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CELEBRATING 40 YEARS

IMPACT
REPORT



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA



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. 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. 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 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 is people first. ADAA embraces diversity and inclusiveness as a core value. **We make a difference in the lives of people with anxiety disorders and depression.** We provide help through the alignment of science and treatment. More than 11 million 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 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 more than 1,500 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's programs and content are grounded strictly in treatments derived from scientifically accepted protocols of testing, trials, and peer review. This ensures that we bring the latest in scientific advancements to our professional and public educational content and outreach.

ADAA links people who need treatment with critical resources. 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 has provided me with numerous 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 of Triumph Contributor

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.





PRESIDENT'S MESSAGE

Through research, practice, and education, the association's commitment to leading the way in the field has been unwavering since 1979. I am honored to be at the helm of this wonderful organization as it celebrates 40 years of changing lives in 2020. ADAA supports collaboration, thought sharing, and innovative continuing education opportunities, all of which contribute to the professional development of clinicians and researchers alike. They in turn are the cornerstone of ADAA's public education and outreach efforts and together we are changing lives and providing invaluable help and hope to millions.

2020 was a busy year for ADAA. The board and Special Interest Groups (SIGs) focused on enhancing our diversity and inclusion initiatives. The staff and members ensured that even during the height of the COVID-19 pandemic that the organization remained steadfast in its mission to provide critical content to help those that were struggling during this difficult time. While the 2019 San Antonio conference had to be cancelled due to the pandemic, ADAA quickly moved forward and doubled its public and professional blog post and webinar content, launched a new conference and webinar submission portal, started work on a new state of the art website and logo design, and pivoted to a virtual platform for ADAA's first ever virtual annual conference to be held in March 2021.

ADAA's board and staff also undertook an ambitious strategic planning process at the end of 2019 through early 2020 with the goal of providing specific direction to the association's board and leadership to ensure we are hitting benchmarks we have set for ourselves, growing the organization, and staying true to the organization's mission. Thanks to many hours of dedicated work and collaboration ADAA launched its new five-year strategic plan. Some of the key areas of focus include: strengthening and enhancing member programming for early career professionals; developing a small grants program; connecting basic biological, cognitive, behavioral science, neuro-science, and translational science to treatment; diversifying and growing revenue to \$3.4M by 2025; diversifying the ADAA board to include non-mental health experts, and 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 for anxiety and mood disorders to an even broader audience.

– Luana Marques, PhD

“ We look forward to partnering with our members to implement our 2020–2025 strategic plan. Through all of our initiatives, ADAA is steadfast in our vision of improving lives through the science, treatment, and education and we hope you will join us on the journey. ”



EXECUTIVE DIRECTOR'S MESSAGE

In 1979 a small group of determined mental health professionals came together to address the lack of evidence-based information and research focused on anxiety, depression, OCD, PTSD, and co-occurring disorders. This year marks four decades of providing a professional home for our multidisciplinary membership and working collaboratively to help the millions of people who struggle every day with the stigma that is still attached to seeking help. While 2020 marks a milestone for ADAA it has also brought increased challenges with COVID-19, where many of us are worried about our mental and physical health, as well as our economic future. Our members and the mental health profession as a whole have also had to address critical social justice and equal access to care issues. During such unprecedented times organizations such as ADAA can make a profound difference in people's lives.

Our more than 1,500 members have donated hundreds of hours of their time to develop critical evidence-based content for both their peer community as well as the public. 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 public. This year we have also doubled our content on COVID-19 related mental health resources as well as education on social justice issues within the mental health context. To that end we have collaborated with new partners and greatly enhanced our outreach and impact. We have also been able to pivot from an in-person conference to developing a virtual 3-D professional conference for 2021. All of this could not be achieved without a visionary and committed board of directors, engaged members, and a wonderful staff who value ADAA's interlinked consumer and professional mission and who are dedicated to the prevention, treatment, and cure of anxiety, depression, and co-occurring disorders.

I am also most grateful for the ongoing support we receive from our generous sponsors and partners. This year I would like to extend a very special thank you to the Potts Family Foundation of Louisiana for their recurring annual bequest in support of ADAA's mission. Together we are raising awareness, providing educational resources to millions each year, and successfully working towards ending the stigma associated with mental illness. Finally, I want to thank ADAA's individual donors, many of whom while struggling with mental health issues themselves, or who are grieving the loss of a loved one, donate so generously to support ADAA's work. We are deeply appreciative and thank our many supporters for helping us make a difference in the lives of so many.

On behalf of the ADAA staff, we are proud to share this annual impact report with you and to thank you all for your support.

– Susan K. 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



Charlie Nemeroff, MD, PhD
President-Elect
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 the 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



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Department of Psychiatry
and Behavioral Sciences,
Emory University School
of Medicine



Ken Goodman, LCSW
Private Practice
Los Angeles, CA



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



Vasiliki Michopolous, PhD
Emory University School
of Medicine



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



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MD, PhD**
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Medical Center/New York
State Psychiatric Institute



Martin Paulus, MD
ex officio
Laureate Institute for
Brain Research



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

PAST BOARD PRESIDENTS



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



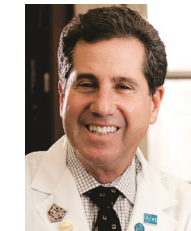
Karen Cassidy, PhD
The Anxiety
Treatment Center



Mark H. Pollack, MD
Rush University
Medical Center



Terrence M. Keane, PhD
VA Boston
Healthcare System



Jerrold F. Rosenbaum, MD
Massachusetts
General Hospital



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

HONORARY BOARD MEMBER

Michael Gleason

IN MEMORIAM

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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 Marketing Manager

Vickie Spielman
Associate Director of Membership
and Education

Tana Stellato and Christina Pino
Stellato Meeting Solutions

ADAA CELEBRATES 40 YEARS

2020 marks ADAA's 40th anniversary. The board and staff are proud to be celebrating four decades of providing a professional home for our multidisciplinary membership and working collaboratively to help the millions of people who struggle every day with anxiety disorders and/or depression find help and hope. ADAA stands strong and committed to continuing to provide – through collaborative projects with our committed professional membership – free cutting-edge evidence-based treatment and research information to the global public community. Together we can one day cure anxiety disorders and depression.

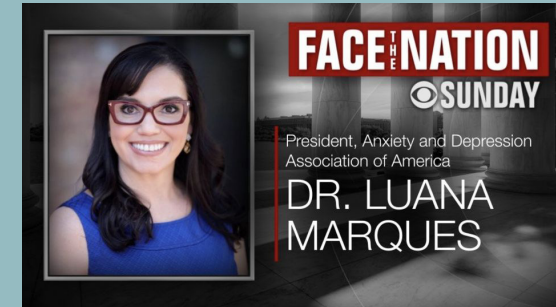
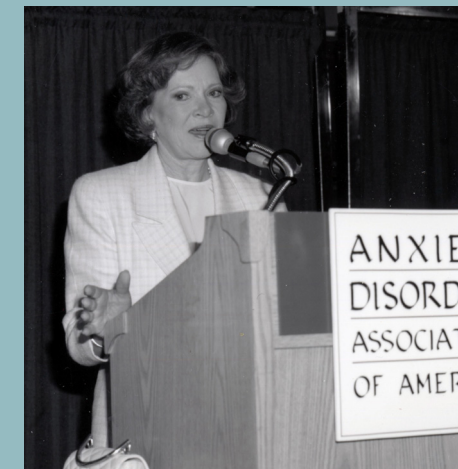
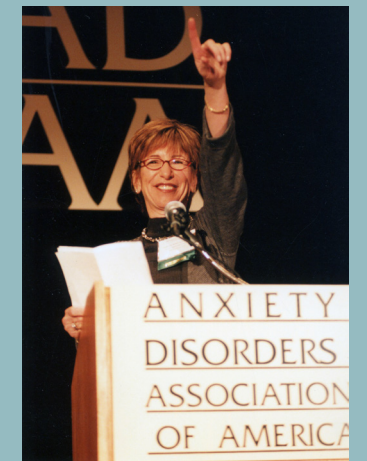
We invite you to read about ADAA's rich history in this [special 40th special tribute](#). As we look ahead to the next 40 years, ADAA is excited to continue building bridges and improving the lives of people suffering from anxiety, depression, OCD, PTSD, and related disorders. We are deeply appreciative of and indebted to the early founders and innovators, our dedicated board, the more than 1,500 professional members who partner with us daily, our many partners and supporters, and our dedicated staff all of whom work together to improve the lives of millions through science, treatment, and education.

“ Like members of ADAA today, we were dedicated to educating, advocating for, and treating our patients. We were inspired by the dramatic improvement in their lives that we helped them achieve. It is wonderful to see how far our organization has come, and how many lives have been improved by our work during the past four decades – thanks to ADAA and to its amazing growth since that modest beginning. ”

– Robert L. Dupont, MD
ADAA's First President

Read Dr. Dupont's full 40th Tribute to ADAA

40 YEARS



PRESIDENT'S AWARD 2020

In honor of ADAA's 40th anniversary in 2020 this award recognizes the achievements and commitment of **ADAA's 1st President, Robert DuPont, MD**. With sincere gratitude and thanks for your vision and dedication.



Founders Awardees

In honor of ADAA's 40th anniversary, this award recognizes the long-time involvement, contributions, and commitment of ADAA's founding members. Thank you all for your many years of dedication and collaboration.

- | | | | |
|----------------------------|---------------------|-----------------------|------------------------|
| Cindy Aaronson, MSW, PhD | James Ballenger, MD | Jack Gorman, MD | Martin Seif, PhD, ABPP |
| James L. Abelson, MD, PhD | David Barlow, PhD | Eric Hollander, MD | Reid Wilson, PhD |
| Robert Ackerman, MSW, LCSW | Edna Foa, PhD | Michael Leibowitz, MD | Sally Winston, PsyD |
| Stan Arkow, MD | Abby J. Fyer, MD | | |

ADAA 2020–2025 GOALS



ADAA EMBRACES DIVERSITY AND INCLUSIVENESS AS A CORE VALUE. OUR GLOBAL NETWORK OF CLINICIANS AND RESEARCHERS PROVIDE HELP THROUGH THE ALIGNMENT OF SCIENCE AND TREATMENT.

“ADAA’s board and staff also undertook an ambitious strategic planning process at the end of 2019 through early 2020 with the goal of providing specific direction to the association’s board and leadership to ensure we are hitting benchmarks we have set for ourselves, growing the organization, and staying true to its mission. Thanks to many hours of dedicated work and collaboration ADAA launched its new five-year strategic plan.”

- Luana Marques, PhD – ADAA President

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	<p>PEOPLE FIRST: ADAA embraces diversity and inclusiveness as a core value. We make a difference in the lives of people with anxiety disorders and depression. We provide help through the alignment of science and treatment.</p>	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	<p>EVIDENCE-BASED: Our programs and content are grounded strictly in treatments derived from scientifically accepted protocols of testing, trials, and peer review. This ensures that we bring the latest in scientific advancements to our professional and public educational content and outreach.</p> <p>INTER-DISCIPLINARY: Our international membership welcomes the full range of mental health professionals and students working on anxiety disorders and depression.</p> <p>PARTNERSHIPS/ALLIANCES: We actively seek partnerships to increase our reach and impact with mental health professionals and the public alike.</p>	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 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 more than 1,500 professional members from across the United States and around the globe 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 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 have little to no access to mental health treatment.

This year ADAA was delighted to offer a **new member benefit – complimentary CE/CMEs** for all live and on-demand webinars. In 2021, ADAA anticipates being able to also offer Cross Cultural Competency Diversity Credits for certain, qualifying annual conference sessions and professional webinars.

In addition, ADAA, through the generosity of one of our members and our board members, was able to offer ten **complimentary diversity membership opportunities to early career professionals and students**. With the cancellation of the 2020 conference due to the coronavirus pandemic, ADAA ensured that our members were able to choose from an enhanced live and on-demand list of webinar offerings. 2020 also brought two new partnerships with [Postpartum Support International](#) and [Heard.com](#) offering exciting benefits exclusively for ADAA members.

MEMBERSHIP BENEFITS

COLLABORATE & NETWORK

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

LEARN & MENTOR

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

PROMOTE & ENHANCE

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

SUPPORT & HOST

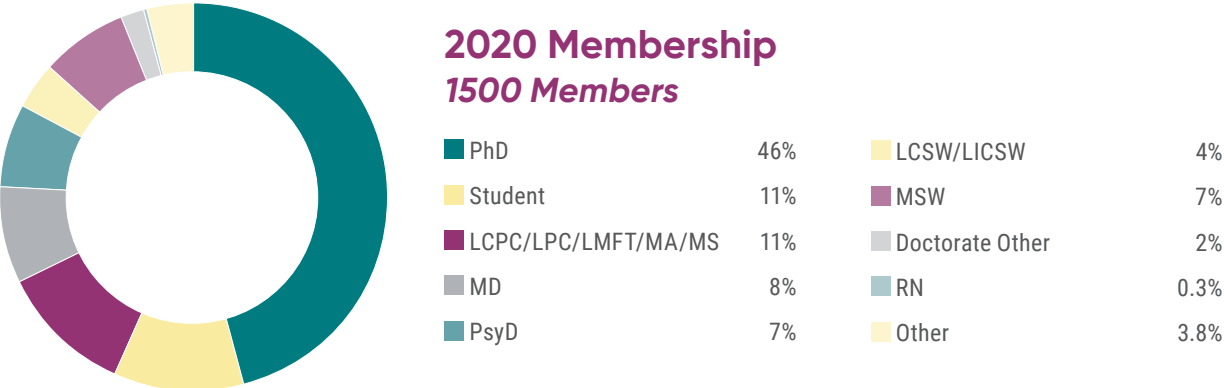
- Support ADAA’s public mission through annual dues
- Share expertise – create content for the ADAA website, newsletters, and social media
- Host free professional or consumer focused webinars and podcasts
- Write professional or consumer focused blog posts

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

– Beth Salcedo, MD, ADAA Past President

“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



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 through ADAA's annual conference, professional webinars, peer consultation groups, blogs, and more. These educational programs, hosted and lead by international experts, provide an opportunity for professional development while also offering CE/CME credits.

2020 Fall Virtual Forum



A 3-hour interactive webinar (offering 3 CE/CMEs) was presented live on October 29, 2020 and is [now available on-demand](#). The forum focused on anxiety and worry in youth, a transdiagnostic issue affecting children, teens, and emerging adults and will address the ways in which technology can be harnessed to address these challenges. An interdisciplinary group of speakers presented on biological and psychosocial mechanisms and interventions. The forum features individual presentations from Sandra Pimentel, PhD and Mona Potter, MD as well as a panel presentation featuring Jamie Micco, PhD, ABPP, Eli Lebowitz, PhD, Krystal Lewis, PhD, Lynn Lyons, LICSW, and John Walkup, MD.



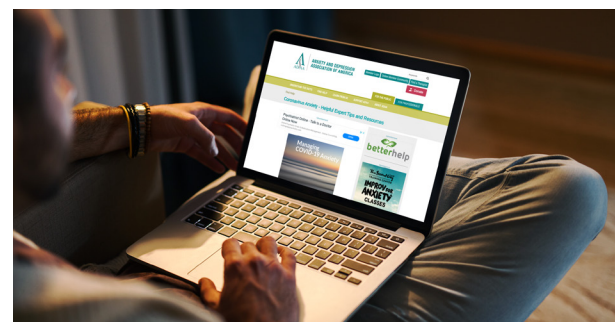
New in 2020

Diversity and Inclusion Corner

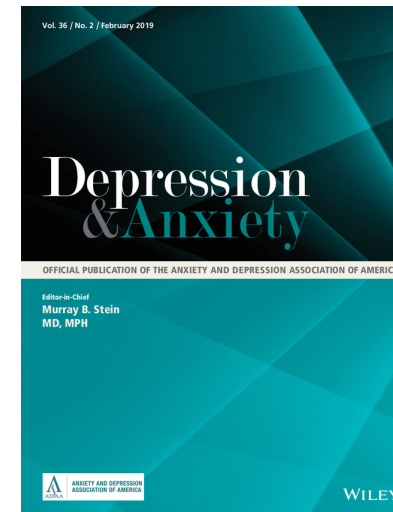
ADAA recognizes, supports, and values the inclusion of diverse groups and views in all parts of the association. ADAA recognizes the strength and improved decisions that results from participation in association programs, leadership, committees/taskforces, and staff of diverse individuals from a wide-range of organizations. As such, **ADAA embraces diversity and inclusiveness as a core value**. This year ADAA launched a diversity and inclusion corner with blog posts, webinars, and more from members on a broad range of diversity and inclusion topics for professionals and the public.

COVID-19 Corner

ADAA created a COVID-19 and Anxiety [resource page](#) in early March to provide expert tips and strategies through member authored blog posts, webinars and media articles cope to help the public cope with heightened anxiety and depression related to the pandemic. This page has been viewed by thousands of website visitors since March.



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 4.702. The journal ranks 25 of 155 in psychiatry journals; 8 of 77 in psychology journals; 8 of 131 for psychology clinical journals, and 16 of 141 for psychiatry social science journals.

“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](#) is ADAA's 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 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. Participants find their professional home, leave more connected to their peers, and better able to integrate research, practice, and community.



“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

While the 2020 Annual Conference (March 19–22, San Antonio, Texas) was cancelled due to the COVID-19 pandemic, **ADAA quickly enhanced its professional education webinar and blog content**, doubling offerings throughout the spring, summer, and fall to ensure its members and the broader community had ongoing access to the latest evidence-based research and treatment information.

“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



In addition, ADAA made the decision in the early fall of this year to pivot to an exciting **3-D virtual conference for 2021** as our top priority is the health and wellbeing of ADAA members, attendees, speakers, sponsors, exhibitors, and staff. ADAA's [virtual 3D March 18–19, 2021 conference](#) promises to deliver the same vibrant programming, impactful connections with peers, and access to exhibitors and sponsors in a dynamic, digital setting that will be accessible from anywhere.

Attendees will receive greater access to quality and diverse presentations with 100+ sessions. Key presentations will be offered live and many more presentations will offer live Q&A sessions or be available in an on-demand format for 60 days after the conference dates allowing attendees to view more presentations than would be possible in person – and all sessions will be CE/CME eligible. Beyond conference sessions, attendees will engage and interact with poster presenters in the New Research Poster Hall, participate in SIG events, meet our sponsors and exhibitors in the Partner Solutions Hall, and enjoy interactive social opportunities.



“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



“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



AWARDS PROGRAMS

Promoting careers and professional development is a central focus of ADAA. Since 1998, the ADAA awards program has provided more than one 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 conferences.

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 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

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.



“It was a great honor to receive the Donald F. Klein Early Career Investigator Award. It was highly valued by my institution and other professionals in the field. I am very thankful to ADAA for featuring my research extensively in their email communications, which was tremendously helpful in reaching a wide audience for my paper.”

— Sanne van Rooij, PhD
2020 Klein Winner

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

Special Recognition Award

Each year at the ADAA annual conference, we select members for their participation and commitment to the association and to the public and professional communities.

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 Alies 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. In 2020 ADAA doubled our professional webinars and blog offerings.



Public Education Committee

The focus of the Public Education Committee (PEC) 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.



“The Scientific Council of the ADAA 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 the scientific direction of the ADAA. It takes it as its mission to help 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

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

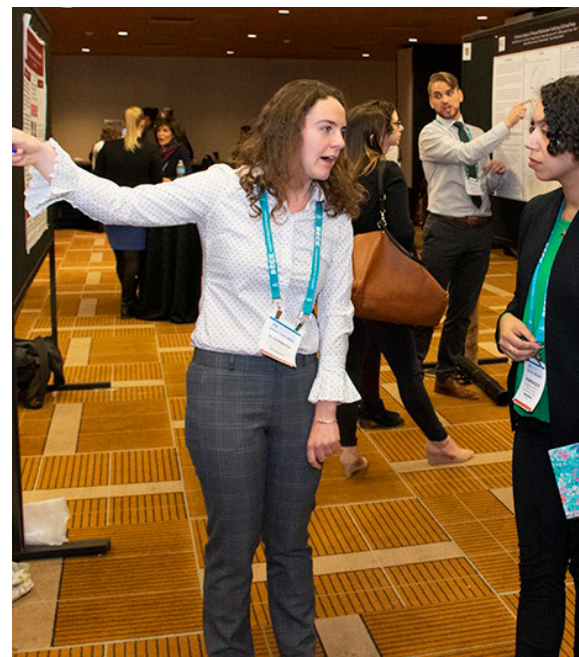
SIGs can hold free monthly online peer consultation groups to provide a safe and confidential forum for members to discuss cases, collaborate, and share resources.

“ I joined the ADAA Social Anxiety Special Interest Group (SIG) more than 2 years ago with a goal of learning more about this disorder and providing better treatment to my clients with SAD. The SIG exceeded my expectations by providing a supportive, collegial atmosphere with excellent case consultation and sharing. I highly recommend it to ADAA members seeking more knowledge about this disorder. ”

Randy Weiss, LCSW
Private Practice, Phoenix, AZ

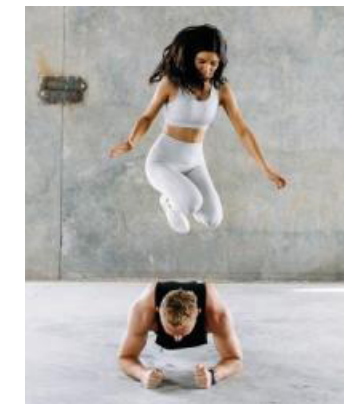
CURRENT SIGS:

- 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 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, financial support and more, our partners are critical to our impact and success. Together we are stronger. **Together we change lives.**



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

- | | | | |
|--|---|--|--|
| • ACTAWear | • FacingAddiction | • Mental Health Liaison Group | • Pockittudes |
| • AllMentalHealth | • HealthUnlocked | • Mental Health Innovation Network (MHIN) | • Postpartum Support International (PSI) |
| • American Brain Coalition | • Heard.com | • Meru Health | • PuraVida Bracelets |
| • American Foundation for Suicide Prevention | • Hope and Grace Initiative | • NAMI | • PsyberGuide |
| • Anxiety.org | • Human Animal Bond Research Institute (HABRI) | • National Council for Behavioral Health | • The Quell Foundation |
| • Anxiety UK | • Janssen Pharmaceutical Companies | • National Center for PTSD | • ResearchMatch.org |
| • Bring Change to Mind | • Jed Foundation | • National Eating Disorders Association | • Rogers Behavioral Health |
| • Child Mind Institute | • Marriott International | • NIMH Alliance for Research Progress | • Sage Therapeutics |
| • Coalition for the Advancement and Application of Psychological Science (CAAPS) | • Massachusetts General Hospital Psychiatry Academy | • National Network for Depression Centers | • Save.org |
| • Cohens Veterans Network | • McLean Hospital | • NNDC | • SnappBandz |
| • Depression and Bipolar Alliance | • Mental Health America | • PCORI (Patient-Centered Outcomes Research Institute) | • The Mighty |
| • D.R.E.A.M. | • Mental Health Coalition | | • Vistagen Therapeutics |
| | | | • Wiley |
| | | | • Work It Towels |

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

“I want to thank the Anxiety and Depression Association of America (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.”

- Manas Jha
"Shades" Music Video Producer and ADAA Ally

PERSONAL STORIES OF TRIUMPH – AND ADAA ALLY PROJECTS

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](#) – ADAA Allies – who are working every day to help #breakthestigma around mental health issues and who graciously donate sale proceeds to support our mission.

“I was diagnosed with severe anxiety and depression. Even after hearing that, I still don't want to believe it because I want to feel normal...

...It turned out to help in the end because I am learning more about myself on this journey, not only the bad, but the good. All of it is making me stronger as a person. Hour by hour, day by day, month by month, I am going to continue to grow and become who I know I can be. Do not ever sell yourself short. Do not give up. Ever.

I decided to reach out to ADAA to be able to share my story with others who may have the same struggles. If my story helps someone in the smallest way, from just helping them get through their day, it helps me get through mine.”



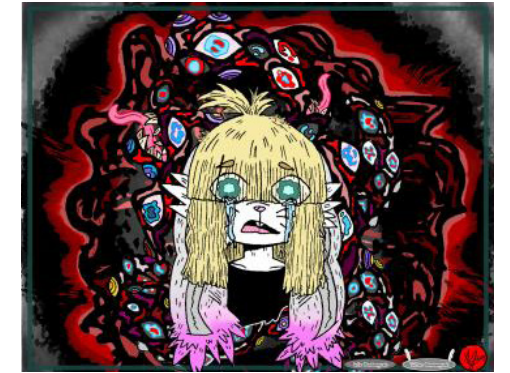
- Madison Jo Sieminski – Open Doors



“ Hopefully, if you’re reading this, you can write your feelings down now and talk to people now – BEFORE you need to make a whole wild film project or a write a years-late letter just to process your emotions! Trust me, I tried the whole not-talking thing for four years, and it was terrible! Now I share my baggage with lots of people (kind people) and it’s soooooo much better. I opened up to ADAA because they meet people where they are. Their help is handmade, not one-size-fits-all. They made my story feel valuable because that’s what makes me feel valuable. Your story is valuable too. ”

– Adam Joel
Sharing My Story Changed Everything

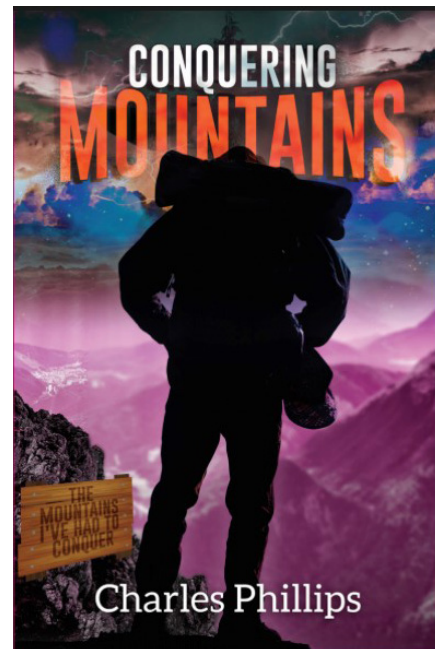
“ The hindrances of the past six years allowed me to create my comic series, “Emo Bunny. “Anxiety Monster” is a comic draft about a bunny girl named Sarah with anxiety. Sarah struggles with her anxiety, which is based upon my struggles with having GAD. I learned some sufferers feel like me when experiencing a panic attack – as if a monster is in your head harassing you. Her cat, Serenity, her emotional support animal, eases her symptoms...I’m selling t-shirt designs featuring “Emo Bunny” on Teespring, where 25% of each shirt profit goes to ADAA. I want to work with ADAA to spread the message of fighting stigma through art, especially comic art and storytelling. ”



– Amaranthia Sepia – Emo Bunny
Using Comic Art to Thrive Amidst the Chaos of Living with an Anxiety Disorder

“ I have been further equipped to endure and conquer the moments when I am feeling anxious, by reviewing the insight provided by the ADAA community. It is a remarkable organization where millions of people can gain access to insight and information that will encourage, educate, and edify all who are hoping to better their mental health. ”

– Charles Phillips
Conquering Mountains

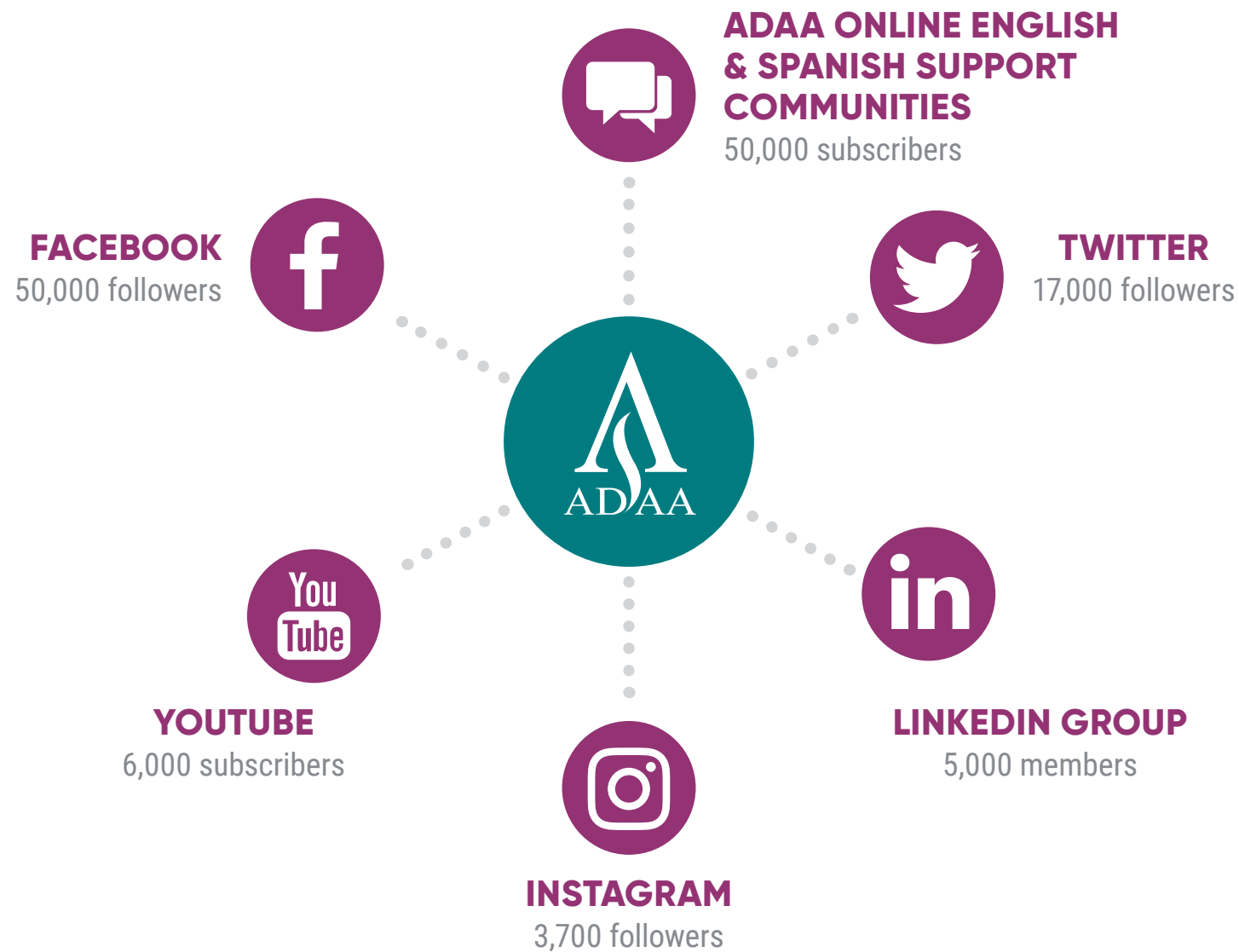


“ We are proud to collaborate with ADAA in creating an exciting new line of unique SnappBandZ™ dedicated exclusively to the ADAA mission. Named “The ADAA Dream,” these SnappBandZ are available in both blue and white and a portion of all proceeds from the sale of “ADAA Dream” SnappBandZ™ is directly donated to ADAA. Whether you are purchasing for yourself, someone you love, or supporting our mission to Snapp Out the Stigma™, we sincerely thank you because you are making a positive difference in the world. It goes without saying, achieving “The ADAA Dream” is my dream too. ”

– Amanda Bloom – Unlock Your True Potential
My Story of Snappbandz

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.



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.

11 MILLION

ANNUAL 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 2020 ADAA doubled its blog and webinar offerings.

TRIUMPH E-NEWSLETTER

[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.



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.

ADAA'S PEER-TO-PEER SUPPORT COMMUNITIES

ADAA's anonymous [peer-to-peer online anxiety and depression support group communities](#) – now with more than 50,000 subscribers from around the world, and a Spanish-language group – are free, safe and supportive places for individuals and their families to share information and experiences.

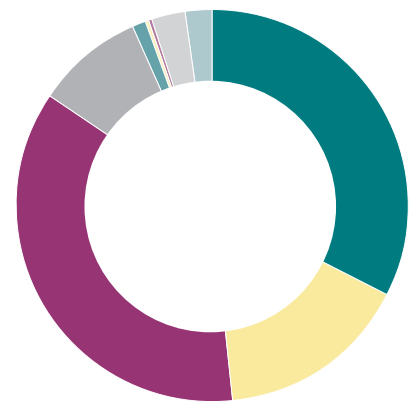
“ I just want to say thank you for creating this platform for a sufferer like me. More space for us to live, talk and share thoughts. ”

– Reedz
Kuala Lumpur, Malaysia

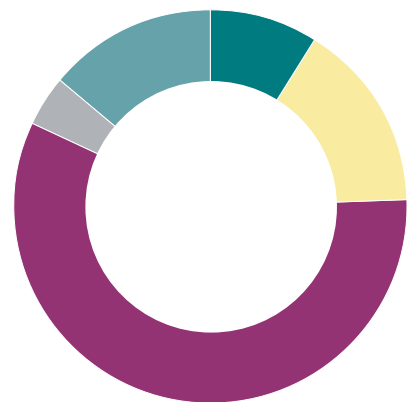
BY THE NUMBERS

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. Over the last two years, ADAA has seen significant growth in both its professional education programming and its public outreach and engagement. ADAA has been very fortunate this past year to receive an extremely generous **\$100,000 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.



Conference Revenue	\$727,390
Membership Dues	\$355,113
Contributions	\$802,156
Web Sponsorship	\$200,178
Webinar Revenue	\$20,914
Grant Revenue	\$10,000
Publications Sales	\$3,941
Interest and Dividends	\$61,132
Other Income	\$48,499
Investment Income, Loss	(\$9,140)
TOTAL REVENUE	\$2,220,183



Membership	\$127,491
Public Outreach	\$222,386
Conference and other Professional Education	\$821,814
Fundraising	\$58,565
General and Administrative	\$196,859
TOTAL EXPENSES	\$ 1,427,115

ADAA'S ORGANIZATIONAL REACH

FOR THE PUBLIC



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

50,000+ Members

FOR PROFESSIONALS

Annual conference



1,400 Attendees and 500 speakers

TRIUMPH
public newsletter

35,000 subscribers



INSIGHTS
online professional newsletter

10,000+ professionals



200+ viewers a month

free monthly webinars by ADAA members



ADAA'S DEPRESSION AND ANXIETY JOURNAL

impact factor of **4.702**



300+ public blog posts

written by ADAA members



Monthly Blog Posts

written by ADAA members focusing on practice and research



FIND-A-THERAPIST

search tool with **1000+ ADAA Members**

providing therapy both in office and online



125+ webinars

CE/CME offerings from experts on a wide variety of subjects



SOCIAL MEDIA

f 2-3 daily posts

t 2-3 daily tweets

in group

YouTube videos posted weekly

50,000 followers

17,000 followers

5,000+ members

5,500+ subscribers



3,500+ followers



**ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA**

CELEBRATING 40 YEARS

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 or to make a tax-deductible gift, 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.

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