Gia Allemand Foundation

2016 Annual Report

giaallemandfoundation.org
Welcome to the next chapter in women’s reproductive mental health

National Association for Premenstrual Dysphoric Disorder is now the Gia Allemand Foundation for PMDD

It’s quite a journey to go from wanting to die on a monthly basis, to being part of an organization that gives women the opportunity to want something else. Building NAPMDD has been as much of my own recovery as it has for many of the women our organization serves.

Since founding NAPMDD in 2013, it has evolved through many ideas and reinventions. We’ve changed websites and logos and tag-lines more times than I can count. The one consistency, however, has been our dedication to helping women live better lives while reducing the stigma of premenstrual dysphoric disorder.

When the opportunity came to partner and then merge with the Gia Allemand Foundation, I knew that like most transitions in life it might be a bit painful. Even letting go of the name NAPMDD was a challenge. In the end, I knew that at our core, the identity of this organization was always much more than an acronym.

Our identity is my journey, Gia’s journey, and the journey of every women living with this debilitating disease. Like many journeys, the final destination is often hopeful but unknown.

2016 was a year of great achievement. There was this specific moment at our conference when I felt my vision for NAPMDD had been realized. I felt proud. I felt connected. I felt resolute that the future is hopeful and a cure will be found.

As we move into a new year, I continue to be overwhelmed by the passion of our supporters, donors, and volunteers. Our continued fight is evidence of the true strength of the community we serve. On behalf of all of us at Gia Allemand Foundation (formerly NAPMDD), we are grateful for each and every one of you. Thank you for all that you are and everything you do.
The Gia Allemand Foundation for PMDD is a 501c3 nonprofit organization advocating for the prevention, treatment, and research of premenstrual dysphoric disorder (PMDD). Our mission is to provide women with the education, support, resources, and tools necessary to live healthy lives, reduce interpersonal conflict, and eliminate self-harm.

The Gia Allemand Foundation was founded in 2013 following the death by suicide of Gia Marie Allemand. Gia was known for appearing in Maxim and appearing on several reality shows including The Bachelor: On the Wings of Love, Bachelor Pad 1 and 2, The Ellen Degeneres show, Ghost Trek and more. To her loved ones, Gia was a daughter, a sister, a partner, and a best friend.

On August 12, 2013, and after a long battle with Premenstrual Dysphoric Disorder, Gia was admitted to University Hospital in New Orleans after an attempted suicide by hanging. Two days later, surrounded by friends and family, Gia was removed from life support. She was 29 years old. Gia’s family and friends sought to raise awareness of Premenstrual Dysphoric Disorder and female suicidal ideation through a foundation in her name.

In 2017, The Gia Allemand Foundation merged with the National Association for Premenstrual Dysphoric Disorder (NAPMDD). The now merged foundation focuses on women's education & outreach, women's health and mental health advocacy, suicide prevention, and PMS/PMDD research.

As many women with PMDD are misdiagnosed or delayed treatment, they present an increased risk for suicide and self-harm. The Gia Allemand Foundation seeks to close the gender gap in research and better the outcomes of women seeking help through education, funding research, and peer support.
2016 Impact

Provided

7,503 free downloads including menstrual cycle/symptom trackers, action planners, and clinical care help sheets

Distributed over

1,000 free printed PMDD brochures and menstrual cycle/symptom trackers at clinical conferences

Hosted over

115,000 unique visitors seeking information on our website

Provided over

800 direct support and referrals for women, partners, family members, and caregivers
“Sincere and grateful thanks, your site and service has given me hope”
Highlights

**January**

Welcomed **Dr. Andrea Chisholm** as our very first clinical board member. Dr. Chisholm went on to establish a PMDD clinical advisory board focused on clinical outreach and female suicidality.

**March**

Launched our **new website** to include easier navigation and access to tools, resources, and peer support.

**April**

Celebrated **PMDD Awareness Month** for a third year in a row, encouraging women with PMDD to raise awareness via social media and in their communities at home.

NAPMDD began partnering with **Gia Allemand Foundation** to further our aligned missions of PMDD awareness, education, support and women’s suicide prevention.
July

Exhibited at the 2016 National Alliance for Mental Illness National Convention in Denver, Colorado. This event allowed us to engage one on one with women, caregivers, advocates, clinicians, and educators in the mental health community.

August

Exhibited at the 2016 American Psychological Association Annual Convention in Denver, Colorado. This event allowed us to speak with psychologists, psychiatrists, educators, and researchers on differences between PMDD, PME, and BPD.

September

Hosted our second annual National PMDD Conference in Philadelphia, PA. Live streaming of the event was made available through North America, UK, and Asia through a partnership with the North American Chinese Psychological Association.

Participated in the LegalizeV Campaign to remove the stigma around sexual health.

Participated in the Revlon $1 Million Dollar Challenge and raised over $75,000 for peer support, awareness and education, and research programs.
NAPMDD began it’s official Merger with the Gia Allemand Foundation.

Participated in GivingTuesday and raised over $5000 for peer support, awareness and education, and research programs.

Shelley Leaphart-Williams
Education Specialist, American Foundation for Suicide Prevention

2016 NAPMDD National Conference
“We need information. We need support. We need love. Thanks for helping us. #IHavePMMD”
Board of Directors

Donna Micheletti
Board President

Sandi Henderson, CFLE
NAPMDD

Suzi Taylor
I Blame the Hormones

Rebecca Browning
NAPMDD

Evelyn Haywood
NAPMDD

Lizette Alicea
Decidedly Sane

Dr. Andrea Chisholm MD, FACOG
Harvard Medical School

Leslie Carol Botha, WHE
Holy Hormones Honey

Marta Matt
Asociación Mensas
In the Media

2016 was a huge year in media for our organization, PMDD, and reproductive health. From television to magazines, our team was honored to be interviewed and recognized in an effort to raise awareness of reproductive depression and female suicidal ideation.

Gia Allemand Foundation co-founder, Donna Micheletti, and NAPMDD founder, Amanda LaFleur, talk with PA Live about PMDD, women, and suicide during National Suicide Awareness Week.
Thanks for supporting me. You all helped me stay alive and it means everything to me!

Emily: I love this page so much, it’s like you folks ‘get it’ and understand that yes it DOES get that bad, but remember folks you are NEVER alone, even in the darkest moments when we feel completely alone and lose hope, there is always someone out there who will listen and someone who can help xxx

JaneameliaLove: @XTattooedbarbie • Jan 18
@NAPMDD Thank you, Thank u for all you do for the community, Keep up the good fight! ❤️ brightest of blessings Namaste 🙏

Gretchen Balsamanti reviewed Gia Allemand Foundation for PMDD —
February 19 at 7:54pm
Excellent resource for a condition that most haven’t heard of. So needed - so appreciated.
**Financials**

**Expenses**
- 76% Awareness, Education, & Peer Support Programs
- 18% Annual Conference
- 3% Admin

**Revenue**
- 96% Contributions
- 3% Annual Conference
- 1% Membership Dues
- 1% NAPMDD Store