

Outstanding Alumni: Mr. Stephen Propst '82



BS, University of Alabama
MBA, Michigan State University

Professional Information: Currently President, Metropolitan Atlanta Depression and Bipolar Support Alliance: Provide support groups and other services for persons with mood disorders in locations throughout metropolitan Atlanta. Facilitate groups and help train facilitators. Publish bimonthly newsletter. Assist with advocacy and public relations efforts to educate the public and reduce stigma associated with mental illness. Write for a national magazine. Public Speaker. Consultant. Formerly worked for a number of years in the hotel/restaurant industry.

Community Service/Volunteer Info: Worked for years with Hands on Atlanta. Chair of Hands on Atlanta Day (largest volunteer service day in the nation) twice. Served on several boards. Was chair of a national mental health board for 3 years. Recipient, City Cares Citizen Award: Award presented at the City Cares National Conference, February 2002, for service to the Atlanta community. Received Legacy of Life award from a mental health organization in Chicago.

Advice: Find what you're really passionate about and learn all you can about how to excel in that area. Never underestimate your ability to fulfill your dreams regardless of the obstacles you face. And don't forget the words with which I concluded my Valedictory address: Man sees your actions; God sees your motives.

Example of how Donoho made a difference: More than anything, I learned the importance of relationships: to respect authority—though I sometimes gave teachers/principals a run for their money; to value friendships—our class has remained close after all these years; to learn from others—still remember the incredible experience programs like intersession afforded me; and to share with others what might help them along life's way—one of the greatest honors I have today is facilitating support groups for persons struggling with conditions like depression and bipolar disorder.

Additional comments: Attending Donoho was an amazing experience for me. I didn't realize how well-prepared I was for college until I attended Vanderbilt my freshman year. While many students were overwhelmed by the workload, I was not. To this day, the skills that I learned at Donoho (including learning to type!) continue to serve me well. For that, for the relationships, for the overall experience...I'm grateful.

Stephen Propst is an advocate, author, consultant, and speaker for those impacted by mental illness. He has served as the president of Depression and Bipolar Support Alliance (DBSA) Metro Atlanta, where he publishes DBSA Metro Atlanta News and writes a recurring article, North Pole South Pole: A Cold Hard Look at the Hot Topics in Mental Health. He also writes for Bipolar Magazine where his column Mind Over Mood appears regularly. Stephen has presented at conferences and before medical students, spoken to corporate managers, civic groups, and served as personal consultant to those confronted with mental illness. He uses his personal experience with bipolar disorder and recovery to illustrate how his approach to mental illness has made a profound change in his own life.

~ updated April 2019 ~

Other:

<https://www.bphope.com/author/stephenpropst/>

<https://www.dbsalliance.org/pdfs/outreach/OutreachFall08.pdf>

<https://www.latimes.com/archives/la-xpm-2002-nov-04-he-bipolar4-story.html>