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Why Our Work Matters

Our community-based programs are designed to educate and empower. They work to remove barriers to mental health care, increase public awareness, and address the unmet needs of underserved populations in key sectors of the community - in schools, the workplace, the judicial system, in faith communities and in the arts.

Fellowships and Awards

Recognizing and supporting current and future leaders in psychiatry

Faith

Mental Health and Faith Community Partnership

Justice

Stepping Up Initiative and the Judges and Psychiatrists Leadership Initiative

Research

Early career training and program evaluation

Schools

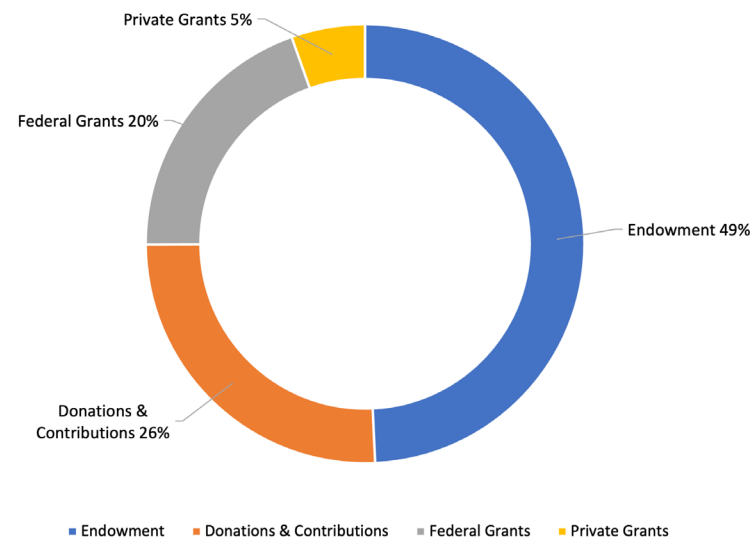
Notice. Talk. Act. at School Mental Health Education Program

Workplace

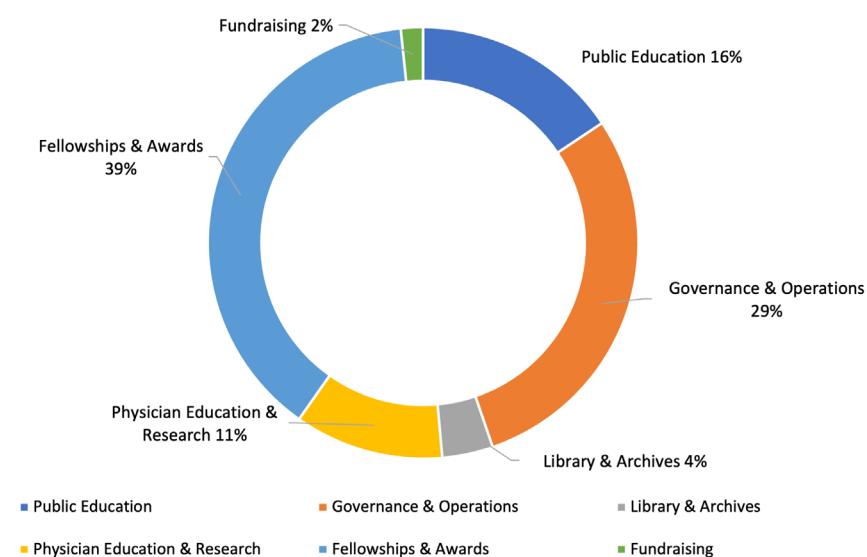
The Center for Workplace Mental Health

Financial Report

2022 Revenue Sources



2022 Uses of Funds



APAF Corporate Alliance

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

THANK YOU!

Our work is made possible by generous individuals, corporate and foundation partners like you. We are grateful for your support. To see a full list of all our 2022 donors, please visit apafdn.org/ways-to-give/honor-roll

For more information or to make your 2023 gift, please visit apafdn.org or TEXT APAF2023 to #44321

IMPACT REPORT 2022

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

apafdn.org



Thank You from our Board Chair & Executive Director

A mentally healthy nation for all, where we live, learn, work, worship and play.

We are so grateful to the providers, researchers, the APA and APAF Administration and their respective Boards of Directors, partners, and donors for supporting our ongoing efforts to make this vision a reality.

Throughout 2022, the American Psychiatric Association Foundation (APAF) focused its efforts to support providers who work tirelessly day-in and day-out to provide quality care and advance research so that patients and their families can pursue treatment and recovery. Our work could not be achieved without the generous support from donors and partners like you who enable us to expand psychiatric research, provide educational opportunities and implement community-based outreach initiatives.

To see the Foundation's 2022 impact, turn the page and look inside. A few highlights include:

- The Foundation's vast fellowship program had its largest class in history with 176 total fellows and is considered the premier professional development platform among psychiatrists.
- With funding from the Brave of Heart Grant, the Center of Workplace Mental Health team has launched Frontline Connect, a new resource for leaders of hospital and health systems to learn about innovations and success stories from peer institutions that have made mental health services more accessible for their healthcare workforce.
- In an exciting opportunity, the Notice. Talk. Act. at Schools Team - has been awarded a 5-year grant from SAMHSA to expand the dissemination of the Notice. Talk. Act. at School Program to schools in need in Los Angeles County, CA, Atlanta, GA, Iowa, Pontiac, MI, and Brooklyn, NY.

With our success over the past year, we are excited to share our plans for 2023:

- The Foundation will be launching "Mental Health Care Works;" the first of its kind, multi-year, multimedia 'positive' messaging public health campaign around mental health awareness and action. This campaign reinforces the message that mental health is treatable and encourages people who are struggling to take that first step toward feeling better.
- The Foundation has embarked on a strategic planning process to design a blueprint for sustainable growth and success. We are eager to communicate our path for success with you in the months ahead.
- We accepted 116 new resident trainees for the Fellowship Program, which is the largest entering class in the history of the program. This number includes 13 resident trainees for the new Community Diversity Leadership Fellowship cohort.

Thank you again for your continued support, time and leadership.

With hope and gratitude,

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

Rawle Andrews Jr., Esq
Executive Director, APAF

The APAF Center for Workplace Mental Health

Notice.Talk.Act.® at Work

20 Employers implemented Notice.Talk.Act.® at Work, impacting the mental health and well-being of **104,651 employees nationwide**

- **96% of participants** reported they would recommend this training to others.

Frontline Connect: Mental Health for the Healthcare Workforce

The Brave of Heart Fund awarded APAF's Center for Workplace Mental Health a multi-year grant for the development of Frontline Connect a resource for leaders of hospital and health systems to learn about innovations and success stories from peer institutions that have made mental health services more accessible for their healthcare workforce. **Visit FrontlineConnect.org today.**



New High Impact Resources and Training

In 2022, the Center for Workplace Mental Health released:

- Mental Health Works Guide: A Comprehensive Guide for Planning a Workplace Mental Health Initiative
- Beating Burnout at Work (Infographic)
- Self-Care Toolkit

These resources can be found at workplacentalhealth.org

Setting Healthy Boundaries



Guiding you on when and how to say no kindly.

Emotional Intelligence & Awareness



Recognizing and labeling emotions.

Managing Stress & Raising Resiliency



Building resilience and managing stress.

Grants and Awards

Through the Helping Hands Grants program, the Moore Equity in Mental Health Community Grants program, and the Awards for Advancing Minority Mental Health, the APAF supported **18 unique community initiatives** providing resources to underserved community members. Learn about the 2022 grantees and awardees at apafdn.org/impact/community.

Mentally Healthy Nation Podcast

The Mentally Healthy Nation podcast featured candid conversations with experts through **17 new episodes** in 2022 reaching **4800 listeners**.

Public Service Announcements (PSA)

APAF launched its new "Mentally Healthy Nation" national radio public service announcement (PSA) campaign, **34,178,620 gross impressions**.

Resources

For more free public resources from Mentally Healthy Nation, visit mentallyhealthynation.org.

Schools

SAMHSA awarded APAF a 5-year grant expanding the dissemination of the Notice. Talk. Act. ® at School Program to schools in Los Angeles County, CA, Atlanta, GA, Iowa, Pontiac, MI, and Brooklyn, NY with a potential to impact **over 850,000 students**.

Notice. Talk. Act.®

At School

Notice. Talk. Act.® at School

The Notice. Talk. Act. ® at School program delivered training to staff from **13 schools** in TX, PA, MD, WI, and the US Virgin Islands impacting **1,100 staff members and over 7500 students**.

In collaboration with the APAF School Fellows Workgroup, a resource for Supporting the Mental Health of Refugee Students was released to help school staff and mental health professionals support refugee students.

Mental Health and Faith Community Partnership

APAF's Mental Health & Faith Community Partnership received the **\$77,000 Alkermes Inspiration Grant for Building Bridges to Care** to develop high-impact free educational resources and programming to engage faith leaders, community organizations, and mental health professionals.

APAF hosted the Mental Health & Faith Community Partnership Convening in the fall, discussing ways to collaborate between faith communities and mental health providers. The **45 attendees** represented all major faiths, psychiatry, strategic partners, and various stakeholder groups.



Mentally Healthy Nation



Melvin Sabshin, MD Library and Archives

The National Endowment for the Humanities (NEH) awarded a **\$10,000 grant** to the Melvin Sabshin, M.D. Library and Archives in support of a complete assessment of the rare books collection.

History of Psychiatric Care in Indigenous/Native Communities: American Indian, Alaska Native and Native Hawaiian

The Melvin Sabshin Library & Archives recognized Native American Heritage Month in November with a library exhibition highlighting the history of psychiatric care in indigenous/native populations. The display showcased historical photos of hospitals and patients as well as publication, book, and newspaper clippings. These artifacts gave the viewer insight about the history of the mental health care services within these communities.

Fellowships

The Sozosei Foundation awarded APAF a two-year, **\$230,000 grant** in support of the APA/APAF Diversity Leadership Fellowships.

2022 in Numbers

- **176 Fellows** in the 2021-2022 cohort
- **62 Posters & Sessions** Presented by the Next Generation of Leaders in Psychiatry



Danielle Lowe, M.D., Ph.D.,
Chair, APA/APAF Child and Adolescent Psychiatry Fellowship

"The APA/APAF Child and Adolescent Psychiatry Fellowship has been an excellent opportunity to explore the wide range of careers within child and adolescent psychiatry, network with peers, and get involved with mental health advocacy with leaders from across the nation. I recommend this fellowship for any resident considering child and adolescent as it is an experience you don't want to miss!"



German Velez, M.D.
Chair, APA/APAF Public Psychiatry Fellowship

"The Public Psychiatry Fellowship is an exceptional platform to contribute to the collective construction of academic psychiatry through advocacy, leadership, and collaboration. Facilitating the exchange of ideas and knowledge with other trainees from across the nation and leaders in the field."

Justice Initiatives

Judges and Psychiatrists Leadership Initiative

The Judges and Psychiatrists Leadership Initiative (JPLI) conducted trainings in **21 states** to equip judge-psychiatrist teams to educate local judges on mental and behavioral health and initiate systems-level change to decriminalize mental illness.

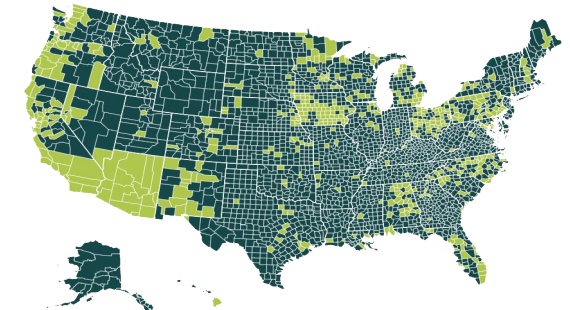
The trainings are informed by the recommendations of the National Judicial Task Force to Examine State Courts' Response to Mental Illness.



4,350 copies of the Mental Health Professionals' Guide to Their Role in Criminal Justice System were sold in 2022, changing the way mental health professionals engage with this population.

Stepping Up

The Stepping Up Initiative continued to push for counties to publicly commit to goals to address and reduce the number of individuals with serious mental illness in jails and prisons. To date, **565 counties** or **1/6th of the counties** in the United States are actively Stepping Up.



Research

The 2022 Research Colloquium selected **37 mentees** from diverse backgrounds, including **5 international awardees** from Brazil, France and Mexico, and added **42 new mentors** to their programs, that expand training and diversify the psychiatric research workforce pipeline.

Thanks to new funding and a partnership with Medical Technology Enterprise Consortium (MTEC), the APAF added a Military and Veteran Mental Health research cohort comprised of **3 mentees and 4 mentors**.

Global Impact

The APAF awarded Languages of Care a **\$20,000 multi-year grant** from its Ukraine Disaster Relief Fund. This grant will specifically support Languages of Care's work to translate and provide mental-health-related resources and supports in Ukraine.

Learn more at languagesofcare.org