IMPACT REPORT
2019

Building a Mentally Healthy Nation For All
Where You Live, Learn, Work & Worship
Building a Mentally Healthy Nation For All Where You Live, Learn, Work and Worship
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Saul Levin, M.D., M.P.A., chair of the APA Foundation Board of Directors with Amy Porfiri, M.B.A., APAF Interim Executive Director, in the Melvin Sabshin, M.D., Library & Archives.
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., FRCP-E, FRCPsych
Chair of the APA Foundation Board of Directors

Amy Porfiri, M.B.A.
Interim Executive Director
2019 HIGHLIGHTS

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.
This year’s class of incoming **Fellows** represents 42 medical institutions from 22 states and DC. Total fellows now number 124.

The **Melvin Sabshin, M.D. Library & Archives** provided historical research and content for the many ways that APA honored the 175th Anniversary, including through beautiful murals and historical sessions at APA’s Annual Meeting.

**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)
Less than 50% of youth & adults with mental health conditions receive treatment (NIMH).
Why Our Work Matters:

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.*

“The Center has been a valuable resource to our organization and members, and an important partner in pursuing our mutual goal of creating and sustaining 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
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.
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:
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 and more.

**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
Our Infographics Series

The Collaborative Care Model (CoCM)

A SMART INVESTMENT WITH HIGH ROI

MAKING THE BUSINESS CASE

Mental health conditions are common impacting 1 in 5 adults in the US. These conditions impact performance, productivity, retention and more.

Global rates of depression and anxiety are rising at a rate of 15 to 20% over the last decade.

Mental health conditions are costly, take depression, costing the US economy $210 billion annually.

Quality mental health treatment can be difficult to access.

When accessible and done right, mental health treatment works.

Yes, 1/2 of people with depression go untreated.

Many people start with their PCP and do not connect to effective care for multiple reasons:
- PCP inadequate knowledge and resources
- Shortage of mental health providers or long wait lists
- Inadequate mental health provider networks
- Stigma
- Lack of engagement in treatment

The CoCM delivers effective mental health care in primary care with a care team led by the primary care provider (PCP), and including a behavioral health care manager and consulting psychiatrist.

Making the Business Case

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Coming soon in 2020

Manager Training - Notice. Talk. Act. @ Work is an easily transportable e-Learning manager training module for employers.
Raising Visibility and Multi-Media Resource Development

Podcasts: The Center launched a new Podcast, Mental Health Works, in 2019. The Podcast tackles 3 major areas of focus for employers - (1) Raising Awareness and Ending Stigma; (2) Creating a Mentally Healthy Organizational Culture; and (3) Improving Access to Services and Supports.

Episodes include:

- Depression 9-to-5
- Employers Supporting Mental Illness Awareness Week
- The Collaborative Care Model and Improving Access to Care
- Tackling Stigma in the Construction Industry

Media: Media calls are on track to triple the number received in 2018. The Center is viewed by national media outlets as a reliable go-to source on innovative practices in workplace mental health.

In 2019, these national media outlets reached out to the Center for its expertise:
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.
Center for Workplace Mental Health

The Path Forward in Improving Access to Care

The Center is working collaboratively with the National Alliance of Healthcare Purchaser Coalitions, representing more than 40 Regional Business Coalitions across the country and the Meadows Mental Health Policy Institute, on The Path Forward, a 5-year initiative to engage employers, health plans and other key stakeholders to achieve major gains in improving access to care.
“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
Judges and Psychiatrists Leadership Initiative (JPLI)

Creating partnerships between Judges and Psychiatrists to divert people with mental health conditions toward effective services and support.

Over the past nine years, the Judges and Psychiatrists Leadership Initiative has been working to advance the knowledge of justice personnel and treatment providers to ensure that individuals with mental health conditions are met with care and not confinement.
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 Rafla-Yuan, M.D., Resident Fellow
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 Rafla-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.
FELLOWSHIPS, AWARDS AND GRANTS

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

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<td><strong>Southern Illinois University School of Medicine</strong></td>
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<td>Improv for Resilience &amp; Reintegration</td>
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<td><strong>University of California Davis School of Medicine</strong></td>
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<tr>
<td>Women Leading Healthy Change</td>
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<td><strong>University of Mississippi School of Medicine</strong></td>
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<td>Rural Addiction Education Project</td>
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<td><strong>University of Virginia School of Medicine</strong></td>
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<td>Community Advocates at the UVA-Haven Clinic</td>
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<tr>
<td><strong>University of South Dakota Sanford School of Medicine</strong></td>
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<tr>
<td>Adolescent Substance Abuse Prevention (ASAP) Coalition</td>
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<td><strong>Weill Cornell Medical College</strong></td>
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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

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.

Simone Dreux, undergraduate at Harvard University

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
Trailblazers of APA History
Bruno Lima, M.D.

175th APA Anniversary
Story Booth

Dr. Philip Muskin’s adopted book displayed in the stacks
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.
APA 175TH ANNIVERSARY GALA

A Benefit for the APA Foundation

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

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

Andrea Weiss, M.D. and Bruce Schwartz, M.D.

Gala attendees enjoying the festivities.

San Francisco City Hall
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.
FINANCIALLY SECURE, FISCALLY PRUDENT

Use of Funds
$7.7M

Public Education 33%
Fundraising 8%
Fellowships & Awards...
Physician Education & Research...
Governance & Operations 24%
Library & Archives 2%
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.

Foundation Patrons:

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- Supernus Pharmaceuticals
- Allergan
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- Janssen
- Neurocrine Biosciences
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\[ \text{Logos: Pfizer, NeuroStar Advanced Therapy, Intra-Cellular Therapies} \]

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.
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Myriad Genetics

$25,000-$49,999
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$10,000-$24,999
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Silver Hill Hospital
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We are grateful to these individual and organizational donors for their support of our programs and initiatives in 2019.

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The Howard & Bunny Wallach Fund

$175,000+
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$100,000
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For a complete list of APA Foundation Donors, please visit apafdn.org/donate/honor-roll
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• 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
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The Center Advisory Council - appointed by the APAF Board of Directors - provides valuable strategic guidance and represents diverse range of expertise, experiences and perspectives.

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