



Transformation:
Progressing Toward a
Mentally Healthy Nation

TRANSFORMATION:

Progressing Toward a
Mentally Healthy Nation

TABLE OF CONTENTS:

1	Why Our Work Matters	04
2	Major Events and Milestones	06
3	Programs that Recognize and Promote Mental Health: Where You Live, Work, Learn, and Worship	15
4	Financially Secure, Fiscally Prudent	26
5	Multiplying a Shared Vision: Directors, Staff, and Volunteers	29
6	Looking Forward: Join Us	43



Why Our Work Matters

Colleagues and friends,

At the American Psychiatric Association Foundation (APAF, or the Foundation), we spent 2016 thinking about our future. With the retirement of our highly respected Executive Director, Paul Burke, the timing was right to embark on a strategic planning initiative. We surveyed our donors, members of the American Psychiatric Association (APA), and other stakeholders to understand today's landscape. We were focused on how the Foundation fits into the web of mental health nonprofits in the United States. In this annual report, we share with you some of these insights, our achievements, and a glimpse into the future.

Here's why our work is so important:

- 1. One in five Americans experience a mental illness in any given year.**¹ The Foundation offers programs for APA members that support the profession of psychiatry and the public as we foster community awareness and engagement.
- 2. The average delay between onset of symptoms of a mental illness and intervention is 8-10 years.**² This timeframe is too long. Our programs aim to increase awareness about warning signs and connect people to help in schools, at work, where people worship, and in the criminal justice system.
- 3. Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.**³ We believe in a mentally healthy nation for all, where there is access to care, and the profession of psychiatry is well supported to deliver the highest level of that care.

We look back at 2016 as a transformational year for the Foundation. Sometimes, starting with the most basic of questions can inform so many of our daily activities. We asked ourselves, "Who is the Foundation, and what do we want to accomplish?" We also dove into our programs to improve gaps. We began a "Did You Know?" campaign to inform APA members of our programs and explored new partnerships to extend our reach.

As we progress through 2017, we look forward to a new vision and mission for the Foundation, one that directs us to advance psychiatry and support the importance of mental health where people live, work, learn, and worship. Exciting times are ahead, and given the national and political landscape, we see our role as a leader in the mental health field as more necessary than ever.

The Foundation's story (and opportunity) is a compelling one, and this report gives a snapshot of that. We hope that you will join us as we move toward an exciting future!

Sincerely,



Saul Levin, M.D., M.P.A.
Chairman of the Board, APA Foundation
CEO/Medical Director, APA



Daniel H. Gillison, Jr.
Executive Director
APA Foundation

¹ Center for Behavioral Health Statistics and Quality. (2016). Key substance use and mental health indicators in the United States: Results from the 2015 National Survey on Drug Use and Health (HHS Publication No. SMA 16-4984, NSDUH Series H-51). Retrieved June 22, 2017 from <http://www.samhsa.gov/data/>

² Wang, P. S., Angermeyer, M., Borges, G., Bruffaerts, R., Tat Chiu, W., De Girolamo, G., . . . Üstün, T. B. (2007). Delay and failure in treatment seeking after first onset of mental disorders in the World Health Organization's World Mental Health Survey Initiative. *World Psychiatry*, 6(3), 177-185.

³ Substance Abuse and Mental Health Services Administration. (2015). Behavioral Health Trends in the United States: Results from the 2014 National Survey on Drug Use and Health: Mental Health Findings (HHS Publication No. SMA 15-4927, NSDUH Series H-50). Rockville, M.D.: Author. Retrieved October 27, 2015, from <http://www.samhsa.gov/data/sites/default/files/NSDUH-FRRI-2014/NSDUH-FRRI-2014.pdf>

Major Events & Milestones



Daniel H. Gillison, Jr. , Becomes APAF Executive Director and Launches “Did You Know?” Campaign

In June 2016, Daniel H. Gillison, Jr. was welcomed as Executive Director of the Foundation. He was formerly with the National Association of Counties (NACo), where he was the National Director of County Solutions and Innovation. In his role, he led corporate and philanthropic fundraising efforts and directed the educational programming of the NACo Research Foundation. During Gillison’s time at NACo, corporate support more than doubled, and the NACo Foundation substantially expanded its educational offerings in mental health and criminal justice. In addition, he has over 34 years of experience with companies, including Xerox, Nextel and Sprint.

“Daniel Gillison brings a wealth of experience in raising corporate support and securing foundation funding to the American Psychiatric Association Foundation. His significant strategic planning experience will be useful in guiding the APAF as it raises public awareness of mental illness,” said APAF Board Chairman and APA CEO and Medical Director Saul Levin, M.D., M.P.A..

One of the first initiatives Gillison launched was a “Did You Know?” campaign to educate APA members and staff on the Foundation’s programs and how they can get involved.



Guests at the 2016 APAF Benefit watch whale sharks and other sea life at the Georgia Aquarium. The whale shark pictured is one of the largest species of fish in the sea.

Annual Foundation Benefit

Each year, friends, members, and supporters gather at the Foundation's Annual Benefit to recognize milestones in the Foundation's programs and raise critical funds. In 2016, the Benefit was held at the Georgia Aquarium during APA's Annual Meeting in Atlanta with more than 400 attendees.

2017 will mark the Foundation's 25th Anniversary, with festivities planned at the San Diego Wine & Culinary Event on May 20 during the APA's Annual Meeting.



APAF Board Member Louis Kraus, M.D. and John Wernert, III, M.D. spend time catching up at the Foundation's Annual Benefit at the Georgia Aquarium on May 21 in Atlanta.

Inaugural APEX Awards Highlights the Need to Address the Criminalization of Mental Illness

Together with the APA, the Foundation hosted the first annual American Psychiatric Excellence (APEX) Awards in April 2016. More than 400 attendees packed the Mayflower Hotel in Washington, D.C., as we celebrated those who have demonstrated the highest levels of mental health advocacy and are working to reduce the number of Americans with mental illness in our prisons and jails. During the event, cast members from the Netflix series “Orange Is the New Black” discussed how the show has opened a window into the experiences and treatment of people with mental illness in America’s prisons and jails.

Cokie Roberts, political commentator for ABC News and National Public Radio, emceed the event. APEX awardees included:

- House Minority Leader Nancy Pelosi (D-Calif.)
- Senator Al Franken (D-Minn.)
- State Senator Miguel Díaz de la Portilla (R-Miami-Dade County, 40th District)
- Cast of the “Orange Is the New Black”

Coming in 2017: The APA will host its second APEX Awards in conjunction with the APA Assembly Meeting on November 3 in Washington, DC.



Senator Al Franken (D-Minn.) is recognized with an APEX Award for his tireless focus on mental health, including legislation that addresses the criminalization of individuals living with mental illnesses.



APA President-Elect Maria A. Oquendo, M.D., Ph.D. greets “Orange is the New Black” actors Dasha Polanco and Natasha Lyonne with APAF Chairman/APA CEO and Medical Director, Saul Levin, M.D., M.P.A.



Leadership from both the APA and APAF wear orange as a tribute to the show (and awardee) “Orange Is the New Black,” recognizing that care—not incarceration—is needed to address the criminalization of individuals with mental illnesses in U.S. jails and prisons. From left: Former APAF Executive Director, Paul Burke; APAF Board Member Judge Steven Leifman; APAF Chairman/APA CEO and

Medical Director, Saul Levin, M.D., M.P.A.; APAF Board Member and APA President, Renée Binder, M.D.; President of the World Psychiatric Association, Dinesh Bhugra, M.B.B.S., Ph.D., M.Phil., M.Sc., M.A.; APA President-Elect, Maria A. Oquendo, M.D., Ph.D.; APA Past President, Paul Summergrad, M.D.; and APAF Board Member and APA Past President, Steven Sharfstein, M.D., M.P.A.



APAF Board Member and APA Past President Richard Harding, M.D., and APA Chief Financial Officer David Keen, C.P.A., welcome new Executive Director, Daniel Gillison, Jr. (center), during the APAF Benefit on May 21, 2016, at the Georgia Aquarium in Atlanta.

On the Road and in your Community: Foundation Leadership and Staff Spreading the Word about Mental Health

The APAF Board of Directors pictured here on February 4, 2016, included (from left): Grayson Norquist, M.D., M.S.P.H.; Steven Sharfstein, M.D., M.P.A.; Owen Garrick, M.D., M.B.A.; Louis Kraus, M.D.; Judge Steven Leifman; Saul Levin, M.D., M.P.A.; William Resnick, M.D., M.P.A.; Richard Harding, M.D.; Donna Norris, M.D.; Frank Brown, M.D.; Uyen-Khanh Quang-Dang, M.D., M.Sc.; and Paul Burke, former APAF Executive Director.



Early career psychiatrists (ECPs) show their support at the April 18, 2016, APEX Awards in Washington, D.C.: Stella Cai, M.D., Resident-Fellow Member of the APA Board of Trustees; Lara Cox, M.D., APA Scientific Program Committee Member; Lama Bazzi, M.D., ECP Member of the APA Board of Trustees; and Elie Aoun, M.D., Member of the APA Council on Addiction.





And they're off! APAF's Second Annual Fun-Run on May 16, 2016, at the APA Annual Meeting in Atlanta.

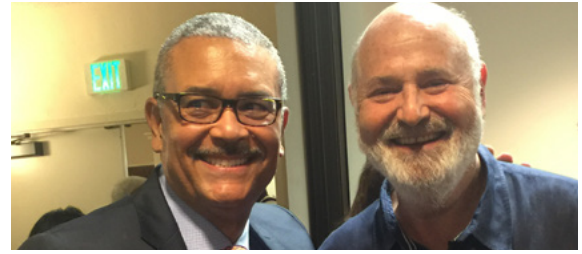


APAF financially sponsors the APA Minority Fellowship Program, which is managed by the APA Division of Diversity and Health Equity. Here, new Fellows network with mentors at the All Fellowship Orientation on September 15, 2016. From left, Nina Vasan, M.D.; APA President, Maria Oquendo, M.D., Ph.D (standing); Bem Atim, M.D.; Jose Vito, M.D. (standing); and Marek Hirsch, M.D.



Indianapolis School Superintendent Lewis Ferebee, Ed.D., speaks at the Indianapolis, Public Schools Student Mental Health Roundtable on June 3, 2016, sponsored by APAF, Indianapolis Public Schools, and Eli Lilly and Co.

On August 10, 2016, members of the entertainment industry, behavioral health community, and public gathered for Substance Abuse and Mental Health Services Administration's (SAMHSA) 11th annual Voice Awards in Los Angeles. APAF Executive Director Daniel Gillison, Jr. and actor/director Rob Reiner attended, as well as surgeon/television personality Mehmet Oz, M.D., and APAF's Director of Corporate and Community Relations Lindsey Fox. The Foundation financially supported the event, honoring community leaders and entertainment professionals who are championing recovery and bringing mental health and substance use issues out of the shadows.



APAF Executive Director Daniel Gillison, Jr.; Chief Philanthropy Officer Kimberly O'Donnell, M.S.; and Foundation Ambassador Deepak Penesetti, M.D., brainstorm APA member engagement opportunities at the APA Components Meeting on September 15, 2016, in Arlington, Va.



APAF Executive Director Daniel Gillison, Jr. talks about the impact APAF's grants, fellowships, and awards make in psychiatry while addressing new APA/APAF Fellows at the All-Fellows Orientation on September 15, 2016, in Arlington, Va.



APAF Chief Philanthropy Officer, Kimberly O'Donnell, M.S., and Monica Hanson from the National Institutes of Health (NIH) interact at the Foundation's exhibit at NIH's Combined Federal Campaign (CFC) Kickoff in Bethesda, M.D., on September 28, 2016.



APAF's director of the Partnership for Workplace Mental Health, Clare Miller, speaks at an employer symposium hosted by the community-based Baycare Health System in St. Petersburg, FL, on September 29, 2016.



Glenda Wrenn, M.D., M.H.S.P., Director of the Kennedy Center for Mental Health Policy and Research; Gary Belkin, M.D., New York City Executive Deputy Commissioner for Mental Health; APA President Maria A. Oquendo, M.D., Ph.D.; and APAF Executive Director Daniel Gillison, Jr. participate in the First Lady of New York City's Thrive Conference on November 15, 2016, which brought together mayors from across the country to discuss mental health.



Our Programs Recognize and Promote the Importance of Mental Health: Where You Live, Work, Learn, and Worship





Advocating for More than Work-Life Balance: The Partnership for Workplace Mental Health

The Partnership for Workplace Mental Health is the Foundation's employer outreach program. The Foundation targets employers because they purchase health care on behalf of 149 million Americans through employer-sponsored health insurance and they influence whether, how, and what kind of mental health services employees can access.

Milestones in 2016 included the following:

Moving our e-newsletter for employers, *Mental Health Works*, from quarterly to monthly. With a circulation of 40,000, we added 1,105 new subscribers.

1. Eight employer case studies were published in *Mental Health Works*.
2. Nearly 80,000 individuals visited the Partnership's website for employers. The website is being revamped with a refreshed look and feel and improved functionality; it will go live in 2017.

Programs for the Workplace

The Partnership offers two programs that employers can use to increase awareness about mental health among employees and encourage people to use mental health services available through employer-sponsored benefits: ICU and Right Direction.

Case studies in 2016 spotlight how diverse companies are advancing mental health care in the workplace:

- American Express — 50,000 employees)
- American Psychiatric Association — 200 employees
- City of Albuquerque — 6,500 employees
- HealthPartners — 24,200 employees
- Prudential — 22,000 employees
- RK, a mechanical contracting, manufacturing, and service company — 1,100 employees
- State of Tennessee — 43,500 employees
- Union Pacific Railroad — 44,000 employees
- View these and the 60+ other case studies at www.workplacementalhealth.org.

IDENTIFY
CONNECT
UNDERSTAND



ICU

The ICU program points out that just as people with a physical injury or illness may require help through an Intensive Care Unit, people with a psychological/emotional injury or illness may also require help from one another. Thus, “ICU” becomes “I See You.” ICU is designed to decrease the stigma associated with mental health and foster a workplace culture that supports emotional health. The centerpiece of the program is a 5-minute video that teaches employees about emotional health and how to appropriately connect with distressed peers at the workplace who may need support. In 2016, ICU was deployed at several companies, including:

- H-E-B (86,000 employees), a grocery store chain with 370 locations;
- NextEra Energy (13,800 employees), an energy company in Florida; and
- Chevron, which will be implementing it worldwide in 2017.



Right Direction

Right Direction is the Foundation’s worksite program focusing specifically on depression. It gives employers tools to make the case for action with senior management, including educational presentations about depression and its effect on the workplace; the “Field Guide,” a toolkit that includes an implementation plan; and corresponding promotional resources, such as posters, intranet copy, PowerPoint templates, and an employee website.

1. Right Direction is now being used by nearly 100 employers, including large companies such as DSW Shoe Warehouse (11,900 employees), GoJo (2,000 employees), JoAnn Fabrics (23,000 employees), Meijer (72,200 employees), Puget Sound Energy (3,000 employees), and Zappos.com (1,500 employees).
2. In 2016, downloads of materials from the employer portal increased by nearly 50% over the past two years. The site (rightdirectionforme.com) has a return use rate of 30%, demonstrating that employers find the materials useful for promoting mental health in the workplace.



Early Intervention for Youth Makes All the Difference: *Typical or Troubled?*[®]

This school-based mental health education program teaches school personnel (e.g., teachers, coaches, janitors, cafeteria workers) how to spot the signs and symptoms of mental illness in adolescents. The program also empowers staff to make appropriate mental health referrals—to discern typical teen behavior from signs of trouble.

In 2016, we began an evaluation of the program's effectiveness and refreshed the curriculum. The evaluation includes a randomized controlled trial that will inform how to design the program for future years. In 2016, the current program trained more than 5,000 school personnel in eight school districts, representing 45 schools.



Leadership from Indianapolis Public Schools, the Indiana Psychiatric Society and APAF met on June 3, 2016, to assess local student mental health needs and available community support channels. From left; Brian Roach, Indianapolis Assistant Chief of Police; Lindsey Fox, Director, Corporate and Community Relations, APAF; Brent Freeman, Indianapolis Public Schools Special Education Officer; Katrina Velasquez, Esq., V.P., The Reilly Group; Mike Simmons, M.B.A., Ph.D., Director of Advocacy and Public Relations, Eli Lilly and Co.; Mark Bangs, M.D., President, Indiana Psychiatric Society; Colleen Reilly, President, The Reilly Group; and Cortnei Henderson, Emotional Behavioral, and Mental Health Services Coordinator, Indianapolis Public Schools.



Reducing the Criminalization of Individuals with Mental Illnesses: Judges' and Psychiatrists' Leadership Initiative (JPLI) and Stepping Up Initiative

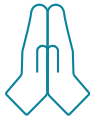
Recognizing that people with mental illnesses are overrepresented in the criminal justice system, and that a combination of legal and medical expertise is necessary to improve outcomes for this population, APAF and the Council of State Governments (CSG) Justice Center have collaborated to bring together judges and psychiatrists. Together, APAF and CSG produce resources for judges on how to recognize and respond appropriately to individuals with mental illnesses in the criminal justice system and how to improve systemwide outcomes.

Stepping Up Initiative

In April 2016, the Foundation collaborated with the CSG and the National Association of Counties (NACo) to host 50 county teams (250 individuals from 37 states) for the first national Stepping Up Summit in Washington, DC. These teams left with a clear understanding of what constitutes a comprehensive, systems-level plan that, when implemented, will reduce the number of people with mental illness in jail.

In 2017, Stepping Up will continue to support teams' efforts through a host of broad-based technical assistance opportunities, including peer learning activities and webinars to help counties meet the essential criteria promoted at the summit.

APAF Board Member Judge
Steven Leifman speaks at the
Stepping Up Summit on April 17,
2016, in Washington, D.C.



Faith Can Foster Treatment: Mental Health and Faith Community Partnership

The APAF Mental Health and Faith Community Partnership was created out of the recognition that faith leaders are often the “first responders” when individuals and families face mental health or substance use problems. For many who seek psychiatric care, religion and spirituality can be an important component in healing.

The Mental Health and Faith Community Partnership is a platform for faith leaders to increase their understanding of mental illness, as well as for psychiatrists and the mental health community to increase their understanding of the role of spirituality in recovery and the support that faith leaders can provide. *Mental Health: A Guide for Faith Leaders* and its companion, *Quick Reference on Mental Health for Faith Leaders*, help faith leaders understand more about mental health, mental illness, treatment, and how to provide support to their communities. These guides are available as a free download or can be purchased for community distribution. More than 2,000 guides were downloaded and nearly 2,000 more were purchased in 2016.



Preserving the Past: APA's Psychiatric Library

The library houses a rare collection of books, art, and artifacts that depict the history of APA and the field of psychiatry. The Foundation is currently cataloguing and preparing the collection for our move to Washington, D.C., in 2017.



The APA's library is a treasure trove of history on psychiatry in the United States. Personal letters from Dr. Sigmund Freud and other notable psychiatrists, correspondence from U.S. presidents and celebrities, rare books, and incredible novelties are securely stored. Here, the APA's Deputy Medical Directors, Tristan Gorrindo, M.D. (Education) and Rannah Parekh, M.D., M.P.H. (Diversity and Health Equity) review the collection as it is catalogued for its move to the new APA headquarters in Washington, D.C.



It is rare to have this kind of recognition for our work in minority mental health. The work we do may not be high profile like genetics research, and yet it is highly relevant on the frontlines in the face of everyday systemic inequities and the issues of unaddressed stigma. This often neglected area deserves attention, and together we can drive change. My efforts are not about me alone changing the world—only with a lot of work with a lot of people can the inequities diminish. It is about engaging the world to change the world.

—Kenneth Fung, M.D.
Recipient of the 2016 Award for Advancing Minority Mental Health



Recognizing the Best in Psychiatry: Awards, Grants, and Fellowships

The APAF gives 25 annual awards that honor exceptional leaders in psychiatry at the APA Annual Meeting and IPS: Mental Health Services Meeting.

The Awards for Advancing Minority Mental Health recognize psychiatrists, other health professionals, mental health programs and other organizations that have undertaken innovative efforts to raise awareness and early recognition of mental illness and improve access to care in underserved minority communities.

Recipients of the 2016 awards included:

- Kenneth Fung, M.D.;
- Nubia Lluberés-Rincon, M.D.;
- Deaf and Hard of Hearing Program of Lifeline Connections; and
- Adelante of Suffolk County, Inc.



The APA has opened doors I couldn't have imagined possible when I first attended the Annual Meeting. [Her fellowship from the Foundation then opened more doors.] That really is the beauty of the Diversity Leadership Fellowship. It provided me with connections to the larger psychiatric community, comfort in expanding relationships and new perspective as I pursue my career.

—Lynneice Bowen, M.D.
Current Fellow, APA/APAF Diversity Leadership Fellow



Recipients of the 2016 Awards for Advancing Minority Mental Health were recognized on May 21, 2016. From left: Director of the APA Division of Diversity and Health Equity Ranna Parekh, M.D., M.P.H.; APAF Chairman of the Board and APA CEO/Medical Director Saul Levin, M.D., M.P.A.; APA Board of Trustees Secretary Altha

Stewart, M.D.; award recipient Kenneth Fung, M.D.; award recipient Dr. Lluberes-Ricon; award recipients from Adelante of Suffolk County, Inc.; and APAF Board Member Uyen-Khanh Quang-Dang, M.D., M.Sc.

In September 2016, the Division of Diversity and Health Equity (DDHE) held its APA/APAF All Fellows' Orientation in conjunction with the September Components Meeting. The orientation brings together all eight fellowship program recipients, and includes presentations and talks by a special guest keynote speaker and APA/APAF leadership, followed by breakout sessions on topics such as advocacy,

governance, education, partnership, mentorship, and research.

In 2016, DDHE also launched an All Fellows' e-newsletter. As a result, the Fellows have a stronger connection to and awareness of APA and the APAF as they advance their careers.



The grant helped us put pen to paper to make the Women Leading Healthy Change program happen, and provided essential funding for a peer educator and supplies.

—Rachel Robitz, M.D.
Current Fellow, APA/APAF
Public Psychiatry Fellowship
Recipient and APA
Foundation Helping Hands
Grant Recipient

Fellowships

APAF fellowships provide psychiatry residents the experiential learning, training, and professional development they need to be leaders in the field of psychiatry. In 2016, APAF awarded 100 fellows from across the country and Canada to participate in one of the following eight fellowship programs:

1. APA/APAF Leadership Fellowship
2. Child and Adolescent Psychiatry Fellowship
3. Diversity Leadership Fellowship
4. Jeanne Spurlock Congressional Fellowship
5. Public Psychiatry Fellowship
6. Psychiatric Research Fellowship
7. SAMHSA Minority Fellowship (funded by SAMHSA)
8. SAMHSA Substance Abuse Minority Fellowship (funded by SAMHSA)

The fellowship programs offer opportunities to work with Congress on health policy, conduct research, expand access to care for minority and underserved populations, focus on child psychiatry or substance abuse, and much more. 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 outside of their fellowship to get involved with APA and APAF, including governance, program, and publishing opportunities.



Leveraging Data: Programmatic Research

The Foundation works closely with the APA Research team to strengthen the data collection and evaluation function of its Public Education programs. In addition, the Foundation funds research training programs for psychiatrists. Here are some of the highlights from 2016:

1. Research Colloquium for Junior Investigators—39 mentees trained
 2. APAF Early Research Career Breakfast—62 mentees participated
 3. APAF Psychiatric Research Fellowship—Instituted in 2016, the APAF Psychiatric Research Fellowship provides two years of funding support to junior investigators from traditionally underrepresented groups.
-



Medical Currency: Clinical Training on Opioids and HIV

Providers' Clinical Support Systems

APAF is a partner organization in two programs funded by SAMHSA: the Providers' Clinical Support System for Medication-Assisted Treatment (PCSS-MAT) and the Providers' Clinical Support System for Opioid Therapies (PCSS-O).

- *The Providers' Clinical Support System for Medication Assisted Treatment (PCSS-MAT)* is a national training and mentoring project developed in response to the epidemic of opioid misuse and overdose deaths. The goal of PCSS-MAT is to make effective, evidence-based medication-assisted treatment available to patients in a variety of settings, including primary care, psychiatric and pain management settings.

- As a PCSS-MAT partner organization, APAF contributes support through live and archived webinars and the PCSS-MAT clinical mentoring program. Over a three-year period, the webinars have attracted 10,750 participants. Each session is recorded and accessible without charge on APA's Learning Center at www.apaeducation.org.
- *The Providers' Clinical Support System for Opioid Therapies (PCSS-O)* is a national training program composed of a consortium of major stakeholders and consistency groups with interests in safe and effective use of opioid medications. The project addresses the appropriate use of opioids in the treatment of chronic pain and the safe and effective treatment of opioid use disorder. As a PCSS-O partner organization, APA offers occasional webinars, as well as online clinical vignettes with self-assessment.

Mental Health Care Provider Education in HIV/AIDS

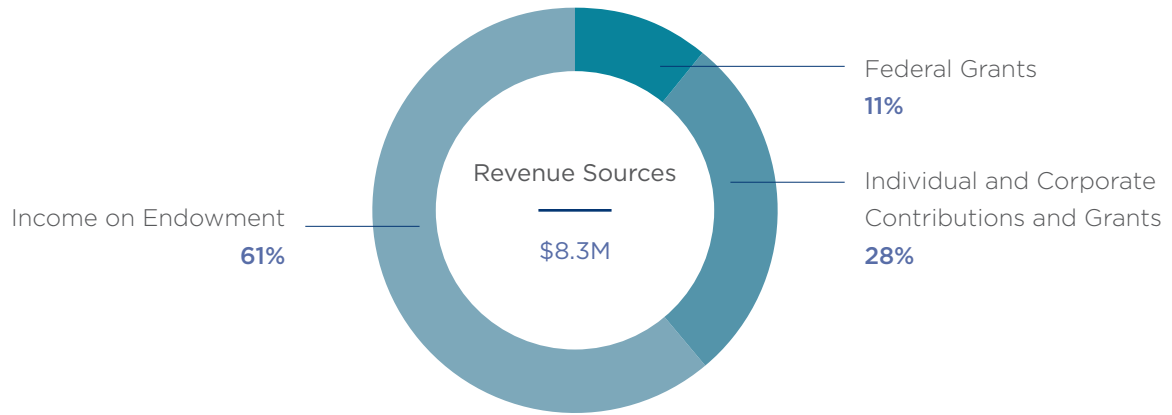
APAF and the Office of HIV Psychiatry (OHP) are in the third year of a five-year subcontract with SAMHSA to provide training to thousands of clinicians on the management of patients with HIV through webinars, practice briefs, and in-person trainings to create educational materials that focus on HIV/AIDS and mental health.

Many of the OHP's activities are funded through this joint contract with SAMHSA and partnership with the American Psychological Association and the National Association of Social Workers.

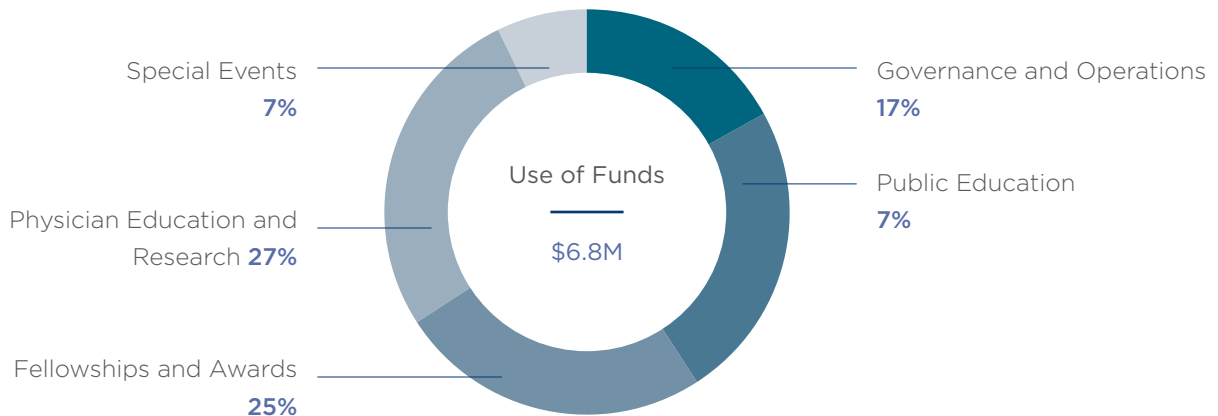


Financially Secure, Fiscally Prudent

Our Fundraising Impact in 2016



Income from the endowment largely supports APA Foundation fellowships, professional achievement awards, and public education programs. Any remaining revenue at year end is reinvested back into the endowment.

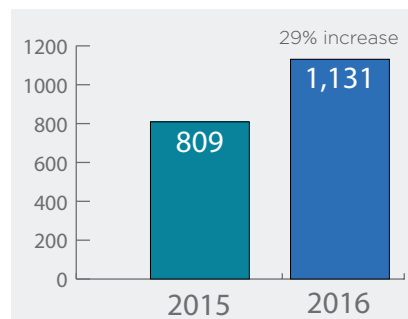


Individual Giving Grew by 46%

In 2016, the Foundation saw individual gifts (and, particularly, gifts from APA members) increase by 46% over 2015 giving. We also saw a 10% increase in giving from members of both the APAF Board and the APA Board of Trustees. The additional funding strengthened our programs and is helping to advance new initiatives.

This growth was strategic—we are diversifying our funding sources for improved impact and resilience. But we are not there yet; we need every individual donation to move the needle. Won't you help us by giving regularly and/or making a legacy gift?

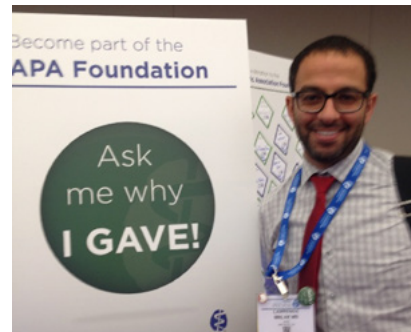
Gifts Year Over Year by Individuals and/or Practices



Corporate Giving Fosters New Strategic Partnerships

The Foundation is selective when working with the private sector—we want our corporate partners to share a dedication to advancing mental health care in the United States for everyone. In 2016, corporate giving grew by 31 new companies as we connected with both innovators in the market and companies in other industries working closely with the Foundation and the APA. The result is a diversified and growing group who, together, focus on building a mentally healthy nation.

Twenty-five companies supported the APEX Awards, and six new companies joined the Foundation's Corporate Advisory Council (CAC). The CAC acts as a corporate roundtable, with the Foundation serving as the liaison between the APA and industry. Together, we discuss mutual areas of interest in mental health advocacy and work towards the best outcomes for patients by spreading awareness and eliminating stigma in the country.



Lawrence Malak, M.D., donated and participated in the Foundation's "Ask Me Why I Gave!" campaign at the Foundation's booth at the May 2016 Annual Meeting in Atlanta.

2016 Corporate Advisory Council (CAC) Members

FOUNDATION PATRON

Alkermes
Janssen Pharmaceuticals, Inc.

GRAND PATRON

Eli Lilly & Company
Lundbeck
Otsuka America Pharmaceutical, Inc.
Purdue*

PATRON

ACADIA Pharmaceuticals*
Allergan*
FORUM Pharmaceuticals Inc.
Genomind LLC
Shire US
Sunovion Pharmaceuticals, Inc.
Takeda Pharmaceuticals USA, Inc.

SUSTAINING MEMBER

Assurex Health*
Intra-Cellular Therapies Inc.*
Merck & Co.
NeuroStar TMS Therapy
Pfizer Inc.*

*New in 2016

Nonprofit Allied Partnerships

The Foundation is working to bolster relationships with nonprofit allied partners. In some cases, we participate in national meetings and/or fund their programs. We also financially sponsor national initiatives including the following:

- Give an Hour—Celebration of Service
- Campaign to Change Direction
- Substance Abuse and Mental Health Services Administration (SAMHSA)—Voice Awards

Six of our allied partners supported the APEX Awards with financial contributions, table sponsorships, and in-kind video support:

- American Academy of Pediatrics
- Brain & Behavior Research Foundation
- Mental Health America
- National Association of Psychiatric Health Systems
- National Council for Behavioral Health
- Washington Psychiatric Society

Multiplying a Shared Vision: Directors, Staff, Volunteers, and Donors

APAF Board of Directors

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Treasurer

Richard Harding, M.D.

Secretary

Owen Garrick, M.D., M.B.A.

Directors

Dwight Evans, M.D.

Owen Garrick, M.D., M.B.A.

Karinn Glover, M.D., M.P.H.

Maureen O’Gara Hackett

Dilip Jeste, M.D.

Louis Kraus, M.D.

Judge Steven Leifman

Grayson Norquist, M.D., M.S.P.H.

Uyen-Khanh Quang-Dang, M.D., M.Sc.

William Resnick, M.D., M.B.A.

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

Ex-Officio

Bruce Schwartz, M.D. – Treasurer, APA

Renée Binder, M.D. – Past President, APA

Anita Everett, M.D. – President Elect, APA

Foundation Team

Daniel Gillison, Jr., Executive Director

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Looking Forward: Join Us

It's been an incredible year due to the dedication of our volunteers, donors, partners, and staff. We are on track to do it again. And again. And again. We won't—we can't—stop until we have a mentally healthy nation for all. That's our vision and one that is realized in every individual and initiative that we support.

So where are we headed? Our core programs have been evaluated and optimized with a focus on data-driven outcomes. Our board and staff are finalizing our strategic plan as we prepare to celebrate 25 years of serving the field of mental health. As we step into this new frontier, we remain focused on four core principles:

1. Raising awareness and overcoming barriers
2. Investing in the future leaders of psychiatry
3. Supporting research and training to improve mental health care
4. Leading partnerships to address public challenges in mental health

We hope that you will join us. It's a new era, and we have the experience, resources, and drive to take the APAF to a new level. Please contact us to learn more at apafoundation@psych.org.

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