

# Our Mission Is Their Future



2022 ANNUAL REPORT



“The Child Mind Institute and Boys & Girls Clubs of the Peninsula partnered to provide trauma-focused groups for our elementary and middle school students, and they also provide mental health skill-building workshops for our students during the school year and during summer programming. Our partnership is valuable because the students that we work with are in underserved communities, and the services the Child Mind Institute offers are top of the line.”

**Daniela Velasquez, LMFT**  
Director of Mental Health  
Boys & Girls Clubs of the Peninsula  
Menlo Park, CA

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## 1.9 million students, parents, and teachers

Since 2012, the Child Mind Institute's School and Community Programs have engaged more than 1.9 million students, parents, teachers, and mental health professionals in more than 9,000 schools across the United States.

## 72,500+ California educators

The California Healthy Minds, Thriving Kids Project engaged with educators to teach students critical preventive mental health skills. The project reached over 1.7 million California children.

## 1,500% increase in video views

This year, we began working with YouTube to build authoritative youth mental health content. Subscribers increased 50% on the Child Mind Institute's YouTube page, and total views in 2022 topped 2.9 million.

## 2.3 million Spanish-language website visitors

Our Spanish-language audience continued to grow this year. Overall, 13.9 million unique visitors used childmind.org in 2022 to access trusted information and advice from the Child Mind Institute's clinical experts.

## 55,000+ clinical appointments

In 2022, Child Mind Institute clinicians saw patients for a total of 55,235 appointments, up 22% from 2021. The percentage of appointments seen in person increased from 10% in 2021 to 30% in 2022.

## \$55 million grant

We received a \$55 million grant from the Stavros Niarchos Foundation to create the SNF Global Center for Child and Adolescent Mental Health at the Child Mind Institute.

## 1,275 young people with autism heard

Our Autism Center led the CRISIS AFAR study of 1,275 young people with autism, providing a snapshot of how this group coped with the pandemic and helping us develop new approaches to supporting them.

## 62% increase in California appointments

We added eight clinicians at the San Francisco Bay Area clinical center in San Mateo, CA, and saw 7,163 patient appointments, a 62% increase from 2021.



Children and families around the world are facing severe and growing challenges to their mental health and wellbeing. Adolescent anxiety, depression, and suicidal ideation and attempts are on the rise even as access to evidence-based care is limited by workforce shortages, insufficient training, and stigma. These challenges are what motivate all of us at the Child Mind Institute to work tirelessly for children across our mission areas of Care, Education, and Science. In 2022, we're proud of the concrete contributions we've made to children's mental health in the United States and around the world, but we're humbled by the scale of the work that still needs to be done.

This report tells the story of the accelerating scale of our impact as we strove to transform the lives of children with mental health and learning disorders in 2022:

- Our patient volume dramatically increased, in both our New York and San Francisco Bay Area offices, allowing us to help more children one on one than ever before.
- Our scientists took the lead in public health research, published in the most prestigious journals, and forged an innovative partnership with the state of California that will revolutionize digital mental health care.
- We partnered with international colleagues to build a first-ever landscape analysis of the mental health needs of children and families in Greece.

- We brought trustworthy information and guidance to millions of parents, including through a new partnership with YouTube.
- With the support of the Stavros Niarchos Foundation, we began building the SNF Global Center for Child and Adolescent Mental Health at the Child Mind Institute, with the aim to expand our impact to those who need our help most around the world.

Our growth gives us the opportunity to do even more, and we are deeply grateful for the quality and impact of our partnerships across the United States and around the globe. Working with diverse community stakeholders and local clinicians and educators enables us to address disparities in care that affect underrepresented groups, including communities of color, LGBTQIA+ youth, rural communities, and low-socioeconomic-status families here and abroad. Every day, Child Mind Institute staff are working tirelessly to democratize access to children's mental health care and information.

This work would not be possible without the support of our dedicated community, whose commitment sustains us as we strive to create the future our children deserve. Read on to see how we are answering the call and what we are building for tomorrow.

**Harold S. Koplewicz, MD**  
President and  
Medical Director

**Devon Briger**  
Co-Chair,  
Board of Directors

**Joseph Healey**  
Co-Chair,  
Board of Directors

# Our Evidence-Based Treatments Transform Lives

Providing life-changing treatment to children and their families is at the heart of the Child Mind Institute's commitment to transforming mental health care. Since our founding in New York City in 2009, our clinicians have helped more than 15,000 patients. Our patients come from 45 countries, 49 states, and Washington, DC, and struggle with anxiety and mood disorders, ADHD, learning disabilities, autism, and more.

Since 2012, we have brought direct trauma treatment, behavior management, and reading interventions to youth in high-need schools across the United States. In our past decade of work in schools, we have provided in-person services to over 140,000 students, parents, teachers, and mental health professionals in over 9,000 schools across the United States. In 2019, we opened our San Francisco Bay Area clinical center in San Mateo, CA, broadening the reach of our care.



The Child Mind Institute's telehealth practice and New York City and San Francisco Bay Area clinical centers offer solutions for each family's unique needs, because every child deserves to thrive.

Since 2009, the **Child Mind Institute has seen 15,000 patients** for clinical care in our offices and provided in-person treatment, training, and skill-building to 140,000 students, parents, teachers, and mental health professionals in schools.

In 2022, our patient volume increased to new heights while we focused on expanding accessibility to quality care in the following ways:

- Expanding clinical training both inside and outside the Child Mind Institute
- Creating new pathways to care by partnering to build Fort Health, a national insurance-based telehealth offering
- Investing in data-driven quality improvement to maximize effectiveness and efficiency

## Helping More Families, Online and In Person

In 2022, Child Mind Institute clinicians saw patients for a total of 55,235 appointments, up 22% from 2021. Total new patient evaluations increased by 27%. Telehealth appointments still made up the majority of our appointments — 70% — continuing the trend that started with our rapid adoption of this technology at the beginning of the coronavirus pandemic in March 2020.

The percentage of appointments seen in person has increased from 10% in 2021 to 30% in 2022, suggesting an emerging balance between in-office and telehealth visits. The Child Mind Institute is pleased to offer our families the flexibility of telehealth, so long as we are confident there is no compromise in the quality of care. Many of our group offerings, assessments, and specialized programs are provided in person.

### SPOTLIGHT: AVA'S STORY



Ava Auty

When Ava came to the Child Mind Institute, she was having difficulty relating to her peers, managing anxious thoughts, and participating in activities both at school and at home. Ava is diagnosed with autism spectrum disorder and obsessive-compulsive disorder. At the Child Mind Institute, she and her family began working with Dr. Bethany Vibert, a psychologist and researcher specializing in autism spectrum disorders. "I could make friends, but I just couldn't relate to them," Ava says. "There seemed to be all

these unwritten rules I had no understanding of." After working with Dr. Vibert and participating in our PEERS® social skills intervention, she learned "how to connect."

Ava has a message for other young people who are struggling. "It's okay to tell people your problems," she says. "It doesn't mean that you're weak...it just means that you're getting the help you need, and that shows incredible strength."



San Francisco Bay Area Deputy Clinical Director Emily Gerber, PhD, discusses clinical training protocol with clinicians Andrea Pascarelli, PsyD, and Jessica Hamel, PsyD.

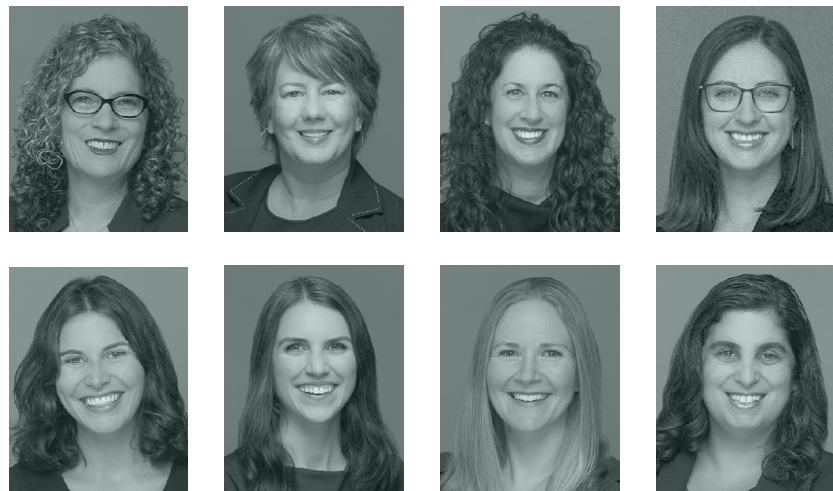
### San Francisco Bay Area Clinical Center

Under the leadership of medical director Michael Enenbach, MD, and deputy clinical director Emily Gerber, PhD, the Child Mind Institute’s clinical center in Northern California grew in 2022 and brought a new level of compassionate, evidence-based care to Bay Area families. The 16 clinicians in San Mateo saw patients in person in our offices, launched innovative group programs, and built on our partnerships with local schools and community organizations.

- Our Bay Area clinicians saw a 62% increase in patient appointments compared to 2021.

- Our school-based clinicians in the Bay Area have helped hundreds of students through intensive trauma treatment groups.
- We launched new Dialectical Behavior Therapy (DBT) and Mood Masters programs for children and preadolescents who struggle with big feelings and problem behaviors, as well as Social Anxiety Groups to help tweens and teens learn coping skills for social anxiety.
- In 2022, we added eight clinicians across our teams treating ADHD, anxiety, mood, and learning disorders.

#### 2022 Clinical Additions in the San Francisco Bay Area



From top left to bottom right: Emily Gerber, PhD; Angela Breidenstine, PhD; Helene Omansky, LCSW; Cheryl Best, PhD; Susanne Congress, LCSW; Jessica Hammel, PsyD; Amanda Kuryluk, PhD; Heidi Wheeler, PsyD

#### SPOTLIGHT: EDUCATIONAL REMEDIATION



Taína Coleman, MA, MEd, is an educational specialist in the Learning and Development Center at the Child Mind Institute. When she is helping a child who struggles with reading, Coleman relies on a deep understanding of special education methodologies and training in the Orton-Gillingham phonics method. But there is an opportunity to do more than just focus on deficits. “Yes, my job is to remediate difficulties a child might be having academically,” she says. “But it is also to repair the relationship with *learning*.”

### School-Based Treatment in NY and CA

For many under-resourced children and adolescents, schools provide the best opportunity for access to mental health care services. The Child Mind Institute’s School and Community Programs team delivers direct intervention in high-need schools free of charge. Services include:

- Treatment for post-traumatic stress, depressive, or mood symptoms
- Treatment for behavioral or attentional difficulties
- Reading remediation for students struggling with early reading skills

Our teams keep rigorous outcome measurements to guarantee that treatment is effective:

- Students in our mood disorder treatment groups experience statistically significant decreases in depression symptoms. On average, students report depression symptoms in the normal range after treatment.

- Students in our reading intervention groups experience statistically significant gains in phonemic awareness, decoding, and reading fluency skills. This includes a 100% increase in word reading fluency.
- Students in our trauma treatment groups experience statistically significant decreases in PTSD symptoms. After treatment, 73% of students treated report symptoms of PTSD below what would be considered clinically impairing.
- Our behavioral treatment groups help high-need students achieve, on average, a 20% decrease in behavioral difficulties and nine more minutes of academic engagement per class hour.

#### SPOTLIGHT: DONOR SUPPORT

In October 2022, Salesforce made a multiyear grant of \$500,000 to support the Child Mind Institute’s work building mental health capacity in schools. Thanks to Salesforce’s generous support, the Child Mind Institute is training educators and school mental health professionals in our evidence-based mental health curricula. These professionals will be able to support the mental health needs of thousands of students for years to come. “The Child Mind Institute is a leading organization in the mental health space, particularly in the classroom,” says Barb Smeltzer, Salesforce’s Senior Manager of Philanthropy. “Their work around equipping educators with mental health skills to support students, along with training practitioners in trauma informed care, creates lasting impact for young people to thrive. We are proud to partner with the Child Mind Institute to help scale their programs.”

## Broadening Our Reach

We are committed to making our clinical treatment accessible to the communities where we work. For instance, we are proud to have Spanish-speaking clinicians in each of our areas of clinical focus:



From left to right: Alnardo Martinez, Anxiety Disorders Center; Melissa Jeffay, Anxiety Disorders Center; Jeincy Duarte, ADHD Center; Evelyn Ramirez, Learning and Development Center; Karol Espejo, Mood Disorders Center; Natalie Weder, Psychopharmacology Service

## Financial Aid Fund

Our financial aid and travel funds were conceived to reduce barriers to access and remove disparities in care. These funds have provided over \$7.9 million to families with financial need since 2011, helping thousands of children gain access to transformative treatment.

## Partnering to Increase Access to Care Nationally



We know that the Child Mind Institute's intensive model of care will never be able to reach every child and

family in need. In support of our mission to improve access to mental health care for all children, we are partnering to build Fort Health, a provider that offers insurance-based telehealth services in New Jersey and New York, with plans to expand nationwide. This approach will:

- Transcend stigma and geographic barriers
- Provide broadly accessible insurance-based care
- Reach more families by partnering with pediatricians in a Collaborative Care model

### SPOTLIGHT: INTENSIVE OCD TREATMENT



Jerry Bubrick, PhD

Jerry Bubrick, PhD, is the director of the Intensive Pediatric Obsessive-Compulsive Disorder (OCD) Program, a senior psychologist in the Anxiety Disorders Center, and one of the founding clinicians of the Child Mind Institute. "OCD treatment at the Child Mind Institute follows the evidence base but is also highly tailored to each specific child and the family's needs," Dr. Bubrick says. In all cases, that starts with the "gold standard" of OCD treatment, exposure with response prevention (ERP). "That's a fancy way of saying we slowly and systemically expose children to what they're afraid of so they learn they can tolerate the anxiety that comes from facing their fear." For more acute cases, the Intensive Pediatric OCD Program increases the "dose" of ERP to three hours a day, five days a week. Often, "we're preventing hospitalization or residential placement."

### SPOTLIGHT: SUMMER PROGRAM INSTILLS CONFIDENCE



The Child Mind Institute Summer Program is a four-week treatment program for kids with ADHD and social, behavioral, or learning challenges. It helps children ages 5 to 10 develop and maintain positive peer relationships, improve emotional awareness and regulation, and jump-start academic progress.

"The staff's enthusiasm and excitement for my daughter to show up and be her best self every day made all the difference."

– Alicia Lewis, Summer Program parent

## Clinician-Led Workshops for Parents and Educators

In 2022, the Child Mind Institute's clinicians provided more than 100 remote and in-person workshops for parents and educators. These events bring our clinical expertise directly into the communities where it is needed. For instance, in December 2022, Dr. Emma Woodward presented a workshop on Gender Identity and Expansiveness for the New Jersey Association of Independent Schools. "Thank you for doing this," one attendee commented. "This is so important to creating a better world that accepts people."



Deputy clinical director Emily Gerber, PhD, and senior psychologist Sandy Whitehouse, PhD, are transforming how we deliver our care and measure outcomes.

## A Center for Clinical Training

The Child Mind Institute is committed to increasing access to cutting-edge, effective evidence-based clinical care for youth through robust training of clinicians. The Child Mind Institute's clinical program attracts promising psychologists and social workers from around the country. In 2022, we trained 19 clinical interns and externs (as well as 6 undergraduate summer interns) who were selected from hundreds of applicants eager to learn from our expert clinicians.

The Child Mind Institute is also leveraging these internal training techniques and standards to support our partner, Fort Health. After a pilot program in October 2022, Fort Health staff reported how informative and helpful the pilot was in increasing their knowledge, comfort, and ability to provide evidence-based care.

## Data-Driven Quality Improvement

"Diagnosis drives treatment," says Child Mind Institute founder Harold S. Koplewicz, MD. In 2022, the Child Mind Institute launched the Standards of Care Project. Led by senior psychologist Sandy Whitehouse, PhD, the project focuses on our quality standards for our assessments, ensuring our commitment to patient safety and proven care. We also launched our practice-wide Outcomes Measurement Project, led by deputy clinical director Emily Gerber, PhD. These efforts will allow us to provide more efficient and effective services and share more information with patients and their families about their progress — a factor that has been shown to improve health outcomes.

# Our Resources and Training Unlock Potential

The Child Mind Institute is transforming children’s mental health globally by serving as a hub for education, training, and convening. We believe all children, families, and professionals should have access to free information and resources that are evidence-supported, culturally appropriate, and created with input from the communities we serve.

Our work spans the landscape, from supporting the individual interactions that can be pivotal in a child’s life to catalyzing systems change. We fulfill this education mission in three ways:

- Public education via free resources on our website, childmind.org, and through awareness campaigns, events, and social media
- School and community programs providing skill-building, training, and professional development to youth, caregivers, school staff, and community organizations
- Global initiatives that catalyze innovation and help host countries understand the mental health needs of their population

The Child Mind Institute delivers free resources to millions of families and training to hundreds of educators each year, so more kids get the help they need.



In 2022, the Child Mind Institute began working with YouTube to build authoritative youth mental health content on the platform. **As a result, video views increased by 1,500%.**

## Public Education

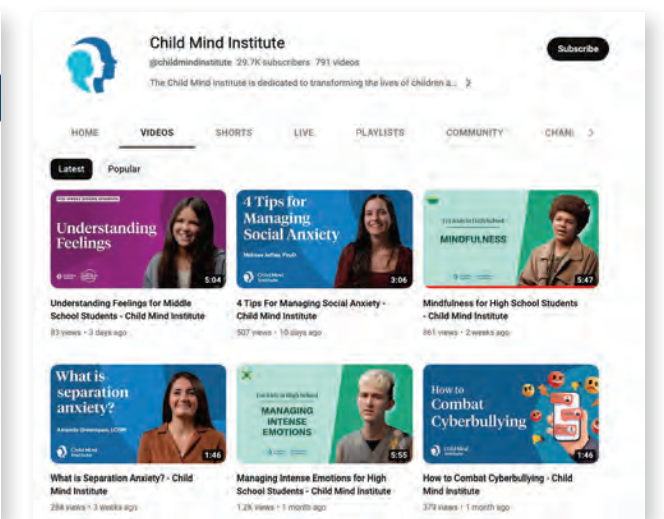
### childmind.org

The Family Resource Center at childmind.org, made possible by support from the Morgan Stanley Foundation, is committed to providing free resources tailored to diverse audiences and increasingly available in multiple languages. All educational content is transcoded in Spanish. In 2022, we welcomed more people than ever from more global locations. Some 13.9 million unique visitors, including 2.3 million Spanish-speaking users, accessed trusted information and advice from the Child Mind Institute’s clinical experts. More than 400,000 people used our Symptom Checker to better understand their child’s behaviors. Increasingly, childmind.org visitors are taking advantage of accessible new ways to engage with our content. More than 300,000 articles and guides were downloaded for use in 2022. Almost 40,000 people used our “Listen” feature to hear English audio versions of content; more than 9,000 Spanish-speaking users did the same for Spanish content.

### Social Media and Video

In 2022, the Child Mind Institute’s social channels grew rapidly as more families and young people sought out trusted content and supportive communities. Across our channels, our audience increased to 1.2 million. Impressions were up more than 50% and engagement increased more than 20%.

The Child Mind Institute began working with YouTube in 2022 to build authoritative youth mental health content on the platform. As a result, subscribers increased 50% on the Child Mind Institute’s YouTube page with total views increasing from 200,000 to 2.9 million between 2021 and 2022. This initiative has already resulted in over 30 new educational videos in English and 15 in Spanish.

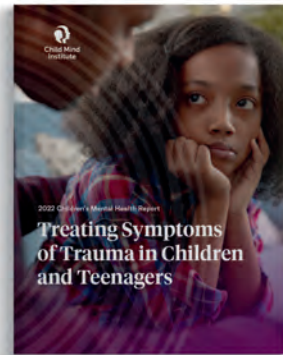




**Dare to Share**

In May 2022, during Mental Health Awareness Month, the Child Mind Institute launched *Dare to Share*, a public education campaign featuring personal stories about what we gain when we speak up about mental health struggles. We received powerful messages from an amazing group of celebrities

and public figures including U.S. Surgeon General Vivek H. Murthy, award-winning musician P!nk, and *Game of Thrones* star Maisie Williams. We also welcomed messages from kids across the country who courageously shared their own experiences with mental health challenges. The campaign was shared millions of times across social media and was featured on *Good Morning America* and *CBS Mornings*, and in *Women’s Health* and *Shape*, among other outlets.



**Children’s Mental Health Report: Trauma and Treatment**

Released for World Mental Health Day on October 10, the 2022 *Children’s Mental Health Report* explored the effects of trauma on kids and the most promising ways to treat it. We reviewed several topics including the multiple definitions of trauma, symptoms of traumatic stress in children and teens, and the evidence base for trauma treatment.

We also conducted and reported the results of a national survey of parents’ perspectives on trauma, the impacts of the coronavirus pandemic, and strategies families use to cope with these pressures. More than half of parents reported that either they, or both they and their children, have experienced trauma. Our 2022 Report was featured in a segment with Kate Snow on *NBC News Now*.

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Since 2020, Blue Shield of California has championed the public education work of the Child Mind Institute. Most recently, their support funded our 2022 *Children’s Mental Health Report*, which was covered by *NBC News* and other national media and downloaded more than 2,000 times. “Together with the Child Mind Institute, our BlueSky youth mental health initiative is raising awareness, reducing stigma, and improving access to high-quality mental health supports for California youth,” said Antoinette Mayer, Vice President, Corporate Citizenship at Blue Shield of California.

**Reaching Families in Their Communities**

In a further effort to increase access to critical information, we offered medical practices, schools, and mental health providers around the country a series of pamphlets covering the basics of anxiety, depression, and ADHD in kids. With the help of the Morgan Stanley Foundation, we’ve distributed over 10,000 pamphlets to organizations in 28 states and Puerto Rico. These resources are available for free in both English and Spanish. “Having these pamphlets out and available is so important,” said Richard Levine, MD, a pediatrician in Mount Vernon, WA. “Not just for the information they provide but by letting families know that it is okay to ask us for help.”



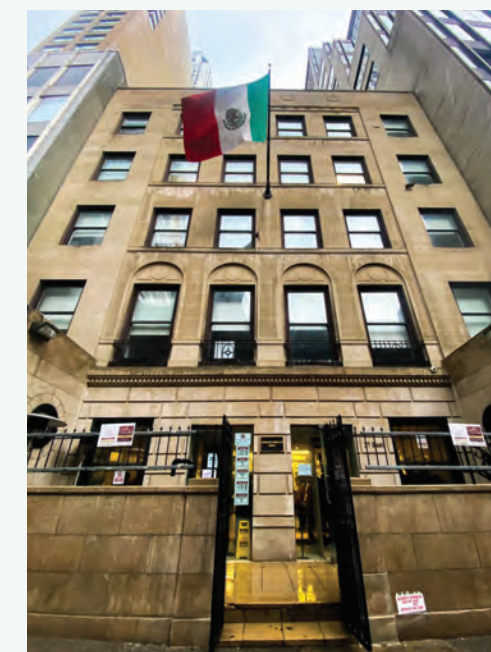
**Helping Children and Families in Ukraine**



To support children affected by the invasion of Ukraine and the resulting refugee crisis, the Child Mind Institute translated resources for mental health professionals in Eastern Europe into Ukrainian and Polish. These have been shared globally by the United Nations High Council on Refugees and the U.S. State Department. They include:

- Child and Adolescent Trauma Screen (CATS) for clinicians
- *Guide to Helping Children Cope After a Traumatic Event*
- Pediatric Screener app to help clinicians identify children in need of specialized care

**SPOTLIGHT: MEXICAN CONSULATE IN NEW YORK CITY**



For years, the Child Mind Institute has worked with the Mexican Consulate to provide information to the Hispanic community in New York and the surrounding area. In 2022, we collaborated with the Consulate to bring mental health information to an underserved group: Latin American immigrants who speak native languages other than Spanish. Together, we translated resources into Tlapaneco, Nahuatl, Mixtec, and Zapotec, and distributed them via email and social media, as well as at in-person educational events at hospitals and community-based organizations. The Consulate provided this feedback:

*“¡Les queremos agradecer de nueva cuenta por este gran esfuerzo con los materiales que amablemente tradujeron a lenguas originarias! ¡Han sido de gran utilidad para nuestra comunidad!”*

*“Thank you again for the materials that you kindly translated into native languages! They have been very useful for our community!”*



HELPING KIDS  
FEEL SAFE



Following the tragic May 24, 2022 shooting at Robb Elementary School in Uvalde, TX, Child Mind Institute experts provided insight and advice to parents and educators on how to speak with children about the tragedy and gun violence more generally. Pictured are Harold S. Koplewicz, MD, (center) and Jamie Howard, PhD, (right) with Hoda Kotb on TODAY.

In 2022, **34 Child Mind Institute** clinicians brought expert information to the public in over **100 interviews**.

# Media and Press

Child Mind Institute clinicians are committed to bringing understanding and expertise to public conversations about children’s mental health. In 2022, our psychologists, psychiatrists, and social workers educated audiences about when to be concerned about their children and how to access mental health care. We also helped families trying to support their children in the aftermath of tragedies like the mass shooting in Uvalde, TX.

### Featured Outlets

<b>50+</b> Broadcast Segments	<b>3000+</b> Press Hits
<b>1800+</b> Outlets	<b>30B</b> Media Impressions

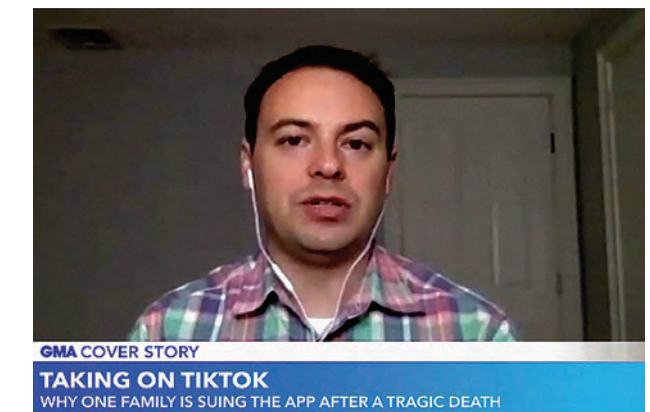


### CBS Mornings

In 2022, the Child Mind Institute worked closely with the *CBS Mornings* team to bring timely and helpful information from our clinicians to a wide audience. In August, Laura Phillips, PsyD, appeared to share tips on getting kids ready for back to school in a mentally healthy way.

In May, *CBS Mornings* featured five live segments with Jamie Howard, PhD, discussing different topics throughout the *Dare to Share* campaign including stigma, how parents can help children going through a mental health crisis, screening kids for anxiety, and how to find mental health care.

### New Challenges for Parents



Child Mind Institute clinicians are often called on to help parents navigate the new landscape of raising children, particularly around issues like screen time, social media, and internet safety. In July, Dave Anderson, PhD, shared his expertise with *GMA* viewers.

# School and Community Programs



Child Mind Institute School and Community Programs have engaged **more than 1.9 million students, parents, teachers, and school mental health professionals.**

## Events and Partnerships



### The Child Mind Institute at Big Apple Circus!

The Big Apple Circus donated 1,500 tickets for two performances in December to families at 25 School and Community Programs partner schools in New York City. Senior Director of Clinical Services, Caroline Mendel, PsyD, thanked Big Apple and participated in an event with Mayor Adams to kick off the Circus's charitable partnerships for the holidays.

The Child Mind Institute's School and Community Programs break down barriers by working with school districts and community partners to offer evidence-based mental health support for students and families. We provide mental health skill-building and direct clinical services for students, professional training for educators and school-based clinicians, and resources that support communities.

## Reach and Impact

Since 2012, the Child Mind Institute's School and Community Programs have engaged more than 1.9 million students, parents, teachers, and mental health professionals in more than 9,000 schools in the United States.

The Mental Health Skill-Building curriculum is one of our signature programs. Middle and high school students report statistically significant improvements in their ability to handle problems and stressors after the six-week curriculum and at one-month follow-up.

On average, teachers and school mental health professionals who receive training in our Mental Health Skill-Building curriculum score 99% on a content assessment, and 99% of participants report that they feel prepared to utilize our curriculum in their school.


### Guiding Values

 Fight the Stigma

 Follow the Evidence

 Build Sustained Collaboration

 Meet Kids Where They Are

 Practice Both Prevention and Intervention

The Child Mind Institute's School and Community Programs break down barriers to care with a suite of evidence-based services to prevent and treat student mental health disorders in school and community settings.

### SPOTLIGHT: A NOTE FROM THE 4TH GRADE



Our clinicians form deep bonds with the teachers and students they work with in schools. This card came from students and teachers at a New York City school where Erika Rooney, PsyD, provided our Mental Health Skill-Building curriculum.

## New School and Community Programs Leaders



### Safiya Addison, MBA, Director of Implementation and Outreach

Addison works to build sustained partnerships across the United States. She has over 15 years' experience increasing access to health resources through partnership-building with elected officials, community groups, schools, faith-based organizations, and business leaders. Previously, she has worked with Opportunities for a Better Tomorrow, the New York City Department of Health, and NewYork-Presbyterian Hospital.



### Demerris R. Brooks, EdD, Senior Director, San Francisco Bay Area

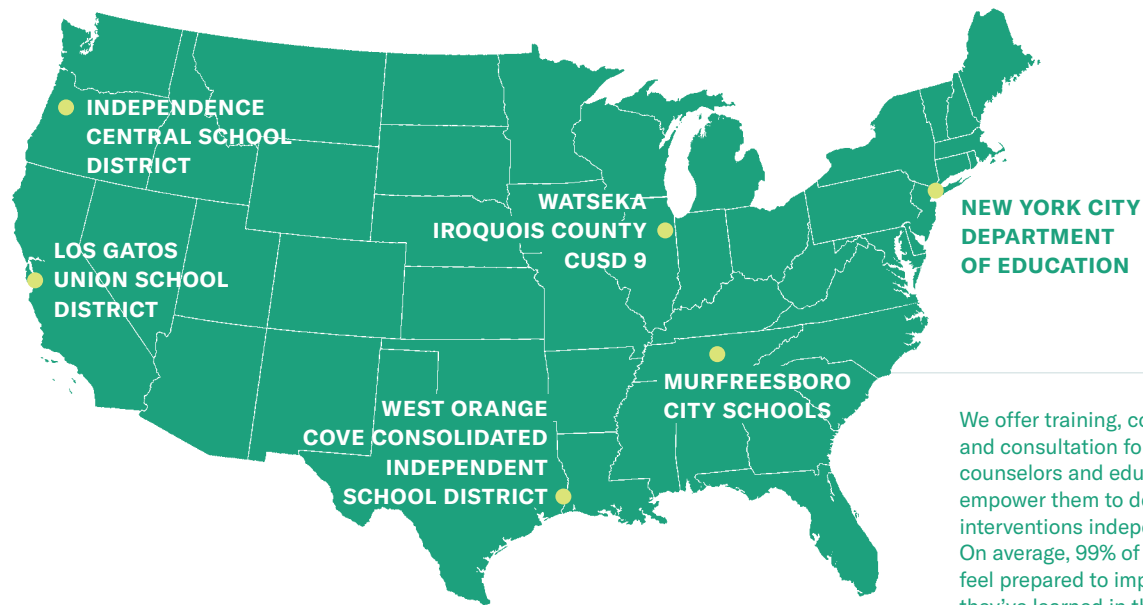
Brooks oversees California-based School and Community Programs teams delivering prevention services and clinical treatment to students in public and charter schools. She has consistently centered and championed educational equity in roles as a teacher and leader in the San Jose Unified School District, Aspire Public Schools in Oakland, San Jose State University, and the Santa Clara County Office of Education.



### LaKisha Hoffman, MSW, Senior Director, San Francisco Bay Area

Hoffman focuses on expanding the reach of the Child Mind Institute's direct service and professional training programs throughout the state of California. She has 20 years of experience in mental health and public education as a teacher, assistant principal, mental health director, and school social worker, including at Chicago Public Schools in Chicago, IL, and Caliber Public Schools in Richmond, CA.

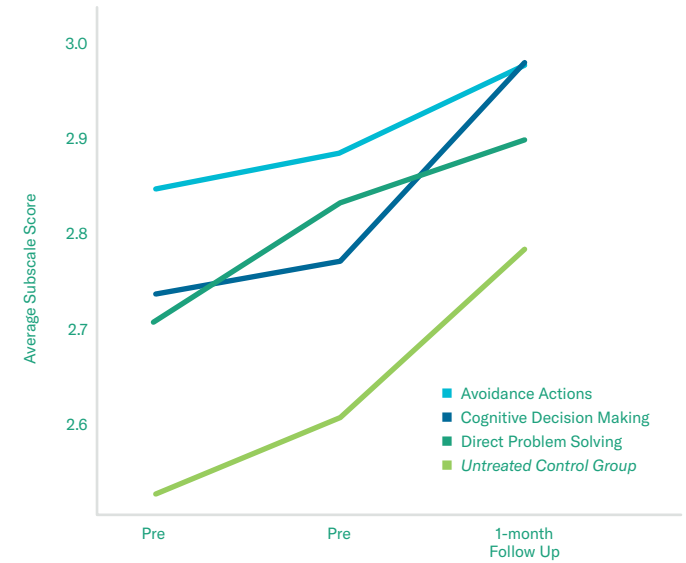
## School and Community Programs Professional Training Partnerships



We offer training, coaching, and consultation for school counselors and educators to empower them to deliver our interventions independently. On average, 99% of participants feel prepared to implement what they've learned in their school.

## Building Lasting, Evidence-Based Coping Skills

The School and Community Programs Mental Health Skill-Building (MHSB) curriculum has been implemented in hundreds of schools. A rigorous outcomes study of 600 students shows that the curriculum results in a significant and sustained impact across three domains of positive mental health skills: decision making, problem solving, and tolerating discomfort.



### SPOTLIGHT: SCHOOL IMPACT



Caroline Rostant, LCSW

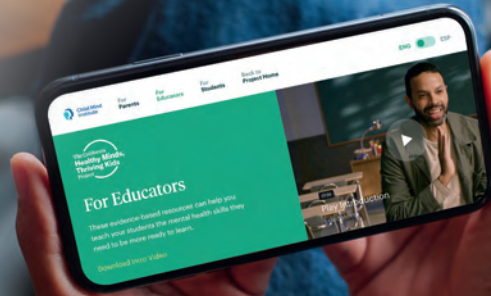
Caroline Rostant, LCSW, is a clinical social worker who has supported student mental health for more than 20 years. She currently works at PS 114 in the Bronx, New York. Since 2020, she has collaborated with Katie Peinoivich, LCSW, from the Child Mind Institute's School and Community Programs to train in and implement programs including the Mental Health Skill-Building curriculum and Trauma Treatment Groups.

"I've been doing trauma treatment for 15 years," says Ms. Rostant. "I meet with students who are in temporary housing, individually or in group, and I use what I've learned from the Child Mind Institute

— teaching students how to gauge their emotions, to feel how their bodies are reacting, and to practice using deep breathing or meditation to calm themselves."

Rostant supervises three social work interns who also train with Child Mind Institute clinicians. Siever O'Connor-Aoki, Lizbeth Loveraz, and Braulio Aguirre provide the Mental Health Skill-Building curriculum to 3rd, 4th, and 5th graders. "Time is going to show the impact of this work," Ms. Loveraz says. "It's going to really work out for them."

# The California Healthy Minds, Thriving Kids Project



*Healthy Minds, Thriving Kids* reached an estimated **1.7 million California students.**

The Child Mind Institute launched the *California Healthy Minds, Thriving Kids Project* in January 2022, funded by a \$25 million grant from the state of California. The Project comprises over 30 videos that teach five critically important preventive mental health skills in three age-appropriate versions. The series was developed from the ground up in English and Spanish and explores: Understanding Feelings, Relaxation Skills, Understanding Thoughts, Managing Intense Emotions, and Mindfulness.

## A Bold Vision

Working with Governor Gavin Newsom, First Partner Jennifer Siebel Newsom, and California Secretary of Health and Human Services Mark Ghaly, MD, MPH, we set a bold objective for the project: Make preventive mental health skills freely available to every student in the state of California.

## Rooted in Evidence

The *Healthy Minds, Thriving Kids* videos and accompanying Skill Sheets are based on the Mental Health Skill-Building curriculum developed by our School and Community Programs team. This curriculum is grounded in decades of clinical and research experience, and it's been road-tested through direct services to over 60,000 students, educators, and parents in over 600 schools.

## Building Awareness and Incentivizing Participation

A media plan that featured content from the video series reached over 80% of all California parents and educators. A direct incentive program encouraged engagement from California school districts and their educator communities. A content hub at [childmind.org/healthyminds](http://childmind.org/healthyminds) made all resources available for streaming or download.

## Project Reach

In just nine months, the *California Healthy Minds, Thriving Kids Project* exceeded all goals by achieving:

**366K+** California visitors to its content hub

**72K+** California educators registered

**8K+** California schools served

**100%** California school districts represented

**347K+** project videos streamed

**67K+** videos and Skill Sheets downloaded

## Impact Estimate

Over 1.7 million California children were reached during the grant period, with the numbers continuing to rise every day since.

## Educator Response

An independent research study validated the relevance, quality, and implementation of the project materials.

**86%** of educators rated our videos as either "Excellent" (50%) or "Good" (36%)

**84%** agreed the videos did a good job reflecting California's diversity

**76%** of educators exposed to the series planned to use the resources in their classrooms, and 19% reported already having done so within three weeks of exposure

**82%** of educators who used the resources reported that their students benefitted

## SPOTLIGHT: HEALTHY MINDS, THRIVING KIDS



**Christl Perkins**  
Resource Specialist Teacher  
McAteer High School, San Francisco

"I showed the videos to my Study Skills class and we discussed them. We all really appreciate the resources focusing on the social-emotional component of being a student and learning. We even did belly breaths and other mindfulness exercises. To this day, we continue to do mindfulness exercises in class."



# Child & Adolescent Mental Health Initiative



ΙΣΝ / SNF

The child and adolescent mental health crisis is a global problem. In Greece, barriers to care include unequal distribution of resources, a shortage of mental health professionals in the public sector, and limited research on the mental health needs of young people and families.

To address these challenges, the Stavros Niarchos Foundation Health Initiative partnered with the Child Mind Institute, the Hellenic Ministry of Health, and professionals working within the public sector in five different cities in Greece to launch the Child and Adolescent Mental Health Initiative (CAMHI).

The mission of this five-year program is to enhance child and adolescent mental health care capacity and strengthen the infrastructure for the prevention, assessment, and treatment of mental health struggles faced by children and adolescents across Greece.

### Goals

- Build a country-wide network connecting mental health providers
- Raise awareness and combat stigma
- Increase access to care
- Train parents, teachers, and professionals to better support young people
- Develop digital tools for care delivery

### Values

- Focus on children and adolescents
- Promote equity in care
- Integrate Greek and international expertise
- Follow the science
- Raise awareness and reduce stigma
- Listen to youth

### The CAMHI Road Map

Led by CAMHI director Giovanni Salum, MD, PhD, and Child Mind Institute Vice President of Strategic Initiatives Sarah Burke, the CAMHI follows an ambitious road map:

### Collaboration and Innovation

Collaboration between Greek, international, and Child Mind Institute experts is the cornerstone of the CAMHI. Together, we are creating unique and effective resources for the Greek landscape. The CAMHI follows an open science framework; all research protocols and data collected are made available to the entire community to encourage scientific study in the field of mental health care in Greece.

## How Does the Child Mind Institute Work Internationally?

The Stavros Niarchos Foundation’s visionary investment in the CAMHI allows us to embark on our first international program delivery. In this role, the Child Mind Institute acts as a catalyst: encouraging innovation to create tools and resources that are sensitive to the needs of the communities we serve. We will continue to refine this model with new domestic and international partners, sharing our knowledge of scientific and clinical research and collaborating on evidence-based training for families, educators, and health professionals.

### Landscape Analysis

To establish a foundation for the development and successful implementation of the CAMHI, we first performed a systematic review of more than 5,500 publications. We catalogued all mental health resources and facilities in Greece to support access and identify underserved areas of the country. We listened broadly to the community through 14 focus groups and a nationwide survey of almost 4,000 caregivers, children, mental health professionals, and teachers. And we produced a first-of-its-kind review summarizing law and policy in Greece and Europe pertaining to child mental health care.

### Website and Free Trainings

Inspired by childmind.org, we created **camhi.gr**: a free public education website, available in both English and Greek, that includes 100 evidence-based resources in accessible language for families, caregivers, educators, and adolescents. Our website also hosts a customized mental health literacy program designed to help school professionals build their knowledge of culturally relevant skills and interventions.

### SNF Global Center for Child and Adolescent Mental Health at the Child Mind Institute

In 2022, to build on the innovations of the CAMHI and extend global impact, we received a historic investment from the Stavros Niarchos Foundation to develop the SNF Global Center for Child and Adolescent Mental Health at the Child Mind Institute. In 2023, the team will initiate its first activities in Brazil and South Africa, working with local partners to design programs that enhance child and adolescent mental health by:

- Building country- and region-specific mental health needs assessments
- Culturally adapting resources, trainings, and treatment protocols
- Using technology to provide access to communities without mental health services
- Increasing translation efforts and adding global voices to our anti-stigma campaigns
- Creating fellowship programs in low- and middle-income countries
- Accelerating global collaboration on under-researched areas of child mental health

### SPOTLIGHT: COLLABORATION AND PARTNERSHIP



Aspasia Serdari, MD, PhD

Aspasia Serdari, MD, PhD, is Associate Professor of Child and Adolescent Psychiatry at the Democritus University of Thrace in Greece, and a CAMHI partner. “You can’t have health without mental health, especially when we’re talking about extremely vulnerable population groups like children and adolescents,” she says. “I have the pleasure and honor to be working with exceptional clinicians and researchers from the Child Mind Institute through the Stavros Niarchos Foundation’s initiative to create a framework for collaboration among colleagues throughout Greece and internationally.”

# Our Open Science Approach Accelerates Discovery

The Science and Engineering team at the Child Mind Institute is dedicated to transforming the lives of children with mental health and learning disorders through the power of scientific discovery. To address the growing crisis in children's mental health, our researchers work to guide interventions by building a rigorous understanding of the developing brain.

We are deeply committed to open science and data sharing and to diversifying participation in research and the neuroscience workforce. These values drive us to break down barriers between research silos and focus research communities on helping all children and their families.

Our team's effort to revolutionize brain science focused on five main areas in 2022:

- Global Open Science
- Applied Technologies
- Advancing Methods & Enhancing Reproducibility
- Fundamental Neuroscience
- Training Future Leaders

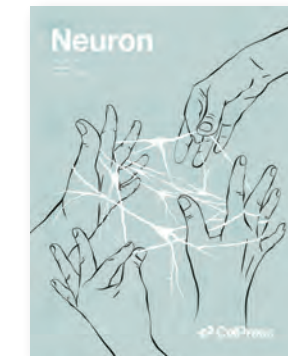
The Child Mind Institute's researchers and engineers are developing applied technologies, championing open science, and transforming the field of neuroimaging.

## Global Open Science

### Impact: An Open Science Revolution

The Child Mind Institute is a leading force in open science — the movement to make scientific data, tools, and knowledge accessible to all researchers. Many academic medical centers and research institutes restrict access to their data, but we openly share massive amounts of data that will speed the pace of discovery. This open science approach is increasingly required by the National Institutes of Health (NIH) and will support reproducibility and advance breakthroughs for the field. In 2022, a *Nature* paper titled “Brain charts for the human lifespan” demonstrated the impact of our leadership and commitment to open science. Drawing on more than 100,000 brain scans made available through data-sharing initiatives of the Child Mind Institute and others, the researchers provide a vision for creating “growth charts” for the brain, similar to the ones pediatricians use to monitor physical development in young people. They also demonstrated how they might be used to detect brain differences between young people with different mental health disorders.

### Brain Imaging of Our Nearest Relatives



A critical part of understanding how the human brain develops lies in understanding how its structure and function relate to those of our closest relatives, non-human primates (NHP). Michael P. Milham, MD, PhD, Child Mind Institute Vice President of Research,

has co-directed a global group of collaborators to form a new data-sharing network called the PRIMatE Data Resource Exchange (PRIME-DRE), with the goal of jump-starting collaboration and discovery in this field. In a high-profile 2022 publication in *Neuron*, one of neuroscience's top journals, Dr. Milham and his colleagues proposed a bold strategic plan for NHP imaging as an exemplar for collaborative science.

## Applied Technology

### Mobile Data Collection, Assessment, and Intervention

The Child Mind Institute, in collaboration with the Nathan Kline Institute and other collaborators worldwide, has been developing new tools for mobile data collection, assessment, and intervention. One of these is MindLogger, a behavioral health app-building platform developed by Arno Klein, PhD, director of the Child Mind Institute MATTER Lab. MindLogger was test-driven during the Scientific Research

Council's 2022 summer retreat. During the retreat, members participated in hands-on workshops to develop their own “applets” to drive digital assessment and interventions for mental health and learning disorders. This pioneering work in developing evidence-based tools to advance digital mental health is the basis of the Next Generation Digital Therapeutics for Child and Youth Behavioral Health program funded by the state of California.

## SPOTLIGHT: DONOR SUPPORT

## Oak Foundation

Oak Foundation commits its resources to address issues of global, social, and environmental concern, particularly those that have a major impact on the lives of the disadvantaged. Through its grant-making, the foundation supports others to make the world a safer, fairer, and more sustainable place to live. Oak Foundation has been helping the Child Mind Institute deliver care and resources since 2020. In 2022, the foundation made a bold \$2.4 million multiyear grant to support our Science and Public Education efforts at the intersection of mental health and learning differences. This work, which will continue for three years, will leverage the innovative research, clinical expertise, and storytelling assets of the Child Mind Institute. It will advance evaluation and treatment of children with learning differences and create more accessible educational resources.

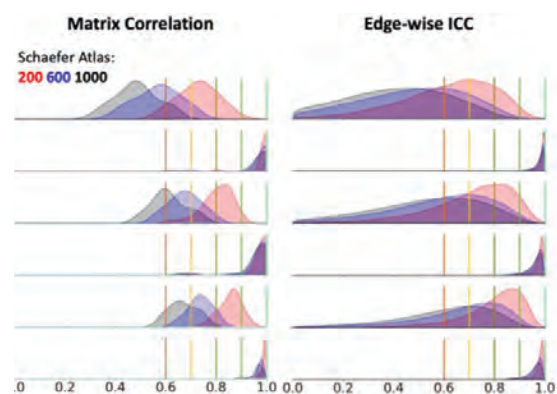
## Advancing Methods

## Building Tools to Make Neuroscience Reproducible

Child Mind Institute researchers are at the forefront of the reliability and reproducibility movement in neuroscience. One of the biggest technical challenges in both psychiatry and imaging neuroscience is the lack of reproducibility of data from different research centers or imaging machines. In 2022 we published a paper that draws attention to the “substantial impact that variations in the most basic processing steps can introduce” and calls on the imaging field to adopt standards to increase reproducibility so this technology can better contribute to our understanding of brain structure and function.

## A “Reliability Explorer” for Investigators Worldwide

“Reliability of measurement is a well-established prerequisite of individual difference research,” says Child Mind Institute research scientist Ting Xu, PhD. “However...many psychology and neuroscience studies have forged ahead without careful consideration of within-individual variation.” To aid researchers, Dr. Xu developed a web application for calculating reliability and for mapping individual variations of neuroimaging and behavioral data. Dr. Xu’s resulting “Reliability Explorer” (ReX) will be highlighted in the prestigious journal, *Nature Methods*, in summer 2023.



## NMIND

Child Mind Institute research scientist Gregory Kiar, PhD, is a member of the Executive Leadership team at NMIND, a grassroots collaborative dedicated to responding to the growing frustration about the lack of reproducibility and rampant redundancy in neuroimaging efforts. NMIND has brought together researchers from around the world to build a community to develop new standards in software development, nomenclature, and testing. A new publication by Dr. Kiar will come out later this year in *Nature Human Behavior*. The work of NMIND will ultimately harmonize advances in neuroscience and accelerate research progress across multiple sectors toward discoveries where neuroimaging can generate real-world benefits.

## Fundamental Neuroscience

## Autism Center

The Autism Center at the Child Mind Institute is an integrated research and clinical center using brain imaging and other approaches to understand the neurobiology of autism spectrum disorders (ASD). By detecting autism-related differences in brain connectivity that emerge in early childhood, Child Mind Institute researchers are working to identify objective biological markers. These can one day be used to improve early intervention efforts and the selection of treatments based on a deeper

understanding of the complexity of a child’s condition. Founding director Adriana Di Martino, MD, an internationally recognized leader in open science autism research, heads a group of scientists and clinicians who provide world-class clinical care and assessment to young people in our research studies, improving the outlook for kids with ASD. Dr. Di Martino also serves as Chair for the Child Psychopathology and Developmental Disabilities Study Section (CPDD) at the National Institutes of Health (NIH), reviewing grants that are critical to progress in child mental health research.

## Understanding Online Abuse

In 2022, Google User Safety provided \$450,000 in support of a research study by the Child Mind Institute on how minors experience abuse online and what gets in the way of reporting that abuse. The study includes an online survey of 1,000 prior Child

Mind Institute Healthy Brain Network participants aged 9–15; an additional 100 children completed in-depth qualitative interviews. The study promises to provide actionable insights that can help to shape the future of online protections for youth.

## SPOTLIGHT: MENTAL HEALTH AND PUBLIC HEALTH

The Child Mind Institute is pursuing survey work in marginalized populations in the United States and around the globe to better understand mental health impacts of events like the coronavirus pandemic and “excessive” internet use. This work can make the application of scientific knowledge impactful at a population level, and drive awareness, education, and policy to change the future.

- **Autism and the Pandemic:** Child Mind Institute researchers working with international collaborators launched the Coronavirus Health and Impact Survey Initiative (CRISIS) Adapted For Autism and Related neurodevelopmental conditions (AFAR) study. This observational study of parent reports on 1,275 young people with autism is a snapshot of the impact of the pandemic on this population. The findings showed that, overall, only sleep problems significantly worsened between pre-pandemic and pandemic times. However, specific subgroups were impacted differently, demonstrating the necessity of individually assessing need in this population.
- **COVID Risk Mitigation:** There is growing evidence that mental health disorders may increase the risk of COVID-19 infection — but how? Child Mind Institute researchers set out to examine associations between COVID-19 risk-mitigation practices and specific mental health disorders among youth in the New York City metropolitan area. They found that some mental health disorders are actually tied to better COVID risk mitigation, while others are tied to poorer COVID safety.
- **Internet and Family Connectedness:** With funding from Morgan Stanley, Child Mind Institute researchers fielded a representative survey of 1,000 U.S. parents to understand how their own and their children’s internet use impacts family dynamics — and vice versa. Findings include that problematic internet use among parents was significantly associated with use in their children, and that negative parenting practices like inconsistent discipline and high levels of conflict or distrust between co-parents are associated with higher internet addiction test (IAT) scores among parents and children.

## On the Shoulders of Giants Scientific Symposium

*On the Shoulders of Giants* is the Child Mind Institute's annual celebration of scientific achievement in child and adolescent psychiatry, psychology, and developmental neuroscience. The 12<sup>th</sup> annual symposium was held on October 20, 2022, and celebrated the groundbreaking work of Margaret McCarthy, PhD, on the developmental origins of sex differences in the brain. Dr. McCarthy is the James and Carolyn Frenkil Dean's Professor, Chair for the Department of Pharmacology, and Director for the Program in Neuroscience (PIN) at the University of

Maryland School of Medicine and the winner of the 2022 Child Mind Institute Sarah Gund Prize for Research and Mentorship in Child Mental Health. Dr. McCarthy presented alongside two protégés, Drs. Jaclyn Schwarz and Brittany Osborne. Following the talks, Kathleen Merikangas, PhD, co-chair of the Child Mind Institute Scientific Research Council, led a panel discussion of sex differences in child and youth mental health disorders. The virtual event welcomed 2,400 attendees.



2022 *On the Shoulders of Giants* participants, from left to right: Margaret McCarthy, PhD, University of Maryland School of Medicine and Child Mind Institute 2022 Sarah Gund Distinguished Scientist; Brittany Osborne, PhD, Children's Hospital of Philadelphia; Jaclyn Schwarz, PhD, University of Delaware; Kathleen Merikangas, PhD (moderator), National Institute of Mental Health and Co-Chair, Child Mind Institute Scientific Research Council

## Training Future Leaders

### Rising Scientist Awards

The crisis in children's mental health takes many forms. Stigma. Barriers to care. Slow progress on the science we need to develop new treatments. Investing in the scientific leaders of tomorrow will accelerate discovery and transform children's lives. The *Rising Scientist Awards*, presented in partnership with Hunter College, are given annually

to outstanding high school students who show exceptional promise in research areas related to mental health. We encourage nominations for high school students from groups that have faced historical barriers. We are committed to advancing science that represents all by recognizing and supporting the achievements of those from diverse backgrounds.



Hannah Cho, North Hollywood High School, Los Angeles, CA



Noemie Durand, BASIS DC, Washington, DC



Ty Gelman, John F. Kennedy High School, Bellmore, NY



Lina Iyer, Novi High School, Novi, MI



Amith Vasantha, BASIS Independent Silicon Valley, San Jose, CA



Cynthia Martin, PsyD, provides evidence-based treatment to a patient who participates in the Autism Center's longitudinal study on brain and behavioral changes of children with autism spectrum disorder over the first five years of life.

## Awarded: Marco Pagani, PhD



Marco Pagani, PhD, a Marie Curie Global Research Fellow at the Child Mind Institute's Autism Center and member of the Gozzi Lab at the Italian Institute of Technology, was awarded the 2022 Trentino Research Award for his work

on subtyping autism using a multidisciplinary approach to functional MRI. The Italian Province of Trentino gives this award to researchers under 40 who have carried out research of high excellence and impact. About 100 projects were submitted and Dr. Pagani's research won the gold medal for Life Science.

## SPOTLIGHT: JENNY AND NORA FIND A LIFELINE IN RESEARCH PARTICIPATION



Nora and Jenny

Jenny Mayer adopted her daughter, Nora, from a New York City group home at 18 months. Nora received an ADHD diagnosis at age four; by the time she was eight years old, she was refusing to go to school and had either quit or been asked to leave every program she tried outside of school because of behavioral issues. Jenny found the Child Mind Institute's Healthy Brain Network, which provides no-cost mental health evaluations to thousands of children who contribute to an open science dataset for biomarker discovery. "It would have taken me a couple of years and a dozen professionals to know the same things I got from the Healthy Brain Network in one report," Jenny says. "The Healthy Brain Network report helps you to understand your child and it helps the school teach them better." Today, Nora is in 7th grade and doing well. "I'm not sure where we would be today if we hadn't done the study," Jenny says. "It was very, very important to our family."



# Our Supporters Sustain the Mission

Our work is made possible by a community of individuals, foundations, corporations, and government entities who share our commitment to equitably pursuing the future our children deserve. We extend our deep and sincere gratitude to all our supporters.

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DONOR SPOTLIGHT

## MacKenzie Scott

In March 2022, the Child Mind Institute received the largest individual donation in our history: an unrestricted, \$20 million gift from philanthropist, mom, writer, and advocate MacKenzie Scott. Scott announced the gift as part of a round of giving designed to promote equity by supporting the needs of underrepresented people from diverse groups. This gift comes at a pivotal moment in the national and global conversation on child and adolescent mental health and speaks to the urgent need for evidence-based care, public education resources, and continued scientific exploration. These funds have been put in a reserve fund to support fundamental infrastructure needs and help the Child Mind Institute provide more services to more families in perpetuity. Scott's gift is a tremendous vote of confidence and a testament to the significance of the Child Mind Institute's work.

DONOR SPOTLIGHT

## Carrie and Greg Penner

In 2022, the Child Mind Institute received a transformative gift from Carrie and Greg Penner that will support our work in child and adolescent mental health and learning. Carrie Walton Penner is a K-12 education advocate focused on improving access to high-quality schools for every child, particularly those in low-income communities. Greg Penner is chairman of Walmart's board of directors. Together, they run the Penner Family Foundation, which offers broad support to educational organizations around the U.S.

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| Gabrielle and Harold Carlson             | The Ronald & Joan David Foundation, Inc.   |
| Alexandra Prodaniuk Carpenter            | Bentley de Beyer / Goldman Sachs Gives   |
| Linda and Arthur Carter                  | Deanfox Foundation, Inc.   |
| Belle and Wences Casares                 | Jeff deGraaf   |
| CCS Fundraising                          | Mylan Denerstein   |
| Rebecca Cenni-Leventhal                  | Dr. Vivian Diller and Dr. John W. Jacobs   |
| Jeffrey Chapman                          | James Dinan and Elizabeth Miller   |
| Paul and Maria Chappelle                 | Jane Dunlevie  |
| Courtney Charney                         | Devon and Bijan Eghdami  |
| Brandi Chastain                          | Jessica Eisler   |
| Mei and Herald Chen                      | Itohowo Ekpoudom   |
| Ann and George Clairmont                 | Carson and Helmut Eltoukhy   |
| Pam and Chris Cloud                      | Jenna and Daniel Elustondo   |
| Suzanne and Bob Cochran                  | Samantha Ettus and Mitch Jacobs  |
| Ellen and Peter Cohen                    | Deborah and John Evangelakos   |
| Jay and Jane Cohen                       | Eye to Eye   |
| Stephanie E. Cohen / Goldman Sachs Gives | Marcy and Arthur Falcone   |
| Helene Comfort                           | Jamie Fanelli  |
| Compass (San Francisco Peninsula)        |  |
| Cone Denim                               |  |
| Roberta and Michael L. Cook              |  |



## 2022 Child Advocacy Award Dinner

The 2022 Child Mind Institute benefit in November honored author, podcaster, publisher, CEO, and mother of four Zibby Owens and raised an incredible \$7.2 million. Through her leadership on the Child Mind Institute board, Zibby has been instrumental in advancing our mission to transform the lives of children struggling with mental health and learning disorders. The event was a celebration of the young people and families we serve — and of the committed staff and community partners who do the work. Our brave speaker, Ava Auty, shared her experience with a social skills intervention for autism. A powerful video brought life to the three pillars of our work: Care, Education, and Science. Thank you to our extraordinary Child Advocacy Award honoree, Zibby Owens, and to our host, George Stephanopoulos.



Clockwise from above left: Zibby Owens, Kyle Owens, and Ellen Katz; honoree Zibby Owens with Stephen A. Schwarzman and the Child Advocacy Award; auctioneer Lydia Fenet and Huma Abedin; Harold S. Koplewicz, MD, with host George Stephanopoulos.



## Inaugural Golf Tournament

The Child Mind Institute hosted its first charity golf tournament at Sharon Heights Golf and Country Club in Menlo Park, CA, to raise crucial funds to address the national youth mental health crisis. Former and current professional athletes from the NFL, MLB, PGA, and LPGA stepped up to highlight the importance of mental health supports for Bay Area children and help advance the Child Mind Institute’s mission of transforming the lives of children and families struggling with mental health and learning disorders. Guests included former San Francisco 49ers Steve Young, Ronnie Lott, Jerry Rice, and Harris Barton; retired MLB players Barry Bonds and Vince Coleman; PGA champions Mike Weir and Rod Pampling; retired LPGA golfer Kathryn Imrie; and Olympic Gold Medalist and FIFA Women’s World Cup champion Brandi Chastain. Steve Young spoke movingly about his personal struggles with anxiety as a child and as a pro athlete and encouraged the crowd to “take the shame out of talking about our mental health and help our children.” News anchor Raj Mathai was the MC and auctioneer for the event, which was covered in *The Athletic* and on *NBC Bay Area*.



Top: Harold S. Koplewicz, MD (center) with honored guests; Above left: Steve Young. Above right: Raj Mathai and David Kelsey.

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|---|---|
| Jacob Faustino                                | Shoshanna Gruss                               |
| Harvey Firestone Jr. Foundation               | Marcella Guarino                              |
| Stacy Fischer-Rosenthal and Richard Rosenthal | Mary Guzman                                   |
| Bridget Foley and Grainne Belluomo            | Benjamin Hale                                 |
| Forever Young Foundation                      | Hanky Panky                                   |
| Jeanette Friedman, LCSW                       | Ruth and Eric Harris                          |
| Friends Seminary                              | Thad Hayes and Adam Lippin                    |
| Meg Galletti                                  | Haynes-Roberts, Inc.                          |
| Kathryn O’Connor Gardner and John Gardner     | Healey Family Foundation                      |
| Kristen Garlinghouse                          | HealthCues Inc                                |
| Simon Garner                                  | Henick-Lane, Inc.                             |
| Dr. and Mrs. Roy Geronemus                    | Carin and Brian Hermann                       |
| Richard Gersten                               | Jill Hetherington                             |
| Lauren and Paul Ghaffari                      | Wilson and Charlotte Higgs                    |
| Tiffany and David Girouard                    | The Davis Hill Foundation Inc.                |
| Avi Gistrak                                   | Barbara and Les Hiscoe                        |
| Phoebe and Michael Gistrak                    | Shira and Jeffrey Hochberg                    |
| Elizabeth and Simon Gluck                     | Horizon Media                                 |
| Bari and Neil Goldmacher                      | Pamela and David Hornik                       |
| Goldman Sachs                                 | Jamie Howard, PhD                             |
| Goldman Sachs & Co. Matching Gift Program     | Judy and Lawrence Howard                      |
| Lisa Golia                                    | Richard Howarth                               |
| Alex S. Golten / Goldman Sachs Gives          | Robert and Susan R. Hurwitz Family Foundation |
| Cara Goodwin                                  | Caroline and Edward Hyman                     |
| Beth Gordon and Woody Heller                  | Institute for Professional Education, Inc.    |
| Wendy J. Gorman / Goldman Sachs Gives         | J.P. Morgan Private Bank                      |
| Charlie and Danika Gould                      | Jackson Square Partners Foundation            |
| Rachel Goulding                               | Erica and Billy Jacobs                        |
| Nancy Smith Green                             | William L. Jacob / Goldman Sachs Gives        |
| The Stewart & Constance Greenfield Foundation | Karen James                                   |
| Chris Greissing                               | Jason Family Foundation                       |
|   | Erica Jong and Kenneth Burrows                |
|   | Dr. Stephen C.                                |

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| Josephson, PhD   | Jonathan and Elizabeth Lewis         | Ron & Joyce Nelson Family Foundation        |
| Jennifer Kabaker   | Lionstone Foundation                 | Anthony Nelson                              |
| Michael Kaplan   | Liston Education Group               | Trish and Roger Neve                        |
| Jaishri and Vikas Kapoor   | Alex and Jennifer Loukedis           | Susan and John Nicholas                     |
| Mitchell Karasik   | Jodi and Holden Luntz                | Kara Nilsen                                 |
| Diane Karlin   | Joella and John Lykouretzos          | Brett O’Brien                               |
| Emily and Marshall Karp  | Barbara Lyne and Mel Immergut        | Arden O’Connor                              |
| Lauren and Adam Karp   | Theresa Deniega MacGown              | Hugh & Patricia O’Kane Family Foundation    |
| Jerome S. Karr   | John Mancuso                         | Kimberly and John O’Kane                    |
| Anton Katz   | Dennis Marshall                      | Jennifer Okin                               |
| Judy and Edward Keenan   | The McCance Foundation               | Susan and Stephen O’Neil                    |
| Laura and David Kleinhandler   | Jill and Tom McCleary                | Melinda and Rick Osterloh                   |
| Heather and Clint Kollar   | Ethna McGourty and Tim Haley         | Jean Otrakji                                |
| Kramer Levin   | Merryman Communications              | Robert A. Ouimette                          |
| Ariel and Josh Kramer  | Jacob Michaud                        | Overbrook Foundation                        |
| Damian and Sharon Krause   | Caroline Miller and Eric Himmel      | William Pace                                |
| Eric Kriebel   | Paul Mitrani, MD, PhD                | Brigitte Palihapitiya-Lau                   |
| John Kriewall  | Steven Moffitt / Goldman Sachs Gives | Rod Pampling                                |
| Elizabeth and Dr. Ronald Krinick   | Momentive                            | PandA Foundation                            |
| Isabelle Krishana  | Ricardo Mora / Goldman Sachs Gives   | Park Strategies, LLC                        |
| Nakul Krishnaswamy and Piyal Kothara   | Penny and Nick Morris                | Partnership for After School Education      |
| Harvanit Kumar   | Moxie and Grace                      | Pascucci Family Foundation                  |
| Linda Landis   | Adrienne Mulligan                    | Kristina Gavello Petit and Rich Petit       |
| Mary Landy   | Rona and Michael Muntner             | Mary and Gary Pinkus                        |
| The Lang Schools   | Alex Murray                          | Pofahl Family                               |
| Francesca Lanpher  | Tracey Myers-Preston                 | Ann and Peter Pollack                       |
| Laura and Roger Lavan  | Devon Nagelberg and Guru Gowrappan   | The Present Family Foundation, Inc.         |
| Deborah and David Lawrence   | Renu Nanda                           | Tina and Steven Price Charitable Foundation |
| Emily Hua Lee  | Natera                               | Daniel and Joelle Pristin                   |
| Legere Family Foundation   | Stephen Neff                         | Lisa and Jon Pruzan Family Trust            |
| Nick Levene Memorial Charitable Fund of the Dallas Jewish Community Foundation |                                      | James Quarles                               |
| Sarah and Brian Levin  |                                      | The R&M Foundation                          |
| Rachael and Marshall Levine  |                                      | Susan Raanan and Robert Fleischer           |
| Wendy Levine-Mechanic and Jonathan Mechanic                                    |                                      |   |

## Corporate Partners

The following corporations supported the Child Mind Institute through significant financial or in-kind donations in 2022. We are incredibly grateful for their support and for drawing attention to children’s mental health and our work in the field.



DONOR SPOTLIGHT

## Alice Lewin



Alice Lewin is 14 and lives on the Upper West Side of Manhattan in New York City. She enjoys baking, spending time with family and friends, playing sports, and volunteering with special needs kids through the Jewish Community Center. Alice learned about the Child Mind Institute when she became a patient in 2021. “They helped me become myself again,” she says. When Alice’s bat mitzvah came around in 2022, her parents suggested she do a mitzvah project benefiting the Child Mind Institute. “Immediately I became excited about it,” she says. “The more I raised, the more happiness I felt at giving back.” Alice donated \$1,902 to help the Child Mind Institute continue delivering live-changing care to kids like her. It all fits with Alice’s generosity of spirit. “I know I’m so lucky to be able to get the help I need, and I know that there are so many people that don’t have the opportunities I have,” she says. “I was really proud to give and I hope it helps a bunch of people.”

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| The Rabbitt Whalen Family Foundation                 | Lisa Schultz                                     | Lucy and Phil Suarez                      |
| Betsy and Richard Rathe                              | Michael Schultz                                  | Carol and Jeffrey Sussman                 |
| Red Tabletop   | Schumacher Family Foundation                     | Sweet Lolli                               |
| Redis Labs   | Chris and Rob Schumacher                         | Haley Swindal and Jack Tantleff           |
| Reed Smith LLP                                       | Ava L Seave                                      | TAMU Sail                                 |
| Joanna Rees  | Sebonack Golf Club LLC                           | Judith and Irwin Tantleff                 |
| Joyce and Edward Reitler                             | Seidman Family Foundation                        | Kristina and Kurt Tenenbaum               |
| Robin and Jake Reynolds                              | The Sellner Family Charitable Fund               | Gabrielle and hilip Thomas                |
| Gina and Michael Ricciardi                           | Reema and Kamal Shah                             | Hillary and Brett Thomas                  |
| Kathleen Ries  | Nina and Andrew Shapiro                          | The Thornborrow Family                    |
| Louisa Ritter  | Monica Shatz                                     | Ramya Tiller                              |
| Jason Robbins  | Kori Shaw  | Jay Tobias                                |
| Liz Robbins and Doug Johnson                         | Shell Oil Company Foundation                     | Todd Ouida’s Children Foundation          |
| Mark Roberts Foundation                              | Jessica and Jeremy Shell                         | Ricky Tripodo                             |
| Robertson Foundation                                 | Elizabeth and David Sherman                      | Truce Watch Co.                           |
| Amy and Troy Rohrbaugh                               | Maureen Sherry and Steven Klinsky                | Danielle Tschirhart                       |
| Shira and Michael Ronen                              | Greg Silbert                                     | Susan and Richard Ulevitch                |
| Lyn M. Ross  | Jennifer and Jason Sills                         | Union County Golf Properties              |
| Royce Family Fund                                    | Michael Silver                                   | Urban Foundation Engineering LLC          |
| Kerry and Peter Rubinstein                           | Nikki Silver                                     | Sue Valeriote and Ken Goldman             |
| May and Samuel Rudin Family Foundation, Inc.         | The Irwin & Daryl Simon Foundation               | Vensure Employer Services                 |
| Cathy and Tom Ryan                                   | Ryan Simonetti                                   | Matthew P. Verrochi / Goldman Sachs Gives |
| Sarah Saint-Amand                                    | JoAnn and Dan Sirow                              | Anna and Eric Vishria                     |
| Julie and Nick Sakellariadis                         | Skidmore Owings & Merrill LLP                    | Stephanie and Gregg von Thaden            |
| Anthony Sanchez                                      | Michael Sklar                                    | Ali and John Walecka                      |
| The Harry A Katz & Mary Bryna Sanger Charitable Fund | Susan Kurz Snyder                                | Debbie and Roger Wallace                  |
| Robert Sarazen                                       | Stephanie and Lee Spiegel Family Charitable Fund | Mark Wan/Causeway                         |
| Dawn and Wayne Saunders                              | Lisa Sweeney                                     | Deni and Marc Warren                      |
| Sheila Saunders                                      | Stairway Fund                                    | Wasserman Grubin & Rogers                 |
| Jean Scheible  | Marilyn Staum-Garcy                              | Mike Weir                                 |
| Schenker Family Foundation                           | Dorilin and Cranford Stoudemire                  | Wells Fargo                               |
| Andrea and Philip Schlakman                          | Alec Strongin                                    |   |
| Sandie Schmaier                                      |  |   |

DONOR SPOTLIGHT

## Kenrose Kitchen Table Foundation

The Kenrose Kitchen Table Foundation has supported the Child Mind Institute since 2017. Jon P. Power, MA, MFT, has long been a champion for the Child Mind Institute’s work within the family foundation. As a child and family therapist, Jon came across the Child Mind Institute when he was looking for age-appropriate resources for an adolescent patient. His search led him to Project UROK, the Child Mind Institute’s youth-facing social media campaign. The resources were so helpful to Jon professionally that he approached the Child Mind Institute about supporting this work through the Kenrose Kitchen Table Foundation. Their gifts totaling \$510,000 have provided critical support to Project UROK and helped lay the groundwork for our vibrant school and community work in the San Francisco Bay Area and around the country.

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| Joshua Wesoky and Larissa Goldston            | Josephine Keating Woodward   |
| Miriam Wheeler / Goldman Sachs Gives          | Ginger and Geoff Worden  |
| Robyn Wheeler                                 | The Wright-Hager Foundation Inc.   |
| Ellen C. Wiesenthal                           | Hillary and Justin Wyatt   |
| John C. Williams                              | The Katherine and John Wynne Family Fund of the Hampton Roads Community Foundation |
| John Wing                                     | Kenneth L. Wyse  |
| Gary Wipfler                                  | Roy J Zuckerberg Family Foundation   |
| Leslie Witt                                   | Anonymous (10)   |
| Diane and Howard Wohl Family Foundation, Inc. |  |



## 2022 Bay Area Fall Luncheon

Our 2022 Fall Luncheon in Menlo Park brought 200 Child Mind Institute supporters together to learn about mindfulness from author Daniel J. Siegel, MD, and Child Mind Institute senior psychologist Andrea Pascarelli, PsyD, in a conversation moderated by Raj Mathai, *NBC Bay Area* anchor. These leading experts addressed some of the biggest questions parents face: When to step in, when to stand back, and why present parenting can help kids build resilience and grow into happier, more independent adults. Dr. Siegel is the *New York Times* bestselling author of *The Power of Showing Up* and a clinical professor of psychiatry at the UCLA School of Medicine. Dr. Pascarelli sees patients in the Anxiety Disorders Center at the Child Mind Institute’s San Francisco Bay Area clinical center in San Mateo.



Top: Raj Mathai, Harold S. Koplewicz, MD, Daniel J. Siegel, MD, and Andrea Pascarelli, PsyD. Above left: Raj Mathai, Dr. Siegel, and Dr. Pascarelli on stage. Above right: Karen Lott, Linnea Roberts, Dr. Koplewicz, Dr. Siegel, Megan Barton.

# Our Leaders Are Committed to Change

In 2022, the Child Mind Institute celebrated new leadership on our board. Devon Briger joined Joseph Healey as board Co-Chair, and Linnea Roberts has filled the Vice Chair role vacated by Devon. We are so thankful to Ram Sundaram, who remains on the board, for his service as Co-Chair.

## DONOR SPOTLIGHT

### Elizabeth and Michael Fascitelli



The Child Mind Institute owes a debt of gratitude to the contributions of two founding board members who have been indispensable to the organization and to the cause of child and adolescent mental health, Beth and Mike Fascitelli. The Fascitellis have been involved in children's mental health for 25 years, including on previous initiatives of Child Mind Institute founders Harold S. Koplewicz, MD, and Brooke Garber Neidich. Beth and Mike immediately responded with bold support when Harold and Brooke founded the Child Mind Institute in 2009. Mike secured its first home and has been instrumental in a search for the second; Beth has been involved with the Executive Committee. Together, they steered the young organization to financial stability and clarity of mission and vision. At the completion of a successful 2022, Beth stepped down from board service after 13 years and Mike continues to chair our Real Estate Committee. The Fascitellis

have three sons and have a deep commitment to helping other children. We thank them for their ongoing contributions to the Child Mind Institute's growth and impact.

## Board of Directors

Devon Briger  
*Co-Chair*

Joseph Healey  
*Co-Chair*

Linnea Roberts  
*Vice Chair*

Arthur G. Altschul Jr.

Megan Jones Bell

Gunjan Bhow

Lisa Domenico Brooke

Mark Dowley  
Elizabeth &  
Michael Fascitelli

Phyllis Green &  
Randolph Cōwen

Margaret Grieve

Jonathan Harris

Ellen & Howard Katz

Preethi Krishna &  
Ram Sundaram

Ram Sundaram

Christine &  
Richard Mack

Anne Welsh McNulty

Guy Metcalfe

Christina Minnis

Julie Minskoff

Brooke Garber Neidich,  
*Co-Founder*

Daniel Neidich

Zibby Owens

Debra G. Perelman,  
*Co-Founder*

Josh Resnick

Jane Rosenthal

Andy Saperstein

Jordan Schaps

Linda Schaps

David Shapiro

Ehren Stenzler

Emma Stone

## Scientific Research Council

### Co-Chairs

Catherine Lord, PhD  
University of California,  
Los Angeles

Kathleen Ries  
Merikangas, PhD  
National Institute  
of Mental Health

### Members

Judy Cameron, PhD  
University of Pittsburgh

Damien Fair, PhD  
University of Minnesota  
and Oregon Health and  
Science University

Rachel Klein, PhD  
New York University

Bennett Leventhal, MD  
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Daniel Pine, MD  
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Neal Ryan, MD  
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Nim Tottenham, PhD  
Columbia University

### Emeriti

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Columbia University

Joseph LeDoux, PhD  
New York University

Bruce McEwen, PhD †  
Rockefeller University

Regina Sullivan, PhD  
Nathan Kline Institute  
for Psychiatric Research

## West Coast Advisory Council

Stacy Denman  
*Co-Chair*

Kristin Noto  
*Co-Chair*

Megan & Harris Barton  
Cori Bates

Ashlie Beringer  
Devon Briger

Lisa Domenico Brooke  
Abby Durban

Liz Laffont  
Ronnie Lott

Andrea McTamane

Linnea Roberts  
Jennifer Sills

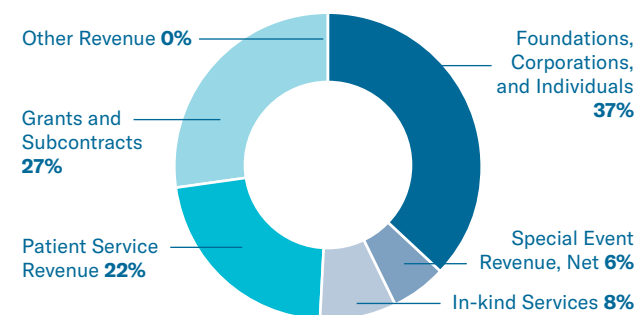
Christine Tanona  
Angelique Wilson

Board of Directors, Scientific Research Council and West Coast Advisory Council as of January 2022 to December 2022

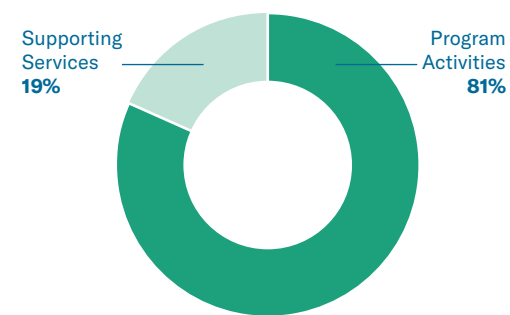
# Fiscal Year 2022

The Child Mind Institute continued to exhibit strong growth in fiscal year 2022, driven by bold individual investments and substantial new capacity-building projects in the United States and internationally. Our strong financial position gives us the opportunity to provide transformative field leadership while supporting the needs of more children, families, and professionals across the globe.

## Total Revenue \$98,593,814



## Total Expenses: \$82,955,162



## Statement of Financial Position

2022	Child Mind Institute, Inc.	Child Mind Medical Practice, PLLC	Child Mind Medical Practice, PC	Intercompany Eliminations	Combined Total
<b>Assets</b>	\$59,065	\$1,599	\$898	(2,947)	\$58,613
Liabilities	6,316	3,302	1,042	(2,947)	7,712
Net Assets	52,749	(1,703)	(144)	—	50,901
<b>Total Liabilities and Net Assets</b>	\$59,065	\$1,599	\$898	(2,947)	\$58,613

## Statement of Activities

2022	Child Mind Institute, Inc.	Child Mind Medical Practice, PLLC	Child Mind Medical Practice, PC	Intercompany Eliminations	Combined Total
<b>REVENUE</b>					
Foundations, Corporations, and Individuals	36,302	—	—	—	36,302
Special Event Revenue	6,411	—	—	—	6,411
In-Kind Services	7,679	—	—	—	7,679
Patient Service Revenue	—	19,732	2,461	(357)	21,836
Grants and Subcontracts	22,753	3,592	502	(335)	26,512
Other Revenue	3,390	970	3,112	(7,620)	(148)
<b>Total Revenue</b>	\$76,535	\$24,294	\$6,075	(8,311)	\$98,593
<b>EXPENSES</b>					
Program Activities	50,130	18,350	2,261	(3,742)	66,999
Supporting Services	10,790	5,901	3,834	(4,570)	15,956
<b>Total Expenses</b>	\$60,920	\$24,251	\$6,096	(8,311)	\$82,955
<b>Change in Net Assets/ Operating Income</b>	<b>15,616</b>	<b>43</b>	<b>(21)</b>	<b>0</b>	<b>15,638</b>
Gain on forgiveness of debt	1,825	—	—	—	1,825
Gain/(loss) on lease exit activity	(408)	112	—	—	(297)
Income Tax credit/(expense)	—	—	(1)	—	(1)
<b>Change in Net Assets/ Net Income</b>	<b>\$17,032</b>	<b>\$155</b>	<b>(22)</b>	<b>—</b>	<b>\$17,165</b>

Child Mind Institute, Inc., Child Mind Medical Practice, PLLC, and Child Mind Medical Practice, PC were audited for the fiscal year ending September 30, 2022 by EisnerAmper LLP. (\$,000)

# Creating the Future Our Children Deserve

Looking back on 2022, we see a year of contradictions. We emerged from lockdown to see each other's faces again. We reconnected. And yet, if anything, the children's mental health crisis only deepened.

The impact of the pandemic on children's mental health and learning will linger for years to come. Stressors continue to multiply, from social media and political polarization to economic insecurity and climate change. There has never been a more urgent time to come together in support of a better future for our children's mental health.

At the end of 2022, the state of California made its second multimillion-dollar investment in the Child Mind Institute to address this crisis. We are now hard at work using this grant to create programs and resources that will benefit every child in California, across the country, and around the world. Specifically, we are pursuing three bold new directions:

## Workforce Development

In February 2023, we launched the *Youth Mental Health Academy* with a pilot program in Los Angeles. The Youth Mental Health Academy is an internship and mentoring program that will help cultivate the mental health leaders of tomorrow by identifying and supporting 2,500 highly motivated and culturally diverse high school students with an interest in child and adolescent mental health science, clinical care, or communication. Rising high school juniors and seniors will be recruited throughout the state of California with a focus on underserved populations,

including those who have experienced foster care, the juvenile justice system, homelessness, or poverty, and those from isolated and rural communities. Students will receive a stipend and participate in a core curriculum to learn about the brain and mental health. The *Youth Mental Health Academy* is designed by a diverse team of multidisciplinary experts and aims to move our field toward better representation and understanding of the populations who need our help.



## Preventive Education

As of May 2023, research and development are underway on the bilingual *Positive Parenting, Thriving Kids* video series, a follow-up to *Healthy Minds, Thriving Kids* that will provide empowering information and evidence-based strategies for handling some of the toughest challenges children, and their caregivers, face. Our teams in California and New York have undertaken an extensive discovery process to build a curriculum that hits on topics parents want — and need — to learn about. This research includes:

- An analysis of Google search patterns and traffic to the Family Resource Center on [childmind.org](http://childmind.org) to assess caregiver concerns
- In-depth interviews with 10 top Child Mind Institute clinical leaders to learn from their experience about what families need to know

- Focus groups with over 20 of the country's leading experts in educational interventions with emphasis on underserved communities
- A survey of 1,000 California caregivers which provides insight into their needs, and how those needs vary by ethnicity, income, and children's age

We have already had planning and concept development meetings with our production and promotion partners for this exciting and impactful new video resource. As with our other projects implemented in partnership with the state of California, these English and Spanish videos will also be available for free on [childmind.org](http://childmind.org), beginning in March of 2024.

## Digital Therapeutics

Also in early 2023, the Child Mind Institute began developing the *Next Generation Digital Therapeutics for Child and Youth Behavioral Health* (NGDT) program in collaboration with the California Department of Health Care Services. Technology is too often a source of harm in our children's lives; the goal of the NGDT program is to maximize the *positive* impact of technology on their well-being. The NGDT Program will develop and deploy next-generation digital tools to support clinicians, providing

accessible, remotely delivered child and adolescent behavioral therapeutics in the United States and through our expanding global programs. Augmented reality, virtual reality, and biometric technologies will be leveraged as a force for good on behalf of child mental health and learning. These tools will be assessed for safety, privacy, and effectiveness, and reviewed from the perspective of diversity, equity, and inclusivity to ensure they address the needs of all communities and cultures.

## Join Us

The Child Mind Institute's work is made possible by like-minded and passionate individuals who share our belief that all children deserve access to mental health care, resources, and support. Make a difference for kids and families by donating, shopping for a cause, or connecting with us online.

### Donate



[childmind.org/donate](https://childmind.org/donate)

The Child Mind Institute is meeting critical children's mental health needs with far-reaching, scalable care, education, and science programs. Scan the QR code to help transform young lives.

### Shop








[childmind.org/getinvolved/shop](https://childmind.org/getinvolved/shop)

Support children's mental health by shopping for gifts that give back. Scan the QR code to learn more.

### Connect

Follow, subscribe, and share our content to educate yourself and those around you on evidence-based approaches to children's mental health and learning disorders.

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## Child Mind Institute

The Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive. We've become the leading independent nonprofit in children's mental health by providing gold-standard evidence-based care, delivering educational resources to millions of families each year, training educators in underserved communities, and developing tomorrow's breakthrough treatments. Together, we truly can transform children's lives.

**Learn more at [childmind.org](https://childmind.org)**

New York City  
101 East 56th Street  
New York, NY 10022  
(212) 308-3118

San Francisco Bay Area  
2000 Alameda de las Pulgas, Suite 242  
San Mateo, CA 94403  
(650) 931-6565