



Anxiety and Depression Association of America Annual Report 2015

Dear ADAA Community,

As you may know, I just finished my two-year tenure as the President of ADAA. 2015 was a very meaningful year for us. We lost our long-term Executive Director Alies Muskin, who with the help of the ADAA staff, our ADAA community, our members, and the Board of Directors worked to ensure that we are able to continue with our important mission.



I have been a member since 1991. What made me stay involved for more than 25 years? Being part of ADAA has enriched my professional career and given me opportunities to connect with and learn from my colleagues and friends — researchers at the cutting edge of science and dedicated clinicians providing thoughtful and compassionate care — all

in the service of doing our utmost to help our patients affected by these distressing and often disabling conditions. It has also given me a voice in a community that advocates for education, research, and care. The ADAA is unique. We support both the individual as well as the medical community.

I hope you will read the 2015 annual report and see what we have accomplished. Our wonderful conference in Miami saw an increase of total revenue of nearly 23 percent; our newly launched professional webinar series offered 15 live events; and our website visitors increased by 29 percent.

I encourage our respective community members, including international members, to take full advantage of our written resources, webinars, and conference, and your membership in ADAA. Your efforts contribute generously to our community and make ADAA a dynamic and engaging organization.

Thank you for your support and commitment to ADAA.

Mark Pollack, MD
Past President
Rush University Medical Center

BOARD OF DIRECTORS 2015

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Remembering Alies Muskin, ADAA Executive Director

Positioning ADAA as a Leading Organization



Alies Muskin began her career at ADAA in 2001, serving as chief operating officer before being named executive director in 2010. She worked tirelessly to offer hope and to improve the quality of life for the millions of children and adults who suffer from anxiety, depression, OCD, PTSD, bipolar, and related disorders. “So many people tell us that just knowing that they are not alone is empowering,” she said.

During her tenure membership grew from 1,380 to nearly 1,600, making the ADAA one of the leading national and international organizations in the mental health field. She also ensured that ADAA supported numerous research projects from young and established investigators. Renamed in her honor, the Alies Muskin Career Development Leadership Program is an intensive mentoring and professional development opportunity for early career clinicians and researchers.

She positioned ADAA as the leading organization dedicated to the prevention, treatment, and cure of these illnesses through education, training, and research — never wavering in promoting the message that the illnesses are treatable. “Understanding the basic science,” she said, “gives us hope that advances in neuroscience can impact how we diagnose and treat anxiety and mood disorders.”

“Everyone is able to make a difference in the lives of those they love.”

[In honor of Alies’s accomplishments in improving the lives of millions, and to allow her work to live on, please make an online donation.](#) Donations can also be mailed to ADAA at 8701 Georgia Ave., Suite 412, Silver Spring, MD 20910.

A key element of the ADAA mission for Alies was helping improve patient outcomes by promoting scientific innovation, encouraging translation and implementation of research into practice, and providing continuing education of evidence-based treatments across disciplines.

Our Mission

ADAA is a national nonprofit organization dedicated to the prevention, treatment, and cure of anxiety and mood disorders, OCD, and PTSD and to improving the lives of all people who suffer from them through education, practice, and research.

ACHIEVEMENTS

Anxiety and Depression Conference 2015



The ADAA Annual Conference is a unique professional meeting on the science and treatment of anxiety and related disorders. Held in Miami and chaired by Kerry Ressler, MD, PhD, and Tanja Jovanovic, PhD, the annual conference *Translating Research and Innovating Practice* offered more than 150 sessions on groundbreaking research, the latest treatments, networking opportunities with renowned experts, and continuing education credits. ADAA is the professional hub for clinicians and researchers with the collective goal of providing evidence-based treatment and discovering cures.

The attendance of more than 1,100 researchers, clinicians, trainees, residents, postdocs, and students is a record-setting number in the association's history. Since 2011 our conference attendance has increased by 45 percent.

The number of concurrent sessions increased from an average of 12 per time slot to 15. The 2017, 2018, and 2019 conferences are contracted and finalized. Site selection for 2020 and beyond will begin in spring 2016.

Taking the environment into account, the 2016 conference will feature a smaller print program, along with an enhanced online program and a mobile app with continuously updated changes.

We gratefully acknowledge the support of our 2015 conference sponsors:

American Foundation for Suicide Prevention; Andrew Kukes Foundation for Social Anxiety; Chamberlain International School; Janssen Research & Development, LLC; Rogers Behavioral Health; and Takeda Pharmaceuticals International, Inc., U.S. Region and Lundbeck.

Awards Program

Promoting careers and professional development is a central focus of ADAA. Since its inception in 1998, the ADAA awards program has provided more than one million dollars to 345 aspiring professionals and given them access to a professional home, unique pairings with senior mentors from our membership, and participation at the annual conference.



Our Travel Awards supported 14 early career professionals and graduate students in 2015 who have research interests in basic and clinical neurobiology and

psychopharmacology, clinical psychology, genetics, neuroimaging, epidemiology, and public health. The Donald F. Klein Early Career Investigators Award recognizes early career investigators for the best original research paper on neurobiology, psychopharmacology, psychosocial treatments, or experimental psychopathology of anxiety disorders and depression. We awarded two in 2015.

ADAA also supports upcoming generations of clinicians with the Clinician Trainee Awards, which offer an interactive learning experience to post-degree clinician trainees who have excelled in their performance in a clinical training setting. In 2015 we awarded four.

Established in 2014, the Alies Muskin Career Development Program is an intensive mentoring and professional development opportunity for early career clinicians and researchers. The 2015 cohort numbered 40. An interactive learning experience, the program challenges thinking and encourages creative discourse about anxiety disorders, OCD, PTSD, and depression in a diverse, multidisciplinary community of professionals involved in practice and research. This highly participatory program features outstanding leaders in the field, who will initiate stimulating discussions that shape new ideas and ways of thinking about the future.

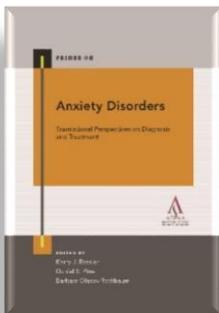
ADAA also honored three members for their commitment to the association and the community with the ADAA Members of Distinction and Jerilyn Ross Clinician Outreach Awards.

- See page 9 for the names of all award recipients.

Resources for Mental Health Professionals

A separate section of the website is dedicated to professional interests. We strive to provide relevant and updated information to our members, as well as to other mental health professionals who visit our website. In addition to information about membership, the annual conference, award opportunities, our robust professional materials have expanded to include clinical practice reviews and recordings of monthly webinars, in addition to membership benefits, the annual conference, award opportunities, key highlights in *Depression and Anxiety*; professional opportunities; and related conferences, events, and workshops.

Furthering Education



ADAA members Drs. Kerry J. Ressler, Daniel S. Pine, and Barbara Olasov Rothbaum compiled the expertly edited *Primer on Anxiety Disorders: Translational Perspectives on Diagnosis and Treatment*, which provides early-stage practitioners and trainees—as well as seasoned clinicians and researchers—with need-to-know information designed to assist in the diagnosis and treatment of anxiety disorders. The translational approach is state-of-the-art for clinicians and basic scientists alike, and connects our empirically supported practices with the theoretical and neurobiological bases for them.

Webinars Public and Professional

In 2015 we held monthly consumer-friendly public webinars on topics ranging from *Marijuana and the Adolescent Brain to Anxiety, Depression and the LGBTQ Community to Coping With Panic Attacks* and our first Spanish-language webinar "*¿Por qué siento nervios?*"

- [To watch public webinar recordings, visit this page.](#)

In March 2015, we launched a professional webinar series, which offered 15 one-hour live events. ADAA is approved by the American Psychological Association to sponsor continuing education credits for psychologists, which are granted on a 1 credit per contract basis. Topics have included *Cognitive Behavior Therapy for Jealousy, Evidence-Based Treatment of Behavioral Insomnia of Childhood: From A to Zzzz, Emotion Regulation Difficulties in Children and Adolescents, and Treatment Planning for Hoarding*, as well as the special *Twitter: How to Tweet, a Tutorial Webinar*.

- [Visit this page to watch recordings of professional webinars.](#)

Most of the webinars are rated “highly effective” or “very effective” in follow-up surveys. In 2016 we project to present another series of webinars for consumers in addition to a new series for professionals.

Website

www.adaa.org

ADAA added a blog site, and members and partners contributed a wide range of topics, which include suicide-prevention tips; depression and sleep; pregnancy and antidepressants; the anxiety of terrorism; and anxiety disorders medications.



The ADAA website continues to see consistently greater usage, counting some 12 million page views in 2015, along with an increased percentage of visits from mobile devices and tablets (49 percent) vs. desktop (51 percent). The ADAA website will be fully mobile-friendly by the second quarter 2016.

The top ten most visited pages in 2015:

1. Tips to Manage Anxiety and Stress
2. Generalized Anxiety Disorder (GAD)
3. Facts & Statistics
4. ADAA Home page
5. Depression
6. Body Dysmorphic Disorder (BDD)
7. Social Anxiety Disorder
8. Find a Therapist
9. Panic Disorder Symptoms
10. Understanding the Facts

“I have learned that anxiety and depression go hand-in-hand, and there is no shame in having either.”

Josh Lewin

“There is no doubt in my mind that without getting the proper treatment when I did, I wouldn’t be a successful writer and mother.”

Kara Baskin

“I know from personal experience... getting anxious kids help early can be crucial in heading off more serious problems later in life.”

Scott Stossel

Author, My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind

Social Media

ADAA increased its presence in social media to reach consumers, ADAA members, and potential members in new ways.



Facebook — Our page for consumers (Anxiety and Depression Association of America), has 25,203 “likes” and ADAA Conference page has 542.



Twitter — ADAA continues to post messages regularly on its Twitter pages for consumers and professionals, and the number of followers increases daily. In 2015, 5,594 followed @Got Anxiety and 408 followed @ADAAConference.



LinkedIn — We communicate with interested mental health professionals; as of December 2015 our membership had grown from 264 in 2010 to 4,055. In November 2015, ADAA created a company page (Anxiety and Depression Association of America).



In December 2015 ADAA launched a [Pinterest profile](#) with 11 boards on a variety of topics related to anxiety, depression, and related disorders.

National Survey Findings: Americans Value Mental Health and Physical Health Equally

In partnership with the American Foundation for Suicide Prevention and the National Action Alliance for Suicide Prevention, ADAA conducted a survey in August 2015 among more than 2,000 U.S. adults, which assessed perceptions about mental health and suicide awareness and found that Americans value mental and physical health equally. Nearly 90 percent of Americans value mental health and physical health equally, yet about one-third find mental health care inaccessible, and more than four in 10 see cost as a barrier to treatment for most people. Among other key findings, we learned that more than half (53 percent) did not know that people with anxiety or panic disorders are at risk for suicide, though they were aware that those diagnosed with depression and PTSD are at increased risk. [Discover more here.](#)

Podcasts

More than 60 podcasts are available on the ADAA website and [available for listening or downloading from this web page](#). Each podcast focuses on a single topic and features an expert interview with an ADAA professional member. Most podcasts are geared to the consumer audience, but many clinicians also find them helpful. The wide variety of topics includes the treating anxiety disorders, depression, PTSD, OCD, hoarding, body dysmorphic disorder, other related disorders, mind-body practices, and more. ADAA debuted monthly podcasts in 2009.



Our Links to Communities

We provided schools, treatment centers, individuals, and organizations more than 1,500 information and educational brochures and 300 copies of [Triumph Over Shyness: Conquering Social Anxiety Disorder, Second Edition](#) and [Facing Panic: Self-Help for People with Panic Attacks](#) placed online, through the mail, or by fax. ADAA established an Amazon.com partnership and in 2010, through which 75 percent of these books have sold.

On Campus

We reached more than 500 college campuses with the offer of providing free materials so many thousands of students will know they're not alone and they can ask for help with anxiety, depression, and other mental illnesses.

ADAA MEMBERSHIP

Professional membership increased by 7.5 percent to 1,201. Along with 97 members in the Trainee/Postdoc/Fellow category and 243 student members, our total membership reached 1,541 in 2015.

Promoting Upcoming Generations

Instituted in 2015, the ADAA Clinical Fellows program offers clinicians the opportunity to demonstrate their commitment to excellence in continuing education and providing their patients the best treatments for anxiety and mood disorders, OCD, and PTSD. ADAA clinical fellows signify to their patients, colleagues, and employers their commitment to providing high-quality care. Nineteen ADAA members joined during the inaugural year.



Committees

Each committee has a clearly stated purpose that includes responsibilities, tasks, and terms prior to beginning any work or meeting. Standing committees may have as few as five members, but no more than 20.

- Annual Conference
- Professional Webinars
- Public Education
- Recruitment and Retention
- Scientific Council

Special Interest Groups

Created in 2011 by conference attendees, the special interest groups (SIGs) provide a forum within ADAA membership for those with a common interest in a particular disorder, treatment, or research. The goal is to encourage collaboration, communication, education, research, mentoring, and networking focused on anxiety and stress-related disorders.

- Child and Adolescent Anxiety
 - Early Career Professionals and Students
 - Genetics and Neuroscience
 - Multicultural Advances
 - PTSD
- See page 10 for the chairs of the committees and SIGs.

“ADAA helps me keep up with the latest scientific discoveries and stay connected with the people engaged in this important work.”

Christopher G. Beevers, PhD

“ADAA is my professional home. Its commitment to member interests and to community building is unparalleled.”

Carmela Alcantara, PhD

FINANCIALS (2014)

Expenses in 2014

Programs	\$774,053	90%
Public Education	\$224,288	26%
Awards, Research	\$ 9,500	1%
Professional Education	\$401,885	47%
Membership	\$138,380	16%
Management, general	\$ 43,944	5%
Fundraising	\$ 44,284	5 %
Total Expenses	\$862,281	100%

Donations in 2014

\$81,581: Individuals

\$44,576: Combined Federal Campaign (CFC), United Way, and other workplace campaigns

\$10,000: Jack and Jill Foundation

\$2,429: Miscellaneous, including Pura Vida, Bravelets, and Angela Roi

We are also grateful to many others on our growing list of supporters, including partners, sponsors, and individuals. See who’s shining in our [Donor Spotlight](#).

\$919,166: Total Income in 2014

Award Recipients 2015



Travel Awards

Tali Ball, MA; Charles Brandt, MA; Christie Burton, PhD; Jiook Cha, PhD; Lindsey B. Hopkins DeBoer, PhD; Isaac Galatzer-Levy, PhD; Dylan Gee, MA; Marie-France Marin, PhD; Brady Nelson, PhD; Jennifer Park, PhD; Rebecca Sripada, PhD; Christian Webb, PhD

ADAA and the Andrew Kukes Foundation for Social Anxiety have partnered to support two early career professionals focusing on social anxiety disorder.

Jennifer Dahne, MS; Carrie Potter, MA

Donald F. Klein Early Career Investigator Award

Phillip Johnson, PhD; Randy Auerbach, PhD (Honorable Mention)

Clinician Trainee Awards

Emily Bilek, MS; Johan Cohen, MA; Eric Golden, MD; Kristen Lamp, PhD

Alies Muskin Career Development Leadership Program

Roe Admon, PhD; Raul Andero Gali, PhD; Christina Boisseau, PhD
Michelle Bovin, PhD; T.H. Eric Bui, MD, PhD; Stacia Casillo, PsyD; Jiook Cha, PhD;
Elise Clerkin, PhD; Rosie Curiel, PsyD; Kristen Ellard, PhD; Angela Fang, PhD;
Clare Gaskins, PhD; Dylan Gee, MA; Felicia Gould, PhD; Belinda Graham, PhD;
Jessica Graham, PhD; Heather Greenawalt, LCSW; Brian Hesler, MD;
Daniel Jimenez, PhD; Sarah Kertz, PhD; Kathryn Kriegshauser, PhD;
Amy Lehrner, PhD; Krystal Lewis, PhD; Joanna Lim, MD; Sabrina Lisboa, PhD;
Maria Lopez-Patton, PhD; Megan Mroczkowski, MD;
Mary-Frances O'Connor, PhD; Rebecca Sachs, PhD; Phillip Seibell, MD;
Andrea Sheckler, MS; Robyn Shepardson, PhD; Rebecca Sripada, PhD;
Avy Stock, PsyD; Chad Sylvester, MD, PhD; Michael VanElzakker, MA;
Christian Webb, PhD; Michael Wheaton, PhD;
Alexis Whitton, PhD; Gislaine Zilli Réus, PhD

ADAA Members of Distinction

Daniel S. Pine, MD; Kimberly Morrow, LCSW

Jerilyn Ross Clinician Outreach Award

David Barlow, PhD

Committees

Annual Conference

Kerry Ressler, MD, PhD, Tanja Jovanovic PhD, Co-Chairs
Luana Marques, PhD, Conference Coordinator

Mobile App Review

Mark Powers, PhD; Noam Soreni, MD, Co-Chairs
Michael Van Ameringen, MD, Board Liaison

Professional Webinars

Norah Feeny, PhD, Chair

Public Education

Tami Roblek, PhD; Neal Sideman, Co-Chairs
Simon Rego, PsyD, Board Liaison

Recruitment and Retention

Kimberly Morrow, LCSW, Chair

Scientific Council

Naomi Simon, MD, MSc, Chair

Special Interest Groups

Child and Adolescent Anxiety

Ruth Lippin, LCSW, JD; Krystal Lewis, PhD; Liza Bonin, PhD; Colette Szabo-Long, BA

Early Career Professionals and Students

Terri Barrera, PhD, Sahib Khalsa, MD, Emily Bilek, MS, Jessica Bomyea, PhD

Genetics and Neuroscience

John Hettema, MD, PhD; Kerry Ressler, MD, PhD

Multicultural

Carmela Alcantara, PhD; Sarah Hayes-Skelton, PhD

PTSD

Sheila Rauch, PhD; Matthew T. Tull, PhD