

Robert D. Sutherland Memorial Foundation

for the Evaluation and Treatment of Bipolar Disorder



Foundation Update

SUTHERLAND SEMINAR SERIES A SUCCESS

About the Sutherland Seminar Series:

As part of the Sutherland Foundation's ongoing effort to provide educational services to those affected by bipolar disorder, the Sutherland Center has been offering a weekly seminar series on multiple topics related to the disorder. Most seminars are presented by clinical psychologist and associate director of the Sutherlands Center, Dr. Alisha Brosse, but other Sutherland Center clinicians and guest speakers lead select seminars.

Seminars are primarily designed for adults with a bipolar disorder

and their family and friends, but are open to the community for those who would like to learn more about the disorder.

The seminar series covers a broad range of topics including basic needs such as exercise, sleep, and nutrition related to bipolar disorder; pharmacotherapy; relapse prevention plans; and relationships. Many topics offer not only information about the disorder, but educational tools and advice to control episodes through psychotherapy and cognitive thinking.

The most recent series of seminars ran between January through April 2009, and a new series has just begun. The lectures have shown and continue to show notable success. The average number of attendees have been 38 people per seminar with ages ranging from 18 to 51. Those who have attended included an even mix of persons with bipolar disorder and friends and family members. Other attendees include mental health professionals and those who work with the mentally ill.

AN ATTENDEE'S PERSPECTIVE

For one of the attendees, the information presented by Dr. Alisha Brosse has played an important role in understanding the treatments for bipolar disorder:

"In a small community you need to be aware of your choices of psychiatrist, analyst, or therapist." One of the more pressing issues for Amanda* and many others affected directly and indirectly by bipolar disorder is the ability to gain independence within their everyday lives and medical care.

Dr. Alisha Brosse's seminars have helped her greatly in understanding how to encourage such positive behaviors. "Through her concern and compassion, she understands the vulnerability of those in crisis who aren't able to make the best decision, and knows how upsetting it is to lose their independence over it."

Dr. Brosse's honest answers and compassion for those suffering for bipolar disorder creates a realistic and informative presentation. "She is honest about that no matter

how you follow your treatment and advice, even if you're getting the best care and support or doing the right things, there is still a possibility for a crisis to occur." Through it all, the Sutherland seminars have helped Amanda to create a positive outlook with her experiences.

"I feel so fortunate to live in this area because of the Sutherland Center, and encourage everybody to go to all of them. It is such a huge endeavor for the Foundation, but has helped me so much."

FROM ONE OF OUR PATIENTS...

"Dear Robert Sutherland:

I'm writing you today because of how wonderful my life has become because of the help of your Sutherland Center. Sometimes in life it is easier to overlook the positive and just focus on the negative. I'm so grateful to you that you didn't. I was 13 years old the first time I was in a hospital, the second time I was 25 years old and it still took my primary care doctor to diagnose me with Bipolar Disorder at 33. I was thinking, great, now we know what it is, we can fix it. Well, that's a start but although my regular doctor means well, he really has no business prescribing any of that kind of medication for me or for any

one else. I was on so much Lithium at one point I thought I was going to start seeing Jesus (ok not really), but I knew I was not feeling good, in addition to being in a mixed up state and heading my way on down to a depressed state. That's when I picked up a book at Barnes and Noble called "The Bipolar Survival Guide" and found your wonderful center with the greatest doctor ever, Dr. Alisha Brosse, then later Dr. Wenokor. Both of them have taught me and continue to teach me. I'm now starting to take the series of classes (CBT) after my very difficult time last year and I am very anxious to learn. I'm a

person without insurance for the time being, but even if I had insurance and when I have had it in the past, I have never known anyone or organization as well-educated and helpful about how to cope with bipolar as your Sutherland Center. I'm not sure where I would be without the great help and education you have provided for me and others like myself. Thank you seems like such a small thing to say, but I do thank you from the bottom of my heart."



SUTHERLAND LUMBER HELPS THE RDS FOUNDATION

In an extended effort to help fund the RDS Foundation and the services it offers for individuals with Bipolar Disorder, Sutherland Lumber and Home Improvement began collecting one dollar donations from their everyday customers. Much like other fundraisers, cashiers asked customers if they would like to donate one dollar to mental health and wellness

during checkout. All stores have posted information about the Center and its beginnings to help customers understand the importance of their donation.

Sutherlands continued the fundraiser throughout last year's Holiday season raising \$1334.

Stores in the following cities participated in the fundraising effort:

Salt Lake City, UT

Price, Ut

Grand Junction, CO

Fort Collins, CO

Boulder, CO

Cheyenne, WY

Casper, WY

Emporia, KS





Foundation Financial UPDATE

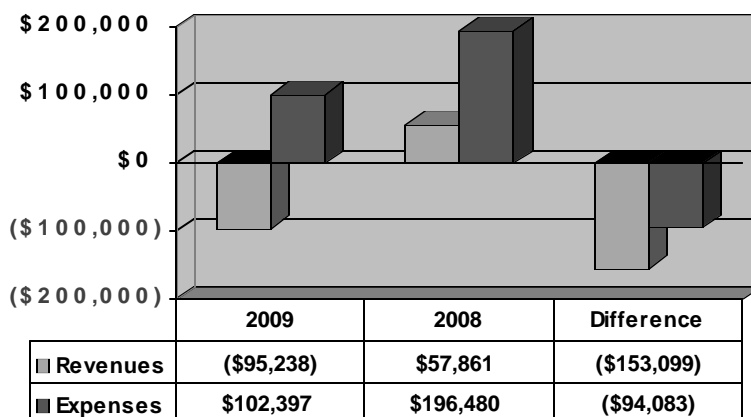
INVESTMENT PERFORMANCE DISAPPOINTS

Like many organizations, the Foundation's most recent 12 months typified its challenge to maintain a portfolio that declined in value. We currently hold 90% cash as we seek to rebuild our endowment and recalibrate our strategic investments. The Board has traditionally erred on the side of generosity, while balancing the need to preserve our equity and continuing to fund the Sutherland Center treatment program for people who lack the means for comprehensive treatment. The Foundation is committed to aggressive fundraising to ensure long-term survival.

Recent operations have focused on cost control, no outside staff, telephone or office cost. From the beginning, we have relied on donations and grants, and as of July 30th, the RD Sutherland Memorial Foundation has raised over \$1mil, with \$832,000 given or committed to treatment grants with all payments going to the University of Colorado's Sutherland Center.

The Board will be watching closely in the coming year to insure that any further decrease of the Foundation's principle is avoided. The key, as always, will be the generosity of donors who understand and support the Foundation's mission to help people struggling with bipolar disorder.

STATEMENT OF OPERATIONS FOR YEAR ENDING JUNE 2009



	Current 2009	Prior 2008	Difference
Revenue			
Contributions	\$ 46,300	\$ 83,412	\$ (37,112)
Short-term Interest	\$ -	\$ 2,264	\$ (2,264)
Dividends/ Interest	\$ 7,234	\$ 4,095	\$ 3,139
Change in Value of Investments	\$ (148,772)	\$ 31,910)	\$ (116,862)
Total Revenues	\$ (95,238)	\$ 57,861	\$ (153,099)
Expense			
Program Grants	\$ 101,962	\$ 164,151	\$ (62,189)
Administrative	\$ 300	\$ 32,200	\$ (31,900)
Fundraising	\$ 25	\$ (499)	\$ 524
Fees and Excise taxes	\$ 110	\$ 750	\$ (640)
Legal and Audit	\$ -	\$ (122)	\$ 122
Total expenses	\$ 102,397	\$ 196,480	\$ (94,083)
Net	\$ (197,635)	\$ (138,619)	\$ (59,016)
Fund Balance beginning of period	\$ 396,918	\$ 535,537	\$ (138,619)
Fund Balance end of period	\$ 199,283	\$ 396,918	\$ (197,635)



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**A SPECIAL
THANKS TO OUR
DONORS!**

The Robert D. Sutherland Memorial Foundation would like to extend a special thanks to the following people and organizations for their donations and contributions:

The National Alliance for the Mentally Ill, Colorado Chapter

Karetsky Family

Pikes Peak Community Foundation

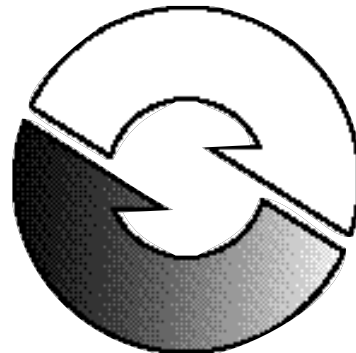
David Abelson

Greg and Nancy Coleman

The Glen Mead Trust Co

Dr. Will Van Derveer

Bob and Sarah Sutherland



Thank You!

Your generous donations support the Robert D. Sutherland Memorial Foundation and make the Sutherland Center possible.

