



Child Mind  
Institute



# Charting Brighter Futures

2023 ANNUAL REPORT

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# The Child Mind Institute is expanding our capacity to chart a brighter future for the world's children.



**T**he global youth mental health crisis will not recede on its own. Childhood anxiety and depression persist at staggering rates, and suicide remains a leading cause of death in young people. Adversity and conflict unfolding around the world leave trauma, grief, and pain in their wake.

That's why the Child Mind Institute is expanding our capacity to chart a brighter future for the world's children. In 2023 we grew our programs, our footprint, our ambitions, and our reach so that we can change the trajectory of as many young lives as possible.

- Our goal is for every student in the United States to learn mental health fitness skills from pre-K all the way to 12th grade. In 2023, we completed production on two more Thriving Kids video resource libraries to democratize access to these skills for children, educators, and caregivers everywhere.
- Our roots in gold-standard clinical care continue to ground all that we do. In 2023, we brought on new clinical leaders and offered new group and individual services as well as expanded our specialized programs for treating children with ADHD and selective mutism to help more kids and families.

- We believe that to truly scale our impact, we must empower others to steward the evidence-based practices we employ at the Child Mind Institute. From San Francisco to South Africa, we are now training more pediatricians, mental health professionals, educators, and caregivers than ever before.
- We are exploring ways to extend treatment beyond the clinical setting with apps, wearables, and augmented reality. By responsibly merging science and tech, we are shaping the future of mental health care in the digital age.
- We spent 2023 preparing to move to our new global headquarters. From the art on the walls to the outdoor spaces and architectural design, the space is designed to welcome our patient families with the respect they deserve, increase collaborations, and foster innovation across our three mission areas.

Our generous supporters enable this work and so much more. From local fundraisers to corporate sponsors, our community sustains us as we chart the future our children deserve. Read on to see how we are honoring the investment our supporters make in our mission.

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

*Devon Briger*  
**Devon Briger**  
 Co-Chair,  
 Board of Directors

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

• **62,000+** clinical appointments

In 2023, our clinicians provided gold-standard services for 62,286 patient appointments, up 13% from 2022 — with a particular jump among in-person sessions.

• Over **80** Thriving Kids videos

We have produced over 80 videos through our Thriving Kids projects. These free, evidence-based videos and accompanying resources teach children mental health skills and offer practical guidance to educators and caregivers. Videos are available in both English and Spanish and tailored to specific age groups from pre-K through 12th grade.

• More than **21.2 million** visits to childmind.org

In 2023, we saw the highest web traffic in our history with more than 21.2 million visits to childmind.org, nearly 2 million more than 2022. Our Family Resource Center — boasting over 1,000 expert-informed articles and guides — drove 78% of traffic.

• More than **3,000** publications

The Child Mind Institute champions open science by sharing our data and expert knowledge freely with the scientific community. Our data has been used in more than 3,000 publications by independent researchers, resulting in an estimated \$3+ billion in savings.

• **11%** increase in California appointments

We are continuing to expand our evidence-based care for children, teens, and families in San Mateo. In 2023, we added two new group treatment programs and saw more than 7,600 appointments, an 11% increase from 2022.

• Reaching **millions** through education

Since 2012, we have reached over 2.2 million students, parents, teachers, and mental health professionals across more than 9,000 schools with direct clinical services, mental health skill-building, professional trainings, and educational workshops.

• **90%** increase in our Care Newsletter subscribers

Our Care newsletter, which provides the latest information on our evidence-based clinical services, had tremendous growth this year, nearly doubling in subscribers from 2022.

• Global partners in over **10** countries across **5** continents

Through our innovative work with the Stavros Niarchos Foundation (SNF) Global Center for Child and Adolescent Mental Health and our Child and Adolescent Mental Health Initiative, we are partnering with clinicians in over ten countries across five continents to scale evidence-based trainings, resources, and treatment around the world.



Our New World Headquarters

Photo Credit: SKOLNICK Architecture + Design Partnership

In 2023, we completed planning and preparation for our new headquarters, located at 215 East 50th Street in New York City. The 82,000-square-foot space will allow us to scale impact across our three mission areas of care, education, and science and convene global experts to develop innovative solutions. Our new home marks the beginning of an exciting next chapter as we grow our organization and, in turn, support more children and families.



# Transforming Lives With Evidence-Based Care

**Charting the Future of Care.** In the ever-evolving landscape of mental health care, the Child Mind Institute stands out with a forward-thinking model dedicated to nurturing young minds and transforming lives. Our commitment to evidence-based treatments, including cognitive behavioral therapy (CBT), parent-child interaction therapy (PCIT), exposure and response prevention, and more, ensures gold-standard care. We view therapy as a results-driven journey, setting goals and tracking progress to guide children to their best lives.

**Leading the Journey Forward.** At the heart of our success lies a world-class clinical team, carefully selected for their expertise and deep compassion for children. We prioritize thorough evaluations and

accurate diagnoses, making us a national leader in treating challenging situations. Our multidisciplinary team collaborates to provide coordinated care for children facing challenges across multiple areas.

**Setting the Course for Success.** What sets us apart is our unwavering focus on individualized mental health treatment plans, ensuring no child gets lost in the crowd. We offer intensive behavioral interventions for those with severe symptoms, often yielding substantial results in a short time. We recognize the impact of mental health disorders on the entire family and involve family members at every step, emphasizing the critical role they play in a treatment's success.

## Introducing Cutting-Edge Clinical Services to Address Tourette's and Trichotillomania

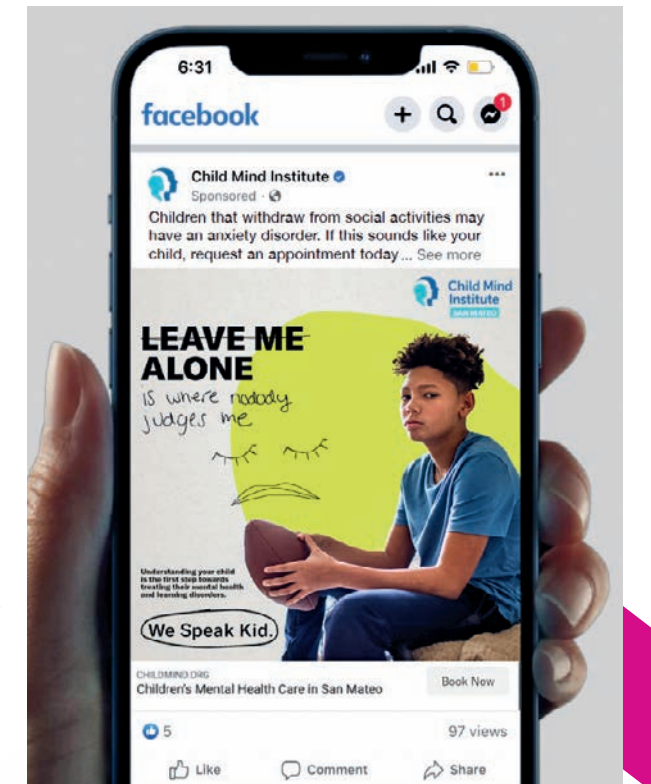


This year, we opened a Tourette's and Trichotillomania service in our Anxiety Disorders Center. The service, established by psychologist William Benson, PsyD, helps to ensure comprehensive care to children and teenagers facing diverse mental health challenges, including Tourette's and Tics, as well as Trichotillomania and other body-focused repetitive behaviors (BFRBs).

## The "We Speak Kid" Campaign

Last year, our "We Speak Kid" ad campaign took flight, reaching audiences across social media platforms, YouTube, San Francisco Bay Area electric car charging stations, and the private terminal of San Francisco Airport. The campaign emphasizes the critical importance of understanding children when treating their mental health and learning disorders. Outreach focused on our San Mateo

offices, highlighting appointment availability, financial aid, and our team of clinical experts, and demonstrating our readiness to support children and families across the Bay Area. The campaign drove a significant increase in patient appointments and higher conversion rates between intakes and scheduled appointments, resulting in 28 new patient appointments between July and November 2023.



### SPOTLIGHT: HAYDEN'S JOURNEY



Before finding support at the Child Mind Institute, Hayden struggled with intrusive thoughts about death and dying, accompanied by compulsive behaviors that consumed his daily life. Whether it was rearranging items on his desk or repeatedly tying his hockey skates, Hayden felt trapped by the relentless cycle of obsessions and compulsions that was taking a toll on his academic and social life.

Affected by her son's suffering, Hayden's mother tirelessly sought solutions to alleviate his pain. After exhausting all avenues for help in Toronto, Hayden and his mother discovered the Child Mind Institute's two-week program for severe OCD.

Hayden was initially apprehensive and withdrawn but gradually opened up in the supportive environment fostered by our dedicated team. Through therapy sessions and exposure exercises, he was able to confront his deepest fears and find the courage to face situations that once filled him with dread.

Reflecting on his journey, Hayden emphasized the extraordinary shift in his outlook and capabilities after receiving treatment at the Child Mind Institute. The burden of OCD lifted from his shoulders, Hayden now tackles new challenges with confidence, including managing his ADHD and executive functioning.

Today, Hayden is making plans for hockey school sessions at prestigious universities and embarking on a journey of self-discovery. His remarkable progress serves as a testament to the transformative power of committed support and specialized care.

SPOTLIGHT: MEET OUR NEW DEPUTY CLINICAL DIRECTOR



Omar Gudiño, PHD, ABPP

In 2023, we welcomed our new Deputy Clinical Director, Omar Gudiño, PhD, ABPP. Dr. Gudiño plays a critical role in clinical operations on both coasts, with particular focus on growing our San Mateo office and clinical practice.

Dr. Gudiño has dedicated his career to advancing evidence-based and culturally responsive services to meet the needs of children, families, and communities. He is a board-certified clinical child and adolescent psychologist with expertise in anxiety and related disorders, mood disorders, trauma- and stress-related disorders, and disruptive behavior disorders. Prior to joining the Child Mind Institute, Dr. Gudiño was director of the Clinical Child Psychology Program and an associate professor at the University of Kansas.

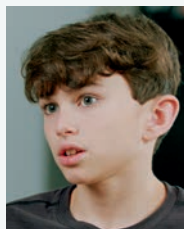
Shaping the Future of Telehealth: The Fort Health Training Program



In 2022, the Child Mind Institute entered a partnership to build Fort Health, a virtual mental health care provider accepting insurance in New Jersey and New York, with plans for nationwide expansion. Fort Health employs a collaborative care model by integrating with primary care to offer accessible, effective mental health treatment. In 2023, we successfully hosted the first Fort Health clinical

training program, providing Fort Health clinicians and supervisors with a comprehensive foundation in delivering high-quality, scientifically supported treatment methods to children and adolescents. Following the program, trainees continue to receive support through webinars and consultations with clinical leadership at the Child Mind Institute. By joining forces with Fort Health, we are paving the way to more accessible evidence-based care online and enabling more families to leverage their in-network insurance coverage.

SPOTLIGHT: FINN'S JOURNEY



Finn was diagnosed with autism just before his second birthday. Years later, a move from New York to North Carolina during the pandemic made Finn's diagnosis more challenging when anxieties he had long been bottling up were suddenly unleashed. Finn's parents, compassionate and determined, sought help from the Child Mind Institute.

Cynthia Martin, PsyD, senior director of the Autism Center at the Child Mind Institute, became a guiding force in Finn's journey, offering insight into his diagnosis and approachable ways to navigate treatment. Finn was able to name and manage his "sticky thoughts"— thoughts that clung to him, causing discomfort. With Dr. Martin's guidance, Finn built the confidence to throw them away.

The Child Mind Institute played a crucial role in facilitating Finn's unique mode of communication by creating an environment where his multilayered thoughts and feelings were supported and understood. Using strategies tailored to Finn's needs, Dr. Martin helped him manage his anxieties and express himself authentically.

Reflecting on the profound influence of the Child Mind Institute, Finn's parents emphasized how significant it was to pinpoint and label Finn's unique challenges and praised Dr. Martin's role in gently nurturing his progress, with an appreciation for his inherent strengths.

Inspired by his love for animals — particularly his dog, Dancer — Finn hopes to become a veterinarian. His story demonstrates that with understanding, support, and love, every child can acquire the foundational skills to embrace their inherent gifts and pursue their dreams.

Supporting Children All Year Round

The Child Mind Institute offers a range of summer programs to ensure children have access to the care, support, and skill building they need throughout the entire year.

In 2023, we celebrated seven successful years of our four-week summer program for children with ADHD and social, behavioral, or learning challenges. Children enrolled in this four-week summer program benefit from a high level of support and counselor expertise as they work on developing and maintaining positive peer relationships, improving emotional awareness and regulation, and jump-starting academic progress.

Brave Buddies® is designed to help children ages 3 to 12 diagnosed with selective mutism (SM) overcome their anxiety and speak in any setting. The Child Mind Institute has honed our unique, evidence-based approach to helping children with SM for 13 years — and evaluated more children with SM than any other care center in the world. Building on the success of the Brave Buddies® program, we developed targeted treatment groups for older children with SM.

The College Readiness Program and the College Success Program prepare students who are entering or enrolled in college by building their capacity to manage new social and emotional challenges, and to handle the organizational skills needed to perform well at a university level. Both programs allow students to function more independently while handling stress better and empower them to make better decisions for a positive college experience.

LEGO® Therapy Social Skills Group is a six-week, evidence-based, group therapy program designed to help children with social communication and social skills challenges. During each group session, children practice taking turns and sharing, following rules, solving problems, and collaborating through LEGO-based activities.

Virtual and in-person Social Anxiety Groups at the Child Mind Institute teach children, adolescents, and young adults coping skills to help them manage their anxiety and practice facing their social fears in a group setting. The groups are designed to help participants develop skills and confidence in a supportive environment through exposure.

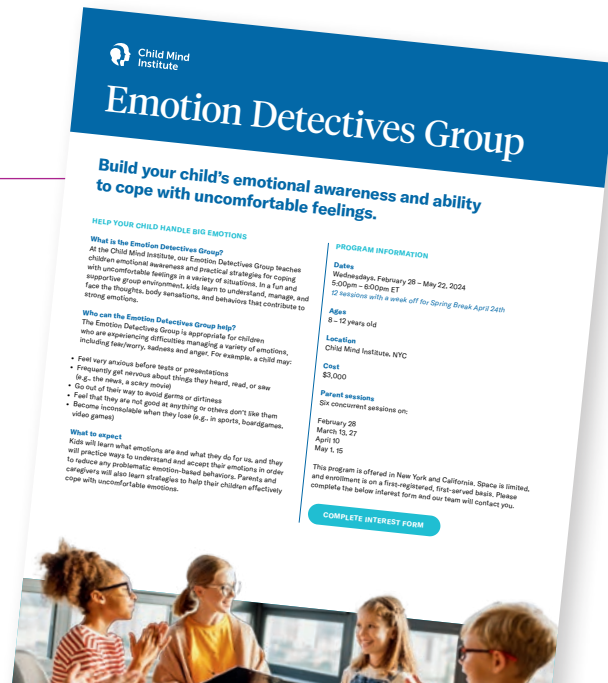


In 2023, our clinicians provided gold-standard services for 62,286 patient appointments, up 13% from 2022 — with a particular jump among in-person sessions.

### Navigating Emotional Resilience: The Emotion Detectives Group

In 2023, the Child Mind Institute launched our Emotion Detectives Group.<sup>1</sup> The program supports children who have difficulty managing a variety of emotions, including fear, worry, sadness, and anger. Tailored to build emotional awareness and equip children with practical strategies to cope with discomfort, this transformative program provides a fun and nurturing group environment for kids to work on understanding and accepting their emotions.

<sup>1</sup> Emotion Detectives draws on clinical strategies outlined in the *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children*



### New Frontiers of Clinical Excellence: Radically Open Dialectical Behavior Therapy

Radically Open Dialectical Behavior Therapy (RO-DBT) is a breakthrough, evidence-based behavioral treatment for individuals who exhibit rigid, perfectionistic tendencies, including those who have not seen results from other treatments. Our RO-DBT program is a comprehensive,

26-week skills class designed to help teens and young adults increase their flexibility and social connectedness. Participants are taught essential skills from highly specialized clinicians engaging with current research in the field.

#### SPOTLIGHT: MEET OUR NEW CHILD AND ADOLESCENT PSYCHIATRISTS



Jason Sarte, MD

Jason Sarte, MD, is a child and adolescent psychiatrist in the Psychopharmacology Center at the Child Mind Institute. Dr. Sarte completed a combined residency in pediatrics, adult psychiatry, and child & adolescent psychiatry through the Triple Board Program at the Icahn School of Medicine at Mount Sinai. As a board-certified pediatrician, Dr. Sarte brings a unique approach to his practice of psychiatry, carefully considering the complex interplay between physical and mental health when assessing and treating his patients. Dr. Sarte's comprehensive approach and dedication to collaborative, family-centered care make him a vital resource in his field.



Ramon Burgos, MD

Ramon Burgos, MD is a bilingual, board-certified child and adolescent psychiatrist in the Child Mind Institute's Psychopharmacology Center. He holds an MD and an MBA from the University of Pennsylvania and an undergraduate degree from Harvard College. Dr. Burgos specializes in the evaluation, diagnosis, and treatment of psychiatric disorders, employing his expertise in both English and Spanish to provide comprehensive care to a diverse range of patients. Dr. Burgos is adept at providing culturally attuned care and is committed to fostering a warm, welcoming, and collaborative atmosphere in which individuals can receive personalized treatment for complex problems. Driven by a strong determination to create a safe space, he actively forms partnerships with patients and their families to facilitate their healing journey.

#### SPOTLIGHT: MARGARET AND NORAH'S JOURNEY



Rebecca, a devoted mother of seven, found healing and support for two of her daughters at the Child Mind Institute.

Despite their six-year age difference, sisters Margaret and Norah share a close bond. Norah describes Margaret as "very quiet but mighty," while Margaret affectionately notes Norah's sense of humor, kindness, and cool demeanor. Both found the support they needed at the Child Mind Institute.

Norah first sought treatment to address anxiety, depression, and a recent autism diagnosis. She struggled to manage her symptoms, which led to missed school days and a pervasive fear of falling behind in her studies. Through care at the Child Mind Institute, which included a team of providers that worked collaboratively to tailor her treatment, Norah learned to navigate her diagnoses and better communicate with others.



Margaret, who followed her own specific journey of care, also experienced significant improvements in managing her anxiety. By working with Jennifer Louie, PhD, a senior psychologist in the Anxiety Disorders Center at the Child Mind Institute, Margaret learned skills like square breathing and gained new tools to face her fears. Now, Margaret says she can handle stress without breaking into tears — a sign of her growth and resilience.

Rebecca reflects on her daughters' bravery and strength, but also realizes that supporting them doesn't mean fixing them. With the help of the Child Mind Institute, she has learned the value of empowering Norah and Margaret to face challenges independently and with confidence.



# Connecting With Children, Families, and Educators

At the Child Mind Institute, we share evidence-based information across various mediums for educators, mental health professionals, parents, caregivers, and kids —so that everyone in a child’s life can take an active role in promoting mental health and well-being.

**Public Education.** To reach families when their needs are greatest, we provide easy-to-access information about mental health issues on our online Family Resource Center. This resource hub offers actionable, evidence-based guidance that is relevant and clear, giving caregivers the confidence to provide effective, informed support.

**School and Community Programs.** The right mental health intervention can be transformative for a child who is struggling. That’s why we meet kids where they are and provide the most effective

support through direct care for students, resources and prevention programs, and training for the professionals who care for our kids.

**Awareness Campaigns.** We are expanding our public communication campaigns and initiatives to reach a global audience, spreading awareness of children’s mental health issues and the availability of evidence-based resources. Our goal is to foster accessibility, eliminate stigma, and drive the development of services in areas where support needs are critical.

Since 2012, we have engaged over 2.2 million students, parents, teachers, and mental health professionals across more than 9,000 schools in New York City, the San Francisco Bay Area, and across the United States.

## School and Community Programs

Our School and Community Program teams deliver evidence-based mental health care and resources to schools in high-need communities by offering skill-building and direct clinical services for students, professional training for educators and school-based clinicians, and resources for caregivers.

Our work in schools brings treatment support and resources directly to kids in high-need communities who may not have access to other care.

### Prevention Programs

Our School and Community Programs staff provides classroom-level and schoolwide services to facilitate a productive learning environment for all students. This includes a K-12 skill-building curriculum that emphasizes resilience and promotes mental health and wellness among students, targeted educator and caregiver workshops, and resources to support program application at school and at home.

### Direct Intervention

Child Mind Institute clinicians deliver evidence-based treatment for students who require more intensive support, including treatment for post-traumatic stress disorder (PTSD), depression, mood disorders, behavior or attention difficulties, and early reading challenges. Treatment services are all provided at no cost to the students and their families.

### Professional Training

The Child Mind Institute’s School and Community Programs Professional Training team engages in collaborative relationships with school partners to build on students’ strengths and increase sustainable access to mental wellness. Training programs for educators and school staff include K-12 Mental Health Skill-Building, Trauma Treatment Groups for Students, Behavior Service Intervention, Dialectical Behavior Therapy Groups for Students, and Reading Service Intervention.





## Fostering Growth Together: Partnership Profile with PS 343 Q: The Children’s Lab School

With the support of the Child Mind Institute’s School and Community Programs team, PS 343 Q: The Children’s Lab School is a place where educators feel empowered and students receive the social-emotional support they need to thrive. This powerful, three-year partnership is grounded in a shared commitment to meet students where they are. School and Community Programs clinicians provide specialized, in-school mental health services directly to students and training for staff to support their students’ daily and long-term mental health needs.



Founding Principal Brooke Barr envisioned the Children’s Lab School as a place that fosters academic, social, and emotional growth. “One of the challenges of being a public school is we have one guidance counselor

and she’s wonderful, but she can’t possibly serve 450 children,” Principal Barr reflects. Child Mind Institute clinicians have helped the school treat students who require more intensive support, including those struggling with early reading skills and those experiencing post-traumatic stress, behavioral, or attention difficulties.



For school counselor Carmen Taveras, the partnership with the Child Mind Institute has been a lifeline in managing the demands of her role. “My caseload is significant,” Taveras admits. “The support provided by the

Child Mind Institute has been invaluable in ensuring every student receives the attention they deserve.”

The Children’s Lab School serves a diverse student population with a wide range of complex needs. Many students, including those from immigrant families and those who have experienced trauma, significantly benefit from the resources provided by the Child Mind Institute. “They’ve all been through so much,” Taveras says. “Just getting here into this new space and working with the Child Mind

Institute has been helpful in providing support to those families.”

To expand this support, Principal Barr sought another level of partnership with the Child Mind Institute. The School and Community Programs team led the faculty in mental health skill-building training, teaching educators to help students regulate their emotions, manage difficult thoughts and behaviors, interact effectively with others, and engage in relaxation and mindfulness practices to navigate stressful situations. The training gave educators the agency and confidence to implement evidence-based mental health skills and resources in their classrooms.



Third-grade teacher Deva Estin reflects on the Child Mind Institute’s transformative approach to navigating moments of conflict and distress with students. “Having a shared framework has been immensely helpful in de-escalating

situations and fostering meaningful dialogue,” Estin says. Ongoing support and consultation from School and Community Programs clinicians bolsters this framework to sustain mental health fitness. “All of my experiences with [clinicians] from the Child Mind Institute have been really validating and really affirming,” Estin says. “It has really felt like we’re in this together and our jobs are to help kids grow and help kids learn. And that’s a really different interaction than I think a lot of teachers experience.”

Seeing the partnership’s impact on educators has been particularly rewarding for Principal Barr. “They feel more secure knowing what to do in tricky situations,” she observes. This sense of security creates a ripple effect. “When the teachers are happier, we’re all happier,” Principal Barr says. “I recommend to every principal out there that if you have the opportunity to partner with the Child Mind Institute, please jump on that opportunity.”



New York Public Library



## Professional Training in Public Libraries

In 2023, the Child Mind Institute and New York City’s public library systems (the New York Public Library, Brooklyn Public Library, and Queens Public Library) established a promising partnership to offer two distinct professional training opportunities for staff. We have served more than 300 library employees, including after-school program tutors, branch and children’s librarians, and other staff who reach thousands of children and families across the city.

### Mental Health Skills Training for NYPL After School Staff

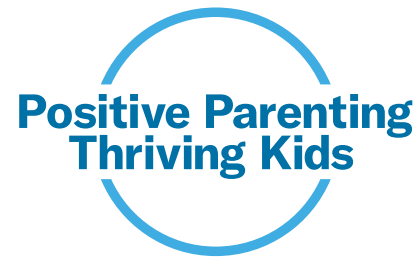
NYPL After School offers free after-school support, including homework help and activities, for children ages 6–12 at 50 New York City library branches. Located in branch children’s areas, the program prioritizes easy access with no registration required. Through the Child Mind Institute, After School staff learned evidence-based coping skills and how to use the *Healthy Minds, Thriving Kids* curriculum to teach children practical mental health strategies like breathing exercises and mindfulness. To support the training, the Child Mind Institute created posters and bookmarks to reinforce positive coping skills. These materials allow kids to practice skills at home and offer families access to further mental health resources via QR codes.

### Citywide Grief Training for Library Staff

New York City’s library systems were awarded a grant through the New York Life Foundation to address grief and bereavement in the communities they serve following the pandemic. After the success of our after-school program trainings, the Child Mind Institute became the lead provider of grief training across all three library systems, marking our first citywide collaboration.

To tailor grief training to each community’s needs, the Child Mind Institute collaborated with all three library systems and conducted stakeholder meetings. The training itself consisted of two parts: online modules exploring the basics of grief and in-person sessions focused on specific community needs with practical activities for library staff. Sessions covered grief across ages and how libraries can best support those who are grieving.





### Thriving Kids: Promoting Mental Health Fitness and Positive Parenting

Launched in 2022 as a partnership between the Child Mind Institute and the state of California, *Healthy Minds, Thriving Kids* (HMTK) is a collection of free, evidence-based video and print materials designed to help caregivers and educators teach kids from kindergarten to 12th grade critical mental health and coping skills. HMTK includes 34 videos in English and Spanish, 6 implementation guides, and 60 skill sheets — all of which include valuable tools for nurturing young minds.

Building on the success of HMTK, which was distributed to over 70,000 educators in over 8,000 California schools representing 100 percent of California public school districts, the Child Mind Institute expanded the Thriving Kids projects in 2023 to include resources for preschoolers

(*Healthy Minds, Thriving Kids Pre-K*, developed in partnership with the Ohio Child Care Resource and Referral Association [OCCRRA] and parents and caregivers (*Positive Parenting, Thriving Kids*, funded by the state of California).



Video production for *Healthy Minds, Thriving Kids Pre-K* and *Positive Parenting, Thriving Kids* was completed in 2023 for launch in early 2024.

### Positive Parenting, Thriving Kids

The creation of *Positive Parenting, Thriving Kids* (PPTK) drew on the expertise of over 25 Child Mind Institute clinicians, interviews with over 30 experts across the United States, a survey of 1,000 California caregivers, and additional research and interviews with 100 California youth. Created in partnership with the state of California, this comprehensive video series is designed to equip parents and caregivers with effective, evidence-based strategies in 20 topics across 4 major areas of concern:

1. Self-care and parent-child relationships
2. Healthy child and adolescent growth
3. Big changes and challenges
4. Family and community stress

The entire series of 40 PPTK videos — with accompanying learning guides and additional curated resources in both English and Spanish — launched on our Thriving Kids content hub at [childmind.org](http://childmind.org) in March 2024.

### Healthy Minds, Thriving Kids Pre-K

The *Healthy Minds, Thriving Kids Pre-K* (HMTK Pre-K) videos and activity sheets, designed for co-viewing with children ages three to five, teach evidence-based skills critical to mental health and wellness. The series focuses on five key topics specific to this age group:

1. Understanding feelings
2. Using your words
3. Having big feelings
4. Being brave
5. Being a good friend

Skills are taught the way young children learn best — through entertaining stories set in a vivid, imaginary world called “Hedgehog Land.” Songs at the end of each video reinforce important messages to help kids remember them.

The full series of 10 HMTK Pre-K videos, activity sheets, companion guides, and songs in both English and Spanish launched on our Thriving Kids content hub at [childmind.org](http://childmind.org) in April 2024.



The Family Resource Center drives 78% of traffic to [childmind.org](https://www.childmind.org), which saw over 22 million visitors in 2023.

### Guiding Families Through Trauma

For so many people around the world, 2023 was a year of unimaginable pain and conflict. The Child Mind Institute has developed resources to support those who are helping children and adolescents process trauma, grief, and violence. This includes parents who are struggling to explain a violent event such as a school shooting to their kids, adults caring for children directly affected by trauma, and teachers looking for ways to support their students. We offer free, expert-informed information and guidance, including multilingual trauma resources, now available in 16 languages.



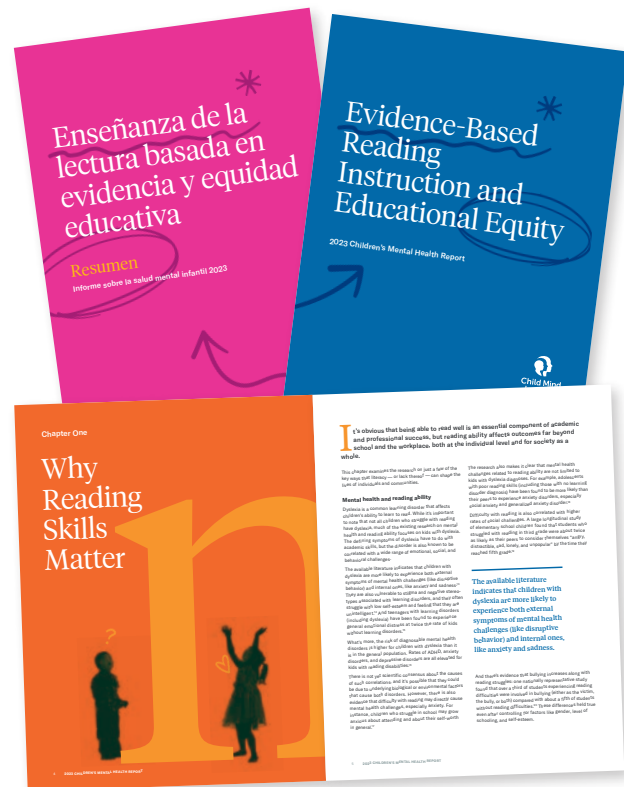
### Spreading the Word: Reading and Educational Equity

The Child Mind Institute’s 2023 Children’s Mental Health Report focused on the importance of using science-based reading instruction to enable more children to learn to read successfully, especially those with dyslexia. For decades, school districts throughout the country have used curricula that are not based in evidence to teach reading, leaving millions of children with poor reading skills and undermining their potential for academic achievement, professional success, financial stability, and full participation in society.

With input from reading experts in the Child Mind Institute’s Learning and Development Center, the 2023 report spelled out what brain research shows is the best way for children to learn to read, and the only way kids with dyslexia can succeed at reading, called systematic phonics instruction. The report helped focus attention on this crucial change at a time when many school districts are reevaluating their reading curricula.

The report, “Evidence-Based Reading Instruction and Educational Equity,” is available for free to parents and educators worldwide. The report’s release was accompanied by a webinar that garnered a global registration list of more than 3,000 individuals. The webinar was moderated by Child Mind Institute Clinical Director Matt Cruger,

PhD, and the panel included Laura Phillips, PsyD, ABPdN, senior director of the Learning and Development Center, Senior Psychologist Jennifer Louie, PhD, and Nanci Bell, co-founder of Lindamood-Bell, a leading provider of science-based reading instruction.



From left to right: Child Mind Institute Youth Council members Wyatt Whitman and Alexis Li; U.S. Surgeon General Dr. Vivek Murthy; Second Gentleman Douglas Emhoff

### Bringing Leaders Together

To celebrate World Mental Health Day — and raise awareness about the children’s mental health crisis — the Child Mind Institute convened a panel discussion at the United Nations International School in New York City. The high-profile panel featured two members of the Child Mind Institute’s Youth Council, Wyatt Whitman and Alexis Li, in conversation with Second Gentleman Douglas Emhoff and U.S. Surgeon General Dr. Vivek Murthy. The conversation ranged from challenges facing kids today and the importance of peer support to how loneliness and social media are affecting young people.

### Modeling Civic Partnerships

In 2023, our *Healthy Minds, Thriving Kids* series was featured in “Strengthening Youth Mental Health: A Governor’s Playbook.” New Jersey Governor Phil Murphy unveiled the playbook during the opening session of the National Governors Association’s meeting in July. The playbook includes 35 policy recommendations regarding youth mental health and highlights some 125 specific programs already in place that exemplify these policy recommendations — including *Healthy Minds, Thriving Kids*, created in partnership with the state of California, Governor Gavin Newsom, and First Partner Jennifer Siebel Newsom.



### SPOTLIGHT

### Family Resource Center

The Family Resource Center (FRC) at [childmind.org](https://www.childmind.org), made possible by support from the Morgan Stanley Foundation, continues to provide free resources that are widely read and shared by families, educators, school psychologists, school nurses, pediatricians, and mental health professionals. In 2023, there were 15.2 million unique visitors to the FRC (up from 13.9 in 2022). Included in that were 3 million Spanish-speaking users (up from 2.4 million). All educational content is transcoded in Spanish.

The FRC was designed to enable the Child Mind Institute to reach communities that are often underserved when it comes to mental health information and support. Articles are offered in both short and longer versions, at different reading levels, and often with accompanying videos.

2023 Stop Stigma Together Grand Challenge

# STOP STIGMA Together

Stop Stigma Together is a national initiative of Utah's Hunstman Family Foundation that destigmatizes mental health and substance use disorders by catalyzing over 300 organizations to work together in common cause. Participants bring medical, psychiatric, research, media, and social advocacy perspectives to bear on reducing stigma, the first barrier to care. In October, Vice President of Marketing and Communications, Jeffrey Chapman, was a featured presenter at the 2023 Stop Sigma Together Summit, where he shared our public education and awareness efforts with over 200 attendees.



**YOU GOT THIS**

SPOTLIGHT

*The Disruptors*

The Child Mind Institute's Dave Anderson, PhD, was featured in the 2022 documentary, *The Disruptors*, about ADHD. ADHD affects millions of Americans, including nearly 10 percent of children, and the film set out to reframe how the public views the disorder and highlight high-profile individuals who have harnessed their ADHD to achieve great success. Following a screening at the Museum of Modern Art (MoMa) in New York, Dr. Anderson and Child Mind Institute psychiatrist Roy Boorady, MD, participated in a panel discussion about ADHD with the film's producer, Nancy Armstrong, which was moderated by NBC News correspondent Cynthia McFadden. A clip from the discussion was shared on the Child Mind Institute's TikTok and garnered over one million views!



Dave Anderson, PhD, vice-president of public engagement and education and a senior psychologist in the ADHD and Behavior Disorders Center at the Child Mind Institute.



Raising Awareness Through *You Got This*

With teenagers experiencing alarming levels of hopelessness and suicidal thoughts, the need for open conversations around mental health is greater than ever. In May, the Child Mind Institute launched our annual mental health awareness campaign — this year with theme *You Got This* — to reduce stigma and normalize conversations around emotional, social, and psychological challenges among youth.

As part of the campaign, Child Mind Institute patients were given the opportunity to interview public figures who have experienced similar mental health challenges. Actress Phoebe Dynevor, NBA basketball player Kevin Love, and Hollywood star Candice King were among the notable individuals who shared stories with our patients about the mental health disorders, doubts, and confusion they faced when they were young. The message from each of these powerful voices was an empowering vote of confidence, that while things may be hard now, *You Got This*.

In an exclusive, nationally broadcast interview that aired in May, Wyatt Whitman, a Child Mind Institute Youth Council member and Child Mind Institute patient, interviewed *TODAY* host Carson Daly about their shared experiences coping with anxiety and the stigma associated with mental health challenges. The story was over six minutes long and was also shared across NBC social media platforms.



In May 2023, as part of the *You Got This* campaign, Child Mind Institute Youth Council member Wyatt Whitman interviewed *TODAY* show host Carson Daly about anxiety and mental health stigma.

**YOU GOT THIS**  
**ALYSSA MILANO**





# Making News Earning Media Attention for Children’s Mental Health Issues

The Child Mind Institute is committed to bringing understanding and expertise to public conversations about children’s mental health. In 2023, our clinicians educated audiences on topics from the everyday challenges of parenthood to communicating with children in the wake of traumatic events.

**5600+** Media Mentions  
**33B** Media Impressions  
**1900+** Outlets



## Responding to the Surgeon General

In May, founding President and Medical Director Harold S. Koplewicz, MD, joined MSNBC’s *The 11th Hour* to discuss U.S. Surgeon General Vivek Murthy’s critical report on social media use and the mental health crisis among kids and teens.

## Child Mind Institute Psychologist Recommends Measures to Protect Against Cyberbullying

Appearing live on the *CBS Mornings* show in January, Jamie Howard, PhD, a clinical advisor at the Child Mind Institute, noted that social media is here to stay, so cutting kids off from it will not help them socially. To establish good practices, she recommended that parents install parental monitoring software — and let their kids know they are doing it — so they can intervene if something happens.

## Explaining CDC Findings About Autism Spectrum Disorder

In April, Cynthia Martin, PsyD, senior director and a senior psychologist in the Autism Center at the Child Mind Institute, discussed new CDC findings about autism on national television with *CBS Mornings* hosts Gayle King, Tony Dokoupil, and Nate Burleson.

## How to Talk to Kids About School Shootings

In May, Child Mind Institute Clinical Advisor Jamie Howard, PhD, appeared on *CBS New York* to discuss how parents can talk to their children about school shootings in the wake of a tragic school shooting in Nashville.

## How to Talk to Children About War

In October, Jamie Howard, PhD, clinical advisor at the Child Mind Institute, joined *CBS Mornings* with advice on how parents can talk with their children about the ongoing violence in Israel and Gaza.

## How to Talk to Your Kids Constructively

In November, Child Mind Institute founding President and Medical Director Harold S. Koplewicz, MD, offered evidence-based parenting advice on *TODAY* with Hoda and Jenna.





# Catalysts of Change Leading the Course to Discovery

Science is in the DNA of the Child Mind Institute's mission. Our team of scientists and engineers are devoted to revolutionizing children's mental health. Their research and discoveries are making a world of difference at home and on a global scale. Focused on the developing brain, our innovations are designed to address the modern challenges faced by children and families around the world.

## Our Six Focus Areas



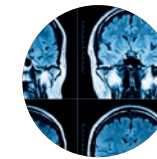
### Neuroscience

Driving discovery to establish neuroscientific foundations and biomarkers for precise mental health assessments and interventions.



### Applied Digital Technologies

Innovating and scaling mental health care and research globally through the development of accessible digital solutions.



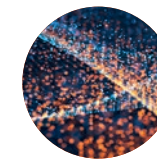
### Improving Methods

Addressing the crisis of reproducibility and accelerating the pace of scientific discovery by advancing robust methods, tools, and infrastructure.



### Public Health & Epidemiology

Identifying, monitoring, and responding to emerging public health crises through the generation, analysis, and sharing of vital data.



### Open Science

Revolutionizing mental health research through global open science with shared knowledge, data, and collaboration.



### Career Development

Cultivating brilliance and diversity in future scientists through scholarships, training, and research fellowships for impactful, innovative contributions well into the future.

## SPOTLIGHT: LEADERS IN RESEARCH



Michael P. Milham, MD, PhD

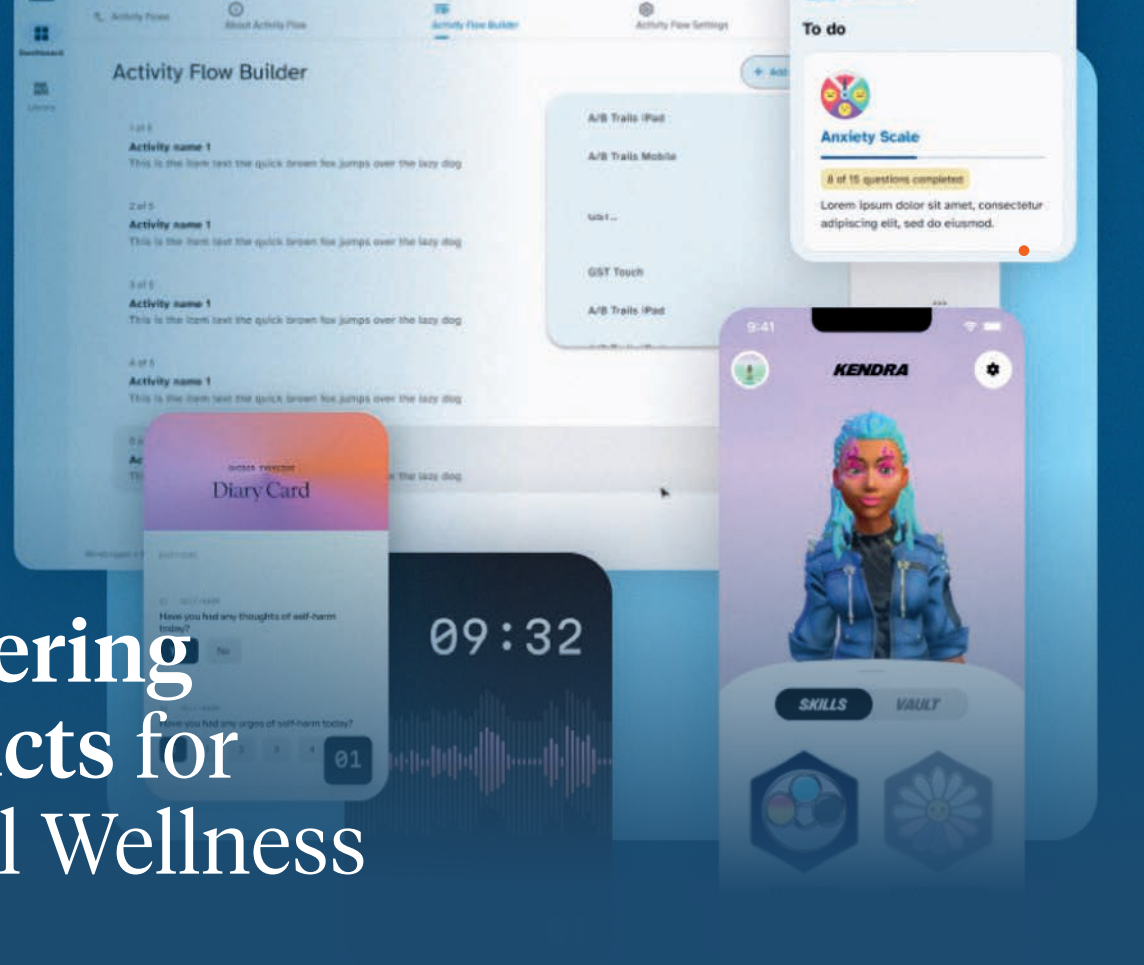
Michael P. Milham, MD, PhD, is an internationally recognized neuroscience researcher, the chief science officer and founding director of the Science and Engineering department at the Child Mind Institute, and a practicing child and adolescent psychiatrist. His research focuses on brain connectivity as it relates to various mental health disorders in children as well as applying these principles to the development of digital assessments and interventions. Dr. Milham is a pioneer in promoting open data sharing, having co-founded the 1000 Functional Connectomes Project, and founding the International Neuroimaging Data-Sharing Initiative (INDI), the Nathan Kline Institute Rockland Sample, and the Child Mind Institute's Healthy Brain Network. Dr. Milham has published over 250 articles since 2005, making him a Thompson Reuters/Clarivate Highly Cited researcher (top 1 percent for neuroscience and behavior) every year since 2014 and earning him the prestigious Wiley Young Investigator Award.



Adriana Di Martino, MD

Adriana Di Martino, MD, is a foremost autism researcher and the founding director of the Autism Center at the Child Mind Institute. Renowned for using brain imaging to study autism spectrum disorder, she aims to identify biological markers to improve early intervention. Dr. Di Martino also leads the Autism Brain Imaging Data Exchange (ABIDE), which accelerates global autism research by sharing data across labs worldwide. Recently, she was honored with the prestigious Autism Without Borders Award, recognizing her significant international contributions to autism research. Her work is published in top psychiatric journals, influencing global practices in the treatment and understanding of autism.

# Pioneering Products for Mental Wellness



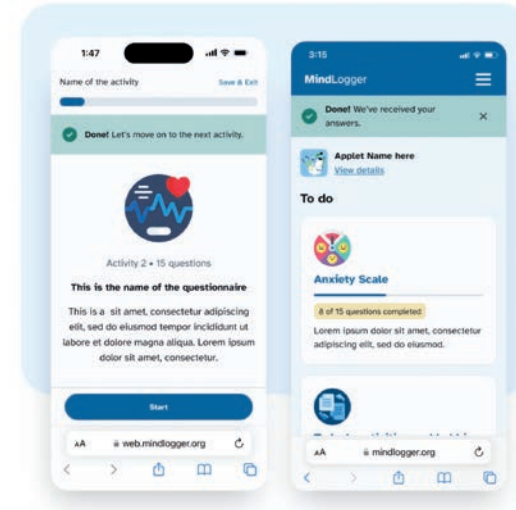
**The Next Generation Digital Therapeutics (NGDT) program — launched in 2022 with support from the state of California and the Stavros Niarchos Foundation — aims to address glaring disparities in access to quality clinical care for children.**

Traditional diagnostic and therapeutic modalities, which are often confined to clinical settings, can fall short in reach and efficacy. But digital solutions hold the promise of breaking down these barriers. Delivering interventions through smartphones, web platforms, and metaverse technologies can improve access, ease the delivery of assessments and therapies, and increase clinicians' capacity to provide life-changing care and researchers' ability to improve tools for refining assessments and the impact of care delivered.

Focusing on the development of digital therapeutics and response monitoring tools, NGDT aims to offer accessible, effective, and tailored solutions across a spectrum of emotional, behavioral, neurodevelopmental, and learning disorders. The NGDT program is rooted in years of diligent research conducted at the Child Mind Institute and represents our commitment to responsibly merging science and technology. In doing so, we are shaping the

future of mental health care and research in the digital age. Our goal is to create digital therapeutics and response monitoring tools with clinical integrity, anchored in scientific evidence. As always, our open science models allow us to facilitate collaboration and transparency, while reducing redundancy with others in the field.

The voices of children, families, clinicians, educators, and scientists are being heard throughout the development process via extensive user research to ensure that our solutions are aligned with their needs. The risks of technology-based addictions, online bullying, and privacy breaches are real and demand our vigilant attention. We are committed to navigating these challenges responsibly, ensuring that our digital solutions enhance, rather than undermine, the well-being of the children and families we serve. We are currently developing several digital solutions that are safe, effective, and designed to be accessible to anyone, anywhere.

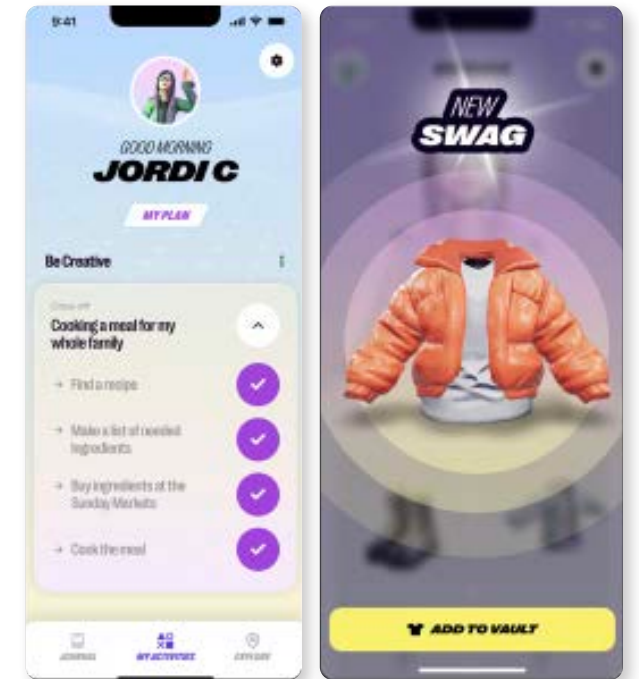
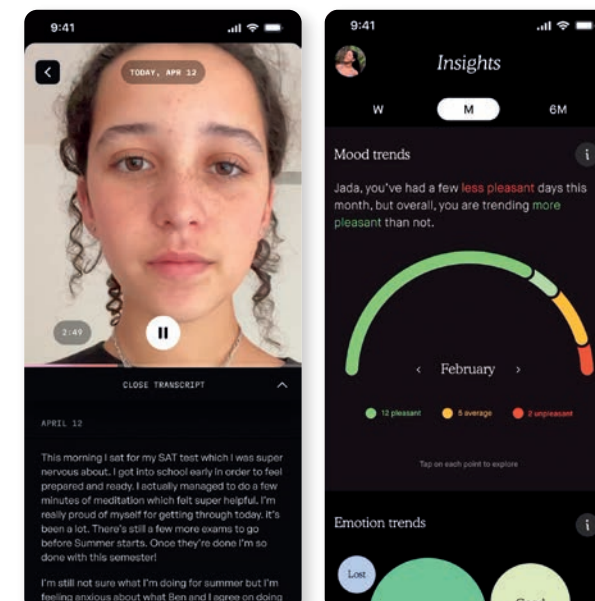


## Redefining Mental Health and Well-Being with MindLogger

Our MindLogger team has used clinical research to create a leading platform for mental health assessments. The “no code” platform allows researchers and clinicians to design and deploy their own validated suite of mental health content and assessments and collect data in a secure, encrypted platform.

## A Soothing Space for Thoughts and Emotions

Mirror is being developed as a clinically focused multimodal journaling app that supports teenagers struggling with depression symptoms. Users record a written, audio, or video entry and receive a succinct summary with insights based on large language models. In testing, we found that users find great value in having what they perceive to be rambling thoughts distilled into coherent points, allowing for reflection and validation. Mirror tracks mood and other metrics in a dashboard and provides crisis support resources when needed.



## Small Changes Spark Big Transformations

Kandoo is a cutting-edge augmented reality app being developed for depression treatment. The program uses proven methods of behavior activation and gameplay elements to make treatment fun and engaging for teenagers. Clinicians can use Kandoo with patients as part of their treatment protocol and track symptoms through a clinician interface.

## Harmonizing the Research Ecosystem

The Center for Strategic Data Initiatives works to harmonize processes, protocols, development strategies, and data systems across the various research programs at the Child Mind Institute. SDI aims to develop highly customizable turnkey solutions for generating reproducible research data, such as our apps, that will drive forward our mission to enhance the understanding, diagnosis, and treatment of mental health disorders.



### Fostering the Next Generation of Child Mental Health Professionals

In June, we launched our new Youth Mental Health Academy, giving students from structurally marginalized communities in California an opportunity to explore careers in mental health.

The Youth Mental Health Academy fosters future leaders in mental health by providing community-based career development to rising high school juniors and seniors. The 14-month program provides hands-on experience through project-based learning, mentorship, integrated support, and paid internships.

Last summer, the program launched with a pilot of 150 students who were selected from nearly 700 applicants. Accepted students completed a five-week summer academy at four college campuses across Los Angeles, culminating in a capstone event.

- 90% of students reported increased understanding of mental health careers available to them.
- 90% of students reported an increased understanding of mental health conditions.
- 89% reported feeling well-supported and a sense of belonging in the YMHA community.
- 89% reported feeling confident in their ability to take the necessary steps to achieve their career goals.

The academy aims to introduce more students to mental health professions, with the ultimate goal of creating a more diverse field. This shift could drive better access to support for marginalized communities, address systemic discrepancies in care, and improve quality, access, and equality. The 2024 summer program will serve roughly 1,000 students in Los Angeles, San Diego, and the Bay Area.

### Inaugural Autism Symposium

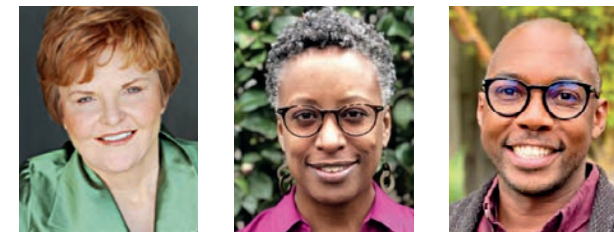
Our inaugural Autism Symposium, “Reflections on the Progress of Science and Care,” brought together 1,600 virtual and in-person participants. Moderator Alison Singer, co-founder and president of the Autism Science Foundation, used her expertise to lead the day.

The keynote speaker was Cathy Lord, PhD, the co-chair of the Scientific Research Council at the Child Mind Institute and one of the foremost clinical researchers in autism. The program featured expert presentations on “Clinical Science Impact” and a panel discussion on schools, each followed by an engaging Q&A session.

### On the Shoulders of Giants Scientific Symposium

Our 2023 symposium focused on the use of groundbreaking technologies to address disparities in health care. The event featured enlightening presentations from Dr. Mary Jane Rotheram-Borus, recipient of the 2023 Sarah Gund Prize for Research and Mentorship in Child Mental Health, as well as Dr. Marguerita Lightfoot and Dr. Chadwick K. Campbell.

The symposium concluded with a dynamic roundtable, moderated by Dr. Peter Szatmari, that explored technology’s potential to dismantle mental health care delivery barriers in low- and middle-income communities.



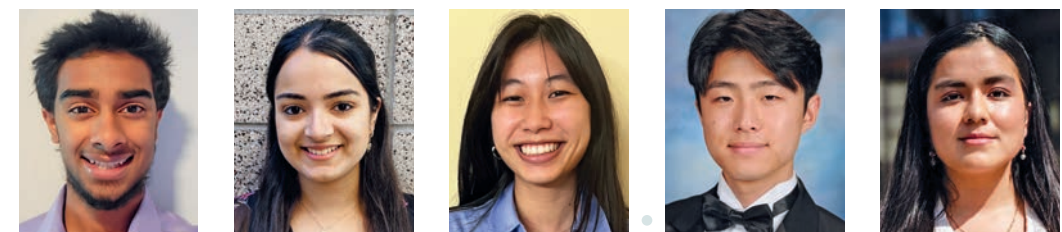
#### 2023 On the Shoulders of Giants

Participants, from left to right: Mary Jane Rotheram-Borus, PhD, University of California, Los Angeles and Child Mind Institute 2023 Sarah Gund Distinguished Scientist; Marguerita Lightfoot, PhD, Oregon Health & Science University-Portland State University School of Public Health; Chadwick K. Campbell, PhD, MPH, University of California, San Diego

### 2023 Rising Scientists Awards

Our commitment to investing in tomorrow’s scientific leaders inspired us to create the Rising Scientists Awards in 2012. The 200 nominees in 2023 showed incredible interest and achievement in psychology, neuroscience, and biomedical engineering research.

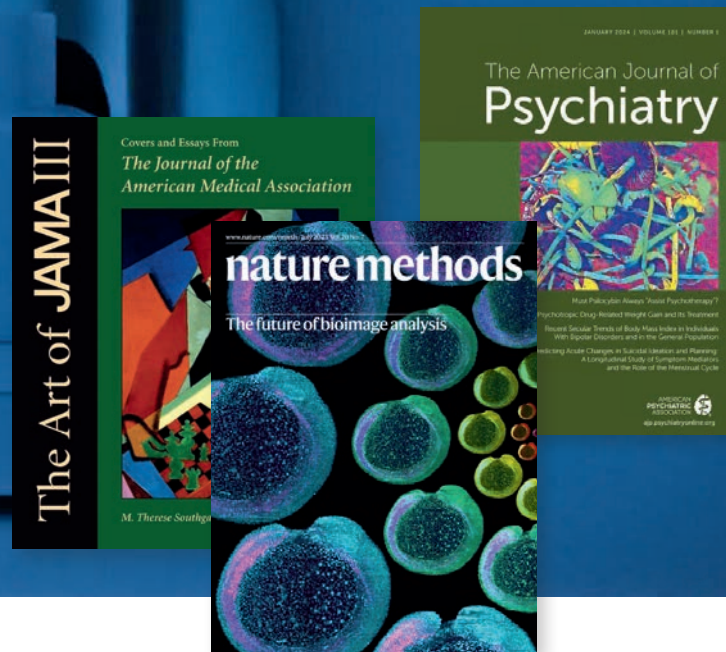
These students’ dedication to transforming lives by breaking barriers and accelerating evidence-based discovery sets the stage for optimizing and elevating mental health and learning disorder treatment for children around the world.



#### 2023 Award Winners

- |  |   |  |   |  |
|--|---|--|---|--|
| Manas Kandath, Eldorado High School, Albuquerque, NM | Maya Krishnan, La Jolla Country Day School, San Diego, CA | Natasha Kulviwat, Jericho High School, Jericho, NY | Ryan Lee, Plainview-Old Bethpage JFK High School, Plainview, NY | Denise Rojas, Western High School, Anaheim, CA |
|--|---|--|---|--|





## Innovating Hope and Shaping the Future

Our researchers provide valuable insights into the unique psychological dynamics of childhood and the biology of the developing brain to inform evidence-based interventions and strategies that can positively impact lives across the globe.

By embracing open science and sharing our findings, the Child Mind Institute researchers contribute to a growing body of knowledge that guides mental health professionals, educators, and policymakers in creating more effective support systems and preventive measures. Publishing new research for children's mental health is integral to our commitment to fostering a generation of emotionally resilient and thriving individuals and laying the foundation for a brighter and healthier future for children around the globe.

## Notable 2023 Publications

### Parental Preferences on Mental Health Screening of Youths from a Multinational Survey (Published in *JAMA Network Open*)

The research conducted by our team aims to address the increasing mental health challenges of children worldwide through a novel multinational survey to examine the attitudes of parents and caregivers toward pediatric mental health screenings. The study led to an enhanced understanding of parental needs and preferences — over 90 percent of participants reported that they wanted their children regularly screened by physicians, psychologists, and mental health professionals.

### Parent-Perceived Benefits and Harms Associated with Internet Use by Adolescent Offspring (Published in *JAMA Network Open*)

This study explored the benefits and harms of internet use for adolescents. Increased dependency on the internet has created serious concern among parents regarding problematic internet use (PIU). A survey deployed by the Child Mind Institute revealed that twice as many parents are troubled by internet addiction than substance abuse. Additional concerns included family connectedness and cyberbullying. This research is critical to understanding PIU as a public health issue and the connections among parenting styles, parent internet use, social networking, and familial bonds.

### Inequalities in the Incidence of Psychotic Disorders Among Racial and Ethnic Groups (Published in the *American Journal of Psychiatry*)

This article explores recent trends in the incidence of psychotic disorders, demographic characteristics, and comorbid psychiatric and medical conditions among six racial/ethnic groups. The research illustrates variations in incident psychotic disorder diagnoses across racial and ethnic groups in the United States, suggesting potential racial biases in diagnosis. Those diagnosed with psychosis bear a heavier burden of additional adverse health outcomes and have reduced odds of health care utilization, reflecting both personal and economic impacts.

### Trends in the Prevalence and Incidence of Attention-Deficit/Hyperactivity Disorder Among Adults and Children of Different Racial and Ethnic Groups (Published in *JAMA Network Open*)

This study identifies recent trends in attention-deficit/hyperactivity disorder (ADHD), including the prevalence and incidence among racial and ethnic groups in the United States. The research revealed significantly lower ADHD detection rates among minority racial/ethnic subgroups. The increased likelihood of adverse outcomes underscores economic and personal ramifications, emphasizing the need to improve the evaluation and treatment of ADHD.

### Helping Teens Make Their Online Spaces Safer: Perspectives from the Online Use and Reporting Survey (OURS) (Funded by Google's Trust and Safety Team and the Google Kids and Family Team)

A combination of qualitative interviews and the results of the Online Use and Reporting Survey (OURS) finds that teens are more likely to experience online harassment and abuse than they are to report it. And adolescents facing mental health difficulties, specifically those with anxiety disorders, were found to perceive more barriers — like embarrassment and uncertainty — to reporting abuse. The Child Mind Institute presented these findings to Google stakeholders and representatives from major tech companies, including members of the Tech Coalition.

### ReX: An Integrative Tool for Quantifying and Optimizing Measurement Reliability for the Study of Individual Differences (Published in *Nature Methods*)

This article discusses the significance of identifying individual differences in brain function through neuroimaging for biomarker discovery in neuroscience. It introduces Reliability eXplorer (ReX), a comprehensive toolbox designed to examine individual variation and reliability and optimize the measurement of individual differences in biomarker discovery. Additionally, it presents gradient flows, a novel approach implemented in ReX, for identifying and representing the most effective direction for optimization in measuring these individual differences.

### Age, Motion, Medical, and Psychiatric Associations with Incidental Findings in Brain MRI (Published in *JAMA Network Open*)

This study examined brain-based incidental findings (IFs) detected in MRI scans across different age groups and their associations with various health indicators. Data for this study came from two main sources, including the Child Mind Institute's Healthy Brain Network. Findings show that rates of IFs increased with age, and certain health factors like elevated blood pressure and BMI were associated with specific brain changes. However, most IFs were not associated with behavioral, cognitive, or other health outcomes.

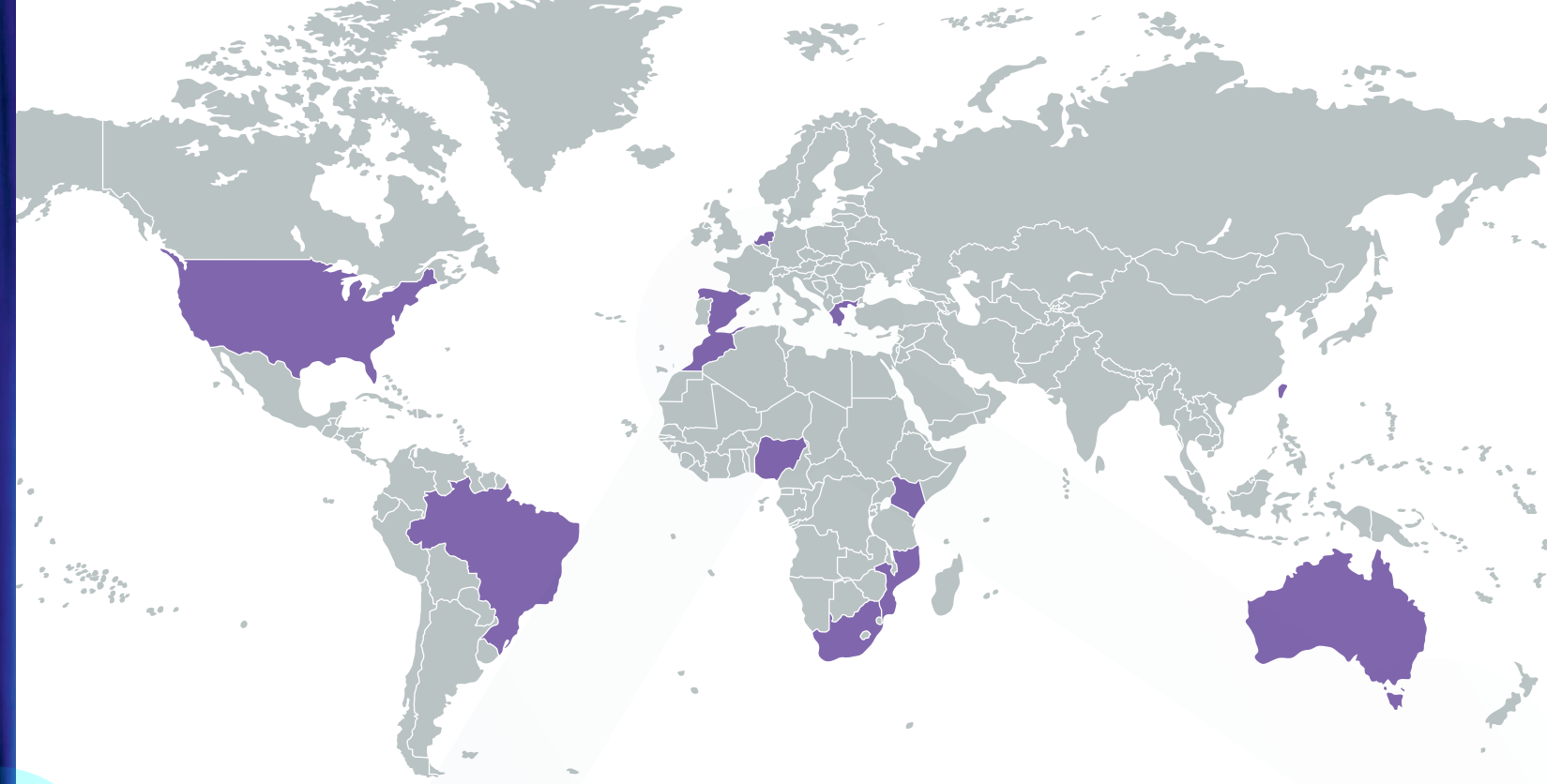


## Worldwide Impact: Forging Global Partnerships

The United States does not have a monopoly on children’s mental health challenges. Recognizing the need to improve access to quality mental health care worldwide, the Child Mind Institute is partnering with stakeholders in a growing list of countries to co-create tools and resources, scale sustainable treatment models, and deploy evidence-based training programs that focus on the needs of local communities.

Encouraging cooperation across borders and cultures, the Child Mind Institute has collaborated and forged partnerships with the Stavros Niarchos Foundation (SNF), the International Association for Child and Adolescent Psychiatry and Allied

Professionals (IACAPAP), the Clinton Global Initiative, and an expanding roster of NGOs and local organizations on five continents. And we’re just getting started.



### Launching the SNF Global Center for Child and Adolescent Mental Health



#### An Expert Dialogue, A Global Initiative.

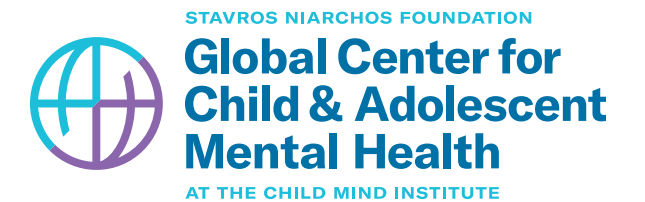
On October 25, the Child Mind Institute and the Stavros Niarchos Foundation (SNF) convened a distinguished panel of speakers to discuss the global crisis in children’s mental health — and to announce the inauguration of the SNF Global Center for Child and Adolescent Mental Health at the Child Mind Institute.

The panel, moderated by ABC News Nightline co-anchor Juju Chang, brought together experts from the World Health Organization, UNICEF, United for Global Mental Health, the Child Mind Institute, Harvard T.H. Chan School of Public Health, and the Shamiri Institute.

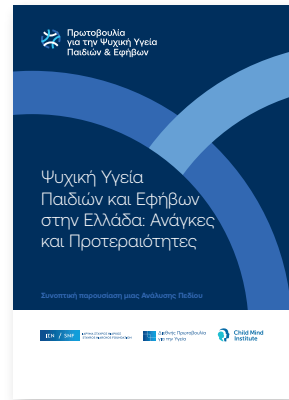
#### Now in Greece, South Africa, and Brazil

Established with a foundational grant from the Stavros Niarchos Foundation (SNF), the SNF Global Center is already working to accelerate global collaboration in underresourced areas of children’s mental health and expand worldwide access to culturally appropriate trainings, resources, and treatment, particularly in low- and middle-income countries.

Building on an initial collaboration with Child & Adolescent Mental Health Initiative (CAMHI) in Greece in 2021, the SNF Global Center launched innovative collaborations with local partners in Brazil, South Africa, and more in 2023.



## Charting a Path to Greater Access to Mental Health Services for Young People in Greece: The Child and Adolescent Mental Health Initiative (CAMHI)



Like their peers around the world, children and adolescents in Greece face a troubling lack of access to mental health care. A collaboration among the Child Mind Institute, SNF’s Global Health Initiative (GHI), and Greece’s Hellenic Ministry of Health, the Child and Adolescent Mental Health Initiative

(CAMHI) was established with the goal of improving mental health outcomes and access to quality care for young people throughout the country.

### Landscape Analysis Identifies Key Challenges

In 2023, CAMHI completed a comprehensive landscape analysis, identifying needs for strengthening the country’s mental health services infrastructure to address three critical elements of the mental health landscape:

- Greater mental health awareness
- Evidence-based training for professional caregivers
- A diverse, pluralistic approach to psychosocial interventions

The most frequently reported mental health conditions among Greek youth in the survey were ADHD, anxiety, disruptive behavior, and depression. Addressing stigma associated with mental health conditions was identified as a significant challenge.

### Pilot Training Program Launched

Based on the findings of the landscape analysis, CAMHI launched its pilot “Child and Adolescent Mental Health Literacy” Basic Training Program in conjunction with World Mental Health Day in October. The program aims to empower educators with training and practical tools to identify and address mental health challenges and child protection concerns that may arise in school settings. So far, more than 1,000 educators have participated in the program, which is slated to expand nationally.

## Mapping a Worldwide Forum on Mental Health

The 2023 Stavros Niarchos Foundation (SNF) Nostos Conference, held from June 21 through June 23 in Athens, Greece, achieved a significant milestone this year by dedicating its entire agenda exclusively to mental health for the first time, with a full day devoted specifically to child and adolescent mental health. This unprecedented focus underscores the increasing global urgency to address mental health issues, particularly among young populations. Harold S. Koplewicz, MD, founding president and medical director of the Child Mind Institute, opened the dedicated day with a powerful speech, following remarks from SNF Co-President Andreas Dracopoulos, highlighting that most mental health disorders begin in childhood and the critical need for early intervention.

The conference featured key discussion led by prominent experts including Giovanni A. Salum, MD, PhD, and Michael Milham, MD, PhD, from the Child Mind Institute, who shared insights and advancements from the Child and Adolescent Mental Health Initiative (CAMHI) and the SNF Global Center for Child and Adolescent Mental

Health. Their presentation emphasized the importance of international collaboration in improving mental health services and outcomes for youth globally. This focus was enhanced by the participation of notable figures such as former President Barack Obama, actress and mental health advocate Glenn Close and MindUp founder Goldie Hawn, who brought further visibility and advocacy to the critical issues discussed.

The involvement of these influential figures, along with dedicated supporters like former U.S. Representative Patrick J. Kennedy and key California health officials, highlighted the conference’s role as a pivotal platform for promoting global and interdisciplinary solutions to the mental health crisis facing children and adolescents. This gathering not only advanced the conversations on mental health but also set a precedent for future conferences to build upon, ensuring continued international effort and cooperation in tackling these essential challenges.

### SPOTLIGHT

## Addressing the Global Crisis in Youth Mental Health

The Child Mind Institute founding President and Medical Director Harold S. Koplewicz, MD, is a globally recognized thought leader in the area of mental health for children and adolescents. At a Clinton Global Initiative session titled “Global Crisis, Local Solutions: How to Revolutionize and Implement Community-Based Mental Health Care,” Dr. Koplewicz was asked to describe the challenges of the youth mental health crisis and identify practical solutions for individuals and organizations in an interview conducted by author Aija Mayrock.



Harold S. Koplewicz, MD, founding president and medical director of the Child Mind Institute, delivers an address at the Stavros Niarchos Foundation 2023 Nostos Conference.

# Our Supporters

Every child we treat, every parent we help, and every educator we train is thanks to our generous community of donors around the country and the world. We extend our deep and sincere gratitude to our supporters for their dedication and generosity.

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Please note that all acknowledgments pertain to donations received between October 1, 2022, and December 31, 2023. Gifts received in fiscal year 2024 will be acknowledged in the 2024 Annual Report.

\* Multiyear gift

## DONOR SPOTLIGHT



Google has become a key collaborator for the Child Mind Institute, working with our teams on several research and public education initiatives. In 2023, Google.org funded a project joining the Child Mind Institute, the Steve Fund, and the JED Foundation in partnership to develop a series of educator webinars addressing key topics in mental health. “We aim for this national initiative to equip educators with the skills to support their students’ mental health needs in the classroom, while keeping themselves mentally healthy. As the partnering organizations work together to address diverse mental health needs and concerns, we hope to build a well-rounded resource hub that will be used in school communities around the country.” — Adrian Shurr, Regional Giving Lead, Google.org

## The 2023 Child Advocacy Award Dinner

The Child Mind Institute's 2023 Child Advocacy Award Dinner, held at Cipriani 42nd Street, marked an extraordinary milestone in our mission to transform the lives of children facing mental health and learning challenges. With the generous support of our attendees and advocates, the event raised over \$8 million, setting a fundraising record in our organization's history. Andy Saperstein, Co-President and Head of Wealth Management at Morgan Stanley and Child Mind Institute Board Member, was presented with the 2023 Child Advocacy Award for his steadfast support of children's mental health. This momentous event featured a performance from comedian Jim Gaffigan, remarks from host Ali Wentworth, and a speech from Luca, a Child Mind Institute patient, and his father, Enrico, who demonstrated the power of using our voices to pay it forward. We extend our heartfelt gratitude to all attendees, honorary co-chairs, and benefit chairs for their unwavering commitment to our cause.



Clockwise from above left: Ben Huneke, Child Advocacy Awardee Andy Saperstein, and Harold S. Koplewicz, MD; Jeannie and Jim Gaffigan; Arianna Huffington, Harold S. Koplewicz, MD, Heather Senst, Peter Senst, Whitney Lasky, Sandy Climan, and Molly Jong Fast; Andreas Dracopoulos, Anna-Kynthia Bousdougou, Chelsea Clinton, and Harold S. Koplewicz, MD.

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## Corporate Partners

The following corporations supported the Child Mind Institute through significant financial or in-kind donations in 2023. We are incredibly grateful for their support and partnership.





DONOR SPOTLIGHT

**Ali Wentworth and George Stephanopoulos**

Longtime friends and supporters Ali Wentworth and George Stephanopoulos have been a part of many of the Child Mind Institute's most pivotal moments. As the dependably dynamic and engaging moderator of our annual Spring Luncheon, Ali brings her passion as a mental health champion and compassion as a mother to inspire others to join our community. George has repeatedly helped elevate the global youth mental health crisis and the Child Mind Institute's work as a co-anchor on *Good Morning America*, raising awareness and giving a platform to children that need our help. Both Ali and George have generously hosted several of our annual Child Advocacy Award Dinners. They share their passion for mental health activism with their daughters, Elliott and Harper Stephanopoulos. Elliott previously served on the Child Mind Institute's Youth Council, which connects and empowers young people to advocate for mental health in their communities.

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EVENT SPOTLIGHTS

**2023 Bay Area Fall Luncheon**

The Child Mind Institute's 2023 Fall Luncheon at the Sharon Heights Golf and Country Club in Menlo Park raised over \$523,000 to support California youth and families grappling with mental health and learning disorders. The event featured a discussion with author Donna Jackson Nakazawa on modern parenting strategies and the critical need for resilience-building and community support in the face of the ongoing youth mental health crisis. We extend our heartfelt thanks to our esteemed luncheon co-chairs and all attendees for supporting our mission to promote mental wellness among California's youth.



Top: Harold S. Koplewicz, MD, Donna Jackson Nakazawa, and Dr. Lauren Allerhand. Above left: Rosalinda Sanchez, Julie Brown, Susan Osterhoff, Karen Lott, Athena Anderson, and Korynn Pope. Above right: Christine Tanona, Melinda Osterloh, and Devon Briger.

OUR SUPPORTERS



EVENT SPOTLIGHTS

2023 Spring Luncheon in NYC

The Child Mind Institute's 2023 Spring Luncheon, themed "Parenting Ourselves, Then Our Kids," provided a platform for an enlightening discussion with parenting expert, clinical psychologist, and author Dr. Becky Kennedy and the Child Mind Institute's Dr. Dave Anderson. The event raised over \$435,000 and delved into the importance of introspection in parenting, offering valuable insights into fostering resilience and honesty in children.



Top: Moderator Ali Wentworth, Dr. Becky Kennedy, and Dr. Dave Anderson. Clockwise from above left: Natalie Mackey, Debra Perelman, Tara Lipton, and Lisa Manice; Ali Wentworth, Harold S. Koplewicz, MD, and Tamron Hall; Zibby Owens, Kyle Owens, and Stefanie Owens.

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DONOR SPOTLIGHT

Hsiao-Yen's Personal Fundraiser

Hsiao-Yen, an author, illustrator, and graphic designer, hosted an art gallery showcasing artwork created by talented young artists, with purchase proceeds going toward the Child Mind Institute. "As an art educator, my mission is to inspire students to share and use art as a powerful tool for positive societal impact," Yen said. "Collaborating with charities provides us with opportunities to instill a love for art in children, motivating them to use their creativity for the betterment of society and to inspire others." The art exhibit was a resounding success, raising nearly \$5,000 for the Child Mind Institute and inspiring Yen to make the event an annual tradition. You can partner with the Child Mind Institute to organize a personal fundraising campaign by emailing [partnerships@childmind.org](mailto:partnerships@childmind.org).



SPOTLIGHT

**The Child Mind Institute Learns How to Dance in Ohio**

In 2023, seven autistic actors made their Broadway debut in the musical *How to Dance in Ohio*. The Child Mind Institute partnered with the production and offered discounted tickets to our audience toward the start of the run. We have been proud to support a musical that is putting the spotlight on the thriving, diverse autistic community, and showing audiences that “if you’ve met one autistic person, you’ve met one autistic person.”

- |  |  |                                 |  |
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**2023 Golf Tournament**

The Child Mind Institute’s second annual charity golf tournament at the Stanford Golf Course in Palo Alto marked a significant effort to address the escalating youth mental health crisis in the San Francisco Bay Area. With 85 players, including renowned athletes such as Brandi Chastain and Marcus Allen, the event raised an impressive \$373,000, demonstrating the community’s commitment to addressing youth mental health challenges. The event’s success was made possible by the generous support of sponsors like SoFi, Supergoop, and Qualia, as well as the dedicated efforts of the event committee.



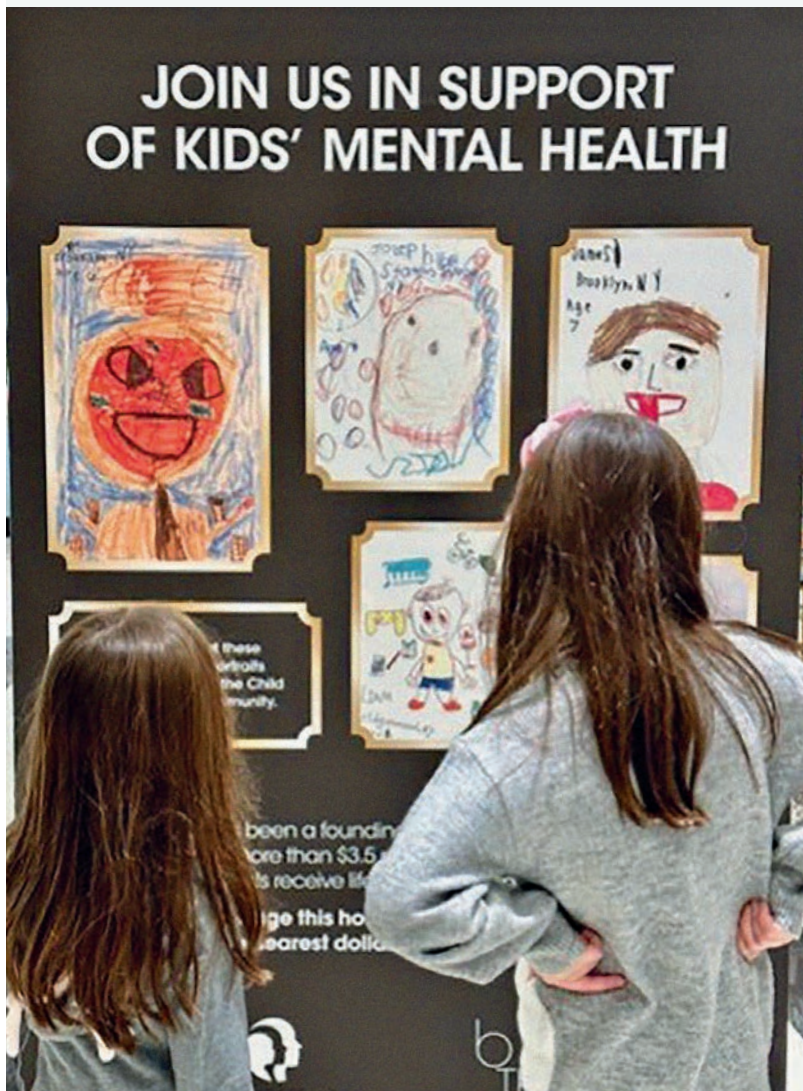
Top: Harold S. Koplewicz, MD, with honored guests; Above left: Rod Pampling, Mike Weir, Vince Coleman, and Bo Jackson; Above right: Mark Ibanez and Drew Robinson.



DONOR SPOTLIGHT

# bloomingdale's

Bloomingdale's has been the Child Mind Institute's incredible founding partner since we opened our doors in 2009. In 2023, we worked together to celebrate the children of the Child Mind Institute community, featuring artwork in Bloomingdale's stores nationwide throughout the winter holidays. Bloomingdale's customers were as generous as ever, supporting children's mental health by participating in in-store register round-up campaigns, donating at checkout on bloomingdales.com, and buying the Little Brown Bear that gives back each holiday season. We are profoundly grateful to Bloomingdale's colleagues and shoppers for their belief in our work.



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DONOR SPOTLIGHT

# WARBURG PINCUS

Warburg Pincus became a valuable partner in the Child Mind Institute's mission when they first provided annual support in 2021. The firm made a further investment in mental health in 2023, planning a series of webinars to support employees and their families. The Child Mind Institute's clinicians provided three virtual talks for Warburg Pincus colleagues worldwide: Mental Health 101, Mindful Parenting, and Raising Resilient Kids. Our partners at Warburg Pincus say, "We are proud to partner with the Child Mind Institute to raise awareness around the importance of mental health in and out of the workplace and we look forward to many more initiatives in the near future."

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DONOR SPOTLIGHT



In July, the Wellness Classroom made a generous grant to support the Child Mind Institute's work building long-term mental health capacity in schools. Thanks to this generous gift, the Child Mind Institute is training educators and school mental health staff in our evidence-based mental health curricula and strengthening the evaluation tools we use through robust data collection. These professionals will be able to support the mental health needs of thousands of students in New York City schools for years to come. It is the support of donors like the Wellness Classroom that makes it possible for us to not only provide training in our evidence-based treatment and prevention programs, but also to build lasting networks of children's mental health champions in high-need schools and communities.

# Our Leaders Are Committed to Change

Our Board and Advisory Councils ensure that the Child Mind Institute makes significant and steady progress in its mission. We are deeply grateful to these individuals who have dedicated enormous energy and years of experience to the cause of child mental health.

DONOR SPOTLIGHT

### The Schaps Family



The Schaps family has been a steadfast supporter of children’s mental health for decades. When the Child Mind Institute opened in 2009, founders Harold S. Koplewicz, MD, and Brooke Garber Neidich knew to call on the Schaps family as trusted champions of the cause. Founding Child Mind Institute Board members and mother-son duo, Linda and Jordan Schaps have offered their guidance, leadership, and generosity over the years, helping us become the far-reaching global organization we are today. Jordan has been an invaluable member of our Communications Committee, helping elevate our brand on billboards in key locations throughout New York City and the San Francisco Bay Area.

In 2023, Linda stepped down from her 13-year tenure and passed the baton to her daughter-in-law, Jil Schaps, whose energy, vision, and dedication will continue the Schaps family legacy. We are deeply grateful to the entire family for their unwavering commitment to our cause.

## Board of Directors

Devon Briger <i>Co-Chair</i>	Mark Dowley	Anne Welsh McNulty	Josh Resnick
Joseph Healey <i>Co-Chair</i>	Michael Fascitelli	Guy Metcalfe	Jane Rosenthal
Linnea Roberts <i>Vice Chair</i>	Phyllis Green	Lisa Metcalfe	Andy Saperstein
Arthur G. Altschul Jr.	Margaret Grieve	Christina Minnis	Jil Schaps
Megan Jones Bell	Jonathan Harris	Julie Minskoff	Jordan Schaps
Lisa Domenico Brooke	Ellen & Howard Katz	Brooke Garber Neidich <i>Co-Founder</i>	David Shapiro
Randolph Cōwen	Cynthia Kim	Daniel Neidich	Ehren Stenzler
	Preethi Krishna	Zibby Owens	Emma Stone
	Christine Mack	Debra G. Perelman <i>Co-Founder</i>	Ram Sundaram
	Richard Mack		

## Scientific Research Council

<b>Co-Chairs</b>	<b>Members</b>		<b>Emeriti</b>
Catherine Lord, PhD <i>University of California, Los Angeles</i>	Judy Cameron, PhD <i>University of Pittsburgh</i>	Kenneth R. Pugh, PhD <i>Haskins Laboratories</i>	Donald Klein, MD <sup>†</sup> <i>Columbia University</i>
Kathleen Merikangas, PhD <i>National Institute of Mental Health</i>	Damien Fair, PhD <i>Oregon Health and Science University</i>	Neal Ryan, MD <i>University of Pittsburgh</i>	Rachel Klein, PhD <i>New York University</i>
	Bennett Leventhal, MD <i>University of Chicago</i>	Irwin Sandler, PhD <i>Arizona State University</i>	Joseph LeDoux, PhD <i>New York University</i>
	Amy Margolis, PhD <i>Columbia University</i>	Nim Tottenham, PhD <i>Columbia University</i>	Bruce McEwen, PhD <sup>†</sup> <i>Rockefeller University</i>
			Daniel Pine, MD <i>National Institute of Mental Health</i>
			Regina Sullivan, PhD <i>New York University</i>

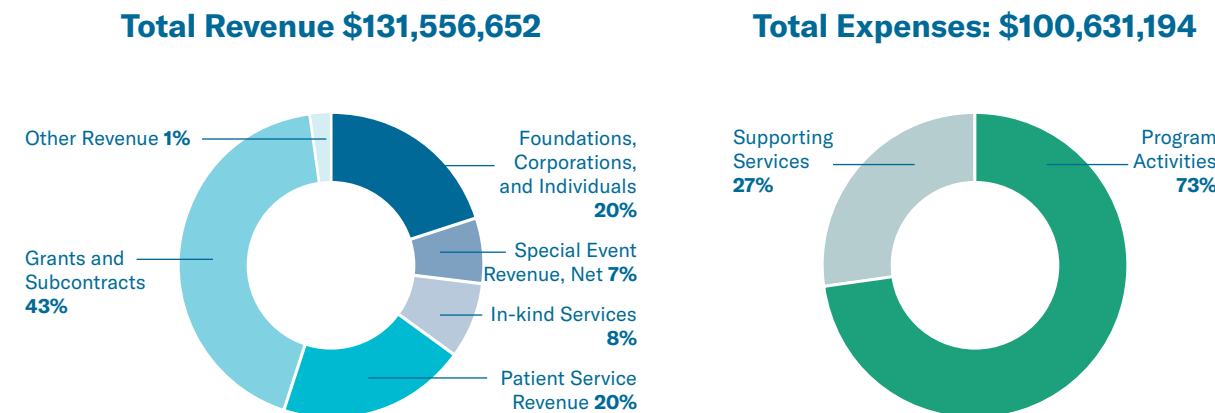
## West Coast Advisory Council

Stacy Denman <i>Co-Chair</i>	Megan and Harris Barton	Lisa Domenico Brooke	Linnea Roberts
Kristin Noto <i>Co-Chair</i>	Cori Bates	Abby Durban	Jennifer Sills
	Ashlie Beringer	Liz Laffont	Christine Tanona
	Devon Briger	Ronnie Lott	Angelique Wilson
		Andrea McTamane	

Board of Directors, Scientific Research Council and West Coast Advisory Council as of January 2023 to December 2023

# Fiscal Year 2023

The Child Mind Institute had a successful fiscal year 2023, with increases in patient care and government revenue. We prioritized growing our operational infrastructure to support organizational growth, including building out our new headquarters at 215 East 50th Street in New York. Through new and expanded initiatives in digital therapeutics, public education, training programs, and more, we continued to make strides across our three mission areas. We are grateful for the support that allows us to provide life-changing support to children and families around the world.



## Statement of Financial Position

2023	Child Mind Institute, Inc.	Child Mind Medical Practice, PLLC	Child Mind Medical Practice, PC	Intercompany Eliminations	Combined Total
<b>Assets</b>	<b>\$100,491</b>	<b>\$6,256</b>	<b>\$1,890</b>	<b>(6,701)</b>	<b>\$101,936</b>
Liabilities	18,851	6,216	2,354	(6,701)	20,720
Net Assets	81,640	40	(463)	0	81,216
<b>Total Liabilities and Net Assets</b>	<b>\$100,491</b>	<b>\$6,256</b>	<b>\$1,890</b>	<b>(6,701)</b>	<b>\$101,936</b>

## Statement of Activities

2023	Child Mind Institute, Inc.	Child Mind Medical Practice, PLLC	Child Mind Medical Practice, PC	Intercompany Eliminations	Combined Total
<b>REVENUE</b>					
Foundations, Corporations, and Individuals	26,427	—	—	—	26,427
Special Event Revenue, net	8,941	—	—	—	8,941
In-Kind Services	10,637	—	—	—	10,637
Patient Service Revenue	0	24,036	3,160	(589)	26,607
Grants and Subcontracts	57,032	7,445	5,111	(12,556)	57,032
Other Revenue	5,415	823	11	(4,336)	1,913
<b>Total Revenue</b>	<b>\$108,452</b>	<b>\$32,303</b>	<b>\$8,282</b>	<b>(17,481)</b>	<b>\$131,557</b>
<b>EXPENSES</b>					
Program Activities	64,445	22,346	4,059	(17,481)	73,370
Supporting Services	14,811	7,909	4,541	0	27,261
<b>Total Expenses</b>	<b>\$79,256</b>	<b>\$30,256</b>	<b>\$8,600</b>	<b>(17,481)</b>	<b>\$100,631</b>
Change in Net Assets/ Operating Income	29,196	2,048	(318)	—	30,925
Gain/(loss) on lease exit activity	(305)	(305)	—	—	(610)
Income Tax credit/(expense)	—	—	(1)	—	(1)
<b>Change in Net Assets/ Net Income</b>	<b>\$28,891</b>	<b>\$1,743</b>	<b>(319)</b>	<b>—</b>	<b>\$30,315</b>

Child Mind Institute, Inc., Child Mind Medical Practice, PLLC, and Child Mind Medical Practice, PC, were audited for the fiscal year ended September 30, 2023, by EisnerAmper LLP. (\$,000)

The allocation of expenses between program activities and supporting services for Child Mind Medical Practice, PC, in FY2023 is unaudited.

Figures represent October 1, 2022, through September 30, 2023. The Child Mind Institute has changed its fiscal year to a calendar year effective January 1, 2024. We will conduct an additional audit of October 1–December 31, 2023, activity and update this report digitally with an addendum.

# 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



[childmind.org/donate](https://childmind.org/donate)

The Child Mind Institute is meeting critical children's mental health needs with far-reaching, scalable care, education, and science programs. Scan the QR code to help transform young lives.

## Shop



[childmind.org/getinvolved/shop](https://childmind.org/getinvolved/shop)

Support children's mental health by shopping for gifts that give back. Scan the QR code to learn more.

## 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.

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[childmind.org/subscribe](https://childmind.org/subscribe)

Scan the QR code to subscribe to our newsletters.





## 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://www.childmind.org).**

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