

# Answering the Call Scaling Support for Children's Mental Health



2021 ANNUAL REPORT





“More than 10 years ago I became a patient at the Child Mind Institute, after I tried to commit suicide following a sexual assault when I was 17. Today, I have worked with mental health and health care leaders across the country and at the highest levels of government, and even shared my story with the CDC and contributed to the Surgeon General’s Call to Action to Prevent Suicide. Not a day goes by that I am not grateful for the Child Mind Institute and their amazing team for saving my life.”

Dolly Moorhead

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OUR MISSION AREAS

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# 4,700

## Healthy Brain Network appointments

The Healthy Brain Network study completed 4,700 in-person and remote appointments in 2021, providing New York City youth with comprehensive, no cost mental health and learning evaluations while gathering critical data to advance our understanding of the developing brain.

## 163% increase in Spanish-language website visitors

Following the launch of the new Family Resource Center on [childmind.org](https://childmind.org) in September, Spanish-language visitors increased by 163% compared to the same period in 2020.

## 17 million website visitors

In 2021, nearly 17 million people visited [childmind.org](https://childmind.org) for free, evidence-based resources on children's mental health.

## 90% of clinical appointments conducted via telehealth

In 2021, nearly 90% of clinical appointments for 4,500 youth were conducted via telehealth, highlighting the Child Mind Institute's successful transition to a convenient treatment option that helped reduce concerns related to the COVID pandemic.

## \$25 million grant

The Child Mind Institute received a grant of \$25 million from the state of California to make mental health skills videos and resources available to every child in the state.

## Top-third of NIH funding recipients

The Child Mind Institute Science program currently ranks in the top third of all organizations receiving National Institutes of Health (NIH) funding.

## 61,000 students, educators, and caregivers served

The School and Community Programs team has served over 61,000 students, educators, and caregivers in high-need New York City and San Francisco Bay Area schools.



**Millions of children struggle with mental health or learning challenges.** Fully 70% of U.S. counties do not have a single child and adolescent psychiatrist. Due to stigma, misinformation, and a lack of access to care, two-thirds of these young people never receive life-changing diagnosis and treatment. Our children deserve better.

That's why we created the Child Mind Institute.

We're dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need. We've become the leading independent nonprofit in children's mental health by providing gold-standard 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.**


When the Child Mind Institute was founded in 2009, the stigma of mental health and learning disorders was an oppressive force. Today, thanks in part to the tireless work of the Child Mind Institute and a growing movement of like-minded organizations and individuals, the stigma is receding. Open conversation is increasingly common—around the dinner table, on the internet, in the White House.


But receding stigma has revealed another, seemingly intractable, problem. When families reach out for help, they often find that there is no one there to answer the call. We are meeting the need with far-reaching, scalable programs that maximize impact across society. In this report, you'll see how we do this, including:

- Leading by example with best-in-class clinical care and clinician training
- Developing nationwide training programs for school-based professionals
- Increasing access to trustworthy information and guidance for every family who needs them
- Bringing prevention programs to school populations
- Pushing the science forward to develop new treatments and innovative access-to-care solutions
- Forging global partnerships for systems change in children's mental health services

Read on to see how we are answering the call today, and what we are building for tomorrow.

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

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

  
**Ram Sundaram**  
 Co-Chair,  
 Board of Directors



# Scaling Care Across Communities

Not all care is created equal. In fact, care that is truly evidence-based, compassionate, and personalized makes all the difference. That's why the Child Mind Institute began offering treatment for children and young adults with mental health and learning challenges over a decade ago. Our clinical centers and telehealth practice continue to offer solutions for each family's unique needs, because every child deserves to thrive.



In 2021, the nation's leading experts in pediatrics and psychiatry declared a state of emergency in children's mental health. The Child Mind Institute answered the call by increasing access to expert care.

## 2021 Overview

In 2021, the nation's leading experts in pediatrics and psychiatry declared a state of emergency in children's mental health, citing increased rates of depression, anxiety, trauma, loneliness, and suicidality. Evidence-based mental health care was needed more than ever. At the Child Mind Institute, we continued to offer care through our New York City and San Francisco Bay Area clinical centers, with nearly 90% of appointments conducted via telehealth, highlighting our successful transition to a convenient treatment modality preferred by most families. Our clinicians also shared mental health knowledge with the broader community through workshops and presentations for corporations, nonprofits, and schools.

## Global Expansion

Through a \$10.8 million dollar grant from the Stavros Niarchos Foundation, as well as their ongoing partnership, the Child Mind Institute launched the Child Mental Health Initiative (CMHI). The CMHI aims to transform children's mental health care in Greece, where the need is great and evidence-based interventions are rare. By collaboratively engaging a network of Greek mental health professionals, the five-year project will

- Increase access to mental health resources and evidence-based mental health care
- Develop tools to deliver care digitally
- Establish a country-wide referral network to synchronize available resources
- Support local clinicians through training
- Raise mental health literacy and awareness

In time, this initiative may provide the blueprint for other countries to improve child mental health services.

ΙΣΝ / SNF

ΙΔΡΥΜΑ ΣΤΑΥΡΟΣ ΝΙΑΡΧΟΣ  
STAVROS NIARCHOS FOUNDATION

The Child Mind Institute's clinical care transforms the lives of children and families by offering thorough evaluations and gold-standard treatment.



## Workshops and Presentations

This year, Child Mind Institute clinicians led a total of 77 in-person and remote talks and workshops for a variety of businesses including Twitter and PricewaterhouseCoopers, nonprofits including the New Jersey Association of Independent Schools and the Community Technical Assistance Center of New York (CTAC), and schools around the country. Our clinicians provide actionable strategies for parents, teachers, and educators to support the mental health and learning needs of young people in their lives. Presentation topics included “Anxiety: When to Worry About Your Child’s Worries,” “Educator Stress Reduction,” and “Raising Self-Sufficient Children.”

## A Center for Clinical Training

Our clinical program attracts promising young psychologists from around the country. In 2021, we trained 19 clinical interns and externs, who were selected from hundreds of applicants eager to learn from our expert clinicians and our proven approach to clinical pedagogy.



### SPOTLIGHT Brave Buddies® Summer Intensive

“Lilly has been doing amazing! The program was such a tremendous help as well as the training for the teachers. It has been fantastic. We are thrilled that Lilly is very excited about coming back to Brave Buddies. We really didn’t think that she would be this motivated to come back. Whatever you all did had a lasting effect on her!”

**Mother of Lilly**, who participated in Brave Buddies®, an intensive group behavioral treatment program that helps 3- to 12-year-olds with selective mutism speak in school and other public places.

### SPOTLIGHT

## Colette Gottesman-Shepard

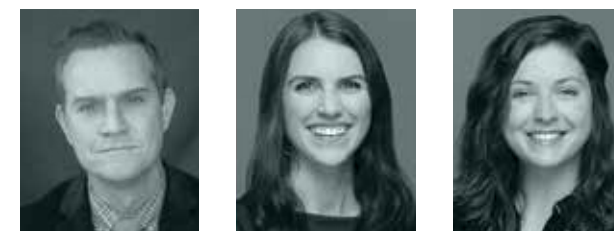
“In my sophomore year of high school, I started having panic attacks every day. It was a spiral where I would miss days of school. In my senior year, my best friend from childhood committed suicide. I totally lost interest in everything and did not have the motivation to get out of bed. Looking at my future and seeing it so out of reach was difficult.

I was really lucky that I clicked with Lindsay, my therapist at the Child Mind Institute. I opened up to her and she helped me reframe and cope with my anxiety and depression so I could get myself back to school. If I hadn’t been taught those skills and learned how to apply them in my day-to-day life I don’t know where I’d be. That really did change my life.”

**Colette Gottesman-Shepard**, 21, New York City



In 2021, the Child Mind Institute awarded nearly **\$580,000 in financial aid** towards the cost of evidence-based treatment at our New York and San Francisco Bay Area clinics, for children and families who would otherwise be unable to receive care. This is a 14% increase over 2020.



From left to right: Drs. Michael Enenbach, Jessica Hamel, and Morgan Eldridge.

## Growing in the San Francisco Bay Area

In 2021, the Child Mind Institute’s clinical center in the San Francisco Bay Area continued to expand. In mid-March, Michael Enenbach, MD, joined the team as clinical director and associate medical director from the University of California, Los Angeles, where he worked for 12 years, most recently as an associate clinical professor in psychiatry. In November, Dr. Enenbach was elected president of PrideCAPA, an organization that helps mental health professionals support LGBTQIA+ youth and advocates for LGBTQIA+ mental health professionals and youth on a national level. Jessica Hamel, PsyD, and Morgan Eldridge, PhD, joined the Bay Area clinical center as clinical psychologists in the Anxiety Disorders Center and the Mood Disorders Center, respectively.



# School and Community Programs



2021 was a year of transition. As schools shifted from hybrid learning back to in-person instruction, the need for the Child Mind Institute's school programs was greater than ever.

For the New York and California schools served by the Child Mind Institute's School and Community Programs team, 2021 was a year of transition. As schools shifted from hybrid learning back to in-person instruction, the need for mental health support was great, particularly in schools that disproportionately felt the impact of the pandemic and subsequent learning loss. By the conclusion of the 2020–21 school year, the team had served more than 11,500 students, educators, and caregivers in high-need New York City and San Francisco public and charter schools. Plans for the 2021-22 school year involve a significant expansion of work to train school-based professionals to provide more in-depth support to K-12 students during challenging times.

## Reading Intervention for Young Learners

During the 2020-21 school year, a team of School and Community Programs neuropsychologists, educational and learning specialists, and reading coaches successfully developed and piloted a 14-week phonics-based reading intervention for early elementary school students. Over 50 New York City public school students participated in the program, with 80% of students showing a decrease in academic risk level. With support from the Robin Hood Foundation, this program will be expanded during the 2021-22 school year to serve more students directly and to train educators to deliver this intervention and more intensively support at-risk readers.

## National Training Platform for School Staff

In 2021, the Professional Training: Thinkific Platform was created to streamline professional training for school staff to successfully implement evidence-based mental health services for prevention and intervention in schools. The platform includes both synchronous and asynchronous training opportunities, as well as live virtual consultation to ensure implementation and fidelity to evidence-based practices in schools. School staff utilize the training platform as an evergreen resource library that includes manuals, workbooks, videos, and supportive material to enhance the delivery of services. To assess and improve the effectiveness of these training programs, data is collected through Thinkific.

## Diversity, Equity, and Inclusion

In 2021, the Child Mind Institute's School and Community Programs team introduced a variety of diversity, equity, and inclusion initiatives. A Youth Advisory Council was established with the dual mission of providing feedback on key Child Mind Institute initiatives and generating projects relevant to teen/young adult mental health concerns. During the 2020-21 school year, Community Review Boards comprising teachers, school administrators, and parents were created to review materials and interventions and to provide feedback about how this work is relevant to community concerns, adapted to

the needs of diverse populations, and racially and culturally appropriate. Finally, professional development for School and Community Programs staff included workshops on topics such as racial stress, trauma, equity, and anti-racism, and staff have sustained this learning via an ongoing, monthly anti-racism discussion group. These efforts are only a first step; diversity, equity, and inclusion will continue to be a central focus as the Child Mind Institute explores new ways to improve support of diverse communities.

### SPOTLIGHT

#### Leah Bernstein



"At HLA2 in Brooklyn, we chose to implement the mental health skill-building curriculum with our fourth-grade community. At first, many of our students were weary to participate and identified that they did not know what mental health was. As students became more familiar with the structure of our mental health skill-building group, they came to look forward to each new module, even asking when their next group would be. By the time we reached our last session, our students were able to recall strategies they learned and moments they had enjoyed throughout the curriculum. Our students especially loved learning how to identify the intensity of their feelings, how to ride the wave of big emotions, and how to use different calm-down strategies like progressive muscle relaxation and mindfulness. I am sure that our fourth graders will not only remember this positive experience but also use these skills to be successful in their future."

**Leah Bernstein**, school counselor at the Hebrew Language Academy Charter School 2 in Brooklyn, New York, who received training in the School and Community Programs' Mental Health Skill-Building curriculum.

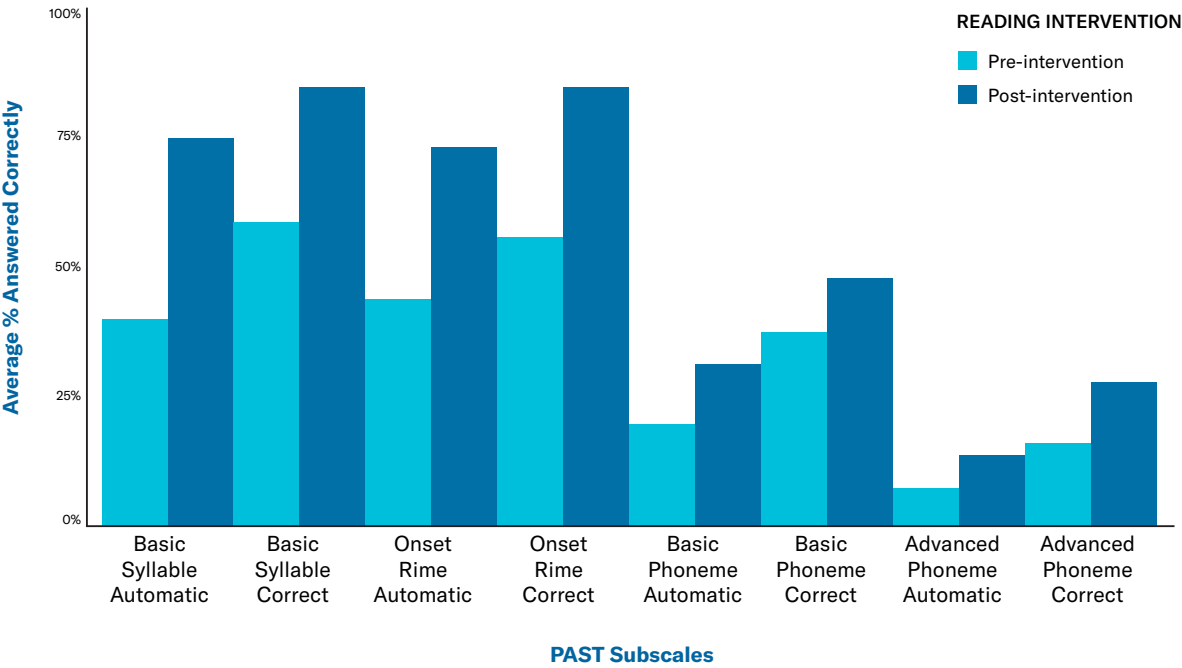
2020–21 School Year Reach and Outcomes

During the 2020–21 school year, the School and Community Programs team partnered with 649 schools in New York and the Bay Area. We delivered mental health skill-building workshops; behavior, mood, reading, and trauma treatment to students; mental health skill-building workshops and trauma

treatment training to educators and school counselors; and a range of parent and educator workshops on relevant mental health topics. We achieved consistent and significant impact, with selected outcomes from our reading intervention and mental health skill-building program, displayed below.

Phonological Awareness Screening Test (PAST)

Pre-intervention vs. Post-intervention: Average % Answered Correctly for Each Subscale

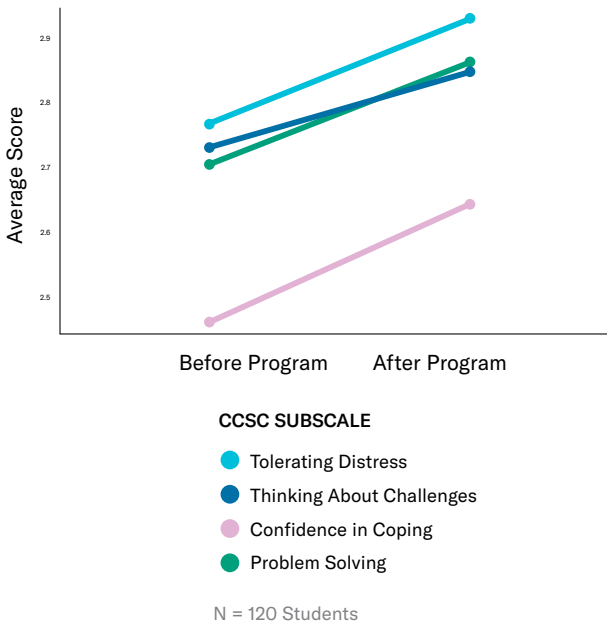


This figure displays statistically significant growth on a variety of reading subscales for the pilot sample of 25 NYC Department of Education (DOE) students who participated in the Child Mind Institute's school-based reading intervention.

In a sample of 120 NYC DOE teenage students receiving all six sessions of the Child Mind Institute's Mental Health Skill-Building Curriculum, students demonstrated significant gains on indices of coping skills such as distress tolerance, confidence in coping, and problem solving.

Children's Coping Strategies Checklist (CCSC)

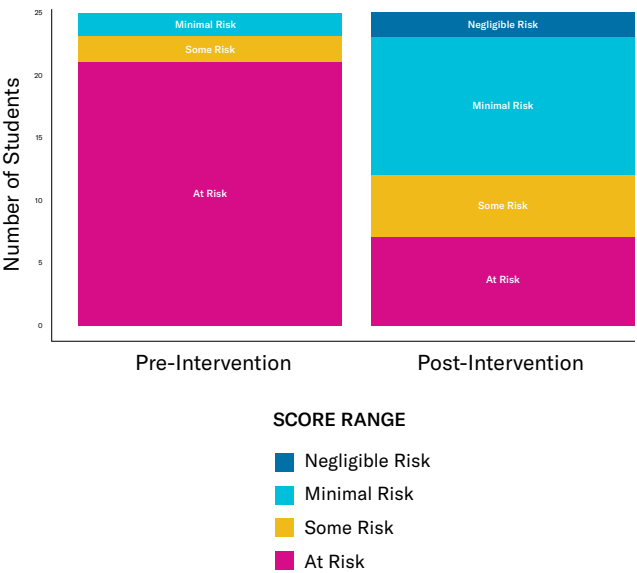
Average Scores of Teenage Students Before and After Mental Health Skill-Building Program



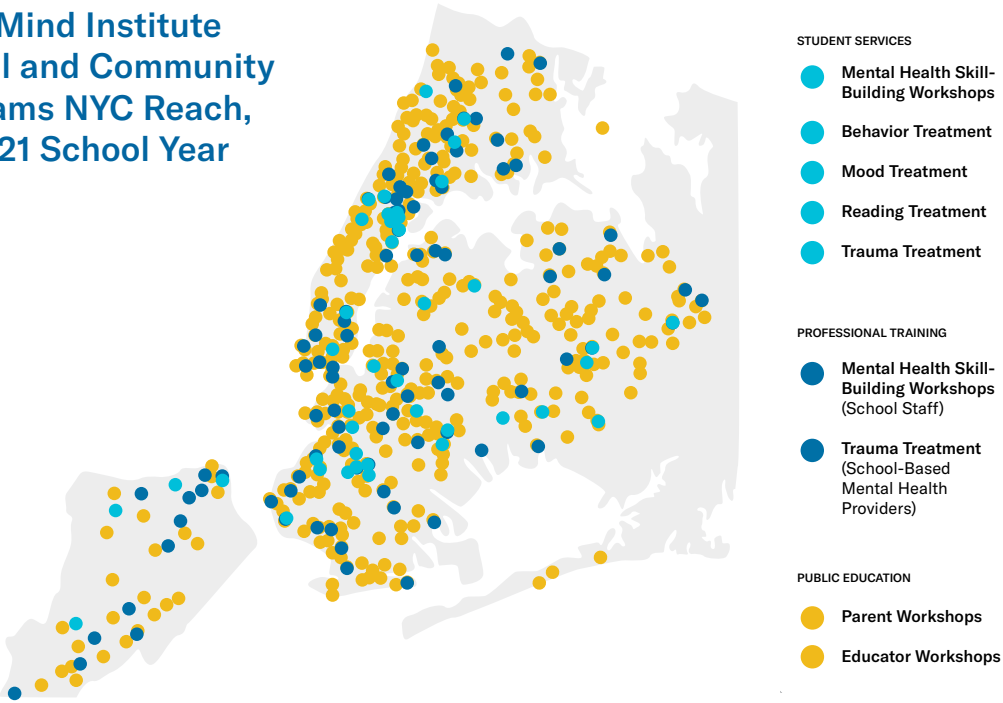
For the 25 NYC DOE students who participated in the pilot sample of the Child Mind Institute's school-based reading intervention, this figure indicates remarkable shifts in the distribution of student reading risk levels from pre- to post-intervention.

Dynamic Indicators of Basic Early Literacy Skills (DIBELS)

Changes in Nonsense Word Fluency Subtest Words Recorded Score from Pre-Intervention to Post-Intervention



Child Mind Institute School and Community Programs NYC Reach, 2020-21 School Year





# Scaling Mental Health Knowledge

We believe that knowledge empowers families and communities to nurture kids' mental health. Whether we are sharing evidence-based information in our Family Resource Center or training educators and mental health professionals, we provide information that can be life-changing for children and families.

In 2021, children's mental health was at the forefront of public consciousness, and the Child Mind Institute was there to meet the increased interest and need for accessible, authoritative information.



## 2021 Overview

In 2021, children's mental health was at the forefront of public consciousness, and the Child Mind Institute was there to meet the increased interest and need for accessible, authoritative information. In September, we launched an organization-wide rebrand, including a new and improved childmind.org, new logo and color scheme, and an improved system of highlighting our key mission areas of care, education, and science. These efforts have allowed our free, bilingual mental health resources to reach larger audiences with greater ease. In 2021, website visitors increased by nearly 7% compared to 2020. We also launched an ambitious partnership with the state of California to support students, educators, and caregivers through the ongoing pandemic and beyond.



¿Está preocupado por su hijo?  
**Vaya al Chequeo de síntomas**



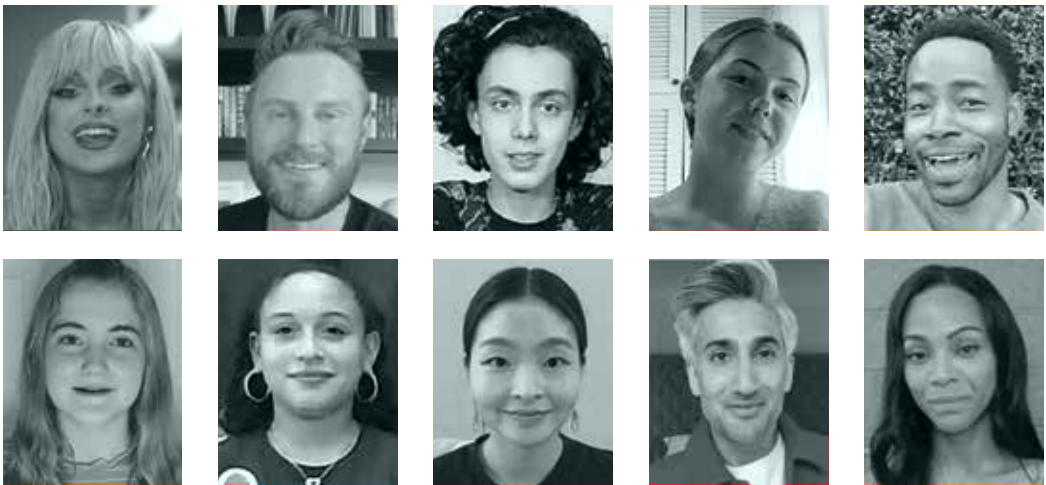
¿Se pregunta dónde encontrar ayuda?  
**Respondemos a las preguntas más comunes en Conéctese a la atención**

## New Childmind.org and Family Resource Center

The Child Mind Institute launched a redesigned website, featuring new and reorganized content that makes it easier for families and educators to find the information they're looking for. Childmind.org now includes a Family Resource Center with more than 1,000 articles, guides, expert Q&As, and other resources on children's mental health and learning disorders, each in both English and Spanish, made possible through the support of the Morgan Stanley Foundation.

The Child Mind Institute's education initiatives provide millions of caregivers and educators with bilingual, evidence-based information on children's mental health.





Top left to bottom right: Bebe Rexha, Bobby Berk, Diego, Ellie, Jay Ellis, Lily, Madisyn, Maia Shibutani, Tan France, Zoe Saldana.

Getting Better Together

In May 2021, during Mental Health Awareness Month, the Child Mind Institute launched Getting Better Together, a public education campaign featuring personal testimonials from public figures and kids to affirm that there’s hope in asking for mental health support. In videos posted across social media, public figures including *Queer Eye* castmates Bobby Berk and Tan France, singer-songwriter Bebe Rexha, *Insecure* actor Jay Ellis, Olympic figure skater Maia Shibutani, actress Zoe Saldana, and young people from

New York, California, Texas, Arizona, and Mexico shared their mental health challenges and how they made it through. The campaign was displayed millions of times across social media and featured in *People*, *Time*, *Entertainment Weekly*, *E! News*, *The Root*, *Good Morning America* and elsewhere. On May 14, the NASDAQ stock exchange opening bell ceremony featured Getting Better Together. The campaign was made possible through the support of Blue Shield of California.

SPOTLIGHT

Joan Steinberg, Morgan Stanley Alliance for Children’s Mental Health



“Since the Morgan Stanley Alliance for Children’s Mental Health was launched in early 2020, the group has reached 11 million children, families, and educators, thanks to our collective efforts, including tremendous work from the Child Mind Institute. This year the Alliance launched its inaugural Innovation Awards, aiming to identify and fund mental healthcare solutions for children and young adults across the United States. The Alliance also created the Reemergence Program, which set out to identify how teens were coping with life since the start of the pandemic and improve access to resources supporting them. The Alliance created tip sheets and guides for caregivers and educators and convened a group of educators,

caregivers, teens, and mental health service providers to discuss how to work together to advance youth mental health in schools. While the past two years have taken a significant toll on our mental health and revealed drastic increases in depression and anxiety in youth, these challenges have long preceded this pandemic era, and the Child Mind Institute has been at the forefront of providing mental health care for youth all along. The Child Mind Institute is an invaluable partner in our efforts to prevent the existing crisis in children’s mental health from escalating even further, and we look forward to our continued work with them.”

Children’s Mental Health Report



The 2021 Children’s Mental Health Report, *The Impact of the COVID-19 Pandemic on Children’s Mental Health: What We Know So Far*, examined recent research on the effects of the pandemic on youth and highlighted common mental health challenges, risk factors, and ways to reduce harms. The report featured the results of a survey of thousands of parents conducted by the Child Mind Institute, as well as the results of a survey of the pandemic experiences and mental health concerns of high school educators and teenagers from our partners at the Morgan Stanley Alliance for Children’s Mental Health. Overall, the findings reinforced the need to focus on resilience and prevention when preparing young people for an uncertain future. The report was published in English and Spanish.



Change Maker Award winner Uzziah Campbell and Dr. Harold Koplewicz.

Change Maker Awards

The annual Change Maker Awards celebrate leaders creating real, meaningful change for children who struggle with mental health and learning disorders. The 2021 Change Maker Awards honored then 11-year-old Uzziah Campbell, the founder of Calm & Cure Candle Co., a candle company that gives back to mental health causes; Blue Shield of California, a nonprofit health plan that boosts youth access to mental health support; and the National PTA, a child advocacy organization that engages teachers, families, and communities.



SPOTLIGHT

Susie Brandmeyer



“I am a first-grade teacher and I read your article on how to talk to children about the Capitol attack. Not only did the article give me guidance on how to discuss the incident with my first graders, it helped me articulate the incident for my own teenage kids. Thank you!”

Susie Brandmeyer, mother and first-grade teacher in Brooklyn, New York

# The California Healthy Minds, Thriving Kids Project



As the effects of the pandemic continued to impact our children and adolescents, in Fall 2021 the Child Mind Institute was awarded a \$25 million grant from the state of California to support educators, students, and their caregivers during this extraordinarily challenging time.

## What Is the Healthy Minds, Thriving Kids Project?

A series of free, evidence-based video and print resources available in English and Spanish on [childmind.org](https://childmind.org) that help caregivers and educators teach their kids critical mental health and coping skills. The project is the result of an innovative partnership between the state of California and the Child Mind Institute.

## A Bold Commitment

With the support of California Governor Gavin Newsom and the state legislature, First Partner Jennifer Siebel Newsom successfully led efforts to secure funding for this first-of-its-kind project. It's part of a bold investment in mental health and wellness for California children.

## Grounded in Our Clinical Expertise

Resources were developed under the guidance of Dr. Harold Koplewicz, Child Mind Institute president and medical director, and led by Dr. Dave Anderson, vice president of School and Community Programs, and Dr. Janine Domingues, director of professional training, School and Community Programs and clinical psychologist, Anxiety Disorders Center.

## Lifelong Skills

These videos and interactive skill sheets empower caregivers and educators to connect with kids and teens and cover five fundamental mental health skill sets:

- Understanding Feelings
- Relaxation Skills
- Understanding Thoughts
- Managing Intense Emotions
- Mindfulness



First Partner of California Jennifer Siebel Newsom and Governor of California Gavin Newsom.

## SPOTLIGHT

## Patricia Wafer



“Just checking out these Healthy Minds videos. Oh my goodness!!! I can’t thank you enough!!! I’m a therapist working with teens and adults in a small rural community. I’ve been looking for something like this for a very long time, even more since the age of telehealth therapy. I just want to say thank you for taking the time to make this so professional and engaging. I believe these videos and other resources will be valuable therapy tools.”

**Patricia Wafer, LCSW**

## Outcomes

Children learn practical skills such as how to use breathing to self-soothe, how to identify helpful versus unhelpful thoughts, and how to apply mindfulness in everyday activities. Caregivers and educators learn how to augment children’s learning through activities and discussion.

## True Voices

Many of the videos feature an interview-based format to capture the true voices and lived experience of parents, teachers, and kids today. The elementary videos use a whimsical storytelling approach to engage younger viewers and make the lessons more memorable. The English and Spanish versions were produced using separate directors and cast for cultural relevance.

## An All-Star Creative Team



From top left to bottom right: Bianca Giaever, Director (English), Emmy Award winner; Adam McClelland, Director (English), Cannes Silver Lion winner; Raquel Marvez, Director (Spanish), Emmy Award winner; Magaly Villacorta-Faria, Director (Spanish), Former Creative Producer, Plaza Sesamo; Danny Pino, Parent and Educator Videos Host, Actor; Hari Kondabolu, Student Videos Host, Actor-Comedian; J. Carlos Flores, Spanish Student Videos Host, Actor.

## Preventing Mental Health Disorders at Scale

The project’s resources teach students basic skills they can use for the rest of their lives and normalize conversations about mental well-being.



# Media and Partnerships



Dr Jamie Howard on CBS Mornings.

At the Child Mind Institute, we know that no organization can transform children’s mental health alone. That’s why we collaborate with a range of nonprofit partners, lend an expert voice in the media, and engage high-profile influencers to fight stigma and share evidence-based mental health information with the public. We are immensely grateful for their partnership.

## Peer Partners

In 2021, we worked with the following nonprofit and government organizations to increase our impact for children and families.



## Educating the Public

Child Mind Institute clinicians regularly provide expert knowledge to public conversations about children’s mental health. In 2021, our clinicians were called on by the media to discuss mental health days for students, the return to school, the benefits of playing video games with children, dealing with traumatic events, and much more.



From top to bottom right: Dr. Jennifer Louie on ABC7; Dr. Dave Anderson on ABC7; Dr. Harold Koplewicz on TODAY; Dr. Mike Enenbach on ABC7.

## Influencers

By engaging public figures who are passionate about mental health, we reach new audiences and add legitimacy to the message that mental health disorders are real, common, and treatable. We thank these influencers deeply for sharing their stories and platforms.



From top to bottom right: Dr. Harold Koplewicz and football legend Ronnie Lott at the 2021 Virtual Fall Luncheon; Dr. Harold Koplewicz joined PEOPLE’s panel, “Let’s Talk About It: Youth and Mental Health: A Conversation with the Cast of *Dear Evan Hansen* and PEOPLE”; Dr. Harold Koplewicz and Child Mind Institute Trailblazer Award recipient, gymnast, and mental health advocate Simone Biles at the 2021 Child Advocacy Award Dinner; Dr. Harold Koplewicz with Dax Shephard and Monica Padman, hosts of the *Armchair Expert* podcast.



# Scaling Our Scientific Impact

Our researchers and engineers are changing the way the world understands children struggling with mental health and learning disorders. Our culture is defined by a commitment to open science and breaking down the research silos that delay progress. Our pioneering studies aim to develop scalable solutions that achieve timely and appropriate diagnoses and interventions for children, families, and communities.

The expertise that Child Mind Institute scientists have cultivated over 10 years of leadership in cognitive development was recognized in 2021, as the world came to grips with the youth mental health crisis.

## 2021 Overview

The expertise and renown our scientists have cultivated over 10 years of leadership in cognitive development were recognized this year when the U.S. Surgeon General released *Protecting Youth Mental Health*, an advisory on the public health crisis that repeatedly cited the Child Mind Institute's ongoing research on mental health and the pandemic. This year, we continued to advance our mission by:

- Partnering with a consortium of research institutions to develop a next-generation MRI that will revolutionize brain imaging
- Improving college students' access to mental health care with digital tools
- Launching new research into autism
- Reaching families in need through the Healthy Brain Network

## Transforming the Culture of Pediatric Brain Research

In just 10 years, the Child Mind Institute has become the global leader in brain imaging research for children's mental health.

- Our science team includes two senior scientists in the top 0.1% of researchers based on citations and has generated more than 250 peer-reviewed articles.
- The International Neuroimaging Data-sharing Initiative (INDI) has aggregated and shared the equivalent of nearly \$1 billion in data (20,000 brain imaging datasets) from labs around the world, resulting in the publication of more than 1,500 research papers.
- Through the Healthy Brain Network study, our scientists are building and sharing one of the world's largest and most comprehensive open resources for research in pediatric mental health and learning disorders. The study is dedicated to accelerating biomarker discovery for child and adolescent mental health and is informing our understanding of pressing public health issues. At the same time, over 5,500 New York City children have enrolled to receive free, comprehensive mental health and learning evaluations that enable them to get the care they need.

The Child Mind Institute's pioneering studies shorten the distance between research and care to open new possibilities for children, families, and communities.



The Child Mind Institute Science program currently ranks in the **top third of all organizations** receiving National Institutes of Health (NIH) funding.

Moving Beyond Diagnostic Labels: New Autism Center Research

The Autism Center: Research Program is focused on understanding the neurobiology of autism spectrum disorder (ASD) using brain imaging and a range of other clinical and cognitive approaches. A specific goal of the center is to understand how autism affects the brain during development, starting as early as toddlerhood, to identify objective biological markers that can one day be used to improve early intervention efforts. In September 2021, as part of the NIH-funded longitudinal study *Neural signatures of outcome in preschoolers with autism*, Autism Center researchers began to study brain development in preschoolers with autism by collecting scans during natural sleep. This study will aid in identifying key brain/behavior relationships at a developmental

time window most sensitive to intervention. In May 2021, the center launched a telehealth social skills program for elementary school children who experience difficulties making or keeping friends. The CRISIS Adaptation for Autism and Related neurodevelopmental conditions (AFAR) survey is a large multinational study that aims to assess the impact of the COVID-19 pandemic on mental health and service access for youth with autism and related neurodevelopmental conditions. In 2021, our researchers used CRISIS AFAR data to identify specific combinations of pre-pandemic and pandemic experiences and environments, as well as age, as the most robust predictors of outcome.



SPOTLIGHT  
Trudy, Elliot and Sydney

“Before the study, my daughter Elliot was having severe tantrums whenever she was told no or asked to do something she didn’t want to do. I’m a teacher, but I still didn’t know how to parent her. The tension at home was also affecting Sydney, my older daughter. Neuropsychological evaluations start at \$5,000, which put us in a tight spot. My friend heard that the Healthy Brain Network provides mental health and learning evaluations and suggested we give them a call. Through the study, Elliot was diagnosed with ADHD, a mood disorder, and oppositional defiant disorder. Because of the evaluation, Elliot now receives accommodations at school and has started a prescription for ADHD. We still have tough days, but relative to where we started it’s a world of difference. We would have put pennies together to make things happen if we had to, but the study was such a gift. It’s providing something that’s just not accessible to the general population.”

**Trudy Tsiropinas**, mother of Elliot and Sydney, who participated in the Healthy Brain Network study.

SPOTLIGHT  
Mackenzie Drazan, MiResource

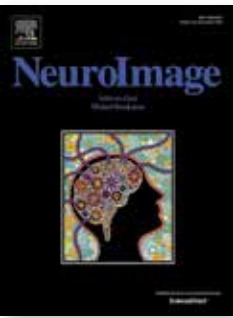
“College students often face barriers to mental health care such as stigma, long wait times, and inadequate college mental health services. To help overcome these issues, my cofounder, Gabriela Asturias, and I created MiResource, a digital platform that assesses students’ mental health needs and connects them with relevant, vetted providers. In 2021, we partnered with the Child Mind Institute’s MATTER Lab, utilizing their mental health assessment platform, MindLogger, to make it easier for young people to access mental health care. Together, we received a prestigious National Institutes of Health (NIH) small business grant to develop an automated tool within our online referral platform to improve our ability to connect students to the right mental health care for their



Gabriela Asturias and Mackenzie Drazan

individual needs. Working and learning from the Child Mind Institute team has been a privilege and we are excited to see what we will achieve together for young people with urgent mental health needs.”

Building Epidemiologic and Imaging Literature: Publications and Appearances



In 2021, the Child Mind Institute’s science team collectively published 34 peer-reviewed research papers in leading science publications such as *NeuroImage* and *Biological Psychiatry*. Topics covered include research into the effects of the COVID-19 pandemic on children’s and caregivers’ mental health, new methods for understanding the developing brain, the development of new analysis techniques, and the potential for mobile apps to be used to improve mental health care and research. On June 22, the science team attended the Organization of Human Brain Mapping’s annual meeting, where two of the Child Mind Institute’s research alumni were recognized for outstanding achievements in the field of science.



Child Mind Institute scientists, staff and Scientific Research Council Members at the retreat.

Scientific Research Council Summer Retreat

The Child Mind Institute Scientific Research Council helps set the direction of the Child Mind Institute’s scientific initiatives. From July 19 to 21, this group of some of the nation’s leading scientists and clinician-researchers convened for their first summer retreat since the pandemic began, at the home of Board Members Brooke Garber Neidich and Daniel Neidich in Wainscott, New York. The retreat saw Scientific Research Council members, special guests from the science community, and Child Mind Institute scientists and staff come together to celebrate 10 years of science at the Child Mind Institute. They heard presentations on topics including the progress of the Child Mental Health Initiative in Greece, the Autism Center’s work on neurosubtyping, and the Matter Lab’s MindLogger platform updates.

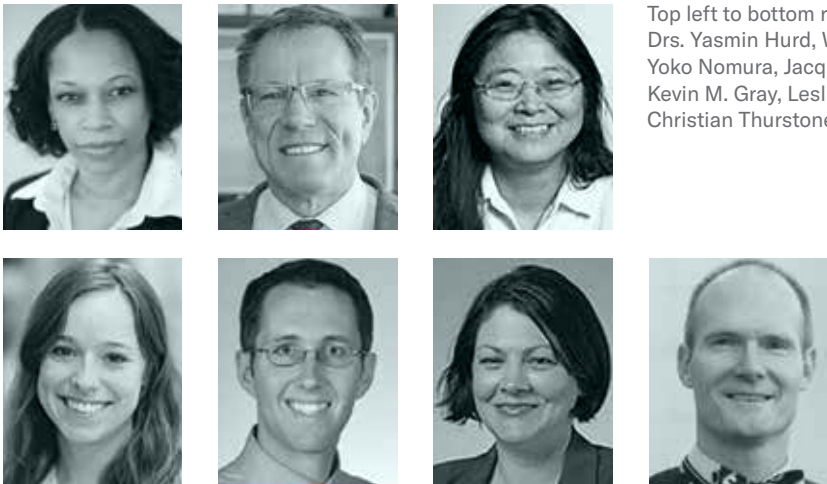
“The Child Mind Institute is an example of how private organizations can help advance the science of psychiatric disorders, as well as how science affects how we practice and take care of patients.”

Nora Volkow, National Institute of Drug Abuse (NIDA) Director

On the Shoulders of Giants

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 2021 symposium, held virtually on October 5, celebrated the work of Dr. Yasmin Hurd, the Ward-Coleman Chair of Translational Neuroscience and the Director of the Addiction Institute at Mount Sinai and the winner of the Child Mind Institute Sarah Gund Prize for Research and Mentorship in Child Mental Health. Drs. Yasmin Hurd, Yoko Nomura, and Jacqueline-Marie Ferland offered insights into their research on the impacts of cannabis on the

developing brain. Dr. Wilson Compton, Deputy Director of the National Institute of Drug Abuse (NIDA), chaired a roundtable discussion on cannabis, mental health outcomes, and advice for parents. The discussion emphasized that while cannabis is a natural substance, it can pose long-term risks for development and mental health and encouraged parents to delay children’s exposure for as long as possible. In total, over 1,900 people attended the virtual event, a significant increase on previous years. A manuscript supporting the content from the On the Shoulders of Giants symposium has been prepared and submitted for publication.



Top left to bottom right: Drs. Yasmin Hurd, Wilson M. Compton, Yoko Nomura, Jacqueline-Marie Ferland, Kevin M. Gray, Leslie A. Hulvershorn, Christian Thurstone.



Natalie Calman  
Ossining High School, New York

Jason Cui  
Fairview High School, Colorado

Jeremy Kotlyar  
Great Neck South High School, New York

Zoe Pyne,  
Berkeley Carroll School, New York

Vivek Sreejithkumar  
A.D. Henderson/ Florida Atlantic University High School, Florida

Investing in the Leaders of Tomorrow: Rising Scientists

The overwhelming need for youth mental health care underscores the importance of scientific research to develop new and more accessible methods of treatment and prevention. Investing in the scientific leaders of tomorrow will accelerate discovery and help us meet the challenge. That’s why the Child Mind Institute created the Rising Scientists Awards. The awards, presented in partnership with Hunter College, recognize high school students who show outstanding promise in research areas related to mental health. The awards are presented at our annual On the Shoulders of Giants symposium and include a \$2,000 scholarship for college expenses. The 2021 Rising Scientists Award winners’ research interests include:

- The effects of mindfulness training on high school students
- Neurodegenerative diseases, prevention research, and the gut-microbiome-brain connection
- The role of neurodegenerative memory loss in common neurological disorders
- The impact of personality on coping response to COVID-19
- Computational biology and the application of machine learning in health care and neuroscience

Creating Tools for Biomarker Discovery: Ultra-High Field MRI

Led by the Nathan Kline Institute (NKI), Child Mind Institute scientists and their peers at Columbia University, NYU Langone Health, and GE Global Research are developing a 9.4 tesla MRI “super scanner” that will push science to a new level of understanding of human brain function. The head-only scanner will be one of the most powerful of its kind in the world, with unmatched levels of resolution and the unique capacity to perform in-vivo brain scans. Previously, only small-bore MRIs that could image biospecimens or small animals had this capability. The project is funded by the National Science Foundation and the NYS Office of Mental Health and has received letters of support from 50 currently funded investigators across 10 local institutions in the tri-state area.



Drs. Alexandre Franco, Child Mind Institute and Nathan Kline Institute, and John Thomas Vaughan with the scanner.



# Stepping Up for Children and Families

Our work is made possible by a community of individuals, foundations, corporations, and government entities who share our commitment to moving the needle on children’s mental health. We extend our deep and sincere gratitude to all our supporters.

Please note that all acknowledgments below pertain to donations received in the 2021 fiscal year, from October 1, 2020, to September 30, 2021. Gifts received in fiscal year 2022 will be acknowledged in the 2022 Annual Report.

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Barclays

Barclays has been a supporter of the Child Mind Institute since September 2020, funding our School and Community Programs team’s efforts to reach students, parents and educators in a time of critical need. In a year that presented new challenges to schools everywhere, Barclays’ donation allowed our teams to tailor services to the emerging needs of communities and provide student treatment groups, educator and caregiver workshops, and mental health skill-building trainings to under resourced school communities. Barclays strengthened its support even further in 2021 by providing a transformative donation, which allows the School and Community Programs team to equip educators with the tools to effectively respond to students’ mental health needs. The skills imparted in these trainings will yield ongoing benefits, reaching children in their classrooms year after year.

- Reni and Shantanu Narayen

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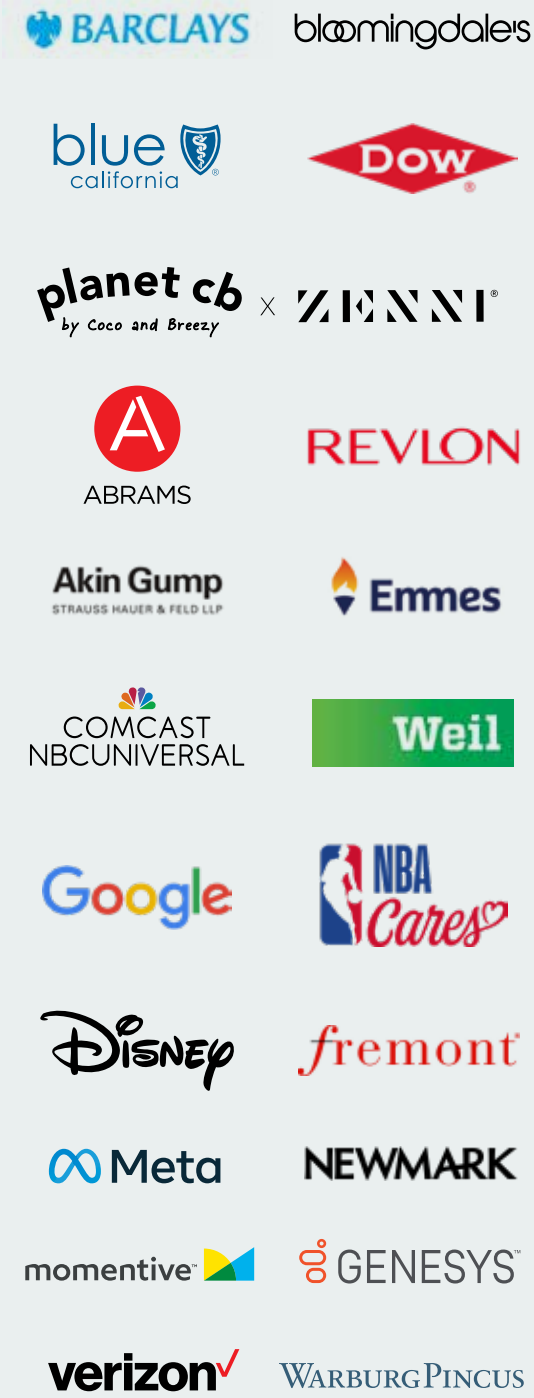
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The following corporations supported the Child Mind Institute through significant financial or in-kind donations in 2021. We are incredibly grateful for their support and for drawing attention to children’s mental health and our work in the field.



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### Bloombergdale’s

A loyal partner since our founding in 2009, Bloombergdale’s has donated over \$2.5 million to the Child Mind Institute. Each holiday season and now every May for Mental Health Awareness Month, Bloombergdale’s prioritizes children’s mental health by raising funds through sales of their exclusive Little Brown Bear, and by encouraging shoppers to round up their change at the register in stores or to donate while checking out online. In 2021, Dr. Harold Koplewicz recorded a special message for Bloombergdale’s holiday windows, which ran alongside a display of adorable limited-edition bears. Along with invaluable national advertising and marketing, Bloombergdale’s has helped the Child Mind Institute establish special relationships with designers and forge partnerships with highly respected brands. Thanks to our longstanding friendship with Bloombergdale’s, many more families across the country and around the world know they can access life-changing resources through the Child Mind Institute.

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### Kristin and Anthony Noto


Kristin and Anthony Noto, who have been supporters of the Child Mind Institute since 2018, made a generous \$100,000 gift towards our West Coast Campaign. Kristin joined the West Coast Advisory Council in Spring 2021 and has been an active and engaged member. “We’re so happy to support the Child Mind Institute and the important work they’re doing in the Bay Area. As parents of five kids, we know how needed the Child Mind Institute’s resources and expert care are and hope that our contributions help to increase access for many more children, families, and educators,” said the couple.

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### Maya Gutman

Maya Gutman, who donated through the Child Mind Institute’s website, is an athlete with a passion for mental health education. “Growing up as an athlete, I experienced pressure and struggled unknowingly with my mental health for a long time. Now, as a college athlete, every day I see students who are struggling. It is mind blowing to me that our school systems are filled with physical education courses but neglect mental health. Just as we know a broken bone means going to the doctor, we should know therapy is just as acceptable of an option for your mind. I love that the Child Mind Institute not only helps families access care, but also educates them to help break the stigma,” she said.

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### 2021 Child Advocacy Award Dinner

The 12th annual Child Advocacy Award Dinner was a hybrid event held at Cipriani 42nd Street in New York and online on November 16, 2021. Child Mind Institute supporters came together to honor Child Advocacy Award recipient Brent Saunders and Trailblazer Award recipient Simone Biles, and to hear from event host Ali Wentworth, New York Governor Kathy Hochul, First Partner of California Jennifer Siebel Newsom, and Child Mind Institute patients and clinicians. Overall, the event raised a phenomenal \$7.7 million to support the Child Mind Institute’s efforts to improve the mental health of children and families everywhere.



From top left to bottom right: Governor Kathy Hochul, Dr. Harold Koplewicz, and Ali Wentworth; Brooke Garber Neidich and Brent Saunders; Darren Dixon, Ram Sundaram, and Jean Otrakji; Dr. Harold Koplewicz, Tony Spring, Dr. Ruth Westheimer, and Frank Berman.

In April 2021, Ehren Stenzler joined the Child Mind Institute’s Board of Directors, followed by Christina Minnis and Andy Saperstein in September 2021. We are thrilled to have their professional and parenting expertise directed towards our mission to transform the lives of children and families everywhere.



Christina Minnis is Global Head of Acquisition Finance and Co-Head of the Americas Credit Finance Group at Goldman Sachs, where she has served in leadership positions since 1998. Previously, Christina was managing director of Corporate Finance at BT Alex Brown. She sits on the Yale School of Management Advisory Board and the Board of Directors of the Susan G. Komen Foundation and holds a BA in Economics from Yale University and an MM from the Kellogg School of Management at Northwestern University. Christina and her husband, James, have three children.



Andy Saperstein is Co-President of Morgan Stanley, responsible for all Wealth Management channels including Financial Advisors, E\*TRADE, and Morgan Stanley at Work. He also leads Firmwide Marketing and serves on the Morgan Stanley Operating Committee. Prior to joining Morgan Stanley in 2006, Andy held leadership roles at Merrill Lynch and McKinsey & Company. He graduated cum laude from Harvard Law School and summa cum laude from The Wharton School and College of Arts and Sciences, University of Pennsylvania, with a dual degree in economics and finance. Andy is a SIFMA Executive Committee Board Member and Advisory Council Member for Teen Cancer America.



Ehren Stenzler is Co-Founder and Managing Partner at LionTree, where he oversees and executes the firm’s key transactions. Prior to co-founding LionTree in 2012, Ehren served as Co-Head of US Mergers & Acquisitions at UBS. In his 10 years at UBS, Ehren also served as Deputy Head of US M&A and Head of Technology, Media and Telecommunications M&A. Ehren started his career at DLJ. He graduated with a BS in Economics from The Wharton School at the University of Pennsylvania. Ehren and his wife, Colleen, have three children.

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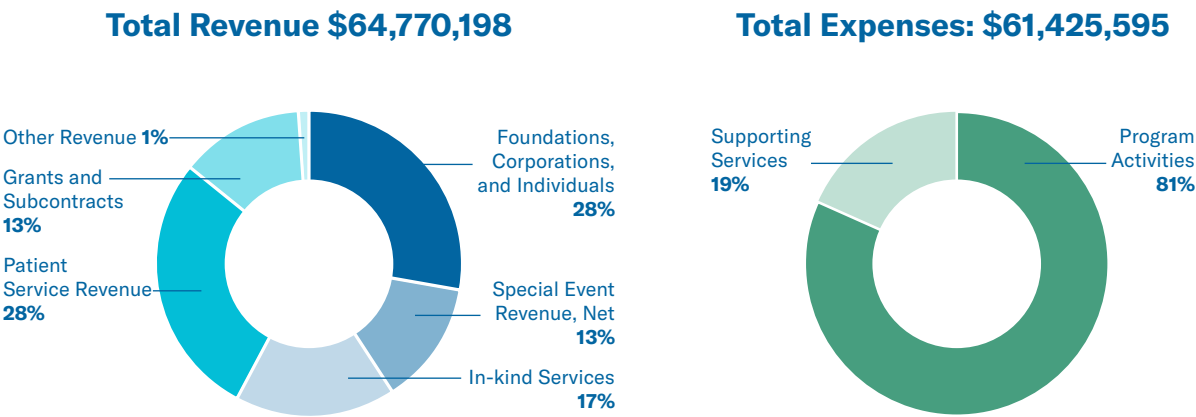
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# Fiscal Year 2021

The Child Mind Institute continued to grow in fiscal year 2021, driven by substantial new endeavors, such as the Healthy Minds, Thriving Kids Project in California, and the Child Mental Health Initiative in Greece. Our strong financial position has us poised to support more children and families both nationally and — increasingly — internationally, at this crucial moment for children’s mental health.



## Statement of Financial Position

2021	Child Mind Institute, Inc.	Child Mind Medical Practice, PLLC	Child Mind Medical Practice, PC	Intercompany Adjustments	Combined Total
Assets	\$46,691,658	\$1,964,544	\$498,479	\$(1,994,680)	\$47,160,001
Liabilities	10,974,942	3,822,594	621,034	(1,994,680)	13,423,890
Net Assets	35,716,716	(1,858,050)	(122,555)	—	33,736,111
Total Liabilities and Net Assets	\$46,691,658	\$1,964,544	\$498,479	\$(1,994,680)	\$47,160,001

## Statement of Activities

2021	Child Mind Institute, Inc.	Child Mind Medical Practice, PLLC	Child Mind Medical Practice, PC	Intercompany Adjustments	Combined Total
REVENUE					
Foundations, Corporations, and Individuals	\$18,327,152	—	—	—	\$18,327,152
Special Event Revenue, Net	8,428,969	—	—	—	8,428,969
In-Kind Services	11,151,176	—	—	—	11,151,176
Patient Service Revenue	-	17,040,687	1,557,036	(537,575)	18,060,148
Grants and Subcontracts	8,268,938	3,008,910	4,216,940	(7,225,850)	8,268,938
Other Revenue	3,434,719	1,016,205	—	(3,917,109)	533,815
Total Revenue	\$49,610,954	\$21,065,802	\$5,773,976	\$(11,680,534)	\$64,770,198
EXPENSES					
Program Activities	37,663,763	16,774,748	2,994,515	(7,763,425)	49,669,601
Supporting Services	9,327,065	4,034,327	2,311,711	(3,917,109)	11,755,994
Total Expenses	\$46,990,828	\$20,809,075	\$5,306,226	\$(11,680,534)	\$61,425,595
Change in Net Assets from Operations	\$2,620,126	\$256,727	\$467,750	—	\$3,344,603
Gain on forgiveness of debt	1,825,000	1,925,000	299,210	—	4,049,210
Loss on disposal of property and equipment	(67,035)	—	—	—	(67,035)
Income tax	—	1,422	(14,016)	—	(12,594)
Change in Net Assets	\$4,378,091	\$2,183,149	\$752,944	—	\$7,314,184

Child Mind Institute, Inc., Child Mind Medical Practice, PLLC, and Child Mind Medical Practice, PC were audited for the fiscal year ended September 30, 2021, by EisnerAmper LLP.

## Looking to the Future

In 2021, we heard from children and families who are at the breaking point. We talked with the U.S. Surgeon General and with the government of Greece. We saw what the need is: an integrated approach that translates what we know into actionable information and programs for young people at risk, families, educators, and mental health professionals.

**Half measures won't transform the lives of children who struggle with their mental health in the face of a disorienting world.**

There is a severe shortage of mental health professionals, including but not limited to child and adolescent psychiatrists, child psychologists, and school counselors. The care-givers and professionals we've depended on to pick up the slack—teachers, pediatricians, and parents—are overburdened, undertrained, and asking a tough question:

**If children's mental health is such a priority, then what are America and the world going to do about it?**

The Child Mind Institute is dedicated to answering this question through our three Mission Areas of Care, Education, and Science. In the coming year, you will see the Child Mind Institute continue to expand services to children and families across the United States while developing powerful new initiatives with global reach. Our mission remains simple, if bold.

The Child Mind Institute is dedicated to transforming children's lives. The world is ready for an answer to how to do it for every child. And we are all in.





## 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

The Child Mind Institute is mobilizing to protect the mental health of children and families through the pandemic and beyond. Go to [childmind.org/donate](https://childmind.org/donate) to support our work.

### Shop

Support children’s mental health by shopping for gifts that give back at [childmind.org/getinvolved/shop](https://childmind.org/getinvolved/shop). A portion of proceeds from each sale benefits the Child Mind Institute. If you participate in programs such as AmazonSmile or GoodSearch, direct your contributions or round up our way.

### 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. Head to [childmind.org/subscribe](https://childmind.org/subscribe).

-  [fb.com/childmindinstitute](https://fb.com/childmindinstitute)
-  [fb.com/childmindinstituteespanol](https://fb.com/childmindinstituteespanol)
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-  [@instagram.com/childmindinstitute](https://instagram.com/childmindinstitute)
-  [youtube.com/childmindinstitute](https://youtube.com/childmindinstitute)



“When I was 13, I was in a crumbling household. I was sent to a residential treatment center where I experienced emotional abuse that left me totally desensitized.

I ended up getting into contact with Dr. Harold Koplewicz and we’ve been together ever since. After that, things were not perfect, but I felt normal and was able to engage with the world around me. The care, compassion, and understanding I received at the Child Mind Institute was a world apart from what I had experienced before. It’s not an exaggeration to say that the psychiatrists and clinicians I met there changed my life.”

**Jake Tattleff**, 20, New York



**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)**



# We've been busy!

## MacKenzie Scott Gift

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 in March 2022, as part of a round of giving designed to promote equity by supporting the needs of underrepresented people from diverse groups. We are thrilled to include this gift in our *Meeting the Moment* Campaign, the Child Mind Institute's initiative to boldly tackle the mental health crisis

facing our children by improving our infrastructure and investing in the future. 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. Scott's gift is a tremendous vote of confidence and a testament to the significance of the Child Mind Institute's work.

## Inaugural Golf Tournament



On Monday April 25, 2022, the Child Mind Institute hosted our Inaugural Golf Tournament, a day on the green followed by a reception to raise awareness and funds to improve children's mental health. The event was held at the Sharon Heights Golf and Country Club in Menlo Park, California, and was hosted by NBC Bay Area weeknight news anchor Raj Mathai, with a dinner speech by HGGC President and Co-Founder, NFL Hall of Fame Quarterback, and Forever Young Foundation Founder Steve Young. Child Mind Institute supporters were joined on the course by VIP players including football players Harris Barton, Ronnie Lott, and Jerry Rice, baseball players Barry Bonds, and Vince Coleman, golfers Rod Pampling, Mike Weir, and Kathryn Imrie, and the Stanford Men's and Women's golf teams. The event was made possible by the generosity of presenting sponsors SoFi and Warburg Pincus.

## Healthy Minds, Thriving Kids Community Response

In its first four months alone, the Healthy Minds, Thriving Kids website attracted over 350,000 visitors, primarily from California, New York, Texas, Virginia, and Pennsylvania. Among more than 12,000 educators who provided feedback on the resources,

91% stated that their students would benefit from the videos and 83% said they were likely or highly likely to use the videos in their classrooms. Healthy Minds, Thriving Kids has been featured on *Good Morning America*, *The Today Show*, *NBC News*, and elsewhere.

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## Adriana Di Martino, MD, Appointed to Chair for NIH



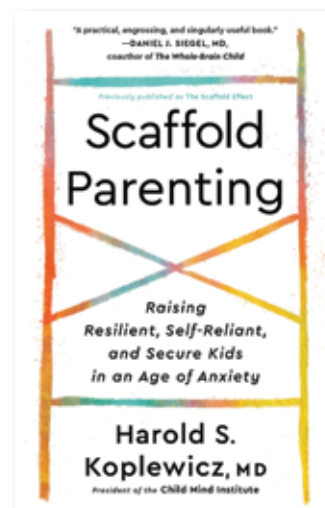
Adriana Di Martino, MD, Founding Research Director for the Child Mind Institute Autism Center, was appointed to serve as chair for a standing National Institutes of Health (NIH) grant review study section that is critical to child mental health; the Child Psychopathology and Developmental Disabilities Study Section (CPDD). Being selected to chair a standing NIH study section is a distinguished honor, achieved by relatively few investigators in the field.

The appointment was based on Dr. Di Martino's demonstrated leadership and outstanding achievement in science, evidenced by the quality of her research accomplishments, publications in scientific journals, and other significant scientific activities, achievements, and honors.

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## Paperback Scaffold Parenting Edition

Dr. Koplewicz's book, *Scaffold Parenting*, was released in paperback to reach a larger audience of parents in need. In *Scaffold Parenting*, Dr. Koplewicz introduces the powerful and clinically tested idea that the deliberate buildup and then gradual loosening of parental support is the single most effective way to encourage kids to climb higher, try new things, grow from mistakes, and develop character and strength. Explaining the building blocks of an effective scaffold from infancy through young adulthood, he expertly guides parents through the strategies for raising empowered, capable people.



See our latest at [childmind.org/news-and-updates/](https://childmind.org/news-and-updates/)