IMPACT REPORT

2020

Building a Mentally Healthy Nation For All.
Why Our Work Matters:

Our nation continues to experience a mental health crisis, with ongoing challenges in early identification, early intervention and access to care. The need for change is greater than ever – and only continues to grow:

» **46.6 million** Americans or nearly **1 in 5** adults live with a mental health condition (NIMH).

» Suicide rates are rising. It is now the second leading cause of death for Americans under the age of 35. Suicide claimed more than **47,000 lives** in 2017, a 35-year high and a growing public health crisis (NIMH, CDC). Youth depression is also rising at an alarming rate.

» 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.
Our Mission and Vision

As the nonprofit programming and educational arm of the American Psychiatric Association (APA), the American Psychiatric Association Foundation (APAF) complements the professional work of the APA through innovative outreach focused on eliminating stigma, raising awareness, and removing barriers to care – with a vision to create a mentally healthy nation for all.

Our community-based programs are designed to educate and empower. They work to remove barriers to mental health care, increase public awareness, and address the chronically unmet needs of underserved populations where we live, learn, work and worship.
The Center for Workplace Mental Health

The Center for Workplace Mental Health is nationally recognized as a leader in developing and disseminating high impact resources, programs, trainings, and tools for employers and key stakeholders to create mentally healthy workplaces and to support the mental health and well-being of employees and their families.

Rapid Response to the COVID-19 Pandemic and the Second Wave Mental Health Crisis

The Center produced two guides for employers and employees with practical steps to support mental health and well-being while working remotely. The guides have been viewed more than 240,000 times.

Notice. Talk. Act.* At Work Training

We soft launched Notice. Talk. Act.* At Work, an interactive e-learning mental health training module for leaders, people, managers and supervisors. This e-Learning module supports leaders to: NOTICE signs of potential mental health concerns, know how to TALK with a person they are concerned about, and how to ACT to connect a person with services and supports.

Even before The Center’s official launch of the training, 125 organizations had reached out to express interest in delivering the training in their workplaces. This offers The Center an exciting start to 2021 with plans to build on this success by creating industry-specific learning communities and new training modules based on input received from these communities.

New Virtual Town Hall Series Launched in 2020

The Center launched a new virtual town hall series, featuring nationally recognized experts discussing diverse mental health topics of interest to employers across multiple industry sectors, including: Mental Health, Organizational Culture and Compassion; Tactics to Enrich Your Workplace Mental Health Strategy; and Depression: A Clinical Perspective and the Impact on the Workplace.

You can watch these and other APAF Town Hall recorded sessions here.
MENTAL HEALTH PARITY
MAKING THE BUSINESS CASE

Treatment works for common conditions like depression, anxiety and opiate addiction. Access to timely and effective care impacts employer costs, retention, disability rates, performance and productivity.

Unlike coverage for other medical conditions, people experience barriers to full insurance coverage due to denials and medical management limits on mental health and substance use care.

Parity laws apply in two areas:

Quantitative Treatment Limits (QTLs):
- Co-payments and deductibles
- Annual or lifetime visits and hospital days allowed
- Maximum out-of-pocket limits

Non-Quantitative Treatment Limits (NQTLs):
- Preauthorization of treatment facilities, procedures, and prescription drugs
- Review of medical necessity
- Design of prescription drug formularies
- Standards for provider admission to health plan networks
- Reimbursement rates for providers
- Fail-first policies or step therapy protocols
- Written treatment plan requirements

Federal and state laws requiring that coverage offered for mental health and substance use conditions is no more restrictive than coverage for other medical conditions.

In general, health plans for employers with 51 or more employees, self-insured employers and third-party administrators, Federal Employee Health Benefit (FEHB) plan, state and local government health plans unless they “opt out.”

New and Updated Resources and Training
The Center produced a new infographics series:

» 5 Myths & Facts about Depression

» Understanding Depression

» Mental Health Parity: A Smart Investment with High ROI
School Initiatives

Notice. Talk. Act.* at School

This mental health professional development program trains educators and school personnel to understand and identify mental health concerns in middle, high school, and beginning in 2021, elementary and college students. Learn more about our middle and high school programs by visiting our 2020 briefing report here. The Notice. Talk. Act.* at School pilot implementation completed its 12-month assessment. Though the full 24-month study has been disrupted due to the pandemic, the school team continues to collect data which provide insights into the implementation, areas for improvement, and gaps in learning objectives.

New resources and educational guides were developed for educators, school personnel, parents, caregivers, and the general public.

» Notice. Talk. Act.* At School During Distance Learning
» Notice. Talk. Act.* At Home During COVID and Beyond
» Notice. Talk. Act.* At Home: Coping Skills for Parents and Caregivers
» What do Disruptive Behaviors Indicate? A conversation on the school-to-prison pipeline.

Justice Initiatives

New resources were developed to educate mental health clinicians on trauma, the impacts of the current juvenile justice system on youth, and the mental health of judges.

» Adverse Childhood Experiences (ACEs)
» Positive Childhood Experiences (PCEs)
» Trauma Informed Juvenile Justice Fact Sheet
» Notice. Talk. Act.* Justice

Stepping Up

The Stepping Up Initiative launched a national call to action for counties to publicly commit to goals that demonstrate reduced prevalence of mental illness in local justice systems. The initiative hosted two webinars relevant to current events: Connecting People with SMI to Care: Trends and Strategies and Addressing Justice System Inequalities Head-On.

Judges and Psychiatrists Leadership Initiative (JPLI)

JPLI aims to advance the conversation in courtrooms and with treatment providers to ensure that individuals with serious mental illness are met with care and not confinement.

Partners of the JPLI initiative, along with experts across the country published a white paper titled, "Just and Well: Refining Competency to Stand Trial", which includes consideration of COVID-19 and addresses increased conversations on systemic inequalities.
Fellowships

2020 APA/APAF Fellowship Program Highlights

» 90 new Fellows (the largest cohort ever) joined 70 continuing for a total of 160 APAF Fellows

» The 2020-2021 class represents 53 medical institutions from 23 states, the District of Columbia, and Canada

» 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 Leadership Fellowship
  • Child and Adolescent Psychiatry Fellowship
  • Edwin V. Valdiserri Correctional Public Psychiatry Fellowship

Research

APAF continued to work closely with the APA Division of Research to foster research training for early career psychiatrists and support evidence-based research. This work included:

» Utilizing the Division’s expertise in program evaluation and data analysis to further strengthen the evidence-based support of APAF programs and initiatives.

» Diversifying the pipeline of the psychiatric research workforce and expanding training programs for early career psychiatrists.

The 2020 Research Colloquium included 35 awardees from the US and Canada, and 7 international awardees from Argentina (1), Brazil (1), Japan (3), Mexico (1), and Nigeria (1). This intensive one-day event provided the opportunity for mentees and mentors to interact and featured presentations on topics such as work life balance, career trajectories for research and academia, mentorship, and grantsmanship, as well as small group breakout sessions where mentees presented on their research and discussed career goals with their mentors and peers.
Melvin Sabshin, M.D. Library & Archives

The library developed new galleries on the Legacy website recognizing minority and underrepresented psychiatrists (M/UR) and mental health advocates who were significant figures in the field of psychiatry.

Researchers

Although APA headquarters was closed in March, the library and archives continued to deliver high quality services and scholarly resources to the APA members and staff as well as external patrons.

“For my research on the history of autism, the Melvin Sabshin Archives have been a valuable resource. I have contacted the archives five times and within days I received digital copies of the letters I requested. By providing biographical information about Leo Kanner, they have helped me develop a new interpretation of his pioneering work on autism.”

- Frederik Boven, External PhD Candidate at the University of Groningen, The Netherlands

“Our visit to the American Psychiatric Association Foundation archives couldn't have been better! The librarian/archivist was friendly and extremely knowledgeable, providing us with stacks of boxes of well-organized files, along with a helpful guide to their contents, and a quiet room to go through them. For a journalist, there's nothing better than getting to spend time diving into primary sources like these, but the visit to this archive proved uniquely easy and fruitful and was invaluable to our reporting.”

- Chris Oke & Michelle Sheppard, Senior Producer from Canadian Broadcasting Company (CBC) Podcasts
Financial Report
2020 Revenue Sources

- Endowment (76%)
- Donations & Contributions (15%)
- Federal Grants (9%)

2020 Uses of Funds

- Fellowships & Awards (11%)
- Public Education (31%)
- Governance/Operations (30%)
- Physician Education/Research (10%)
- Fundraising (2%)

Corporate Supporters and Partners

- Acadia Pharmaceuticals
- Alkermes, Inc.
- AbbVie, Inc.
- Avanir Pharmaceuticals
- Axsome Therapeutics Inc.
- Eisai, Inc.
- Greenwich Biosciences
- Indivior, Inc.
- Intra-cellular Therapies, Inc.
- Janssen Pharmaceuticals, Inc.
- Lundbeck Pharmaceuticals LLC
- Myriad Neuroscience
- Neurocrine Biosciences, Inc.
- Otsuka America Pharmaceutical, Inc.
- Sage Therapeutics, Inc.
- Sunovion Pharmaceuticals, Inc.
- Supernus Pharmaceuticals, Inc.
- Takeda Pharmaceuticals U.S.A., Inc.

THANK YOU!

Our work is made possible by generous individuals, corporate and foundation partners like you. We are grateful for your support.

For more information or to make your 2021 gift, please visit apafdn.org or TEXT APAF2021 to #44321