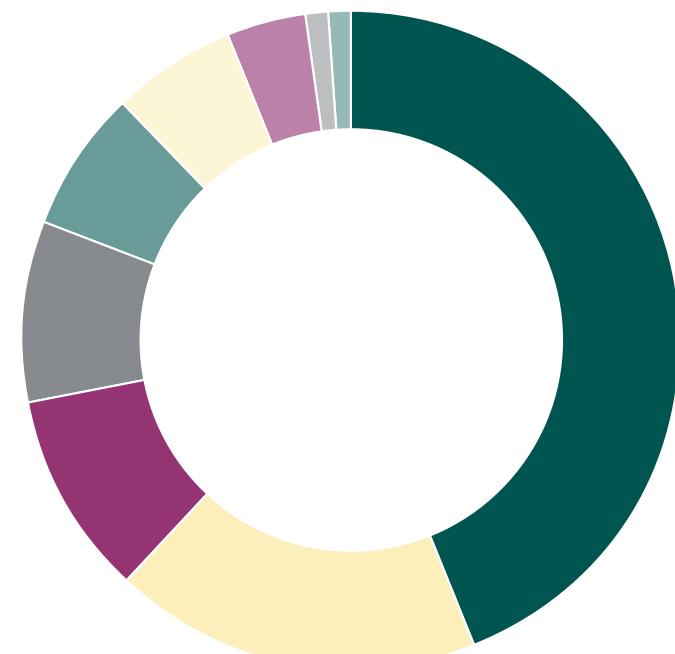
ADAA: A GLOBAL NETWORK OF CLINICIANS AND RESEARCHERS FOCUSED ON PEOPLE BATTLING ANXIETY AND DEPRESSION

“Through research, practice, and education, ADAA’s commitment to leading the way in the field has been unwavering. ADAA supports collaboration, thought sharing, and innovative continuing education opportunities, all of which contribute to the professional development of clinicians and researchers alike.”

- Luana Marques, PhD – ADAA President

ADAA is the only multidisciplinary 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 1,800 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 the dissemination of research into practice. ADAA's members also support ADAA's public mission to provide 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 are struggling with anxiety or depression, or who may have little to no access to mental health treatment.



**2019 Membership
1800 Members**

PhD	44%
Student	18%
LPC/LPC/LMFT/MA/MS	10%
MD	9%
PsyD	7%
LCSW/LICSW	6%
MSW	4%
Doctorate Level Other	1%
RN	1%

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 CEs/CMEs
- Participate in live webinars, watch on-demand webinars, and listen to audio-recordings
- Subscribe to ADAA's *Depression and Anxiety* journal
- Attend the annual conference
- Mentor early career professionals

PROMOTE & ENHANCE

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

SUPPORT & HOST

- Support ADAA's mission through your annual dues
- Share your 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 believe my purpose and drive line up very closely with what ADAA strives to accomplish; an organization with the purpose to bring awareness to so many causes like this by uniting so many people to not only support each other, but to tell their personal stories about living with anxiety.”

– Nicholas Nayersina,
Video Producer and Anxiety Awareness Advocate

“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

MEMBERS IN THE NEWS

Many of ADAA's 1,800 professional members are interviewed or featured in newspapers, magazines, and online news channels both nationally and internationally. ADAA lists all members who appear in the news on the ADAA [website](#) and shares their articles/publications through our social media platforms, as well as our public and professional e-newsletters.

THE WALL STREET JOURNAL.

npr
Rolling Stone

The American Journal of Psychiatry

Chicago Tribune

H THE HUFFINGTON POST



USA TODAY

The New York Times

Anxiety.org

TODAY

CNN

TED IDEAS WORTH SPREADING



Immediate ADAA Past President Dr. Beth Salcedo appeared on a Montgomery County TV show this past year.



ADAA Board President Luana Marques, PhD presented a TEDTalk

PROFESSIONAL EDUCATION

ADAA's [Continuing Education Programming](#) strives to improve patient care and accelerate 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 for multi-disciplinary practice and research-based mental health professionals. These educational programs, hosted and lead by international experts, provide an opportunity for professional development while also offering CE credits – and new in 2019 – CME credits as well.

Educational programming includes workshops/sessions from ADAA's annual conference, bi-monthly professional webinars, online thematic professional peer consultation groups, clinical fellow opportunities, podcasts, blog posts, and complementary educational offerings hosted by partner organizations.

New in 2019



ADAA VIRTUAL FALL FORUM SPOTLIGHT ON MATERNAL MENTAL HEALTH: TREATMENT AND RESEARCH

A 3-hour live interactive webinar event was hosted on October 30 and featured Joy Burkhard, MBA, Catherine Monk, PhD, Margaret Altemus, MD, and Rahil Briggs, PsyD. The forum, eligible for 3 CE/CMEs, is now available on-demand. The 2020 Fall Forum will focus on anxiety and worry in youth.

Clinical Fellows Program

The goal of the [Clinical Fellows Program](#) is to advance ADAA's mission of improving patient outcomes through education and training of clinicians from all disciplines. It offers participants an exclusive opportunity to further their clinical training in anxiety, depression, and co-occurring disorders through participation in continuing education at the annual conference, and online through webinars and group consultation. A certificate signifies a specialization in anxiety and depression and a dedication to continued education through ADAA's professional education programs.



“ What I've noticed about being a ten-year member of ADAA is that the more I give to the organization, the more I get back. I've written many articles for the ADAA website and presented several public education webinars and each time I do, I get calls from people seeking treatment. It's a win-win for all. ”

— Ken Goodman, LCSW

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 2019, the *Depression and Anxiety* impact factor is 4.935. The journal ranks 21 of 146 in psychiatry journals; 8 of 77 in psychology journals; 8 of 130 for psychology clinical journals, and 15 of 142 for psychiatry social science journals. Google Scholar psychiatry journal ranking ranked *Depression and Anxiety* #20 of 20.

“ Our journal's increased impact factor reflects our commitment to publish the best clinical and translational science we can attract. As the scope and quality of research into the etiology and treatment of depression and anxiety continues to increase, we expect *Depression and Anxiety* to reflect those advances. ”

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

Insights

[Insights on Anxiety and Depression](#)

[Insights on Anxiety and Depression](#) is ADAA's free bi-weekly e-newsletter brief for members and the professional community delivering current relevant research and program news about anxiety and depression from respected journals and media outlets. It is delivered to more than 10,000 anxiety and depression scientists, clinicians, and researchers to keep professionals informed of topics that impact their work.



ANNUAL CONFERENCE

The ADAA [annual conference](#) brings together more than 1,400 clinicians and researchers from across the U.S. 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. Participants find their professional home, leave more connected to their peers, and are better able to integrate research into their practice and into all corners of their community. The 2020 Annual Conference (March 19-22, San Antonio, Texas) will celebrate ADAA's 40th Anniversary.



“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



“ADAA’s focus on evidence-based practice permeates the entire program. Prioritizing science and practice across all mental health disciplines is the hallmark of ADAA and separates it from so many other professional organizations. Our annual meetings highlight interdisciplinary practice that works to alleviate mood and anxiety disorders. It’s a gratifying program year after year.”

– Terrence M. Keane, PhD

“ADAA holds the only meeting of its kind, with a wealth of leaders in the research community and across the clinical spectrum. This is the meeting that I most look forward to, and we always have a terrific time!”

– Kerry Ressler, MD, PhD

“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

“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

AWARDS PROGRAMS

Promoting careers and professional development is a central focus of ADAA. Since 1998, the ADAA [awards program](#) has provided more than \$1 million dollars to 500+ 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 conference.

Alies Muskin Career Development Leadership Award Program (CDLP)

The [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. The CDLP's focus is to offer an environment where ADAA's next generation of leaders can flourish. Special thanks to the many ADAA members who play a key and invaluable part of the CDLP program's success.



“The CDLP provided a unique opportunity to make valuable connections with other clinical researchers in the field of childhood anxiety and OCD. Having discourse with experts in the field and colleagues in similar stages afforded helpful feedback about current research projects, future opportunities, and professional career development.”

— Monica Wu, PhD
2019 CDLP Awardee
Donald F. Klein Award

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. Dr. Klein's early contribution to the development of the DSM in large part gave birth to the modern branch of medical science dealing with the classification of disease of anxiety disorders. His early findings also heralded in the era of childhood anxiety disorders as biochemical disorders when he discovered that imipramine blocked childhood separation anxiety disorders.

In later years, Dr. Klein developed a compelling evolutionary-based hypothesis accounting for the etiology of panic disorders, which he terms “the false suffocation alarm theory of panic disorders.” His work remains relevant and topical to the present. Dr. Klein was the recipient of the 2005 ADAA Lifetime Achievement Award. His life and work will be honored at ADAA's 40th Anniversary Conference celebration (March 19-22) in San Antonio, Texas.

Member Recognition Awards

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 the mission of ADAA through significant service and commitment to the organization and its membership.



Emerging Leader Award

A new award category for 2019, this award honors up to three early career professional members for outstanding service and commitment to advancing ADAA's professional and/or public mission.



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.

COMMITTEES

Engaging members in our work is an essential element for sustaining and positioning ADAA for ongoing success. ADAA offers its members the opportunity to participate in a number of committees defined by the ADAA Board of Directors. ADAA Committee members and member mentors donate hundreds of hours of their time each year to support early career professionals and ADAA's public mission.

Annual Conference Committee

Members who have attended at least one ADAA conference and are willing to recruit broadly, organize content, and increase attendance are invited to participate in the committee. Committee members 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.

CDLP Committee

The Allies Muskin Career Development Leadership Award Program (CDLP) is an intensive mentoring and professional development opportunity for early career clinicians and researchers that is offered at ADAA's Annual Conference. The committee focuses on reviewing application submissions, assisting with outreach, and creating the formal CDLP programming.

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.

Professional Education Committee

The Professional Education Committee (PrEC) 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 multi-multidisciplinary professionals.

The PrEC is charged with oversight of all ADAA professional education offerings including ADAA webinars and the Fall Forum. The Committee also oversees the Clinical Fellows program which offers participants an exclusive learning opportunity to further their clinical training in anxiety, depression, and related disorders by participating in ADAA continuing education opportunities with the goal of providing quality patient care.

Public Education Committee

The focus of the Public Education Committee (PEC) is to improve and expand ADAA's free public education and outreach about anxiety, depression, and co-occurring disorders through webinars, blog posts, social media outreach, and other collaborative educational projects. The PEC is focused on taking the myriad of resources curated by ADAA and disseminating it to the people in our communities who need it most – those personally affected by anxiety and depression.

Scientific Council

ADAA's [Scientific Council](#) (SC) is comprised of mid- and senior-level basic and clinical researchers committed to the organization. The SC contributes scientific expertise and mentorship,



actively grows membership 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.



“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

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).

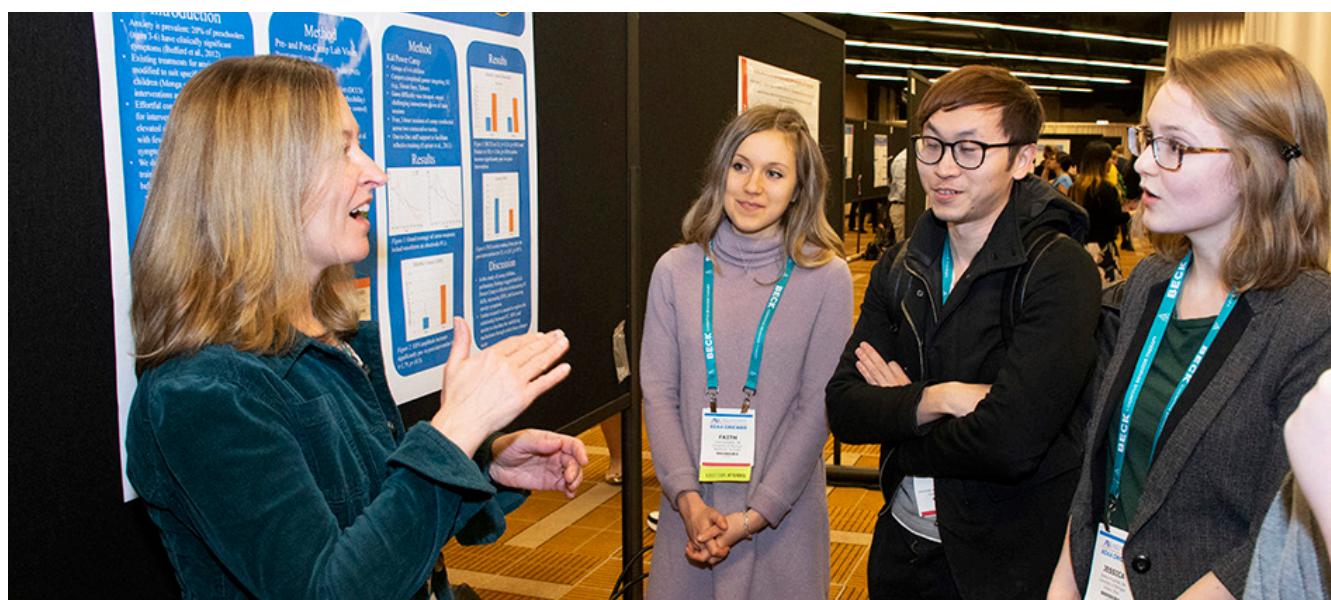
Peer Consultations

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.



CURRENT 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



OUR PARTNERS

No one can do it alone. That is why we partner with like-minded national and international nonprofits, companies, and mental health organizations that support ADAA's mission. Together we are stronger. Together we change lives.

Thank you to our many partners. For a full list with hyperlinks [click here](#):

- American Brain Coalition
- American Foundation for Suicide Prevention
- Anxiety.org
- Anxiety UK
- Bring Change to Mind
- Child Mind Institute
- Coalition for the Advancement and Application of Psychological Science (CAAPS)
- FacingAddiction
- GoalieGuild
- Guard Your Health
- HealthUnlocked
- Hope and Grace Initiative
- Human Animal Bond Research Institute (HABRI)
- Jed Foundation
- Massachusetts General Hospital Psychiatry Academy
- Mental Health America
- Mental Health Liaison Group
- Mental Health Innovation Network (MHIN)
- Meru Health
- NAMI
- National Council for Behavioral Health
- National Center for PTSD
- National Eating Disorders Association
- National Hispanic Medical Association after National Eating Disorders
- NIMH Alliance for Research Progress
- National Network for Depression Centers
- NNDC
- PCORI (Patient-Centered Outcomes Research Institute)
- Postpartum Support International (PSI)
- PuraVida Bracelets
- PsyberGuide
- The Quell Foundation
- ResearchMatch.org
- Save.org
- The Mighty
- Wiley



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

“ ADAA and I share the same goal: to help bring about “*you feel that way too!?*” conversations – the ones that let us breathe a sigh of relief after connecting with others about our shared worries. The only way to put anxiety in its place is to recognize that the things we worry about often aren’t crazy, but in fact are much more common and reasonable than we think. ”

- Gilad – *Anxious and Abroad: How I Broke the Travel Stereotype*

TAKING ACTION/ RAISING AWARENESS INITIATIVES

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.

ADAA receives dozens of personal stories of triumph 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. ADAA is also honored to work with a number of businesses, artists, and fundraisers who are working every day to help #breakthestigma around mental health issues and who graciously donate sale proceeds to support our mission. We encourage you to [read their stories](#) and learn what motivates them to give back and share their stories.

“ I reached out to the Anxiety and Depression Association of America so that I can become a representation of what can be accomplished. My music helps me fight my battle with anxiety and depression, and I hope these words inspire you to seek help and take the needed steps toward a life of peace and progress. ”

- King Ceaze – *“Letting the Music Speak!”*



“ Both ADAA and the many members or businesses that raise the flag against anxiety and depression are the only bastions of hope that people have, and many of them don't even know about it! And now, being one of those businesses, I see that we all have a responsibility to help others in need and spread the word (especially about resources like ADAA), if we're ever going to make it through this. ”

– Leo Nima – It's Time for Tea,
Founder of Ruby Lion Tea



“ Of the four charities we serve, mental health is the one closest to our hearts since my wife has gone through some mental health challenges. We are extremely excited to work with ADAA as the recipient of our mental health donations. We have complete faith that the money we donate to ADAA will find the right people and provide the treatment they need. ”

– Taylor Brown – ACTA Wear

“ ADAA is a community that has created a positive safe platform to shed light on the importance of coming together to bring awareness to mental health while showing it's all about coming together. It's an honor to be apart of that and this community as a whole. I wish that when I first started dealing with all this I had a community to turn to like this and that there was more being done about anxiety and depression. ”

– Nicholas Nayersina – “You're Not Alone: My Story of Dealing with Anxiety and Why I Truly Believe in ADAA”

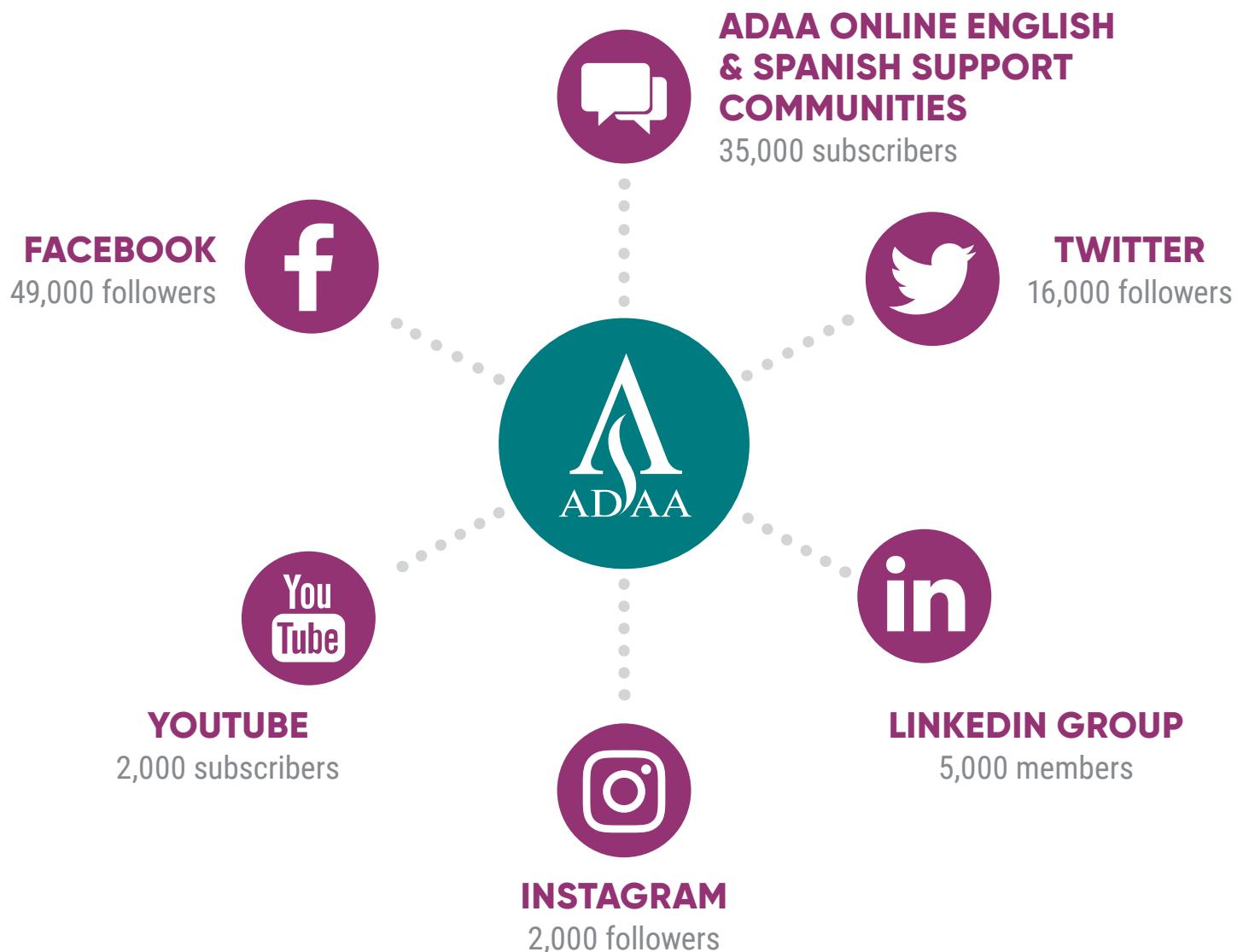


“ I decided to reach out to ADAA with this experience because I want others who suffer with mental illness to know they can also express their experiences and emotions through a creative medium. People, especially young adults, expressing their struggles in a creative way allows the conversation about mental health to become normalized and less “taboo”. ADAA is a platform that allows individuals to share their experiences and inspire others to come out with their own stories, creating a community that speaks for those who may not understand mental illness and those who feel alone with their mental illness. ”

– Jasmin Correa, “Taking Action/Raising Awareness”

USING SOCIAL ENGAGEMENT TO STRENGTHEN OUR IMPACT

ADAA has a vibrant and active social media presence on Twitter, Facebook, LinkedIn, YouTube, and Instagram that engages both the public and professional communities. ADAA shares a wide variety of content including personal stories of triumph, awareness raising campaigns, current news articles and research, upcoming events and programs, and much more.



PROVIDING RESOURCES TO EDUCATE AND EMPOWER

CONNECTING PEOPLE WITH PROVIDERS

Find-a-Therapist: free online search tool

The 1,000+ 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.

PROVIDING ACCESS TO FREE WEBINARS, PODCASTS AND BLOG POSTS

ADAA offers [free webinars](#), [blog posts](#), [podcasts](#) 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.

SUPPORTING PEOPLE THROUGH PEER-TO-PEER SUPPORT COMMUNITIES

ADAA's anonymous peer-to-peer online anxiety and depression support group communities – now with more than 35,000 [subscribers](#) from around the world and a Spanish-language group – is a free, friendly, safe, and supportive place for individuals and their families to share information and experiences. As a member you can connect with other people experiencing anxiety, depression, and co-occurring disorders, contribute to ongoing conversations or start your own conversation with a question, or a post about your journey.

11 MILLION



ANNUAL VISITORS
TO THE ADAA WEBSITE
ADAA.ORG

(MORE THAN 38 MILLION PAGE VIEWS EACH YEAR)

DELIVERING THE LATEST RESEARCH AND RESOURCES

Triumph is a free monthly e-newsletter for people interested in learning about anxiety, depression, OCD, PTSD, and co-occurring disorders in order to make informed choices about getting help. *She Triumphs* is a free quarterly e-newsletter that features resources for girls/women struggling with anxiety, depression, and co-occurring disorders. Now with more than 35,000 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.



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