Building a Mentally Healthy Nation For All
Where You Live, Learn, Work and Worship
# TABLE OF CONTENTS:

- Greetings from Chair of the Board/CEO & Medical Director 07
- 2019 Highlights 08
- Our Mission and Vision 09
- Programs That Recognize and Promote Mental Health 10
- Financials 44
- Our Donors - Corporate and Individual – That Make Our Work Possible 46
- Working Together as Advocates for Mental Health: Directors, Administration, Volunteers 52
Thank you for your support, which allowed us to achieve major milestones toward our vision of building a mentally healthy nation for all Americans. Your generous contributions supported American Psychiatric Association Foundation programs where you live, work, learn and worship.

The year 2020 marks the end of a year of celebrating APA’s founding and reflecting on what the past 175 years of American psychiatry has meant to patients and psychiatrists. We are proud of the legacy left by the APA founders and of the members who continue to make a truly positive impact on patients and families today.

The history of psychiatry is on full display in the Melvin Sabshin, M.D., Library & Archives, recently reestablished through the hard work of the Foundation at APA’s Washington D.C. headquarters. This first-class facility houses and displays rare books, papers and artifacts from our collection, sharing our history and knowledge with visitors, research scholars and APA members. The library also gives us an important and tactile link to our past.

As we look ahead to what the future holds for psychiatry, it is clear that achieving APAF’s vision is more important than ever. Persistent barriers to treatment and stigma still prevent more than half of those needing help with mental health issues and substance use disorders from receiving the care they need. The work of the APA and APAF makes a difference, and we are redoubling our efforts to increase awareness and expand access to treatment through our public education programs, fellowships and partnerships.

Thank you again for continuing to make our work possible.

Saul Levin, M.D., M.P.A., chair of the APA Foundation Board of Directors

Amy Porfiri, M.B.A., APAF Interim Executive Director, in the Melvin Sabshin, M.D., Library & Archives.

Saul Levin, M.D., M.P.A., FRCPE, FRCPsych
Chair of the APA Foundation Board of Directors

Amy Porfiri, M.B.A.
Interim Executive Director
The Year at a Glance

With thanks to our generous donors, corporate and foundation partners - more than $2 million was raised to support Foundation programs and initiatives. Thank you!

The Center for Workplace Mental Health introduced new and updated resources including: Collaborative Care and Mental Health Parity Infographics, a Workplace Mental Health Assessment, a podcast, and a series of webinars.

A new Typical or Troubled?® curriculum was launched in 10 pilot middle and high school sites and four universities in nine states. 111 certified instructors have been trained, including 37 APA/APAF Fellows.

More than 500 counties have now joined the Stepping Up Initiative to reduce the incarceration of people with mental health conditions in our nation’s jails. Via the Judges and Psychiatrists Leadership Initiative, more than 1,000 judges and over 1,700 professionals have been trained to date to advance conversations in courtrooms.

Our Mission and Vision

All of our initiatives focus on one vision: A mentally healthy nation for all.

As the charitable foundation of the American Psychiatric Association, our mission is to:

• Raise awareness and overcome barriers
• Invest in the future leaders of psychiatry
• Support research and training to improve mental health care
• Lead partnerships to address public challenges in mental health
OUR PROGRAMS & INITIATIVES

FELLOWSHIPS & AWARDS
Recognizing & supporting leaders in psychiatry

LIBRARY
Preserving the history of the American Psychiatric Association

FAITH
Mental Health & Faith
Community Partnership

RESEARCH
Early career training and program evaluation

SCHOOLS
Typical or Troubled® School Mental Health Education Program

WORKPLACE
The Center for Workplace Mental Health

JUSTICE/PUBLIC SAFETY
Stepping Up Initiative and the Judges and Psychiatrists Leadership Initiative (JPLI)
Our nation continues to experience ongoing challenges in early identification, early intervention and access to care. The need for change is greater than ever:

- 47.6 million Americans or nearly 1 in 5 adults live with a mental health condition (NIMH).
- Less than 50% of youth and adults with mental health conditions receive treatment (NIMH).
- 50% of lifetime cases of mental health conditions begin by age 14, 75% by age 24, yet there are long delays between the onset of symptoms and intervention (NIMH).
- Suicide rates are rising. It is now the 2nd leading cause of death for Americans under age 35, and claimed more than 47,000 lives in 2017, a 35-year high and growing public health crisis (NIMH, CDC).
- An estimated 2 million people with serious mental health conditions—almost three-quarters of whom also have substance use disorders—are incarcerated each year (BJS, US DOJ).
- Depression poses an annual economic burden of $210.5 billion with about half constituting indirect costs in lost productivity, about half in direct healthcare costs and a small percentage in suicide related costs.*

Workplace mental health is a high priority for employers across the country. The Center for Workplace Mental Health is capitalizing on this rapidly expanding market by developing and disseminating high impact multi-media tools and resources on the topics of greatest interest to employers.

“The Center has been a valuable resource to our organization and members, and an important partner in pursuing our mutual goal of creating and sustain mentally healthy workplaces in which employees are able to access the care they need to lead healthier and productive lives.”

-Candice Sherman, CEO, Northeast Business Group on Health
Improving Access to Mental Health & Substance Use Care

Employers recognize the importance of improving access to care based on the impact on the bottom line in healthcare costs, productivity, retention and performance. The Center, in collaboration with the APA’s Policy, Program and Partnerships team, is developing tools to inform employers in five key areas:

1. Ensuring Network Adequacy
2. Expanding the Collaborative Care Model
3. Improving Mental Health Parity Compliance
4. Advancing Measurement-based Care
5. Expanding Telepsychiatry

We continue to develop tools and resources for employers to end stigma, create a mentally healthy organizational culture and improve access to care.

New and Updated Resources

Infographics Series:
- Collaborative Care & Parity with four more to be released in 2020
- Measurement-based Care, Impact of Depression

Turnkey Resources & Initiatives:
- Right Direction: refresh and relaunch
- Depression Calculator: launched May 2018 used < 6,500 times
- Case studies, Mental Health Works Newsletter & Blogs

Multimedia Tools & Resources:
- Online Assessment: launched July 2019 used < 3,500 times
- Podcast and Webinar Series: launched October 2019
- Series of videos released in 2020
Manager Training - *Notice. Talk. Act. @ Work* is an easily transportable e-Learning manager training module for employers.
Strategic Partnerships

The Center formed multiple partnerships in 2019 in high priority areas.

Development of Online Mental Health Assessment: The Center partnered with One Mind at Work and Mental Health America to launch an online mental health assessment for employers in July 2019.
SCHOOL INITIATIVES

“Very positive and acknowledged input from all participants; made it a safe place to be honest and ask questions”
- Pilot Site Trainee

“Best professional development we’ve had in years”
- Pilot Site School Administrator

In 2018, a work group of parents, coaches, advisors, teachers and psychiatrists revised and reinvigorated the APAF’s *Typical or Troubled?* program, with special focus on motivational interviewing and engaging in difficult conversations.

The program is built around a simple premise:
- “NOTICE” - recognize early warning signs,
- “TALK” - having the conversations with students
- “ACT” - connect students that need it with support.

In 2019, we pilot-tested the newly redeveloped curriculum in
- 10 Middle and High Schools
- 4 Universities (College Edition)
- 7 States

We are also expanding our Notice. Talk. Act.™ approach to different target populations including a College Edition, a Parent Component, and an Elementary Version. We invite interested parties to reach out to see how you can support the creation of these new exciting programs.
We as judges can broaden our knowledge of behavioral health, gain valuable perspectives, and thus strengthen the impact of our work in this challenging area.”

- Justice Kathryn Zenoff, Appellate Judge, Illinois Second District Appellate Court
Stepping Up Initiative

Through a partnership with Council of State Governments and National Association of Counties, leading a national movement to reduce the incarceration of people with mental health conditions in our nation’s jails.

More than 500 Counties have passed a resolution to #StepUpTogether to address the overcriminalization of individuals with serious mental illness in their county jails.
“The Fellowship has allowed me to develop my career and gain expertise and mentorship in areas like advocacy, so critical in the current political climate. Please continue supporting the Fellows as we find our voices.”

Eric Rafia-Yuan, M.D., Resident Fellow

Our Fellowships provide specialized training within the field of psychiatry for residents, post-residency research fellows and early career psychiatrists.

All Fellows Reception held at APA’s DC Headquarters, September 2019.
FELLOWSHIPS, AWARDS AND GRANTS

2019 Fellowship Program Highlights

- 124 Fellows
- The APA/APAF Fellowship Program received 199 applications across seven Fellowships.*
- The incoming class of APA/APAF Fellows represent 42 medical institutions from 22 states and the District of Columbia.
- The APA/APAF celebrated its 45th year with the SAMHSA Minority Fellowship Program. From 1974-2018, the APA/APAF has funded 558 SAMHSA Fellows.
- The APA implemented new management systems to streamline the fellowship experience. This year, the team launched a new application portal and an online reimbursement system.

*The APA/APAF Fellowship Program includes:
- SAMHSA-funded Minority Fellowship Program
- SAMHSA-funded Substance Abuse Fellowship
- Diversity Leadership Fellowship
- Jeanne Spurlock Congressional Fellowship
- Public Psychiatry Fellowship
- APA/APAF Leadership Fellowship
- Child and Adolescent Psychiatry Fellowship
- Psychiatry Research Fellowship.

Helping Hands Grants
Grants for medical student-led programs supporting local community outreach and promoting mental health in under-served communities.

2019 Grantees

<table>
<thead>
<tr>
<th>University of California Davis School of Medicine</th>
<th>Southern Illinois University School of Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women Leading Healthy Change</td>
<td>Improv for Resilience &amp; Reintegration</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>University of Mississippi School of Medicine</th>
<th>University of South Dakota Sanford School of Medicine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural Addiction Education Project</td>
<td>Adolescent Substance Abuse Prevention (ASAP) Coalition</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>University of Virginia School of Medicine</th>
<th>Weill Cornell Medical College</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Advocates at the UVA-Haven Clinic</td>
<td>Weill Cornell Medicine</td>
</tr>
</tbody>
</table>
Awards for Advancing Minority Mental Health
Recognizing organizations supporting community outreach and research in minority populations.

2019 Awardees:
• Silence the Shame
• Mary’s Center’s School Based Mental Health Program
• La Clinica del Pueblo
• Hong Fook Mental Health Association
• CAFY Counseling & Family Center-LIP
• Asian Pacific Development Center’s Asian Elder Wellness Program
“It was a pleasure to work in the Melvin Sabshin, MD Library & Archives, which include the personal papers of key members of the APA, and are a vital resource for understanding the character and development of psychiatry in the United States.”

- Elizabeth Roberts-Pedersen, Australian Council Research Fellow, University of Newcastle, Australia

The Melvin Sabshin, M.D. Library & Archives is a historically significant collection of books, papers and artifacts documenting the history of psychiatry and the APA. Throughout 2019, the Melvin Sabshin, M.D. Library & Archives continued to see an increase in researcher visits, especially international scholars. We showcased two exhibits in the Rare Books Room, the first celebrating Solomon Carter Fuller, M.D. and Black History Month, and the second honoring the early history of women psychiatrists.

Sidney Dietz, son of APA Trailblazer, Johanna Clevenger, M.D.
In 2019, the Melvin Sabshin, M.D. Library & Archives provided historical images and content for APA’s 175th Anniversary timeline mural, “Eras of Psychiatry”, and APA trailblazer panels. Video “story booths” enabled members to self-record their experiences as a psychiatrist. In 2020, we will launch the new Library Resource site: legacy.psychiatry.org

ADOPT-A- BOOK
To adopt a book and help preserve psychiatry’s legacy, please visit apafdn.org/adoptabook
If you have historical books and artifacts related to psychiatry that you’d like to donate, please contact library@psych.org
Leveraging data to strengthen, inform and evaluate our public education programs

RESEARCH

APAF worked closely with the APA Division of Research to foster research and training in psychiatry. This work included diversifying the psychiatric research pipeline and expanding training programs for psychiatrists.

Research Colloquium
41 awardees from the US and Canada, and six international awardees from Brazil, Colombia, France, and Japan participated in a two-day event which provided the opportunity for mentees and mentors to discuss careers in research and academia.

26 Colloquium awardees attended the American College of Neuropsychopharmacology (ACNP) Research Mentorship Booster Session in December 2019 during the organization’s annual meeting.

Psychiatric Research Fellowship
Last year the APA/APAF Psychiatric Research Fellowship provided funding for two early research career psychiatrists to design and conduct a health services/policy-related research study.
Almost 800 members and supporters came together to celebrate at APA’s 175th Anniversary Gala in May at the APA Annual Meeting. This memorable event provided an opportunity for networking and fellowship, and featured delicious food representing many of San Francisco’s diverse neighborhoods.

With its elegant architectural adornments, ornate rotunda, and grand staircase, San Francisco City Hall served as the perfect venue for this occasion.

In addition to record ticket sales, the Gala garnered support from 25 generous sponsors. All proceeds support the Foundation’s vital mental health education and awareness initiatives. Many thanks to all who attended!
APA 175TH ANNIVERSARY GALA

Gala attendees enjoying the festivities.

San Francisco City Hall

David Fassler, M.D. with Saul Levin, M.D., M.P.A

Andrea Weiss, M.D. and Bruce Schwartz, M.D.
The Foundation uses the designated endowment reserves to fund programs such as fellowships, public education programs and the Melvin Sabshin, M.D. Library & Archives, causing expenditures to exceed revenue during most fiscal years.
Corporate Advisory Council

APAF’s corporate partners share our dedication to advance mental health care across the country. Our Corporate Advisory Council (CAC) is made up of 18 leading companies working to develop medicines, diagnostic tests and medical devices for persons living with mental illness. The Foundation hosts two CAC meetings per year where APA/APAF staff and leadership present the current year’s priorities, issues, programmatic milestones and strategic direction of each organization.

DONORS Corporate Advisory Council

Donors:

Corporate Advisory Council

Grand Patrons:

DONORS Corporate Advisory Council

Patrons:

Sustaining Members:
THANK YOU TO OUR DONORS

Our mission, focused on a mentally healthy nation for all, is made possible by the generous support of these 2019 corporate and institutional donors.

$250,000+
Janssen Pharmaceuticals, Inc.

$100,000 - $249,999
Otsuka America Pharmaceutical, Inc.
Takeda Pharmaceuticals America, Inc.

$50,000-$99,999
Alkermes, Inc.
Allergan
Lundbeck Pharmaceuticals LLC
Myriad Genetics

$25,000-$49,999
Acadia Pharmaceuticals
Avanir Pharmaceuticals, Inc.
Eisai Co., Ltd.
Neurocrine Biosciences, Inc.

$10,000-$24,999
Austen Riggs Center
Indivior PLC
Intra-Cellular Therapies, Inc.
Meadows Mental Health Policy
Neuronetics, Inc.
Pfizer Inc.
Sage Therapeutics
Sunovion Pharmaceuticals Inc.

$5,000-$9,999
Hartford Healthcare
McLean Hospital
Menninger Clinic
Newport Academy
New York Presbyterian
Pharmaceutical Media Inc.
Sheppard Pratt

$4,999 & below
BB&T
Cenveo Publishing Services
Gelman, Rosenberg and Freedman
John Hancock
Marquette Associates
Silver Hill Hospital
THANK YOU TO OUR DONORS

We are grateful to these individual and organizational donors for their support of our programs and initiatives in 2019.

$250,000+

The Howard & Bunny Wallach Fund

$175,000+

Henry Nasrallah, M.D. & Amelia Nasrallah, M.A.

$100,000

Ronald Valdiserri, M.D., M.P.H

$10,000+

Jeffrey Bennett, M.D.

Chris and Melody Malachowsky Foundation

Maureen O’Gara Hackett & the Hackett Family Foundation

Altha Stewart, M.D.

$5,000-$9,999

Rahn Kennedy Bailey, M.D.

Saul Levin, M.D., M.P.A., FRCP-E, FRCPsych

Gabrielle Shapiro, M.D.

Lee Yeow David Teo

$2,500-$4,999

Dilip Jeste, M.D.

Mental Health and Addiction Network

Paul O’Leary, M.D.

Steven Sharfstein, M.D., M.P.A.

Bal Sharma, M.D.

$1,000-$2,499

Alan Axelsson, M.D.

Robert Scott Benson, M.D.

Ronald Burd, M.D.

Colleen Coyle, J.D.

Gregory Dalack, M.D.

Yoshie & Michael Davison

Steven Daviss, M.D.

Sandra DeJong, M.D.

Anish Dube, M.D.

Lily Ellis

Dwight Evans, M.D.

Francisco Fernandez, M.D.

Don Fowls, M.D.

Jeffrey Geller, M.D.

Daniel Gillison, Jr.

Karinn Glover, M.D., M.P.H.

Tristan Gorrindo, M.D.

Brian Hart, M.D.

Abram Hostetter, M.D.

Patricia Janda, M.D.

Ledro Justice, M.D.

Louis Kraus, M.D.

Kristin Kroeber

Glenn Martin, M.D.

Louis and Helen Messer Charitable Foundation

Yiu Kee Warren Ng, M.D.

Craig Obey, J.D.

Russell Pet, M.D.

Edmond Hsin T. Pi, M.D.

Amy Porfiri, M.B.A.

Uyen-Khanh Quang-Dang, M.D., M.Sc.

Bruce Schwartz, M.D.

Justice Evelyn Stratton

Monica Taylor-Desir, M.D.

John Tumeh, M.D.

James West, M.D.

$500-$999

Jack Barchas, M.D.

Lynne Brody, M.D.

Kenneth Certa, M.D.

C. Deborah Cross, M.D.

Anita Everett, M.D.

Darcy Gruttadero, J.D.

Kit Hall, CFRE

David Keen, C.P.A.

Steve Koh, M.D.

Deane Manolis, M.D.

Denis Mee-Lee, M.D.

Theresa Miskimen, M.D.

Maureen Nash, M.D.

Cassandra Newkirk, M.D.

Grayson Norquist, M.D.

Marilou Patalinjug Tyner, M.D.

K-Lynn Paul, M.D.

Michael Schwartz, M.D.

Elliott Stein, M.D.

Richard F. Summers, M.D.

For a complete list of APA Foundation Donors, please visit apafdn.org/donate/honor-roll
Working Together as Advocates for Mental Health:

**APAF Board of Directors**

**Chair**
Saul Levin, M.D., M.P.A., FRCP-E, FRCPsych

**Secretary**
Owen Garrick, M.D., M.B.A.

**Treasurer**
Louis Kraus, M.D.

**Directors**
Lama Bazzi, M.D.
Dwight Evans, M.D.
Francisco Fernandez, M.D.
Karinn Glover, M.D., M.P.H.
Maureen O’Gara Hackett
Dilip Jeste, M.D.
Uyen-Khanh Quang-Dang, M.D., M.Sc.
Gabrielle Shapiro, M.D.
Steven Sharfstein, M.D., M.P.A.
Justice Evelyn Lundberg Stratton

**Ex-Officio**
Gregory Dalack, M.D. Treasurer, APA
Altha Stewart, M.D., Past President, APA
Jeffrey Geller, M.D., M.P.H., President-Elect, APA

**Foundation Team**

Amy Porfiri, M.B.A.,
Interim Executive Director

Camille A. Bryan, Ed.D.
Senior Program Manager, SAMHSA Minority Fellowship Program

Lilia Coffin
Operations Manager

Deena Gorland, MSLIS
Librarian & Archivist

Darcy Gruttadaro, J.D.,
Director, Center for Workplace Mental Health

Kit Hall, CFRE,
Director of Development

Lynsey Kennedy
Program Coordinator, SAMHSA Minority Fellowship Program

Patrick Odai-Afotey, M.S.
Program Manager, APA/APAF Fellowship Program

Brittany Raymond
Executive Assistant to the Executive Director

Christopher Seeley, M.S.W.,
Program Director, School & Justice Initiatives

Tanya Thabjan, M.P.P., P.M.P.
Program Manager, School & Justice Initiatives
Non-Profit Allied & Strategic Partners

• American Academy of Addiction Psychiatry (AAAP)
• American Association of Community Psychiatrists (AACP)
• American College of Neuropsychopharmacology (ACNP)
• Council of State Governments Justice Center (CSGJC)
• Employers Health
• Kennedy Forum
• Mental Health and Faith Community Partnership
• National Alliance on Mental Illness (NAMI)
• National Alliance of Healthcare Purchaser Coalitions
• National Association of Counties (NACo)
• National Institute on Drug Abuse (NIDA)
• One Mind Initiative
• School Social Work Association of America
• Society of Biological Psychiatry
• Substance Abuse and Mental Health Services Administration (SAMHSA)
• WETA
• WGBH

Advisory Council

The Center Advisory Council – appointed by the APAF Board of Directors – provides valuable strategic guidance and represents diverse range of expertise, experiences and perspectives.

- Alan Axelson, M.D.—Co-chair
  InterCare Psychiatric Services

- Laurel Pickering, M.P.H.—Co-chair
  WellDoc, Inc.

- Gaurava Agarwal, M.D.
  Northwestern University, Feinberg School of Medicine

- R. Scott Benson, M.D.
  Creekside Psychiatric Center

- Collier Case
  Sprint Nextel Corporation

- Larry Grab, MBA
  Beacon Health Options

- Henry Harbin, M.D.
  Healthcare Consultant

- Charles Lattarulo, Ph.D.
  American Express

- Paul Pendler, Psy.D.
  JPMorgan Chase & Co.

- Col. Steven Pflanz, M.D.
  U.S. Air Force, Retired

- John Tumeh, M.D.
  Foundation Psychiatry, PC

- Hyong Un, M.D.
  Aetna, Inc.

- Munachim Uyanwune, M.D., M.B.A.
  MIU Group Consulting
How do you show you care?

Contact us to get involved today.

AMERICAN PSYCHIATRIC ASSOCIATION FOUNDATION

800 Maine Avenue, S.W., Suite 900, Washington, D.C. 20024

apafdn.org | 202-559-3888