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Our Perspective on Bipolar Disorder

ISBD 2014-2015 ANNUAL REPORT

EXECUTIVE SUMMARY

It is impossible to ignore the fact that bipolar disorder, as with many other illnesses, impacts us all. Our understanding is limited when we view this disorder through one lens, be that clinician, researcher or patient. Of course, as an International Society, we have long embraced collaboration beyond geographic borders as a strategy for success, but if we are to move the needle further, we believe it is important to embrace a larger vision of collaboration that extends beyond traditional roles and models for patients, clinicians, and researchers.

Our work in the past months demonstrates our commitment to these principles and we are proud to share some amazing stories with you regarding collaborations around World Bipolar Day, our conference and our plans for the future.

This year's report reflects activity over an 18 month period, as we have moved from a fiscal year ending June 30th to a calendar year. During this time we have made some important structural changes to the organization, including the expansion of staff and some operational changes that will allow us to focus on better serving our members. Our commitment to investing in our Society, embracing change, and bringing a creative approach to future challenges has been a hallmark of our success as an organization, but we realize that many more challenges lay ahead.

We would like to thank our members, board and staff, as well as our many donors and supporters, for their ongoing dedication to our Society's vision. Together, we will continue to meet our responsibility to all those living with bipolar illness through education, research and advocacy.

Best wishes,

Manuel Sanchez de Carmona, MD
President, International Society for Bipolar Disorder



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HIGHLIGHTS

- New Experts by Experience Track
- New Award Categories, Best Article of the Year and ISBD Scholars
- New Task Force Reports on Suicide, Staging and Bipolar Disorder in Older Adults



KATIE'S STORY

In September of 2014, Katherine McQuade Toig, "Katie," a beautiful, talented, loving mother took her own life after a long struggle with bipolar disorder.

Katie was a talented song writer, and a nurse practitioner who wanted to make a difference in the world for people who were suffering in the way that she had.

Katie was also involved in charitable work, giving of her time to a volunteer mission in Kenya supporting community health workers serving

those in dire need in the country.

Katie's love for her son, Cole, was a powerful motivation for her to stay well, and her desire to provide a stable, happy and healthy life for him was of the utmost importance.

Sadly, despite having received some of the best care available for her illness, Katie succumbed to her illness on September 19th 2014, leaving, as suicide always does, a terrible void for her family, friends and professional colleagues from around the world.

"Give it everything you have: Despite the challenges life presents, go for it. Dream big, touch people's lives, make your mark ..."

FROM TRAGEDY TO EMPOWERMENT

Shortly after Katie's passing her friends and family contacted ISBD about directing donations in Katie's memory to the Society. Over the course of the next several months, ISBD connected with the family and learned, in a very personal way, Katie's story. It became clear for us that Katie wanted to leave the world a better place than she found it, and so, in conjunction with the family, we decided that we must use the funds derived from these donations in a way that would best honor Katie's memory and work.

As it happened, ISBD's next international meeting would be held in Toronto Canada in June of 2015 and we had an opportunity to use this funding to bring people who were living with bipolar illness into our meeting to listen to the leading voices in the field. Ultimately, we had the funding to support the conference registration fees of 45 patients to attend the meeting. We worked closely with the Mood Disorders Association of Ontario to advertise the meeting to those in the Toronto area and got an amazing response.

When we opened the conference in Toronto, ISBD President Manuel Sanchez de Carmona played a video that encapsulated Katie's story and used one of her own songs, "Sunflowers" to make a personal connection to her life. To view the video, [click here](#).

We also distributed sunflower buttons to all the attendees to show their support for all those living with this challenging and profound illness.





KEYNOTE HIGHLIGHTS



CHANGING MY MIND

For the first keynote, Margret Trudeau delivered an energetic, entertaining and insightful retrospective of living with bipolar disorder immediately following the opening ceremony of the conference.

Her talk was followed by a series of excellent keynotes on topics including the “Emergence and Course of Bipolar Disorders Among Youth” by Dr. Boris Birmaher, a recognized leader in child and adolescent bipolar disorder.

Other Keynotes in the meeting included:

- Revisiting Suicide Risk: Experience, Development, and Psychopathology
- Tracking Behavioral Symptoms of Bipolar Disorder Using Automated Sensing and Delivering Personalized Interventions Using Smartphones
- Modeling Bipolar Disorders with Pluripotent Stem Cells: Developmental and Functional Dimensions
- Is There a Schizophrenia/Bipolar Disorders Border

For the full scientific program, [click here](#)

2015 Meeting At A Glance

- 790 attendees from 54 countries
- 108 speakers rated as excellent by 97% of surveyed delegates
- An average of 95% of the surveyed delegates agree or strongly agree that the educational objectives were met
- 95% of surveyed participants agree or strongly agree that participation in the conference will improve their professional performance
- 96% of surveyed participants agree that the meeting content was well-balanced and free from commercial bias

THE EXPERTS-BY-EXPERIENCE TRACK

While we were pleased to be able to use the Toig Fund to support the attendance of those living with bipolar disorder in our meeting, it was not enough simply to have them sit and listen to the “experts.” We wanted to create an opportunity for those who were experts by lived experience to be able to add their voices to the conversation and truly be agents of change in bipolar disorder research and clinical practice. With a mind to creating this opportunity, ISBD decided it was time to move beyond traditional advocacy sessions in our meetings to develop a series of symposia that would be aimed at providing opportunities for patients and clinicians, experts by lived and professional experience, respectively, to tackle some of the challenges around diagnosis and treatment together. In this way, the ISBD “Experts-by-Experience” track was born.

What is truly unique about the experts project was that, for the first time, there was a model that supported the contributions of patients within the context of a meeting for professionals, but this did not happen in a vacuum, or without leadership. The ISBD Advocacy Committee, working together with the Depression and Bipolar Support Alliance and the International Bipolar Foundation, worked to prepare a series of outstanding symposia pairing leading clinicians in the field with patients, advocacy leaders and others.

2105 SAMUEL GERSHON JUNIOR INVESTIGATOR AWARDS



These Awards are named in honor of Dr. Samuel Gershon, an early pioneer of lithium research who brought lithium from Australia to the US. He was a founding member of the ISBD, first elected president of the organization and is an Editor of the *Bipolar Disorders Journal*. There are 4 Awards each year with 2 reserved for developing economies. The awards are based on the submission of original research manuscripts. In addition to bringing the winners to our meeting, ISBD also provides short-listed candidates a full peer review of their manuscript in order to assist in development of manuscript their preparation skills.

The 2015 winners of the Awards are

1. Rashmin Achalia, MD (Aurangabad, India): Cortical thickness abnormalities in bipolar I
2. Alfredo B. Cuéllar-Barboza, MD (Monterrey, Mexico): Body mass index effects on bipolar disorder genetic risk via interaction with TCF7L2 variants
3. Caterina de Mar Bonnín, PsyD, MSc, PhD (Barcelona Spain): Functional remediation effects of neurocognitively impaired bipolar patients: enhancement of verbal memory
4. Suzanne Gonzalez, PhD (El Paso, US): Replication of GWAS susceptibility loci in a Latino bipolar disorder cohort

THE KUPFER FRANK AWARD

In addition to having an award named in his honor, Dr. Gershon himself was named at the recipient of the 2nd Kupfer Frank Award for Distinctive Contribution. This award recognizes someone who has made a lasting positive impact on the capacity of the ISBD to carry out its mission. In the case of Dr. Gershon, his contributions included launching the first ISBD Task Force, overseeing the first ISBD meeting in Australia, promoting the publication of top quality research in the Society's Journal, *Bipolar Disorders*, and contributing to the development of the Awards that are his namesake.

ISBD SCHOLARS



Kyooseob Ha



Sergio Streljevich



Gustavo Vazquez



Mohammad Alsuwaidan



YC Janardhan Reddy



Danilo Quiroz



Aysegul Ozerdem



Irma Corlay



Eric Youngstrom



Christopher Baethge



Pichet Udomratn

This program recognizes the accomplishments of a select group of clinicians and researchers who have made a significant contribution to the field in their region, signaling a long-term commitment to the study of bipolar disorders and the optimization of clinical care

BEST ARTICLE OF THE YEAR



Winner: Christoph Correll

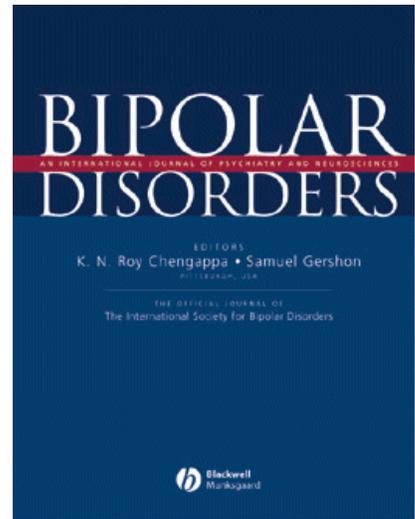
Type and duration of subsyndromal symptoms in youth with bipolar I disorder prior to their first manic episode (Christoph Correll)

This is the first year in which ISBD is recognizing the best work published in our Journal as evaluated by a pan of 6

judges. The reviews were conducted with the support of the Journal, which also appointed 3 referees. The 2nd and 3rd place finishers are

2nd Place: José Santos: A five-year follow-up study of neurocognitive functioning in bipolar disorder

3rd Place: Janusz Rybakowski: Polymorphism of circadian clock genes and prophylactic lithium response



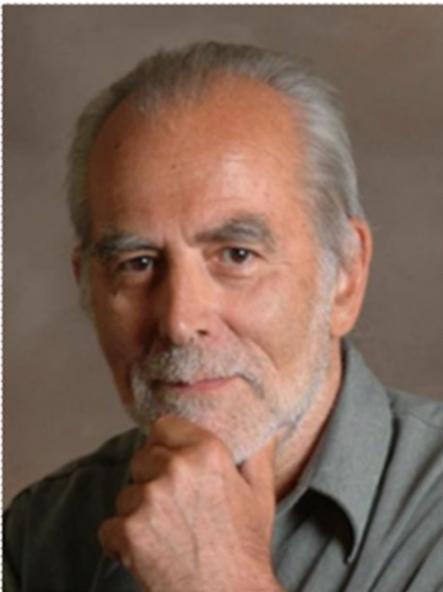
THE MOGENS SCHOU AWARDS

From the earliest days of the International Conference on Bipolar Disorder, there has been an award in the name of the late Mogens Schou, the Danish psychiatrist widely recognized for his research into lithium as a treatment for bipolar disorders. There are 3 awards given in his honor for research, education and public service. ISBD has continued the tradition of the ICBF conference and has consulted closely with senior members in the Awards Committee and our Board on the 2015 winners. We are proud to present the following recipients.

Research
Prof. Paul Grof

Education & Teaching
Prof. Gin Malhi

Public Service & Advocacy
Dr. Erin Michalak



WHAT IS AN ISBD TASK FORCE?

ISBD task forces are the engine which drives the Society's research and educational deliverables. Whether it is a manuscript standardizing terminology for clinical trials, a webinar designed for clinicians addressing complex issues around pregnancy or aging, or a workshop designed to offer conference delegates an opportunity to interact with colleagues and mentors in a face to face educational training, task forces are the beating heart of the ISBD and what sets us apart from other professional membership organizations.

CURRENT TASK FORCES

- Prospective Offspring Studies and Treatment Trials (POST)
- Lithium
- Suicide Prevention
- Older Age Bipolar Disorder
- Staging
- Transcultural Study

PAST TASK FORCES

- Biomarkers
- Clinical Trials
- Community Engagement
- Safety Monitoring
- Mixed States
- Nomenclature
- Antidepressants, & more

SUICIDE TASK FORCE

In the past year, the ISBD Suicide Task Force has produced 3 manuscripts that look at identification of high risk populations and interventions. The first manuscript was published in our Journal, *Bipolar Disorders*, in February of 2015 and is entitled

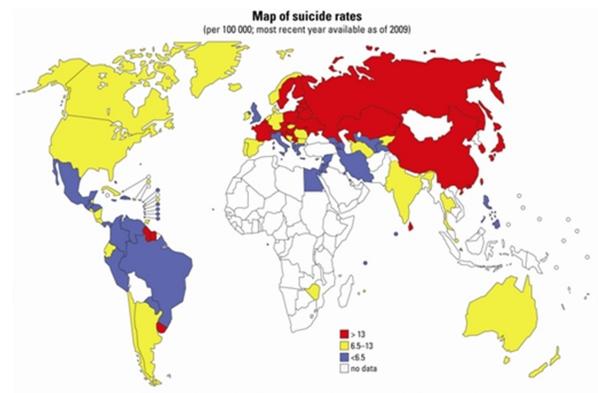
“International Society for Bipolar Disorders Task Force on Suicide: meta-analyses and meta-regression of correlates of suicide attempts and suicide deaths in bipolar disorder”

The other two papers were published in the *Australia & New*

Zealand Journal of Psychiatry and were titled

“Epidemiology, neurobiology, and pharmacological interventions related to suicide deaths and suicide attempts in bipolar disorder”

“A review of factors associated with greater likelihood of suicide attempts and suicide deaths in bipolar disorder”



STAGING TASK

The ISBD staging task force is looking to identify models that

may separate early from late stages of bipolar disorder in order to better understand outcomes and prognosis. In November of 2014 the task force published its first manuscript entitled “Staging systems in bipolar disorder: an International Society for Bipolar Disorders Task Force Report,” they also organized a symposium at the Toronto meeting entitled “Staging and Neuroprogression in Bipolar Disorder.”

OLDER ADULTS TASK FORCE

This group of international experts works to generate on-going collaborative projects focused improving treatment outcomes for older-age patients with bipolar disorder (OABD). Deliverables include publications and presentations such as consensus summaries of literature, efforts to identify a “minimum data set” in OABD and a Delphi exercise to address use of lithium in OABD.

To date, the task force has published one manuscript entitled “A Report on Older Age Bipolar Disorder from the International Society for Bipolar Disorder Task Force,” presented a webinar of the same name, and organized a symposium at the ISBD meeting in Toronto where they presented the data, asking the question “How should current evidence guide practice and research?”

ISBD ONLINE EDUCATION RESOURCES

Webinars have become an increasingly popular way for our members to interact with and learn from some of the leading clinicians and researchers in the field of bipolar disorders. Our members generously volunteer their time to share their knowledge and expertise with others in a live webinar that is free and freely accessible to the general public, after which it is added to our online webinar archive as a benefit for members of the Society.

469 people registered for a total of 10 webinars with 244 post event online views in the past year

CONFERENCE SLIDES ANYTIME, ANYWHERE

After our meetings, ISBD adds the conference slides of presenters who have offered their permission to our website as part of the enduring materials from the conference for the benefit of our members. These slides have been rated as the best educational resources we provide by our members and are frequently accessed to follow up on a missed lecture at one of our meetings, get ideas for teaching materials, or simply offer those who were not able to attend the meeting an opportunity to review the wealth of great material that was presented.

In the future, ISBD will also be adding slide sets that are developed by our task forces exclusively for the ISBD website, with the first such set to be developed by our Suicide Prevention Task Force.

THE NEW WWW.ISBD.ORG: COMING SOON

We are pleased to announce that we have begun work on the new ISBD website, which will be mobile friendly, offering access to all the great resources ISBD has to offer from your phone or tablet.

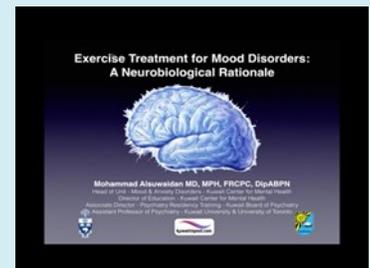
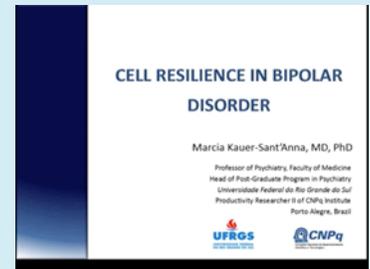
In addition to the new formatting, the website will offer a more personalized experience for all of our users, making the entire webinar library searchable by topic, adding new tip sheets for clinicians and patients, and connecting users with our 22 international chapters through a new interactive map.

We will move the ISBD newsletter to a completely online format, with stories updated frequently through a blog style newsletter with the option for members to comment on stories.

Social media will also be seamlessly integrated into the new site, rounding out a modern, simple and compelling new interface for all ISBD.ORG visitors.

WEBINARS, SLIDES, AND MORE

ISBD provides members a full complement of resources to support clinical education at every level, from webinars designed for trainees and junior colleagues to slides for researchers and clinicians



ISBD CHAPTERS AND WORLD BIPOLAR DAY

ISBD has 23 International chapters working in collaboration with our Society to advance research and education and to fight stigma using their unique knowledge of regional challenges to target programs in ways that will be most effective. For the second year in a row, ISBD has organized and promoted, in conjunction with several other organizations, a global World Bipolar Day campaign to raise awareness of and encourage more research and funding for bipolar illness. The campaign's slogan, "Strength for Today, Hope for Tomorrow" has resonated with our chapters as most have organized their own events to commemorate the day.

We are pleased to share with you here one story of an event held by an ISBD chapter, which illustrates the potential these events have to reach deeply into different cultures.



DÜNYA
BİPOLAR
GÜNÜ
30 MART

İKİ KUTUPTAN ŞARKILAR

Ensemble
Selmin Günöz Gökhan Koc
Passione

Enurat Sami
Özlem Nazlıoğlu Selin Kaş

TARİH-SAAT:30 MART 2015 - 20.00
YER: BAĞÇEŞEHİR ÜNİVERSİTESİ BEŞİKTAŞ KAMPÜSÜ
B KONFERANS SALONU
BİT.Gİ İÇİN: www.bipolartrkiye.org; www.bipolarcasam.org; www.lityumdernegi.org

In 2016 our Turkish chapter held two interconnected but separate events highlighting bipolar disorder and creativity in collaboration with the Psychiatric Association of Turkey, Lithium Society and Bipolar Life Association. The first event was entitled "Being a bipolar patient" and the second "Songs from two poles" featuring a concert of sopranos and tenors along with a pianist.

Former ISBD Executive member Aysegül Ozerdem emceed the latter event, giving some information on bipolar composers and vocalists with some connection to bipolar disorder.

ISBD also hosts the World Bipolar Day Website, which is at www.worldbipolar.org, and has posted a short video there to further explain the WBD concept. The website also contains photos and information on WBD events in the previous year.

You can also visit WBD on Facebook, which is active throughout the year.

THE ISBD CHAPTER NEWSLETTER

In order to bring into focus some of the great work being done by our chapters, and to offer a forum for chapters to share challenges, lessons learned and other experiences related to running an ISBD chapter, we have introduced the ISBD Chapter Newsletter.

While the typical ISBD Newsletter is intended to a benefit for ISBD members, the chapter newsletter is intended to illustrate the benefits chapters can offer to those who may not be members of the Society.

The newsletter is organized into sections by region and thus offers each chapter an opportunity to contribute and highlight the work being done in their part of the world.

March 2015	Issue: 2
<p>17th ANNUAL CONFERENCE OF THE INTERNATIONAL SOCIETY FOR BIPOLAR DISORDERS TORONTO, CANADA JUNE 3-6, 2015</p>	
<p>Welcome to the ISBD Regional Chapter Newsletter</p> <p>Dear Chad</p> <p>On March 30th we will celebrate World Bipolar Day (WBD) for the second time. Many international organizations will collaborate to promote global awareness and education about the disorder in order to fight against stigma and bring sensitivity towards millions of affected individuals. We are convinced that even though this is a global endeavor, action should be taken locally. This represents an excellent opportunity for ISBD to reach out to our Chapters and invite them to communicate, engage and promote World Bipolar Day in their communities.</p> <p>Last year we were excited to witness an impressive response from our Chapters and members represented in activities and events that embraced this magnificent project around the world. The World Bipolar Logo was translated to six languages and the WBD Facebook page received images that displayed the participation and enthusiasm of patients, families, advocacy groups and mental health professionals from around the globe.</p> <p>This issue of the ISBD Chapter Newsletter will be dedicated to World Bipolar Day. We want to inspire and ignite leadership in your workplace, community and country. We want to encourage our ISBD Chapters to use our WBD logo on their websites and communications (Click here for the Policy on Use & Attribution). Our ISBD Pittsburgh office can send, upon request, literature and materials that were professionally designed and prepared for this special day.</p>	<p>Leadership Corner</p> <p>ISBD Chile: How we tapped into the realm of advocacy by Danilo Quiroz, ISBD Chile President</p> <p>The mission of the Chilean Society of Bipolar Disorders includes working with both professionals and the community, specifically patients and families in advocacy work. Although the mission clearly includes advocacy groups, the main focus had principally been with professionals in the first years of the organization, primarily because none of us had previous experience in advocacy. The launch of World Bipolar Day in March 2014 was the catalyst for us to get involved with advocacy groups.</p>

FINANCIAL OVERVIEW AND UPCOMING MEETING

The ISBD moved from a fiscal year ending June 30th to one ending December 31st in 2015. As a result, the Society completed an audit for both the fiscal year ending June 30th 2015 and for the 6 months ending December 31st 2015. Importantly, the 6 month period ending December 31st does not include conference or royalty income, which are typically reflected in the first 6 months of the calendar year and account for a substantial portion of the yearly income.

	Six Months Ended December 31 2015	Year Ended June 30 2015
Revenue and support		
Membership dues	\$ 68,913	\$ 114,564
Conferences	47,459	619,375
Royalties	-	51,287
Contributions	1,337	17,240
Interest and dividends	496	697
Realized gain on sale of investments	33,676	30,668
Unrealized loss on investments	(61,203)	(9,374)
Total revenue and support	90,678	824,457
Expenses		
Program services	119,519	717,854
Support, management, and general	91,006	113,201
Total expenses	210,525	831,055
Decrease in net assets	(119,847)	(6,598)
Unrestricted net assets at beginning of year	1,775,097	1,781,695
Unrestricted net assets at end of year	\$ 1,655,250	\$ 1,775,097

AMSTERDAM 2016

ISBD will host its 18th international meeting in conjunction with the International Society for Affective Disorders (ISAD) and expand the topics to include unipolar depression. The program is shaping up nicely, and we hope to see you there!



18TH ANNUAL CONFERENCE OF
THE INTERNATIONAL SOCIETY
FOR BIPOLAR DISORDERS

Held Jointly with the
8TH BIENNIAL CONFERENCE OF
THE INTERNATIONAL SOCIETY
FOR AFFECTIVE DISORDERS

Save the Date
Amsterdam, The Netherlands
July 13-16, 2016

**Challenging
Mood**