



emotions *matter*

BPD advocacy • awareness • connection

EMOTIONS MATTER ANNUAL REPORT

2023



MISSION: TO EDUCATE, ADVOCATE, AND
SUPPORT PEOPLE WITH BORDERLINE
PERSONALITY DISORDER FOR RECOVERY

WWW.EMOTIONSMATTERBPD.ORG

LEADERSHIP STATEMENT



BOARD OF DIRECTORS

A MESSAGE FROM THE DIRECTOR

Dear Friends,

We are delighted to share our 2023 Annual Report with you. In these pages, we invite you to witness the breadth of how we live out our mission, to transform despair to hope, and doubt to belief in recovery, for thousands of people impacted by borderline personality disorder.

This year, Emotions Matter continued to innovate with new podcasts about the lived experience of BPD, scientific webinars, an open mic night, and Conversation Cafes at BPDFest. We presented about BPD and our peer support group programs at national conferences. We also worked with partner organizations to pass the first legislation to address BPD stigma. Today, people diagnosed with BPD who are charged with a non-violent crime in California now have access to treatment, instead of prison.

The International Society for the Study of Personality Disorders (ISSPD) recognized Emotions Matter as the recipient of the 2023 Perry Hoffman Community Service Award at its conference in Sydney, Australia in November. We are humbled to receive this honor for our groundbreaking influence in the field, offering people with lived experience a community and leadership opportunities to advance recovery.

We are proud of our ability to provide a bridge to care for those who need it with your generosity. Because of you, we are able to improve the mental well-being of people impacted by BPD.

Thank you for continuing to support our work, and we look forward to engaging you in Emotions Matter in 2024!

Warm Regards,

Paula Tusiani-Eng,
Co-Founder/Executive Director
Emotions Matter Inc.

A MESSAGE FROM THE BOARD CHAIRS

Dear Friends,

It is with absolute pleasure that we introduce ourselves to you as the new Board Co-Chairs of Emotions Matter. What a wonderful time to be stepping into this role, as we experience immense growth within our organization.

What makes us most excited about serving as Board Co-Chairs is using our unique lived experiences to advance Emotions Matter's mission. In this new leadership model, one Board Chair has lived experience of BPD in recovery (Sara). The other Board Chair is a family member of a loved one with BPD (Melissa).

We have both experienced the pain and suffering of BPD symptoms. We have also both experienced hard work on the recovery journey, and benefited from a supportive community, treatment, and education. We know how important it is for others to be able to access these things, and this is why we are excited to serve as Board leaders.

We are grateful for the opportunity to support our staff, led by Co-Founder and Executive Director, Paula Tusiani-Eng. We also look forward to working with our 2024 Board, committees and volunteers. It is our hope that, together, we can grow and strengthen our reach, so that everyone can experience our Emotions Matter BPD community and recovery. Thank you for your support!

Warm Regards,

Melissa Ferdinando, Board Co-Chair
Sara Rosenberg, Board Co-Chair

OUR SERVICES



2,000

people impacted by Borderline Personality Disorder served in our 2023 programs, education and outreach

PROGRAMS

- BPD Peer Support Groups
- BPD Writing Workshops
- BPD Walk & Open Mic Night
- BPD Loss Support Group
- BPD Caring Cards Program

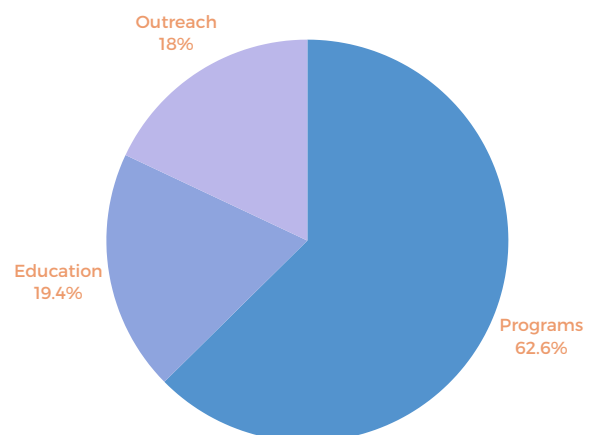
EDUCATION

- BPDFest23 Virtual Conference
- Public Education Workshops
- New Publications, Videos and Resources
- BPD Webinars and Panel Discussions
- Conference Presentations

OUTREACH & ADVOCACY

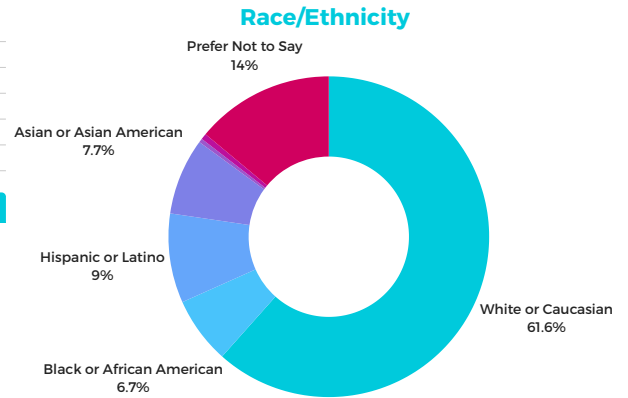
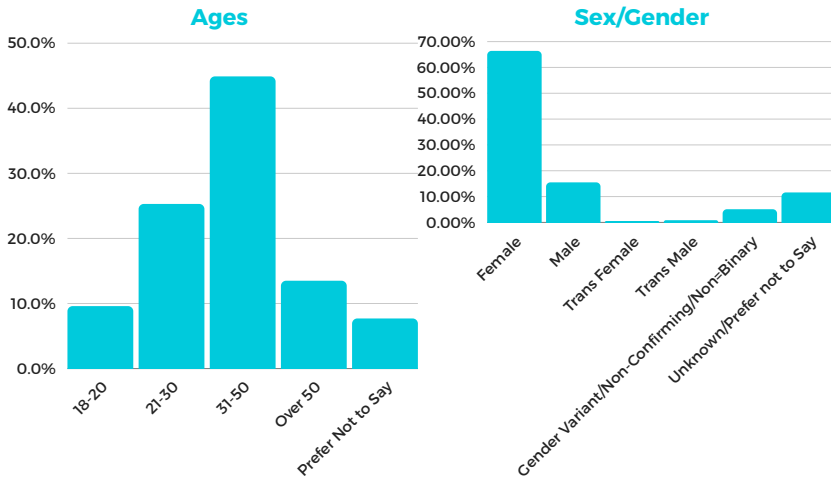
- Passed legislation in California to remove BPD Stigma from the Pretrial Mental Health Diversion Bill
- BPD Month Resolution in Illinois
- Community Outreach Tables
- Podcasts, Social Media and Website
- Resource Referrals
- Information Packets Mailed

2023 Emotions Matter Attendance/Participation Evaluation



OUR REACH

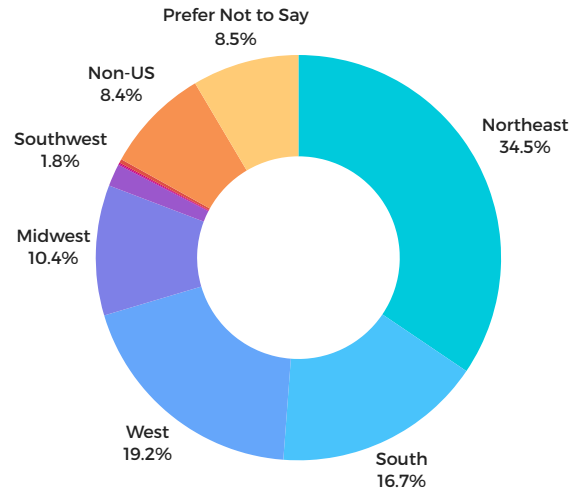
Demographics of our Groups



Supporting Diverse Communities

In 2023, Emotions Matter held 90 online programs, increasing access to BPD peer support, education and wellness activities across 35 states in the U.S. and abroad. This year saw a shift in our demographics, demonstrating an increase in participation of people who identify as Black, Indigenous People of Color, represent gender diverse communities, and age ranges.

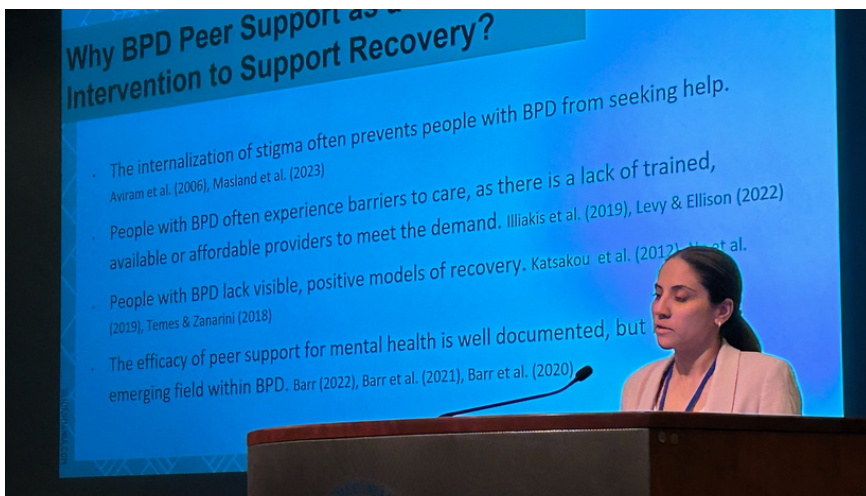
Geographic Location



Empowering People with Lived Experience

In 2023, Emotions Matter served as a platform for voices of recovery.

- 90 Online programs for people impacted by BPD
- 45 Featured Speakers at BPDFest, Conferences, and the BPD Walk
- Participated in 7 conferences reaching hundreds of people nationwide
- Mailed 243 BPD Caring Cards to people who self-identify as in need of support
- Participated in multiple podcasts to address stigma
- 550 social media posts to promote recovery
- More than 130,000 page views and 70,000 website visits



OUR ADVOCACY

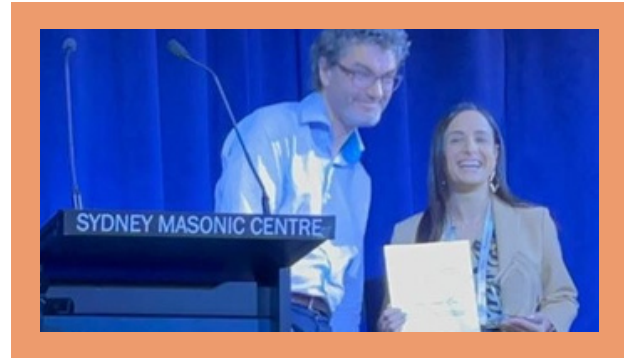


Representative Lindsey LaPointe and Representatives of the Illinois House Mental Health and Addiction Committee unanimously endorsed a Joint Resolution naming May as "BPD Month" in May of 2023, following testimony from Emotions Matter and the National Education Alliance for Borderline Personality Disorder.



Governor Newsom signed CA bill AB1412 into law on October 10, 2023 to remove borderline personality disorder as an exclusion to the California Mental Health Prison Diversion Bill. Thank you to the California Council of Community Behavioral Health Agencies Harry Bruell, and the National Education Alliance for Borderline Personality Disorder for their collaboration, and our Advocacy Committee leaders.

SPECIAL HONOR

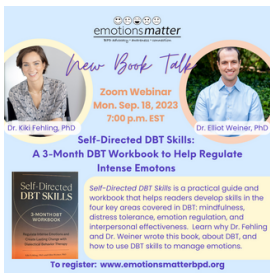
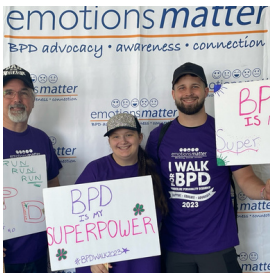


ISSPD Award

The International Society for the Study of Personality Disorders (ISSPD) recognized Emotions Matter as the recipient of the 2023 Perry Hoffman Community Service Award at its conference in Sydney, Australia in November. Sara Rosenberg, Co-Chair of the Board of Directors, accepted this award on our behalf. We are humbled to receive this honor for our groundbreaking influence on the field, offering people with lived experience a community and leadership opportunities to advance recovery.



OUR EVENTS



TESTIMONIALS

"This was a really excellent webinar, and I learned a lot!"

-BPD Webinar Attendee

"These groups have changed my life and recovery journey for the better. I have never felt so held and part of a community."

-BPD Peer Group Participant

"Seeing family and friends of people with BPD at the Walk was encouraging. I wish I had that level of support. My time during the walk left me feeling good. I am not broken and I am not alone."

-BPD Walk Participant

"Being a BPD Peer Group Facilitator with Emotions Matter has helped me gain a new understanding of myself."

-Emotions Matter Volunteer

"I feel pride that I made time to write today, and for this workshop which helps me express my emotions in a healthy way!"

- BPD Writing Workshop Participant

"Having the opportunity to educate state representatives about BPD was such an incredible experience."

-BPD Advocacy Committee Member

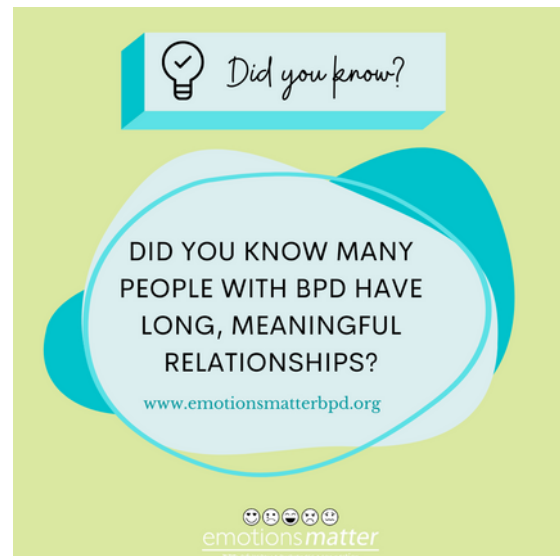
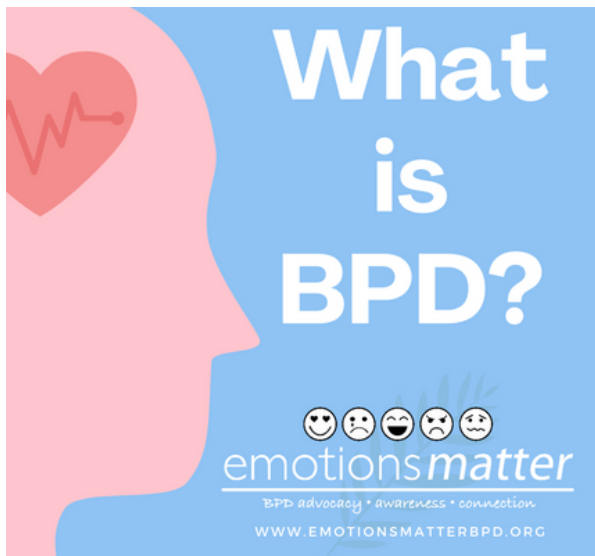
"Meeting other men with lived experience in BPD has given me new hope and helped move me forward in my recovery journey! Thanks, Emotions Matter..."

-BPD Men's Group Participant

Through our unique peer-centered, stigma-free programs, education and outreach, Emotions Matter served more than 2000 people impacted by borderline personality disorder in 2023.

COMMUNICATIONS

In addition to the hundreds of people we have personally served through our programs, education and outreach, Emotions Matter's social media presence has steadily grown to impact thousands worldwide.



WORLDWIDE IMPACT

Facebook, Twitter, Instagram:
130,000 impressions
Website Traffic: **72,000 visits**
(+30% from last year)



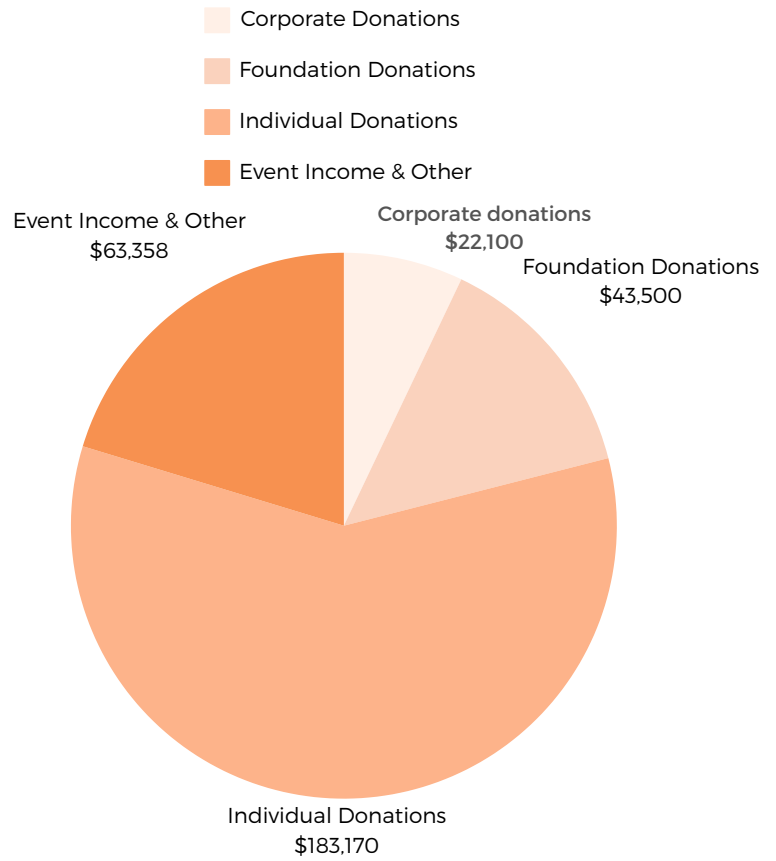
OVERVIEW

Emotions Matter's launched several new communications initiatives in 2023, including participating in multiple podcasts to advance our mission about recovery, BPD education, and access to mental health care.

FINANCIAL REPORT

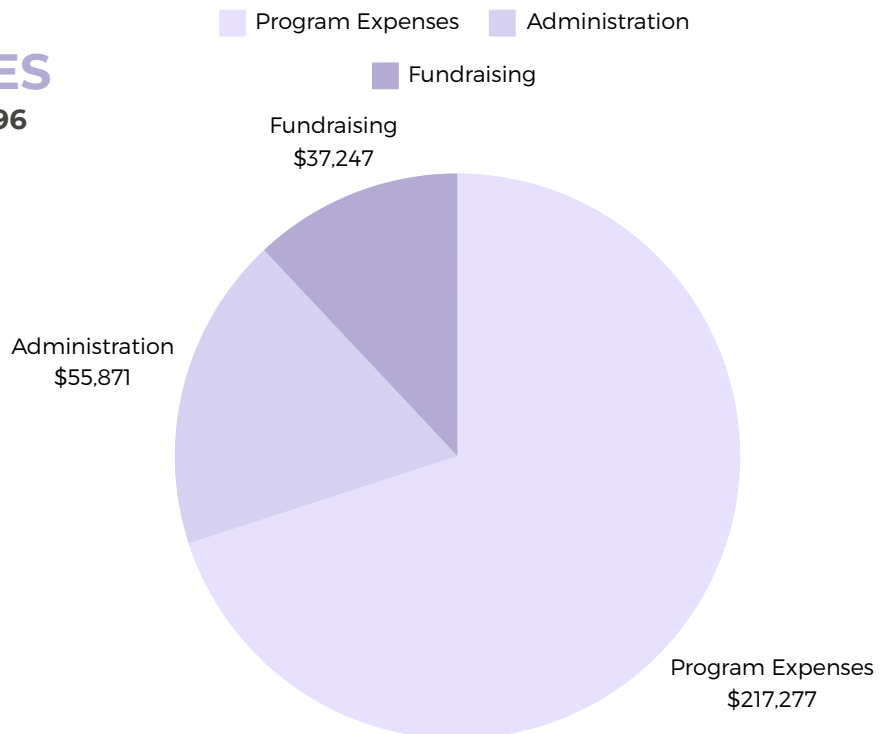
2023 REVENUE

Total Revenue: \$312,129



2023 EXPENSES

Total Expenses: \$310,396



BOARD OF DIRECTORS



Emotions Matter Inc. is run by a volunteer board of directors comprised of people with lived experience of borderline personality disorder, family members, those who have experienced BPD loss, and health care professionals.

Each board member is committed to Emotions Matter's vision to create a world in which all individuals impacted by BPD have access to treatment and resources to achieve recovery.

Emotions Matter, Inc. 2024 Board of Directors

Melissa Ferdinando, (NJ), Co-Chair

Sara Rosenberg, (NY), Co-Chair

Oliver MacDonald, (Canada), Vice Chair

Deborah Strong, CPA, (CT), Treasurer

Susan Parson, (NJ), Secretary

Dan Hofert, JD, (IL), Compliance Officer

Jillian Papa, (IL), Program Evaluation Committee

Kimberly Hickey, (MA), Advocacy Committee

Mary Sheehan, (NY), Fundraising/Events Committee

Sarah Lane, (NY), Fundraising/Events Committee

Alex Stein, (NY), Education Committee

Andre Grant, (NJ), Lived Experience Advisory Council

Sussell Ibarra, (CO), Lived Experience Advisory Council

THANK YOU TO OUR FOUNDATION AND CHARITABLE FUND GIFTS



Emotions Matter is thankful to the foundations, sponsors, and charitable fund donors whose donations allow us to offer our programs at no cost to attendees: Karen Lerner Family Foundation, Appleby Foundation, Benevity Corporate Giving, Cybergrants, Morgan Stanley Global Impact Fund, Fishman Family Foundation, Schneider Foundation, Schwab Charitable Fund, Fairfield County's Community Foundation, The OJC Fund, Camille E. Granato Charitable Fund, The Weinschel Family Fund, The Berg and Schimidt Family Giving Fund, The Tusiani Family, and Vanguard.

THANK YOU TO OUR SPONSORS



GET INVOLVED

Emotions Matter is a volunteer-led 501c3 non-profit organization founded in 2015. Will you consider getting involved?

Our mission is to advocate, educate and support people impacted by borderline personality disorder (BPD).

Our vision is to create a world in which every person with BPD has access to treatment, resources, and support to achieve a meaningful recovery.

We invite you to join our Emotions Matter community!

Get Involved:

<https://emotionsmatterbpd.org/volunteer>

For More Information:

<https://emotionsmatterbpd.org>

Make a Donation:

<https://emotionsmatterbpd.org/donatenow>