

2018 ANNUAL REPORT



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



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

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A Message of Gratitude



Saul Levin, M.D., M.P.A., Chair, APAF, CEO/Medical Director APA, and Daniel Gillison, Jr., Executive Director, APAF in the new Melvin Sabshin, M.D., Library & Archives

Letter from the Chair and Executive Director

Friends & Colleagues,

Thank you for your support which allowed us to achieve major milestones toward our vision of building a mentally healthy nation for all, with programs where you live, work, learn and worship.

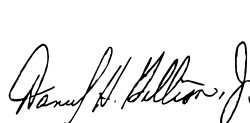
It's an exciting time as we prepare for the APA's 175th anniversary in 2019. This allows us to reflect upon the many accomplishments of the visionary medical psychiatry founders who formed the APA. These doctors worked together to advance and share science-based knowledge and the standard of care for patients. We remain proud of the APA founders and members who continue to make a truly positive impact on patients and families.

As we reflect on the legacy of APA's founders, we are inspired to redouble our efforts toward achieving APAF's vision. Knowing that barriers to treatment and stigma still prevent more than half of those needing help with mental health issues from receiving care, we worked harder than ever this year to increase awareness and expand access to treatment through our public education programs, fellowships and partnerships.

To honor and preserve our history, the APAF reestablished the Melvin Sabshin, M.D., Library & Archives at our new Washington, DC headquarters. This first-class facility houses and displays rare books, papers and artifacts from our collection, sharing our history and knowledge with visitors, research scholars and APA members.

Thank you, again for continuing to make our work possible.

Sincerely,



Daniel Gillison, Jr.
Executive Director
APAF



Saul Levin, M.D., M.P.A., FRCP-E
Chair, APAF Board of Directors CEO &
Medical Director, APA

The Year At A Glance

2018 Milestones

Our programs recognize and promote the importance of mental health, where you live, work, learn and worship. We're grateful for our donors, partners and volunteer leaders that enabled us to:

- Educate more than 1,200 judges on behavioral health issues that arise in the courtroom by psychiatric leaders through the Judges and Psychiatrists Leadership Initiative.
- Support 460+ counties in their resolutions to reduce the number of people living with mental illnesses in their jails, in support of the Stepping Up Initiative. (stepuptogether.org)
- Award \$360,000 in Helping Hands grants to medical students, funding mental health programs that benefit their communities.
- Provide resources for more than 13,000 employer subscribers via the Center for Workplace Mental Health to raise awareness, end stigma and improve access to care. (workplacementalhealth.org)
- Provide 1,750 psychiatric residents and early career psychiatrists to date with financial support and recognition through 25 awards and 8 fellowships offered annually.



APA Foundation Program Manager Lilia Coffin at the Suicide Prevention Walk at the Lincoln Memorial.



APA Foundation Board member Francisco Fernandez, M.D. in front of the Diversity mural at APA's new headquarters.



Check presentation for funding of Takoma Education Campus Sensory Room. Yoshie Davison, M.S.W. APA Chief of Staff, Amy Porfiri, M.B.A., Deputy Director APA Foundation, Chris Seeley, M.S.W., Program Director, School and Justice Initiatives, Daniel Gillison, Foundation Executive Director, and Loren Brody, Principal, Takoma Education Campus.



APAF Board members at new Headquarters ribbon cutting: Gabrielle Shapiro, M.D.; Louis Kraus, M.D.; Altha Stewart, M.D.; APA CEO and Medical Director Saul Levin, M.D., M.P.A.; Owen Garrick, M.D., M.B.A.; Uyen-Khanh Quang-Dang, M.D., MSc; and APA Foundation Executive Director Daniel Gillison.



Advancing Minority Mental Health Award Winners (L to R): APA Foundation Executive Director Daniel Gillison; Mary Beth Fisk Executive Director of the Ecumenical Center; Albert Yeung, M.D., MSc; Rwenshaun Miller, MA; Cathy Gaytan, LCSW Executive Director of the El Paso Child Guidance Center; Amittia Parker, MSW, M.P.A.; Elizabeth Barber Executive Director of Threshold Clubhouse; and APA CEO and Medical Director Saul Levin, M.D., M.P.A..



Foundation Board member Maureen O’Gara Hackett with Foundation Executive Director Daniel Gillison at the Global Summit on Mental Health Culture Change 2018 in London.

OUR MISSION & VISION

All of our initiatives focus on one goal: **A mentally healthy nation for all.**

Medical science, public education and dedication drive our vision of national awareness, personalized treatment and compassion. As the charitable foundation of the *American Psychiatric Association*, we:

- Raise awareness and overcome barriers
- Support research and training to improve mental health care
- Invest in the future leaders of psychiatry
- Lead partnerships to address public challenges in mental health





Programs that Recognize and Promote Mental Health: **Melvin Sabshin, M.D., Library & Archives**



Melvin Sabshin, M.D. Library & Archives

In 2018, we celebrated the grand opening of the Melvin Sabshin, M.D. Library & Archives at the American Psychiatric Association's new headquarters in Washington, D.C. The Library was established in 1949 when the first APA medical director, Daniel Blain M.D., asked members to donate autographed copies of books they had authored to share knowledge with fellow members. Donations of significant objects continued and helped grow the library to what it is today: a state-of-the-art facility that houses a special collection of approximately 1,700 rare books, along with countless artifacts, personal papers, manuscripts, photographs and oral histories documenting the history of the APA, psychiatry and its practitioners.

The Foundation's Adopt-a-Book Campaign has thus far raised more than \$18,000 toward the maintenance of this new facility, the conservation of rare books and artifacts, and the digitization of our collection to increase access to these important historical assets.

Since the reestablishment of the Library & Archives, we have experienced a significant increase in research inquiries from APA members and Fellows, APA Administration, professors and students. Looking towards the future, the Library and Archives will continue to engage and serve communities by building a digital repository as we grow and steward these valuable resources.





Adopted by Steven Sharfstein, M.D., M.P.A.



Adopted by Saul Levin, M.D., M.P.A., FRCP-E



Adopted by Philip Muskin, M.D.



Researcher Rachel Linfield from Princeton University viewing the DSM III Archives.

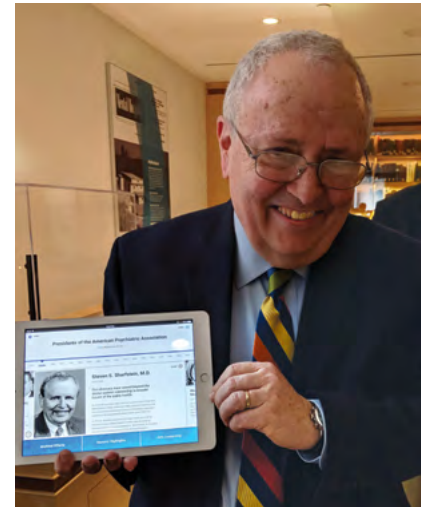


Georgetown University psychiatry residents visiting the Library

Adopt-A-Book

If you have historical books and artifacts related to psychiatry that you'd like to donate. Please contact library@psych.org.

To Adopt-A-Book and help preserve psychiatry's legacy, please visit apafdn.org/adoptabook



APA Foundation Board Member Steven Sharfstein, M.D., M.P.A. holding tablet displaying APA Legacy site featuring biographies of all APA Presidents and other historical archives.

Programs that Recognize and Promote Mental Health: Center for Workplace Mental Health

Workplace mental health remained on the short list of employer priorities in 2018, and the Center for Workplace Mental Health continued to serve as the nation's leading voice on this topic.

This past year, the Center significantly broadened its visibility, formed strategic partnerships with other leading national organizations and developed and disseminated high impact resources. As the Center continues to grow, it remains laser focused on its mission of providing employers with the tools, resources and information needed to promote the mental health of employees and their families.

Raising Visibility

The Center reached a far greater audience in 2018 through high profile media stories, national and regional conference presentations and with new dynamic and interactive web content.

Press and media coverage included outlets popular with employers, among them:

- Oprah magazine interview/quote with Director of the Center, Darcy Gruttadaro, in a story on workplace mental health
- Employers Health Connect Magazine, which highlighted the Center in a cover story reaching more than 250 large and mid-sized employers across the country
- CNBC
- HR Executives, and more

In 2018, the Center traveled to many national and regional conferences promoting resources, programs and the importance of effectively addressing workplace mental health. These meetings and conferences included:

- American Heart Association, with the Director serving as an expert advisor
- California Public Employees' Retirement System – representing 1.6 million CA employees
- Centers for Disease Control (CDC), with the Director featured in an expert interview
- Substance Abuse Mental Health Services Administration (SAMHSA) and many more.



Darcy Gruttadaro, JD, Director, Center for Workplace Mental Health; Ewuria Darley, Associate Director, Center for Workplace Mental Health and Daniel Gillison APA Foundation Executive Director on the cover of Employers Health Magazine.

The Center's website connects with employers from across the country and provides them with dynamic, engaging content. The Center experienced tremendous growth in web traffic up 102% from 32,166 unique visitors in 2017 to 65,060 in 2018.

Center for Workplace Mental Health Website Engagement

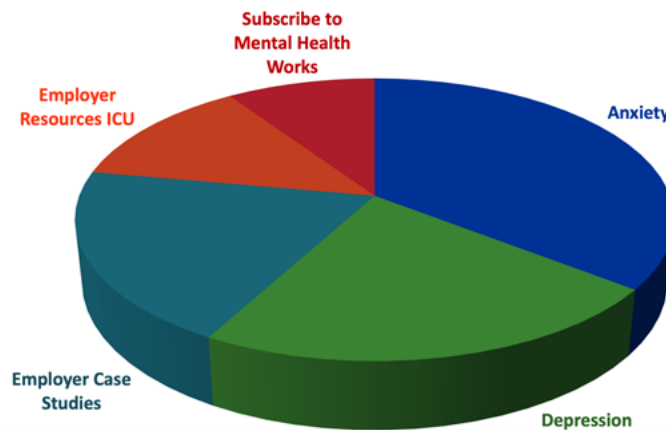
Moreover, the Center added a new website feature to identify resource needs of visitors so that tools developed are closely aligned with employer needs.

Disseminating High Impact Resources

The Center launched two new high impact resources for employers. The Depression Calculator allows employers to quantify the cost of depression to their organization based on their unique industry and demographics.

ICU, an awareness campaign created especially for the workplace and donated to the Center by DuPont is now available in Spanish and Portuguese, thanks to the generous support of Chevron.

Hot Topics in 2018



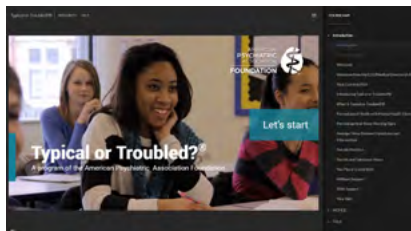
Programs that Recognize and Promote Mental Health: **Typical or Troubled®**

Addressing a Growing Concern Across the Country

Adolescent mental health is a critical area of focus for researchers, teachers, parents and lawmakers. 20% of students experience a mental health condition annually. Without treatment, students are at an increased risk of school failure, involvement in the criminal justice system, and suicide.

Adolescents spend most of their day with school personnel and are easily reached through school-based programs, making the classroom an ideal setting for intervention.

This professional development program's three main goals involve:



1. Raising awareness to help teachers and relevant school personnel **NOTICE** emerging mental health conditions;
2. Increasing their capacity to **TALK** with students about emerging mental health conditions; and
3. Increasing the knowledge of teachers and school personnel so they can **ACT** to connect students needing mental health care to resources and treatment.

Notice. Talk. Act.™

apafdn.org/ToT

In 2018, the APAF formed a working group of APA member psychiatrists, school mental health professionals and education staff members, and with their guidance and expertise, developed a revised Typical or Troubled?® program. The new components include an e-Learning module, a revamped in-person classroom module and a certification process for psychiatrists to deliver the program in their local communities.

Programs that Recognize and Promote Mental Health: Justice Initiatives

Creating Unique Partnerships; Driving Change

Judges and Psychiatrists Leadership Initiative (JPLI)

In courtrooms and communities nationwide, judges and psychiatrists see firsthand the overrepresentation of individuals with mental illnesses and co-occurring substance use disorders in the criminal justice system. Judges watch as the same defendants cycle through their courtrooms repeatedly. JPLI brings together groups of judges and psychiatrists to produce resources and a training curriculum for criminal court judges focused on how to work with people with mental illnesses in the criminal justice system.

In Fall 2018, these partners expanded the conversation to include state health administrators, people with lived experiences, attorneys, and experts in addiction and court administration. This national advisory group discussed specific challenges that judges and psychiatrists (and others) face in their efforts to improve how the criminal courts handle cases of people with behavioral health needs and gaps in the field that the JPLI and its partners should prioritize.

Pushing Counties Towards Action

Each year an estimated 2 million people with a serious mental illness (SMI) and co-occurring substance use disorders enter county jails, many of whom will not receive any type of mental health treatment while there. Even worse, these individuals spend three times the amount of time in jail compared to those without a SMI and are at higher risk of re-arrest.

The crisis of people with mental illnesses in jail is indeed solvable, but it requires a new approach—one that is data-driven and focused on systems-level change. Our national initiative, local in application, is addressing this unmet need head on. *Stepping Up: A National Initiative to Reduce the Number of People with Mental Illnesses in Jails* was launched in 2015 and is premised on the belief that the first step in addressing this issue is equipping counties with strategies to quantify the scope of the population to right-size services and programs and to track the impact of strategies so we can reduce the number of people with mental illnesses in jails.

During 2018, we pushed for counties to establish baseline data to understand the effectiveness of diversion programs that are being implemented throughout the country. The partners successfully

Programs that Recognize and Promote Mental Health: Justice Initiatives

launched their County Self-Assessment Tool, which will continue to help county leaders understand how to better utilize Stepping Up resources. For more information on how you can get involved, visit stepuptogether.org.

Since May 2015, more than 460 counties across 43 states (encompassing nearly 140 million people and 45 percent of the U.S. population) have passed resolutions to join Stepping Up.



JPLI stakeholder group meeting at Council of State Governments Justice Center's headquarters in New York.



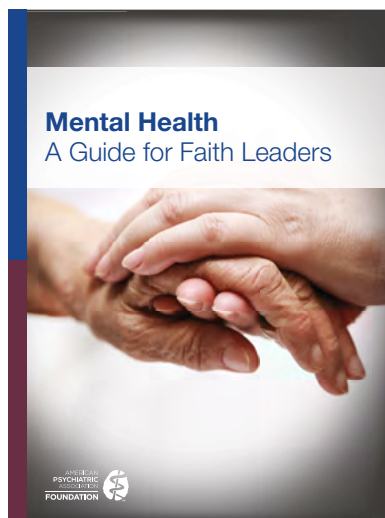


During the 2018 Institute on Psychiatric Services conference Altha Stewart, M.D. lead a panel of experts from the psychiatric and criminal-justice involved fields to address the psychiatrist's role in The Stepping Up Initiative. Pictured here Daniel Gillison, Executive Director of the APA Foundation; Thomas Dart, Sheriff of Cook County, Illinois; Fred Osher, M.D., Community Psychiatrist, South Carolina; Stephanie LeMelle, MS, M.D., Director of Public Psychiatry Education at Columbia University Department of Psychiatry; Altha Stewart, M.D., President of the APA; Bruce Schwartz, M.D., President-Elect of the APA; Honorable Steven Leifman, Miami-Dade 5th Circuit Judge.

Programs that Recognize and Promote Mental Health: Guide for Faith Leaders

Faith leaders are often the “first responders” when individuals and families face mental health or substance use issues. The APAF Mental Health and Faith Community Partnership created *Mental Health: A Guide for Faith Leaders* and its companion, *Quick Reference on Mental Health for Faith Leaders*, as resources to increase faith leader’s understanding of mental illness, treatment and how to support their faith communities.

The Guides have been used in faith leader trainings throughout the United States. On October 18, 45 faith leaders attended the *Mental Health Workshop for Faith Leaders* at First Presbyterian Church of Atlanta. Co-presenters John Tume, M.D., member of the APAF Center for Workplace Mental Health Advisory Committee, and Rev. Katie Sundermeier used the Guide to introduce faith leaders to relevant mental health topics and help develop a community of people and resources available to clergy to best assist their parishioners’ needs.



“The workshop was a great opportunity to learn from the experts about mental illness and how it impacts our communities.”

Programs that Recognize and Promote Mental Health: Division of Diversity & Health Equity/Fellows

Fostering Diversity in Psychiatry

The APA/APAF Fellowship Program offers opportunities for psychiatry residents to:

- Conduct research
- Work with Congress on mental health policy
- Focus on areas such as child or public psychiatry
- Expand access to care for minority and underserved populations

Fellows take part in APA leadership councils and network with APA members and APA/APAF leaders from around the country. In addition, Fellows have unique opportunities to deepen their involvement in APA and APAF activities, including governance, programming and publishing.

The APA/APAF Fellowship Program in 2018 received an all-time high of 214 applications across all eight Fellowships.* Selected fellowship recipients were invited to attend the Division of Diversity and Health Equity (DDHE) fourth annual APA/APAF All Fellows' Orientation in conjunction with the 2018 September Components Meeting, where they learned about effective leadership. In December, all newly selected SAMHSA Fellows were invited to attend the DDHE-sponsored APA/APAF SAMHSA New Fellows Orientation, where they received intense training in cultural competency from nationally renowned leaders in mental health and health disparities fields.

DDHE continued with its Mentorship Program for 25 second-year APA/APAF Fellows in 2018. Selected Fellows were matched with fellowship alumni who are active APA and APAF leaders.

If you are a Fellowship alumni, or would like to become a mentor or volunteer for this program, contact Camille Bryan cbryan@psych.org.

*The APA/APAF Fellowship Program includes:

- SAMHSA-funded Minority Fellowship Program
- SAMHSA-funded Substance Abuse Fellowship
- Diversity Leadership Fellowship
- Jeanne Spurlock Congressional Fellowship
- Public Psychiatry Fellowship
- APA/APAF Leadership Fellowship
- Child and Adolescent Psychiatry Fellowship
- Psychiatry Research Fellowship



SAMHSA Minority Fellowship Program
Orientation



APA/APAF SAMHSA Fellows Gregory
Brown, M.D. and Siya Mehtani, D.O.



Diversity Leadership Fellows (first row) Alaa Elnijjar, MBBCH; Saeed Ahmed, MBBS, M.D.; Muhammad Zeshan, M.D.; Pankaj Manocha, M.D., MPH; (top row) Marlon Danilewitz, M.D.; Manal Khan, M.D.

Below left: Diana Clarke, PhD, ScD, Deputy Director, Division of Research greeting Diversity Leadership Fellow Lisa Harding, M.D.

Below right: Child and Adolescent Psychiatry Fellow Taiwo Babatope, M.D., MPH, M.B.A. and Diversity Leadership Fellow Louisa Olushoga, M.D.





Public Psychiatry Fellows



APA/APAF
Leadership Fellows

Programs that Recognize and Promote Mental Health: Research

In 2018, the APAF continued to work closely with the APA Division of Research to foster research and training in psychiatry. This work included leveraging the Research Division's expertise in program evaluation and data analysis to further strengthen the evidence-base supporting APAF programs and initiatives. In addition, we collaborated on new potential innovations including a tool to screen for mental and substance use disorders in incarcerated populations. The APAF and APA Division of Research continued to build and diversify the psychiatric research pipeline, supporting expanded training programs for psychiatrists such as the Research Colloquium for Junior Investigators.

The APAF also continued its sponsorship of the 2-year APAF psychiatric fellowship inaugurated in 2017. This fellowship provides funding for an early research career psychiatrist to design and conduct a health services-related or policy-related research study examining national data, and includes mentoring and access to other APA resources.



Philip Wang, M.D., DrPH, APA Deputy Medical Director and Director of Research (right) with John Torous, M.D., MBI, Director of the Digital Psychiatry Division, Department of Psychiatry at Beth Israel Deaconess Medical Center, a Harvard Medical School affiliated teaching hospital and the 2019 APAF Psychiatric Research Fellow (left) at the 2018 APA Early Research Career Breakfast

Programs that Recognize and Promote Mental Health: **Clinical Training on Opioids and HIV**

Providing Clinical Training on Treatment of Opioid Use Disorder

In 2018, APAF continued its role as a partner organization to Provider Clinical Support System (PCSS) and contributed support through webinars (live and archived) and the PCSS clinical mentoring program. PCSS makes effective, evidence-based, medication-assisted treatment (MAT) available to patients in a variety of settings including primary care, psychiatric and pain management. PCSS maintains and expands an archive of training and educational resources to support the delivery of evidence-based treatment of opioid use disorder (OUD).

Over 14,000 clinicians and mental health providers have participated in the webinars. Seven new webinars were completed in 2018. APA will continue to provide all past and current webinars, online resources and clinical trainings online via the APA Learning Center.

apaeducation.org.

APAF also hosted the pilot Buprenorphine Train-the-Trainer program on July 13-14 in Washington, DC. The program focuses on creating a nationwide training network of faculty qualified to provide buprenorphine and MAT training. This training is offered in three formats: in-person (hosted twice a year at the Annual Meeting and at IPS: The Mental Health Services Conference); an online course; and a textbook.



Mental Health Care Provider Education in HIV/AIDS

APAF and the APA Division of Education provided training via webinars and practice briefs to thousands of clinicians on the management of patients with HIV. The Office of HIV Psychiatry works with the APA HIV Steering Committee to create educational materials that focus on HIV/AIDS and mental health.

At the 2018 APA Annual Meeting, the HIV Steering Committee conducted an immersive, experiential activity called Medical History Mystery Lab. Participants engaged in character roles, answered medical questions and developed medical diagnoses based on clue kits provided.

Additionally, six students were selected to participate in the annual APA HIV Psychiatry Medical Elective, a 2-day intensive training, followed by placement at various clinical sites across the country.

This year's cohort of medical students were placed at:

- Cambridge Health Alliance
- Callen-Lorde Clinic
- Columbia
- Mt. Sinai
- Stanford
- University of California-San Francisco

Their final elective case reports covered a range of topics including depression and medication adherence in the context of HIV psychiatry and rapid progression of mood disorder with psychotic features in a patient with HIV.

ANNUAL BENEFIT

On May 5, the Foundation held its Annual Benefit at the American Psychiatric Association Annual Meeting in New York. APA Members, psychiatrists from across the country, industry colleagues, our Board members and friends enjoyed cocktails, hors d'oeuvres and dancing at the Broadway Lounge, boasting two terraces and views of Times Square and Broadway. We raised vital funds for our programs while attendees enjoyed a photo booth, raffles, a DJ and live entertainment.

Many thanks to all of our sponsors and attendees for a memorable event.



APA Assembly Speaker Bob Batterson, M.D. with Foundation Executive Director Daniel Gillison and Todd Green.



Ballroom at the Marriott Marquis



APA Foundation Board Member Dilip Jeste, MD with his wife Sonali Jeste, MD.



James Nininger, M.D. with Mary Helen Davis, M.D. and AI Martin, M.D.



APA Foundation Board members Karinn Glover, M.D., M.P.H. and Uyen-Khanh Quang-Dang, M.D., M.Sc.



Steven Starks, M.D., FAPA, Ayana Jordan, M.D., Ph.D, Michelle Durham, M.D., M.P.H., FAPA.

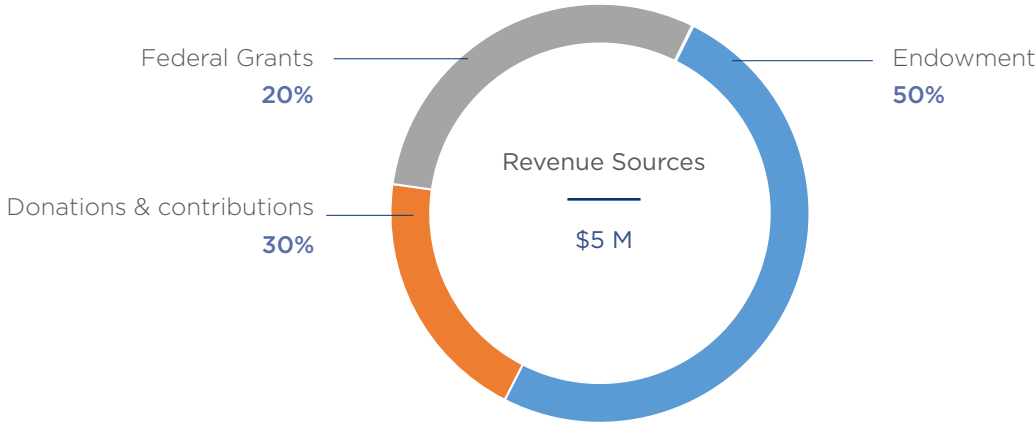


APA Foundation Board member Dwight Evans, M.D. with his daughter Elizabeth Evans, M.D. and wife, Janet Evans.

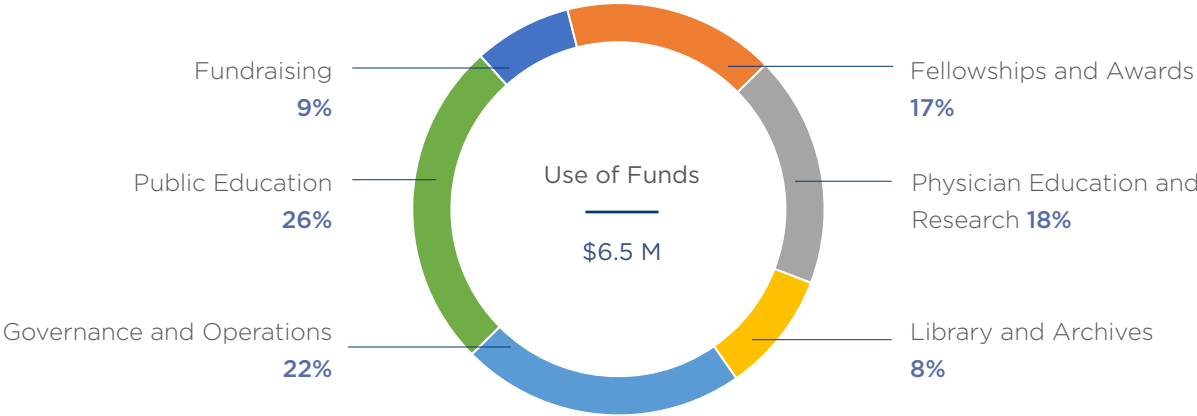


Times Square

Financially Secure, Fiscally Prudent



The Foundation uses the designated endowment reserves to fund programs such as fellowships, public education programs and the Melvin Sabshin, M.D. Library & Archives, causing expenditures to exceed revenue during most fiscal years.



DONORS – CORPORATE AND INDIVIDUAL

Corporate Giving

APAF's corporate partners share our dedication to advancing mental health care in the United States for all. Our Corporate Advisory Council (CAC) consists of 20 leading companies working to develop medicines, diagnostic tests and medical devices to improve the lives of people living with mental illness and their families. The Foundation hosts two CAC meetings each year providing APA/APAF staff and leadership the opportunity to share priorities, converse on pressing issues, learn of programmatic milestones and hear about APA/APAF's strategic direction.

2018 Corporate Advisory Council Members:

FOUNDATION PATRONS



GRAND PATRONS



PATRONS



SUSTAINING MEMBERS



Corporate Giving for 2018

\$250,000+

Janssen Pharmaceuticals, Inc.
Takeda Pharmaceuticals
America, Inc.

\$150,000-\$249,999

Alkermes, Inc.

\$100,000-\$149,999

Otsuka America
Pharmaceutical, Inc

\$50,000-\$99,999

Myriad Genetics, Inc.
Neurocrine Biosciences, Inc.
Shire U.S., Inc.

\$25,000-\$49,999

ACADIA Pharmaceuticals
Avanir Pharmaceuticals, Inc.
Supernus Pharmaceuticals, Inc.

\$10,000 - \$24,999

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Indivior PLC
Intra-cellular Therapies, Inc.
Lundbeck Pharmaceuticals LLC
Neuronetics, Inc.
Pfizer Inc.
Purdue Pharma LP
Sage Therapeutics
Sunovion Pharmaceuticals Inc.

Individual Giving for 2018

\$25,000+

Estate of Irwin Norman Perr, M.D.
Howard & Bunny Wallach Fund

\$10,000-\$24,999

Jeffrey Bennett, M.D.
Maureen O'Gara Hackett

\$5,000-\$9,999

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\$2,500-\$4,999

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