**Annual Report 2012**

2012 Program Impact Highlights

Epilepsy Foundation of Michigan strives to improve the lives of people with epilepsy. More than 5,000 people received direct services from the Foundation in 2012. The following examples illustrate the level and impact of these services:

- **Users of our Education & Consultation program** received an average of 30 minutes of individualized consultation to help them understand and manage epilepsy and its consequences.

- **Program participants** learned from more than 30 expert speakers (e.g. epileptologists, neuropsychologists, vocational rehab counselors, researchers, special education advocates, etc.) who volunteered to share their knowledge.

- **Participants in PROGRESS Toward Wellness** (our phone-based epilepsy self-management program) experienced significant reductions in emergency room visits, reduced impact of stress on quality of life, reduced depression scores, improved cognitive function, and enhanced self-management skills.

- **92% of Camp Discovery** participants reported that camp made them feel more comfortable talking and playing with other kids. In addition, 85% of parents said that their child’s self-esteem improved as a result of camp.

- **94% of attendees at our Wellness & Epilepsy Conference** indicated that their knowledge of epilepsy and related issues increased as a result of attendance. Furthermore, 87% indicated that they intend to make at least one positive change in their behavior to promote improved health; and 73% met at least one new person at the conference with whom they plan to talk in the future.

Note from our President, Arlene Gorelick, MPH...

Each year we are challenged with reaching all those in Michigan who potentially need our assistance. We couldn’t do this without your time and effort, your financial support, and your referrals and recommendations.

So often, we receive a call from someone who works with, goes to church with, or lives on the same street as someone who lives with epilepsy and is associated with the Epilepsy Foundation of Michigan. We can’t thank you enough for helping to introduce these individuals to the Foundation. You, of course, know all too well that a diagnosis of epilepsy can change a life, and that’s where we come in!

So please...keep us top-of-mind, and continue to send people our way, volunteer, and donate. With your help, we can get closer to our goal of “Not Another Moment Lost to Seizures.”
How We Are Changing Lives

OUR MISSION: The Epilepsy Foundation of Michigan leads the fight to stop seizures, find a cure, and overcome challenges created by epilepsy.

Wellness & Epilepsy Conference
"I can’t thank you enough for offering us this opportunity. My husband and I both attended as well as both of our boys. We learned a lot, and our boys had a great day. Everyone was wonderful. Thank you! We look forward to participating in more events in the future."

Camp Discovery
"Camp is a great place for these kids to be kids. They are free to talk about their seizures among peers and professionals, which does not happen in their daily life. They are accepted for who they are at camp by staff and other campers. Everyone needs a place like Camp Discovery where they belong."

Seizure Smart
"This presentation does a wonderful job of describing epilepsy and changing perspectives."

Studio E Art Therapy Program
"This experience was amazing. I believe I learned a lot about myself, and from others as well. To hear and come into contact with others that have epilepsy made me feel like I’m not alone. Thank you for this experience... I will be able to keep this with me forever."

PROGRESS Toward Wellness
"The coaching calls... helped me think through things. Talking with someone not directly involved can help you see the situation differently. You didn’t tell me what to do, but helped me think through it on my own to figure out what to do next. I was able to cry if I needed to cry, or be happy if I was happy. It was so non-judgmental. I’ve become more accepting of living with epilepsy and more outspoken about living with epilepsy, letting other people know there is hope. It made me want to be a better advocate for people living with epilepsy, especially minorities with epilepsy. I know I wouldn’t have set these types of goals without the coaching calls. I would have still felt depressed about my memory, about my weight, instead of doing something about it."

For a complete copy of Epilepsy Foundation of Michigan's 2012 Audited Financial Statement, visit www.epilepsymichigan.org