



IMPACT REPORT 2021

Building a Mentally
Healthy Nation For All.
Where You Live, Learn,
Work and Worship.

Introducing in 2022: **PLAY**

apafdn.org

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FOUNDATION



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APAF Child and Adolescent Fellow



Thank You

from our Board Chair & Executive Director

Despite considerable losses, high anxiety, and global unrest over the past two years of a prolonged pandemic season, the American Psychiatric Association Foundation (APAF), with the support of the Board of Directors, APA members, the administration, and community partners, has remained steadfast in its efforts to meet the uncertainties of this moment in time as a beacon of healing, help, and hope. Our work has never been more important. Mental health is at the forefront of national policy dialogue, media reports, and across the many communities we serve with a widespread and growing recognition that there is no health without mental health.

Because of generous individual and organizational donors like you, APAF is working to advance a Mentally Healthy Nation for all - where we live, learn, work, worship, and play. These initiatives include:

- **Burnout & Well-being of Frontline Healthcare Workers.** APAF received a new, multi-year grant from the Brave of Heart Fund that will fuel the APAF Center for Workplace Mental Health's efforts to help reduce burnout and promote the well-being of frontline healthcare workers.
- **Anti-Stigma efforts.** APAF recently joined the Mental Health Coalition and launched a podcast to grow the capability and capacity to combat stigma. To further the mission, APAF will expand the "where we worship" platform, and build out the "where we play" initiative in 2022.
- **Supporting Our Youth.** APAF continued to enlarge the geographic footprint of the Notice.Talk.Act.® *at School* program, which now has been delivered in 166 schools across 42 states, and which reached 21,500 students during 2021.

None of this heart work is possible without your time, leadership, and support.

With hope and gratitude,



Saul Levin, M.D., M.P.A.,
F.R.C.P.-E, FRCPsych
CEO and Medical
Director, APA
Chair of the Board, APAF



Rawle Andrews Jr., Esq.
Executive Director, APAF

The APAF Center for Workplace Mental Health

A Recognized Leader in Workplace Mental Health

The Center worked with corporations and consulting leaders at *Ford Motor Company*, *UBS Wealth Management*, *The Conference Board*, and *Deloitte* to tackle the issues of burnout, stress management, and the growing rates of anxiety and depression among employees in all industries.

As a go-to expert for major media outlets, Center staff engaged in more than 40 media interviews, and was quoted in the *Washington Post*, *Wall Street Journal*, and *ABC News*.



Notice.Talk.Act.® at Work

Creating a mentally healthy workplace is a business imperative. Our e-Learning module for leaders and people managers has been implemented across many different industry sectors including at:



New High Impact Resources and Training

The Center's three guides developed for employers during the pandemic have been viewed more than 310,000 times.

- » **Working Remotely During COVID-19: Your Mental Health and Well Being**
- » **A Top Priority: Employee Health and Well Being During and Beyond COVID-19**
- » **Returning to the Workplace: Supporting Employees through the Transition**



School Initiatives

Notice. Talk. Act.® at School

This professional development program trains educators and school personnel to understand and identify mental health concerns in K-12 and college students. Since its inception ten years ago, this program has been implemented in

- » 166 Municipalities
- » 42 States
- » Impacting more than 21,250 Students

The **Notice. Talk. Act.® at School** Program Grant was established to provide the training at no cost to schools with budget barriers. Grants were awarded to: Mt. Pleasant HS in Texas and Carlynton Jr/Sr HS in Pennsylvania and which impacted **6,000** students.

OARS Motivation Interviewing Resource Introduced

A resource summarizing the OARS motivational interviewing technique was produced for parents and caregivers to facilitate open conversations with their children.



Notice. Talk. Act.®

At School

Mentally Healthy Nation Podcast



Mentally Healthy Nation

was launched on World Mental Health Day to host critical conversations about mental health and to raise awareness and reduce stigma. Episodes include:

- » Mental Health & Burnout in Frontline Healthcare Workers
- » Dealing with Grief and Loss
- » Supporting School Staff's Mental Health
- » Trauma's Impact and What Communities Can Do

Let's Talk Mental Health WORKS

A micro-learning video series with leading experts was launched featuring topics of high importance to workplaces across industries, including:

- » **Returning to the Workplace**
- » **Innovations in Workplace Mental Health**
- » **The Role of Empathy in Creating a Caring Organizational Culture**

Justice Initiatives

Judges and Psychiatrists Leadership Initiative (JPLI)

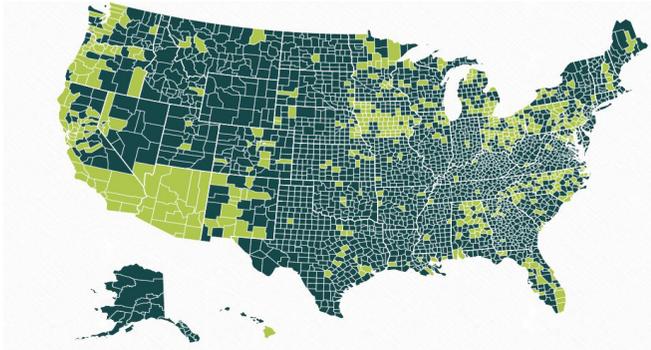
The inaugural JPLI Leadership Summit focused on competency to stand trial issues. The **Judge Stephen S. Goss Award** recognized Dr. Kristen Ochoa and retired Justice Evelyn Stratton for their extraordinary leadership in improving the lives of community members with mental illness.

The *Mental Health Professionals Guide to their Role in the Criminal Justice System* was released by APA Publishing.



Stepping Up

A national call to action for counties to publicly commit to goals to address and reduce the number of individuals with serious mental illness in jails and prisons. To date, 537 counties are actively Stepping Up.



Fellowships

2021 APA/APAF Fellowship Program Highlights

92 new Fellows (the largest cohort ever) joined 82 continuing Fellows for a total of 174, representing 86 medical institutions from 29 states, the District of Columbia, and Canada.



“Through the support of the APAF Psychiatric Research Fellowship, I have been able to pursue my passion for health disparities research, focusing on how to improve quality of life for people living with serious mental illness.”

Alison Hwang, M.D., 2020-2021, APA/APAF Psychiatric Research Fellow



“The APA/APAF Child and Adolescent Psychiatry Fellowship is an enriching opportunity to work with leaders in child and adolescent psychiatry, hone professional skills, advocate for mental health and much more. It’s an experience you wouldn’t want to miss!”

Faisal Kagadkar, M.D., 2021-2022, APA/APAF Child and Adolescent Psychiatry Fellowship



“The APA/APAF Leadership Fellowship offered me a unique opportunity to be part of a diverse community of remarkable peers dedicated to learning from each other and current leaders in psychiatry as we gain skills and form connections to make meaningful change.”

Joshua Wortzel, M.D., 2021-2022 APA/APAF Leadership Fellowship

Melvin Sabshin, M.D. Library & Archives



APAF was the presenting sponsor for CURED's outreach and engagement campaign, amplifying the reach and impact of the documentary which profiles the activism that led to the removal of homosexuality from APA's Diagnostic and Statistical Manual (DSM). The Melvin Sabshin, M.D. Library & Archives provided archival research and visual elements included in the film.

Oral History Project



The Library's oral history collection includes more than 140 interviews conducted between 1960-1990.

In 2021, APAF digitized thirty of the interviews, preserving the viewpoints and personal experiences of APA members and minority underrepresented groups.

Dr. Chester Pierce's interview from the 123rd APA Annual Meeting in 1970 brings attention to the discrimination faced by

Black APA psychiatrists and why they proposed a list of resolutions to the Board of Trustees at the 122nd APA Annual Meeting in 1969.

Research

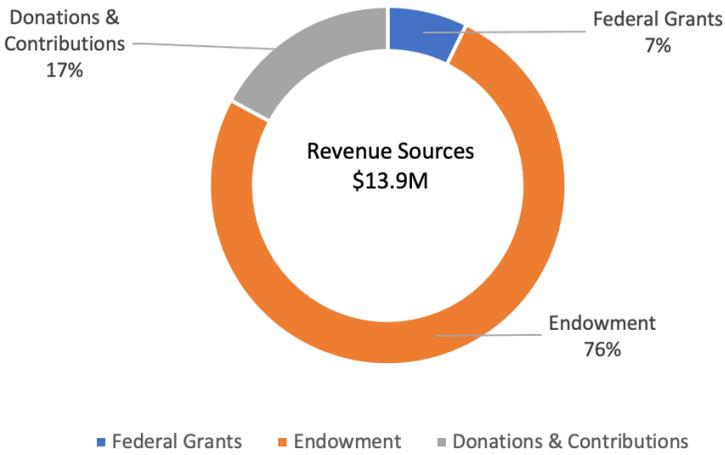
In 2021, the APAF continued to work closely with the APA Division of Research to foster research training for early career psychiatrists and support evidence-based research. This work included diversifying the pipeline of the psychiatric research workforce and expanding training programs for early career psychiatrists.

The **2021 Research Colloquium** was held virtually on May 25 - 26, 2021. Thirty-one mentees were selected including 26 from the US and Canada, and 5 international awardees from Brazil (2), Peru (1), France (1), and Mexico (1). The demographics of the mentees included 61% Caucasian, 23% Asian, 10% more than one race, and 6% Black or African American. Nearly one third (29%) of participants were Hispanic or Latino and almost half (45%) were female. Of the 35 mentors, 27 were senior researchers and eight (8) were statisticians, including members of the APA Division of Research.

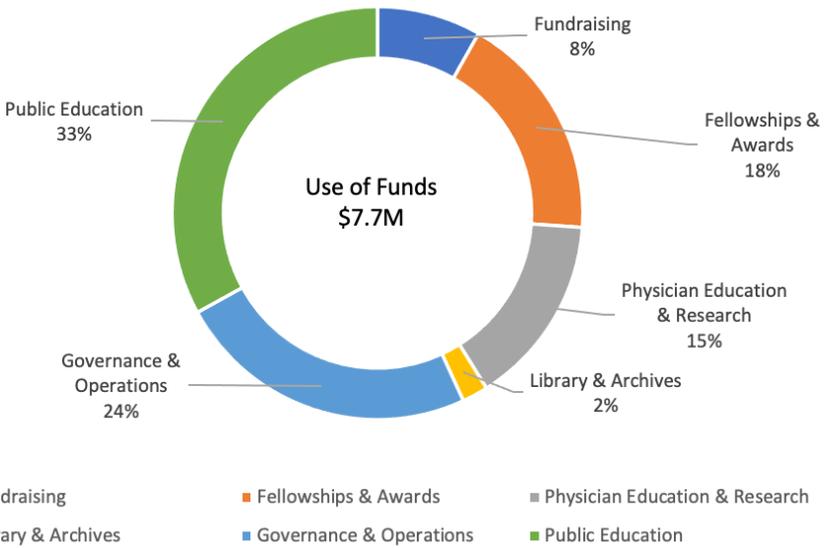


Financial Report

2021 Revenue Sources



2021 Uses of Funds



APAF Corporate Alliance

| | | |
|----------------------|-----------------------|-------------------|
| AbbVie | Compass Pathways | Neurocrine |
| Acadia | Eisai | Otsuka |
| Alkermes | Greenwich Biosciences | Pear Therapeutics |
| Avanir | ITCI | Sage |
| Axsome | J&J/Janssen | Sunovion |
| Bausch Health | Jazz Therapeutics | Supernus |
| Boehringer Ingelheim | Lundbeck | Takeda |
| | Myriad | |

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 2022 gift, please visit apafdn.org or **TEXT APAF2022** to **#44321**