



A Beacon for Children's Mental Health

Guiding families
in a time of crisis

The Child Mind Institute is transforming the lives of children and families struggling with mental health and learning disorders by providing gold-standard, evidence-based **care**, developing the treatments of tomorrow through breakthrough **science**, and fighting stigma and misinformation with **education**.

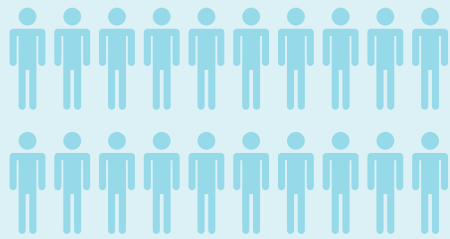
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5,000 individuals served through school programs

From March to December 2020, our School and Community Programs reached nearly 5,000 students, parents, educators and mental health providers through virtual services.

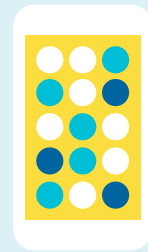


45,000 Facebook followers

Over 45,000 people joined our new Spanish-language Child Mind Institute Facebook page.



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29% increase in clinical appointments

Using telehealth to meet families' needs, we increased our total clinical appointments by 29% as compared to 2019.

33 research papers

In 2020, our researchers collectively published 33 research papers. Overall, their work has been cited over 10,000 times.

98% increase in small-gift donors

In fiscal year 2020, there was a 98% increase in donors who gave \$100 or less.

\$8.6 million from foundations

During the pandemic, our foundation donors stepped up, committing over \$8.6 million to the organization in fiscal year 2020, up from \$3 million in fiscal year 2019.

A Beacon for Families

To our Child Mind Institute community,

None of us were prepared for the coronavirus pandemic that has brought such pain, grief and devastation to families across the world. Yet, this moment has highlighted the power of the care and resources that the Child Mind Institute has to offer children and families everywhere. Even more, 2020 reminded us of the resilience of children, the fortitude of caregivers, and the incredible dividends we reap when we invest in their success.

In March, the spread of the coronavirus transformed the world and our work at the Child Mind Institute. The crisis clarified our priorities. Children and families struggling with mental health and learning disorders were at increased risk of impact from the pandemic: loss of services, disruption of care. Low-income families and people of color were hit particularly hard.

At the Child Mind Institute, we mobilized rapidly to give children, caregivers and educators the direction they needed to face a very dark year.

- Our clinicians began using telehealth to provide care, allowing us to continue serving our existing patients while reaching more children in remote communities who often struggle to access services.
- Our School and Community Programs team pivoted to provide treatment and supports to students, educators, school counselors and caregivers virtually, delivering new resources and services that responded to the unique mental health and social-emotional needs of the pandemic.

- Our scientific researchers jumped into action, working to better understand how the pandemic was impacting the mental health of children and families worldwide. This ongoing research is capturing data to inform more effective crisis interventions for the pandemic as well as future events.
- Our public education team created and shared a full suite of free, timely information on managing mental health during the pandemic, available in English and Spanish. These resources were shared with families on childmind.org, in newsletters and across social media including Facebook Live.

The mental health challenges presented by the coronavirus are too great to be solved by any one organization alone. Throughout the past year we have worked with a range of partners including corporations, peer organizations, government, donors, public figures and countless others who share our commitment to safeguarding and advancing children's mental health. Together, we made a difference.

While 2020 may be behind us, we know that children and families will be processing the mental health effects of the pandemic through 2021 and beyond. The Child Mind Institute will be by their side every step of the way, providing care, resources and critical information to foster resilience in the face of crisis.

More than ever, we are grateful for the generous and supportive community that makes our work possible. We thank you.

Brooke, Ram and Harold

This report outlines our work in the 2020 calendar year. For news on the start of 2021 at the Child Mind Institute, please see the "2021 Updates," included.



Brooke Garber Neidich
Co-Founder and Co-Chair,
Board of Directors



Ram Sundaram
Co-Chair,
Board of Directors



Harold S. Koplewicz, MD
President and
Medical Director

Care Expanding Access to Care

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Since 2009, the Child Mind Institute has been providing personalized, world-class clinical care from our New York City clinical center and, since 2019, from our San Francisco Bay Area clinical center. In 2020, as the coronavirus pandemic raged, our clinicians mobilized quickly to respond to the significant mental health impact of the crisis across society. To reach more children and families, we pivoted to telehealth and increased our total appointments by 29% as compared to 2019. Additionally, our clinicians further expanded care beyond the clinic by hosting hundreds of free, informative Facebook Live discussions and providing mental health support lines for first responders.

Telehealth Treatment

At the onset of the pandemic, Child Mind Institute clinicians transitioned all our existing patients from in-person services to telehealth in just 48 hours. The speed and success of this innovation established us as an industry leader, with clinicians from other organizations reaching out for guidance. At the same time, licensure restrictions were temporarily loosened to allow mental health clinicians to treat patients from out of state, which allowed us to reach children across the country. In addition to offering one-on-one telehealth

sessions, we were able to offer a range of group and intensive treatment options virtually, including our Brave BuddiesSM selective mutism treatment program, social anxiety groups, dialectical behavior therapy (DBT) groups, a college-readiness program over the summer, parent-child interaction therapy (PCIT), and neuropsychological and autism spectrum disorder testing. Telehealth has the potential to transform mental health care, particularly for children and families in rural and remote areas who are often unable to access evidence-based care.

Spotlight: Clinicians Honored at the Gala

Our 11th annual benefit honored the clinicians of the Child Mind Institute for their commitment to providing essential care to young people during the coronavirus pandemic. The virtual event featured messages of support from celebrities including Emma Stone, Gabrielle Union, and Jeannie and Jim Gaffigan, stories from patients whose lives have been transformed by treatment at the Child Mind Institute, and insights

from our clinicians. When asked what makes working at the Child Mind Institute special, our clinicians highlighted the passion, dedication and expertise of their colleagues, the organization's unique public education platform, and how deeply gratifying it is to guide young people through emotional distress toward greater resilience, health and happiness.



Over 3 million people

tuned in to Facebook Live to see our clinicians give expert advice on managing children's mental health during the coronavirus crisis, in English and Spanish.

Facebook Live

In March, our clinicians began hosting Facebook Live discussions twice a day, livestreaming information and answering viewers' questions about children's mental health in real time. "This year, I've livestreamed mental health support to families and educators around the country through Facebook," said Dr. Kenya Hameed, a clinical neuropsychologist for School and Community Programs, who hosted a number of these discussions. "I'm proud to provide this free support on topics such as COVID-19 and mental health and talking to kids about race and racism."

Support lines for frontline workers

Recognizing that frontline workers and their families are particularly vulnerable to mental health risk during the pandemic, we partnered with NYC Health + Hospitals, the NYPD and the Fairfield Police Department to establish a series of English- and Spanish-language support lines for healthcare workers and police officers. Through these support lines, frontline workers who are also parents or caregivers were connected to Child Mind Institute clinicians for expert advice on protecting their and their families' mental health during this unprecedented time.

West Coast Advisory Council

We're grateful to this group of thought leaders and influencers who are supporting the Child Mind Institute's expansion to the San Francisco Bay Area by lending their time and expertise as advocates and donors for the organization.



Spotlight: Alexa Abbey

"When she was four years old, my daughter Alexa Abbey was evaluated by Dr. Bethany Vibert at the Child Mind Institute. Previously, we'd had bad experiences in the public school system with people who spent 15 minutes evaluating Alexa and then said negative things about her. At the Child Mind Institute, Alexa was diagnosed with autism and given a specialized plan. She was verbal but unable to communicate. The doctors helped Alexa improve her speech, communication, and behavioral and social skills, and reduce anxieties and meltdowns. Sitting through those sessions with Alexa, I learned how to manage her at home and guide her in the right direction. Alexa is now in 1st grade: she's thriving, has friends and is much more social. We are very thankful to the Child Mind Institute for helping put Alexa on the right track to succeed in life."

Zoya Merkulova, mother of Alexa, who received treatment at the Child Mind Institute's Autism Center

Members as of December 31, 2020.

- | | |
|-------------------------|-----------------------|
| Megan and Harris Barton | Liz Laffont |
| Cori Bates | Karen and Ronnie Lott |
| Ashlie Beringer | Andrea McTamoney |
| Devon Briger | Linnea Roberts |
| Lisa Domenico Brooke | Jennifer Sills |
| Suzanne Crandall | Christine Tanona |
| Stacy Denman | Angelique Wilson |
| Abby Durban | |

Care Expanding Access to Care



School and Community Programs

The Child Mind Institute’s School and Community Programs build schools’ capacity to deliver evidence-based mental health interventions by sharing resources, training educators and parents, and directly supporting students. All our school programs are rooted in scientific research and analyzed annually to assess and maximize impact for students. In March 2020, with schools across the country disrupted by the pandemic, we pivoted rapidly to provide virtual treatment and support, including new services that responded to the unique mental health needs of the crisis.

New Services

In response to acute mental health needs among students that were heightened by the pandemic, the School and Community Programs team offered social-emotional skill-building groups and new grief and loss groups over the summer. Partnering with experts from the Child Mind Institute’s Learning Disorders Center, our clinicians also began offering learning support services to school communities for the first time in the 2020–21 school year. This program is focused on identifying early elementary

school students who have trouble with word level reading, as early intervention is critical to avoiding lifelong reading difficulties. Additionally, amid the pandemic, the School and Community Programs team focused on engaging Spanish-speaking families by hosting Spanish-language Behavioral and Emotional Skills Training (BEST) for parents and a Spanish-language parent series, and by translating our program materials.

Spotlight: Tariq McKay



“I have been working with the Child Mind Institute ever since Sandy hit NYC in 2012. Once our schools closed due to the COVID-19 pandemic, I immediately contacted them to assist with providing social-emotional support for the 171 school counselors and

social workers I work with in Queens, and we met over the summer to plan monthly professional development sessions for the entire 2020–21 academic year. The tools they’ve provided during this unsettling time have been invaluable. Queens South schools and families are better because of the Child Mind Institute and I truly hope that we can continue our partnership in the coming years.”

Tariq McKay, School Counseling Manager, Queens South Borough Citywide Offices

Since 2012, School and Community Programs services have reached **over 50,000** students, parents, educators and mental health providers across

570
schools

in New York City and the San Francisco Bay Area.



NYC Department of Education Partnership

The Fund for Public Schools, Gray Foundation, Robin Hood Foundation and Tiger Foundation committed a total of \$375,000 to support our mental health crisis recovery effort for New York City Department of Education schools. Through this initiative, we offered trainings for school staff on mental health and wellness and delivered comprehensive crisis resources with a

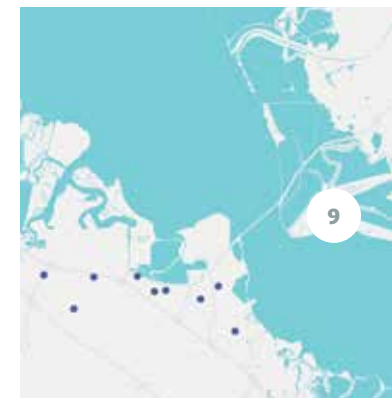
focus on trauma, depression, anxiety and grief. The Wellness Toolkit, a social-emotional skill-building curriculum made available through this partnership, was downloaded 2,450 times, providing critical information to help educators and their students during this challenging time.

Multitiered School and Community Partnerships

During the 2020–21 school year, the School and Community Programs team developed multitiered partnerships with the 46 schools and community organizations listed below. We provided student trauma, mood, behavior or learning interventions, student social-emotional learning workshops, caregiver workshops, or educator professional development services to their communities.



- P.S. 016 Leonard Dunkly
- P.S. 018 John G. Whittier
- P.S. 021 Crispus Attucks
- P.S. 024
- P.S. 041 Francis White
- P.S. 059 William Floyd
- P.S. 083 Luis Munoz Rivera
- P.S. 108 Captain Vincent G. Fowler
- P.S. 112 Jose Celso Barbosa
- P.S. 130 The Parkside
- P.S. 131 Abigail Adams
- P.S. 131 Brooklyn
- P.S. 139 Alexine A. Fenty
- P.S. 150 Christopher
- P.S. 169 Sunset Park
- P.S. 214 Michael Friedsam
- P.S. 223 Lyndon B. Johnson
- P.S. 246 Poe Center
- P.S. 249 The Caton
- P.S. 321 William Penn
- P.S. 343 The Children’s Lab School
- P.S. X015 Institute for Environmental Learning
- P.S. / I.S. 119 The Glendale
- The Young Women’s Leadership School of the Bronx



San Francisco Bay Area School and Community Organizations

- Belle Haven School
- Boys and Girls Club of the Peninsula
- Costano School
- Garfield Community School
- Hoover Community School
- Los Robles School
- Ravenswood Middle School
- Taft Community School
- TIDE Academy

Science

Accelerating Breakthrough Discoveries



Since 2011, the Child Mind Institute has led open science research that advances neuroscience, technology and data analytics to redefine our understanding of the developing brain — all with the goal of improving children’s mental health treatments and outcomes. In 2020, amid the coronavirus pandemic, we adapted our study protocols to ensure the safety of researchers and participants while continuing to gather critical data. In response to urgent questions about the impact of the pandemic on the mental health of children and families, we launched several new research initiatives. In the face of significant challenges and disruptions, Child Mind Institute researchers harnessed the opportunity to capture data that will inform more effective interventions in times of crisis, now and in the future.

New Research

In 2020, we launched several new research initiatives. The Coronavirus Health and Impact Survey (CRISIS) examines risk factors for negative mental health outcomes for children and adults during the pandemic, with a view to informing more effective interventions. Researchers at the Autism Center developed the CRISIS AFAR survey to assess the impact of the loss of in-person services for children with neurodevelopmental disorders such as autism spectrum disorder during the

pandemic. Through CrisisLogger, a platform developed by our researchers, we are collecting qualitative data to assess the emotional impact of the pandemic across society. Financial services company Morgan Stanley is supporting a study on how increased reliance on technology during the crisis has impacted problematic internet use (PIU) in young people, as well as longitudinal testing of the CRISIS survey.

Spotlight: NIMH Award

Researchers from the Child Mind Institute are part of a team that was recognized by the National Institute of Mental Health (NIMH) with a prestigious Director’s Award for development of the Coronavirus Health and Impact Survey (CRISIS), a mood survey created in response to the pandemic.



The Child Mind Institute’s federal funding for scientific research has dramatically increased in recent years. In fiscal year 2020 we had **16 active federal grants**, totaling over

\$2.4 million, **Healthy Brain Network**

up from 7 active grants, totaling \$520,000, just two years earlier in fiscal year 2018.



Tech Transfer

In 2020, we established a Technology Transfer office to highlight our Mind-Assisting Technologies for Therapy, Education and Research (MATTER) Lab’s research initiatives and intellectual property. Connecting this work to the broader investment and strategic communities can facilitate the development of promising technologies to improve mental health outcomes.

Spotlight: California Partners Project

Founded by the First Partner of California, Jennifer Siebel Newsom, California Partners Project champions gender equity and ensures that the state’s media and technology industries are a force for good in the lives of children. In 2020, we collaborated with the California Partners Project on a study evaluating the impact of the pandemic on Californian adolescents, which found that many youth are struggling and relying heavily on



screens. The project culminated in *Are the Kids Alright?*, a report that showcased the study’s findings and advocated for robust responses to the loss and change in young people’s lives resulting from the crisis.

Science On the Shoulders of Giants

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From top left to bottom right, top row: Drs. Tom Boyce and Nicki Bush; middle row: Drs. Danielle Roubinov, Felton "Tony" Earls, F. Xavier Castellanos and Yasmin Hurd; last row: Drs. John Weisz, Nora Volkow, Tom Insel, Kenneth A. Dodge and Jerome Kagan.

On the Shoulders of Giants is the Child Mind Institute's annual celebration of scientific achievement in children's mental health. The 2020 symposium celebrated the work of Dr. Tom Boyce, the Lisa and John Pritzker Distinguished Professor of Developmental and Behavioral Health at the University of California, San Francisco, and the recipient of the 2020 Sarah Gund Prize for

Research and Mentorship in Child Mental Health. The event featured presentations by Dr. Boyce and his protégés, followed by a roundtable discussion moderated by Dr. Nora Volkow that featured past Sarah Gund Prize honorees in conversation about the effects of racism and inequality on children's mental health. Over 1,300 people attended the virtual event.

Rising Scientists

The Rising Scientist Awards celebrate outstanding high school students who show exceptional promise in research in child and adolescent mental health and/or pediatric neuroscience. The awards are presented in partnership with Hunter College at our annual On the Shoulders of Giants scientific symposium. In 2020, for the first time, we expanded the applicant pool from the

NYC metropolitan area to the entire nation. The 2020 Rising Scientists Award recipients' research interests include the effects of social media on altruism, risk-taking behavior among teenagers, using cellular and molecular science to treat illness, connecting eligible veterans to clinical research trials, and using genomics and biochemistry to improve lives.

2020 Winners



Huang Nguyen
Leesville Road High School



Reed Lessing
Chapin School



Ethan Ocasio
New School



Nikita Rohila
Stuttgart High School



Julia Savino
Smithtown West High School

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Notable Publications and Appearances

Child Mind Institute researchers are making important contributions and novel discoveries in the field. In 2020, they collectively published 33 research papers and presented at several virtual meetings and conferences, including the annual meetings of the American Academy of Child and Adolescent Psychiatry (AACAP) and the Organization for Human Brain Mapping (OHBM), where nine abstracts by Child Mind Institute researchers were presented. In the past year, their work has focused on new methods for understanding the developing brain, including the development of new analysis techniques, the use of non-human primate data, and the development of new models for understanding psychiatric disorders.



Catherine Lord, PhD



Kathleen Ries Merikangas, PhD

Scientific Research Council

The Child Mind Institute's Scientific Research Council is an advisory group composed of some of the nation's most respected thinkers from leading academic institutions. The group sets the direction of the organization's scientific initiatives, advises on research matters, and selects the recipient of the annual Sarah Gund Prize for Research and Mentorship in Child Mental Health.

Co-chairs

Catherine Lord, PhD
University of California, Los Angeles

Daniel Pine, MD
National Institute of Mental Health

Kathleen Ries Merikangas, PhD
National Institute of Mental Health

Kenneth Pugh, PhD
Haskins Laboratories

Neal Ryan, MD
University of Pittsburgh

Irwin Sandler, PhD
Arizona State University

Members

Judy Cameron, PhD
University of Pittsburgh

Nim Tottenham, PhD
Columbia University

Damien Fair, PhD
Oregon Health and Science University

Emeriti

Joseph LeDoux, PhD
New York University

Rachel Klein, PhD
New York University

Regina Sullivan, PhD
Nathan Kline Institute for Psychiatric Research

Bennett Leventhal, MD
University of California, San Francisco

Education

Reaching Families Everywhere



Since 2010, we have been providing parents and educators with evidence-based children’s mental health information on childmind.org to help them support children who are struggling. We began 2020 with the goal of furthering the reach of our resources to underserved families across the country. The pandemic only heightened the need for information accessible to rural, low-income, Spanish-speaking and other families. Our public education team mobilized rapidly to deliver a full suite of free, timely resources for responding to mental health challenges during the pandemic, available in English and Spanish. Topics covered include managing pandemic-induced anxiety and depression, single parenting during the crisis, and supporting children with autism. We also offered tips on talking to kids about race, racism, civil unrest and protests.

#WeThriveInside

During May 2020, for Mental Health Awareness Month, we launched #WeThriveInside, a public education campaign that engaged a diverse group of public figures to create short home videos sharing how they were maintaining positive mental health during quarantine. Actresses Margot Robbie and Octavia Spencer, actors

Jonah Hill and Keith Powers, basketball player Kevin Love and many others shared messages of hope that drove an important discussion about mental health and highlighted the Child Mind Institute’s free resources. The campaign was featured in *Vogue*, *Essence*, *The Hollywood Reporter*, *People*, *Today* and elsewhere.

Spotlight: Myriam Alizo



“The Child Mind Institute provides a wealth of very high-quality, easy-to-use Spanish-language information and resources. Many of them are part of the Center for Parent Information and Resources library, and we also disseminate them via our social media. The

Child Mind Institute’s Spanish resources are very appreciated by the Parent Centers that work with Spanish-speaking families that struggle with mental health and learning disorders throughout the nation.”

**Myriam Alizo, Assistant Project Director,
Center for Parent Information and Resources**

Change Maker Awards

The 2020 Change Maker Awards honored Bill Hader, actor, producer and mental health advocate; Kenneth Cole, fashion designer and founder of the Mental Health Coalition; the National Alliance on Mental Illness (NAMI), a grassroots mental health organization; and Erika’s Lighthouse, a nonprofit that raises awareness about teen depression. We enlisted the public’s help in choosing the honorees, and 4,715 votes were cast ahead of the awards.

Expanding Accessibility

In March 2020, Child Mind Institute clinicians began hosting Facebook Live discussions in English and Spanish to answer questions about children’s mental health in real time. Through our website, newsletters and social media channels, caregivers and educators received a comprehensive suite of guides, articles, webinars and daily tips to help them cope with the pandemic. Making our public education resources accessible to Spanish-speaking families became a major focus, and now visitors to childmind.org can read over 600 pages, articles and guides in Spanish. In 2020, over 2 million people accessed these materials. We also established the Child Mind Institute en español Facebook page, which grew to nearly 45,000 followers by the end of 2020. **These efforts were generously supported by financial services firm Morgan Stanley.**

The #WeThriveInside campaign featured messages of hope from **37 public figures**, reached

275 million

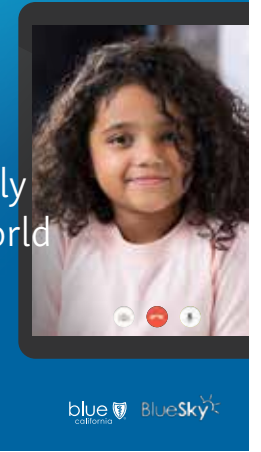
individuals on social media and was **displayed 4.5 billion times** across social, digital, broadcast and print media.

Spotlight: Emma Stone

Actress Emma Stone has been involved with the Child Mind Institute since 2017, when she first participated in our #MyYoungerSelf campaign. Since then, she’s joined our Board of Directors and used her significant platform to advance children’s mental health. In 2020, through our #WeThriveInside campaign, Emma shared that she was reading, writing, dancing and meditating to manage anxiety during the pandemic and encouraged others to do the same. In April, Emma joined choreographer Ryan Heffington for an Instagram dance workout that raised funds for the Child Mind Institute. In May 2020, Emma and fellow actress Reese Witherspoon joined Child Mind Institute President Dr. Harold S. Koplewicz for a conversation about anxiety during quarantine. We are incredibly grateful for Emma’s commitment and partnership on this journey.



Telehealth in an Increasingly Virtual World



Children’s Mental Health Report

The 2020 Children’s Mental Health Report, *Telehealth in an Increasingly Virtual World*, examined the significant impact of telehealth on children’s mental health care in the United States. Through a comprehensive overview of recent research and key information, the report highlighted the potential for this clinical tool to improve access to care beyond the pandemic, particularly for rural and low-socioeconomic-status communities who face the most persistent barriers to care. We commissioned a nationally representative survey of American parents whose children received mental health treatment through telehealth, and the results provided additional insights for the report.

Education Partnerships



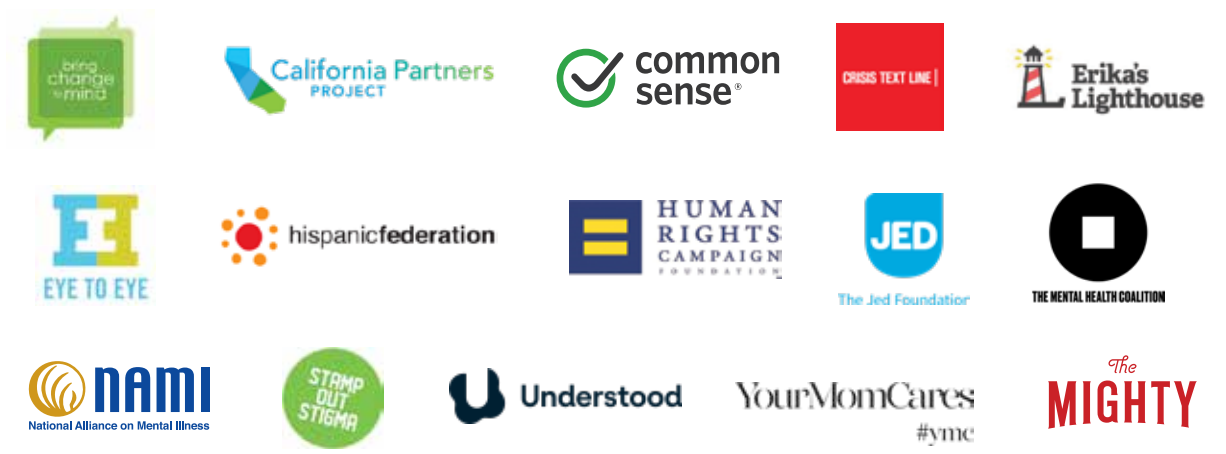
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Dr. Natalie Weder being interviewed on Univision.

To move the needle on children’s mental health and learning disorders, we collaborate with a diverse group of peer partners, media organizations and public figures who share our vision for a world where no child must struggle alone. We are incredibly grateful for their partnership.

Peer Partners

In 2020, we joined forces with the following nonprofit organizations to increase our impact for children and families by sharing resources, collaborating on virtual events and amplifying our reach.



Clockwise from top left: Dr Andrea Pascarelli on KCBS LA, Dr. Kenya Hameed on ABC, Dr. Dave Anderson on ABC, Dr. Harold S. Koplewicz on CNN, Dr. Janine Domingues on Fox and Dr. Jamie Howard on NBC.



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Educating the Public

Child Mind Institute experts regularly appear in the media, lending an expert voice to discussions on topical issues related to children’s mental health. Subjects included the

effects of the coronavirus pandemic on children’s psychological well-being and talking to kids about race.

Influencers

We work with public figures who care about children’s mental health, harnessing their significant platforms to reduce stigma, share critical information and offer

messages of hope. Their generosity and honesty have ripple effects across society.

The Trevor Noah podcast; Bill Hader during a HBO-sponsored conversation about anxiety with Dr. Harold S. Koplewicz.



Champions of the Child Mind Institute

We rely on the generosity of a broad range of individuals and organizations who believe deeply in the importance of the health and well-being of children. Throughout the year, young people and their families supported the Child Mind Institute, as did a range of corporations. **Together, we made a difference.**

Young Entrepreneurs

During the pandemic, enterprising young people around the country started businesses and projects that directed a portion of their proceeds to the Child Mind Institute. We are awed and humbled by the ingenuity of these youth and their commitment to children’s mental health.



Jessica Bukowski and Sabrina Haechler, resilienSEED

“At the beginning of quarantine, we found that being creative helped us cope with all the uncertainty. We wanted to channel this energy into something that would help others, so we launched resilienSEED,” said Jessica Bukowski, 17, and Sabrina Haechler, 21, cousins and friends. Through resilienSEED, they make and sell bracelets, with all proceeds from one of their designs benefiting the Child Mind Institute. “We’re

excited to continue raising awareness for mental health through this project. While the pandemic will eventually end, the need for mental health care will not.”



Uzziah Campbell, Calm & Cure Candle Co.

At the start of the pandemic, Uzziah Campbell, a 6th grader in Texas, used his spare time to make candles to send to friends, family and the medical workers and researchers fighting the pandemic. Uzziah’s

hobby has now become a full-fledged business that has donated over \$1,000 to the Child Mind Institute. “People won’t stop ordering the candles! My grandpa even let me take over his man cave to keep making them. I support the Child Mind Institute because they focus on children. Kids need help too!” said Uzziah.



Cody Coughlin, Intricacy Timepieces

In 2020, 25-year-old racecar driver and watch enthusiast Cody Coughlin launched Intricacy Timepieces, a mission-driven watch company supporting efforts to improve mental health across society. For each watch

sold, Cody has committed \$10 to the Child Mind Institute. “I have seen many loved ones struggle with mental health, which drove me to make a change. I’m using my passion for watches to create a delivery mechanism to fight against mental health challenges. Thanks to the Child Mind Institute, I’m able to contribute to the cause that I’m so passionate about,” said Cody.



Alexandre DeBlieux and Chandler Minaldi, Product of Therapy

Alexandre DeBlieux and Chandler Minaldi are best friends and business partners, having launched lifestyle brand Product of Therapy in fall 2020 to facilitate life-changing conversations

about mental health, the importance of therapy and other critical interventions. Alexandre and Chandler have committed a generous 10% of all sales to the Child Mind Institute. “By supporting organizations that invest in and provide resources to young people, we can dramatically reduce the need for more intensive mental health interventions for people beyond adolescence,” explained Alexandre.



Zoe L, Zmasks

Zoe is an 8th grader at the Windward School in Manhattan who loves arts and crafts. For her Bat Mitzvah project, she channeled her creativity into tie-dyeing masks, which she sold to friends and family as “Zmasks,” raising \$2,200 for the Child

Mind Institute. “I chose the Child Mind Institute because they’ve been a part of my life since I was diagnosed with dyslexia in the 1st grade. My mom and sister are also dyslexic, so I feel very connected to the Child Mind Institute and the work they do,” said Zoe.



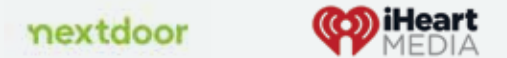
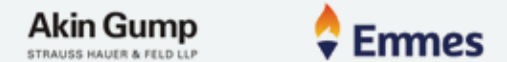
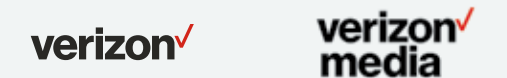
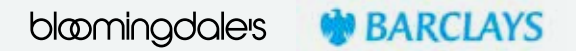
Jack Nathan, Happy Jack

Jack Nathan, a 19-year-old student who had recently established a clothing brand called Happy Jack with a focus on youth mental health, passed away accidentally in July 2020. Before his passing, Jack donated

\$1,000 of his earnings to the Child Mind Institute. Jack’s family and friends are honoring his legacy by further developing Happy Jack and have donated over \$20,000 to the Child Mind Institute. “Jack eased his anxiety through painting and art. His end game wasn’t to sell apparel, it was to create a movement,” said Jack’s mom, Bradi Harrison.

Corporate Partners

The following corporations supported the Child Mind Institute through significant financial or in-kind donations in 2020. We are incredibly grateful for their support and for drawing attention to children’s mental health and our work in the field.



The Heart of Connection

Our work is made possible by the commitment and generosity of individuals, foundations and corporations who are creating a future where all children can access the mental health support they need to lead happy and healthy lives. **We are forever grateful to our supporters.**

Please note that all acknowledgments pertain to donations received in fiscal year 2020, from October 1, 2019, to September 30, 2020. Gifts received in fiscal year 2021 will be acknowledged in the 2021 Annual Report.

Champion \$1,000,000+

Suzanne and Matt Donohoe
Phyllis Green and Randolph Cöwen
Morgan Stanley and Morgan Stanley Foundation
The Roberts Foundation
Charles and Helen Schwab Foundation
Stavros Niarchos Foundation (SNF)

Leader \$250,000-\$999,999

Bloomberg Philanthropies
Bloomingdale's
Clara Lionel Foundation
Elizabeth and Michael Fascitelli
Sarah and Geoffrey Gund
Mr. Philip and Ms. Alicia Hammarskjöld
Jen and Jon Harris
Preethi Krishna and Ram Sundaram
Christine and Richard Mack
Stacey and Eric Mindich

Julie and Edward Minskoff
Brooke Garber Neidich and Daniel Neidich
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Linda and Arthur Carter
Champion Charities
Kate Harbin Clammer and Adam Clammer
Cornell Capital, LLC
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Michael and Susan Dell Foundation

Donor Spotlights



Morgan Stanley and Morgan Stanley Foundation

The Child Mind Institute is a proud member of the Morgan Stanley Alliance for Children's Mental Health. The Child Mind Institute received a \$3.4 million gift from the Morgan Stanley Foundation to create a digital parenting resource center on childmind.org focused on reaching geographically isolated, low-socioeconomic-status, and Spanish-speaking families. Following the onset of the pandemic, Morgan Stanley provided an additional \$250,000 emergency gift to fund resources on managing mental health during the crisis, designed to reach underserved communities, as well as telehealth supported by financial aid. Additionally, the firm granted \$274,000 to support longitudinal testing using the Coronavirus Health and Impact Survey (CRISIS), which examines the risk factors for negative mental health outcomes during the pandemic for children and adults. This survey was developed by the Child Mind Institute's research team along with collaborators at the NIMH and the New York State Nathan Kline Institute for Psychiatric Research. This grant also supports a new study to assess problematic internet usage behaviors during the COVID-19 pandemic.

Katherine Farley and Jerry Speyer
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The Schwartz Family Foundation, Inc. and Debra Ellenoff



Clara Lionel Foundation

In response to the COVID-19 pandemic, Rihanna’s Clara Lionel Foundation announced new giving to nonprofits focused on responding to mental health and other critical needs exacerbated by the crisis. Through this initiative, the Clara Lionel Foundation awarded the Child Mind Institute a significant grant to provide children’s mental health services to communities most affected by the pandemic. Their gift is helping NYC students by teaching them valuable coping skills through our social-emotional learning curriculum, providing comprehensive mental health and cognitive evaluations and connections to care, and expanding mental health treatment and learning supports. The Clara Lionel Foundation’s support is building the capacity of teachers and parents to meet their students’ mental health needs through webinars, an educator support line, and training for teachers and school mental health professionals to deliver evidence-based interventions independently.

- Dr. Robert Seder and Ms. Deborah Harmon
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- Jeff deGraaf
- Stacy Denman
- Paige Desiere
- The Dever Foundation



Phyllis Green and Randy Cöwen

Phyllis Green and Randy Cöwen have been champions of the Child Mind Institute since its inception, serving on the Board of Directors since 2009 and establishing the Phyllis Green and Randolph Cöwen Scholar. Phyllis and Randy have committed a total of \$5 million to the Healthy Brain Network study, and to commemorate their incredible generosity, we were happy to name our new Harlem site the Phyllis Green and Randolph Cöwen Center for Children’s Mental Health. The couple said, “We continue to be inspired by the Child Mind Institute’s leadership, vision and approach to children’s mental health. In particular, we are compelled by the ability of the Healthy Brain Network to combine its cutting-edge research with efforts to reach and benefit communities that all too often face multiple barriers to quality care.”

- Beth Rudin DeWoody
- Kim and Jordan Dickstein
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- Diana and Joseph DiMenna
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- Jessica and John Lupovici
- Allison and Howard Lutnick

Donor Spotlights



Kevin Williams

Kevin Williams, who donated through the Child Mind Institute’s website, said, “Shortly before the news of my youngest I was introduced to the Child Mind Institute. There was a constant blast of emails full of helpful information that has allowed me to grow as a person and father and aided me in helping my children. The research articles have educated and given me new perspectives on behaviors and how to approach certain situations. There is no instruction book to parenting, but the Child Mind Institute and its resources have provided a guidepost and so much more. The Child Mind Institute has helped me and my children, and I wanted to do what I can to show my appreciation by providing what I can in a monetary form.”

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Messages of Support at the Annual Benefit

Our 11th annual benefit was a virtual event held in honor of the clinicians of the Child Mind Institute. The event featured messages from celebrities and public figures including:



Jim and Jeannie Gaffigan



First Partner of California, Jennifer Siebel Newsom



Jeremy Strong



Gabrielle Union



Kelly Ripa



Andrew Feldman

In September 2020, the Child Mind Institute’s Board of Directors welcomed three new members. Collectively, Megan Jones Bell, Gunjan Bhow and Guy Metcalfe bring decades of experience in business, finance, advocacy and academia to their board positions. We are thrilled to have their expertise and partnership as we continue our mission to transform the lives of children and families struggling with mental health and learning disorders.

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Megan Jones Bell

Dr. Megan Jones Bell is Chief Strategy and Science Officer at Headspace, a leader in the field of digital health and a visionary in making mental health care more effective, affordable, and accessible globally. She was previously chief science officer and scientific founder at Lantern and assistant clinical professor at Stanford University in Psychiatry and Behavioral Sciences. Megan earned her bachelor’s degree in psychology, graduating cum laude from University of California, San Diego. She received her master’s degree and doctorate in clinical psychology from PGSP-Stanford University.



Gunjan Bhow

Gunjan Bhow is Global Chief Digital Officer at Walgreens Boots Alliance, where he leads global digitalization efforts, working backwards from customer needs to deliver innovative solutions in health care, retail and AI that improve the lives of countless customers and patients worldwide. Gunjan previously held leadership positions at the Walt Disney Company, Amazon and Microsoft. He has a BS in electrical engineering and computer science from the University of California, Berkeley and an MBA in finance and marketing from Harvard Business School.



Guy Metcalfe

Guy Metcalfe is a Managing Director of Morgan Stanley and Global Chairman of the Real Estate business, which he has led for almost two decades, having joined Morgan Stanley in the early 1990s. He is a trusted advisor to the CEOs of many of the world’s leading property companies, advises Morgan Stanley on real estate matters and serves as a member of their investment banking management committee. Guy holds an Honors BA in Business Administration from the Ivey Business School at the University of Western Ontario.

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Regina Sullivan, PhD
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Fiscal year 2020 saw the Child Mind Institute expand and grow, despite the challenges of the coronavirus pandemic.

Our current financial strength leaves us poised to serve more children and families in need in the years to come. Please note, our financial statement presentation format has been changed to reflect the affiliation of the Child Mind medical practices.

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Statement of Financial Position

Child Mind Institute, Inc., Child Mind Medical Practice, PLLC, and Child Mind Medical Practice, PC, Condensed Financial Information for the fiscal years ended September 30, 2020, and 2019.

2020	Child Mind Institute, Inc.	Child Mind Medical Practice, PLLC	Child Mind Medical Practice, PC	Preliminary Total	Intercompany Adjustments	Adjusted Total
Assets	\$42,979,809	\$4,720,337	\$1,023,661	\$48,723,807	(\$8,126,155)	\$40,597,652
Liabilities	\$11,641,184	\$8,761,536	\$1,899,160	\$22,301,880	(\$8,126,155)	\$14,175,725
Net Assets	\$31,338,625	(\$4,041,199)	(\$875,499)	\$26,421,927	—	\$26,421,927
Total Liabilities and Net Assets	\$42,979,809	\$4,720,337	\$1,023,661	\$48,723,807	(\$8,126,155)	\$40,597,652
2019	Child Mind Institute, Inc.	Child Mind Medical Practice, PLLC	Child Mind Medical Practice, PC	Preliminary Total	Intercompany Adjustments	Adjusted Total
Assets	\$29,039,173	\$1,334,904	\$269,295	\$30,643,372	(\$2,197,361)	\$28,446,011
Liabilities	\$5,528,421	\$4,856,930	\$269,978	\$10,655,329	(\$2,197,361)	\$8,457,968
Net Assets	\$23,510,752	(\$3,522,026)	(\$683)	\$19,988,043	—	\$19,988,043
Total Liabilities and Net Assets	\$29,039,173	\$1,334,904	\$269,295	\$30,643,372	(\$2,197,361)	\$28,446,011

Statement of Activities

2020	Child Mind Institute, Inc.	Child Mind Medical Practice, PLLC	Child Mind Medical Practice, PC	Preliminary Total	Intercompany Adjustments	Adjusted Total
REVENUE						
Foundations, Corporations, and Individuals	\$22,045,900	—	—	\$22,045,900	—	\$22,045,900
Special Event Revenue	\$7,838,523	—	—	\$7,838,523	—	\$7,838,523
In-Kind Services	\$10,508,011	—	—	\$10,508,011	—	\$10,508,011
Patient Service Revenue	—	\$16,114,958	\$793,158	\$16,908,116	(\$511,672)	\$16,396,444
Grants and Subcontracts	\$3,303,373	\$2,198,650	\$4,218,059	\$9,720,082	(\$6,416,709)	\$3,303,373
Other Revenue	\$2,811,123	\$1,432,086	—	\$4,243,209	(\$4,160,853)	\$82,356
Total Revenue	\$46,506,930	\$19,745,694	\$5,011,217	\$71,263,841	(\$11,089,234)	\$60,174,607
EXPENSES						
Program Activities	\$30,646,368	\$15,783,619	\$3,414,561	\$49,844,548	(\$8,842,180)	\$41,002,368
Supporting Services	\$8,032,689	\$4,473,238	\$2,481,739	\$14,987,666	(\$2,247,054)	\$12,740,612
Total Expenses	\$38,679,057	\$20,256,857	\$5,896,300	\$64,832,214	(\$11,089,234)	\$53,742,980
Change in Net Assets/ Operating Income	\$7,827,873	(\$511,163)	(\$885,083)	\$6,431,627	—	\$6,431,627
Income Tax Credit/ (Expense)	—	(\$8,010)	\$10,267	\$2,257	—	\$2,257
Change in Net Assets/ Net Income	\$7,827,873	(\$519,173)	(\$874,816)	\$6,433,884	—	\$6,433,884
2019	Child Mind Institute, Inc.	Child Mind Medical Practice, PLLC	Child Mind Medical Practice, PC	Preliminary Total	Intercompany Adjustments	Adjusted Total
REVENUE						
Foundations, Corporations, and Individuals	\$12,089,401	—	—	\$12,089,401	—	\$12,089,401
Special Event Revenue	\$6,958,756	—	—	\$6,958,756	—	\$6,958,756
In-Kind Services	\$9,259,962	—	—	\$9,259,962	—	\$9,259,962
Patient Service Revenue	—	\$14,745,928	—	\$14,745,928	(\$700,569)	\$14,045,359
Grants and Subcontracts	\$2,487,149	\$2,721,165	\$1,213,431	\$6,421,745	(\$3,934,596)	\$2,487,149
Other Revenue	\$2,113,586	\$182,754	—	\$2,296,340	(\$1,869,966)	\$426,374
Total Revenue	\$32,908,854	\$17,649,847	\$1,213,431	\$51,772,132	(\$6,505,131)	\$45,267,001
EXPENSES						
Program Activities	\$25,081,150	\$14,438,629	\$340,520	\$39,860,299	(\$5,061,492)	\$34,798,807
Supporting Services	\$8,252,054	\$4,973,590	\$865,127	\$14,090,771	(\$1,443,639)	\$12,647,132
Total Expenses	\$33,333,204	\$19,412,219	\$1,205,647	\$53,951,070	(\$6,505,131)	\$47,445,939
Change in Net Assets/ Operating Income	(\$424,350)	(\$1,762,372)	\$7,784	(\$2,178,938)	—	(\$2,178,938)
Income Tax Credit/ (Expense)	—	(\$12,992)	(\$8,467)	(\$21,459)	—	(\$21,459)
Change in Net Assets/ Net Income	(\$424,350)	(\$1,775,364)	(\$683)	(\$2,200,397)	—	(\$2,200,397)

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Marking a Path to the Future

For people around the world, weathering 2020 often depended on recommitting ourselves to core values. At the Child Mind Institute, we made it through by remaining laser-focused on improving the lives of children and families with mental health and learning disorders. In a time of crisis, caregivers and educators around the country looked to us for guidance on how to protect the mental health and well-being of children, and we were there to steer them through the anxiety, fear and confusion.

As is often the case, this crisis revealed new strengths and innovative avenues of intervention and inquiry. The impact of telehealth on the mental health field — so long promised — has finally arrived, and its transformative potential cannot be understated. Innovation and adaptation extended beyond our clinicians' use of telehealth, with remote training, education and research impacting our School and Community Programs, science and public education teams.

We cannot pause. In 2020, the Child Mind Institute's vital leadership in the field of child and adolescent mental health was indispensable. By leveraging compassion, expertise and technology, we have helped millions of children and families weather a disturbing new normal. Looking to the future, the Child Mind Institute will expand access to our evidence-based model of children's mental health care and support across the country and the world. Our approach is critical because it provides scalable solutions to a public health crisis that is intensifying.

With meaningful support, we will develop our capacity to serve more children through telehealth and increased financial aid. We will scale our in-person and digital mental health treatment, training and support in schools across the country and the globe. We will expand the relevance of our public education resources to Spanish-speaking, BIPOC, rural and low-income communities and continue to provide evidence-based information online and in the media. Our researchers will continue to advance our open science agenda to improve diagnosis and treatment for children today and tomorrow.

The Child Mind Institute is uniquely positioned to lead the way in how we understand, talk about and treat our children's mental health. In our next chapter, we will continue to amplify awareness, revolutionize diagnosis and effectively treat childhood mental health and learning disorders. In the process we will change millions of young lives for the better.



In recent years, we have seen a significant shift in how society understands and responds to children’s mental health and learning disorders. Yet there is still so much work to do. You can make a difference by donating, shopping for a cause or connecting with the Child Mind Institute online.

Donate












We rely on the generosity of people who share our vision of a world where no child with a mental health or learning disorder is left behind. Go to childmind.org/donate to support our work.

Shop

Be a conscious consumer with gifts that support children’s mental health at childmind.org/getinvolved/shop. If you participate in programs such as AmazonSmile or GoodSearch, direct your contributions or round-up our way.

Connect

Follow, subscribe and share our content to educate yourself and those around you on evidence-based approaches to children’s mental health and learning disorders.

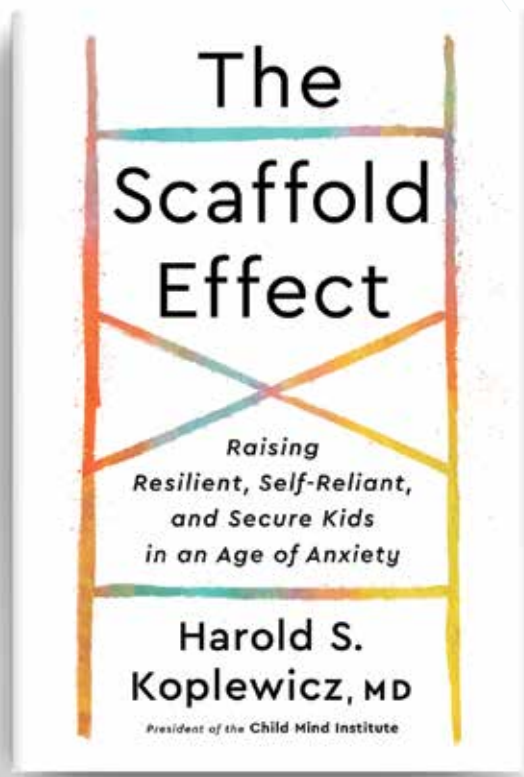
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“My anxiety was honestly terrifying: a really awful and scary experience. At the Child Mind Institute, Dr. Bubrick gave me tools and taught me a lot of things. Overall, everything was just better afterwards. I have not had any suicidal thoughts since going to New York for treatment. My anxiety is still there, but it is so much better. If I hadn’t found the Child Mind Institute, I’d still be having a lot of anxiety. I don’t know if the thoughts would have taken me, but I would still be extremely deep in anxiety. I just can’t thank the Child Mind Institute enough.”

Brady Frye, an 8th grader from South Carolina who received intensive in-person and ongoing telehealth treatment at the Child Mind Institute supported by financial aid.



We've Been Busy!



The Scaffold Effect

In February, *The Scaffold Effect: Raising Resilient, Self-Reliant and Secure Kids in an Age of Anxiety* hit the shelves. In the book, Child Mind Institute President and Medical Director Harold S. Koplewicz, MD, introduces the powerful and clinically tested idea that the deliberate buildup and then gradual loosening of parental support is the single most effective way to encourage kids to try new things, grow from mistakes, and develop character and strength. Offering the ten building blocks of an effective scaffold — from laying a solid foundation to setting limits and minimizing cracks — he expertly guides parents through the strategies they need to raise empowered, capable kids while building parent-child bonds that will survive adolescence and grow stronger into adulthood. *The Scaffold Effect* has been featured in *HuffPost*, *Time Magazine*, *The Wall Street Journal*, *The Today Show* and elsewhere, and Dr. Koplewicz has promoted the book at events hosted by Morgan Stanley, Book Hampton, 92nd Street Y and others. *The Scaffold Effect* is available wherever books are sold, with author's proceeds from book sales benefiting the Child Mind Institute.

Stavros Niarchos Foundation Commits \$10.8 Million for Children's Mental Health Initiative in Greece



In January, the Stavros Niarchos Foundation committed a gift of \$10.8 million to the Child Mind Institute to support the launch of a clinical program in Greece and the development of a model with the potential to transform the standard of mental health care for children and adolescents across the country. This is the largest gift in the Child Mind Institute's history and

represents a pivotal first step in developing global partnerships and scaling our clinical expertise and training model. At the same time, it will allow us to invest in the Child Mind Institute's core clinical infrastructure. We are incredibly humbled by the Stavros Niarchos Foundation's generosity and know that together we can change the lives of millions of children struggling with mental health and learning disorders.

Board of Directors Leadership Transition

In May 2021, the Child Mind Institute Board of Directors completed a planned leadership transition. Co-founder Brooke Garber Neidich stepped down as co-chair but will continue to serve on the board. “Brooke is an incredible human being. She has been instrumental to every success of the Child Mind Institute,” said president and co-founder Harold S. Koplewicz, MD. Co-founder Debra Perelman stepped down as vice-chair but will also continue to serve on the board. Long-standing board member Joe Healey joined Ram Sundaram as co-chair; Devon Briger assumed the responsibilities of vice-chair. “The board and the Child Mind Institute are growing stronger thanks to the solid foundation and inspiration provided by Brooke and Debbie,” said Dr. Koplewicz. We look forward to the next chapter under Ram, Joe and Devon’s leadership.



Devon Briger



Joe Healey



Ram Sundaram

The Child Mind Institute Summit on Telehealth and the Coronavirus

On January 26, Dr. Koplewicz was joined by California Surgeon General Dr. Nadine Burke Harris and moderator Stephanie Ruhle of NBC News for a free Facebook Live discussion on the mental health effects of the pandemic on youth and families, and how innovative treatment solutions can improve access and outcomes. The discussion drew on the findings of the Child Mind Institute 2020 Children’s Mental Health Report, *Telehealth in an Increasingly Virtual World*, which featured results from a recent nationally representative survey of parents whose children received telehealth care for their mental health concerns, as well as the broader mental health opportunities posed by telehealth for children, particularly those in rural,



marginalized and low-socioeconomic-status communities. Over 1,000 people joined the event live and since then it has been viewed a further 10,000 times.

New Clinical Director of the Child Mind Institute — San Francisco Bay Area



In mid-March, Michael Enenbach, MD, joined us as Clinical Director and Associate Medical Director of the Child Mind Institute – San Francisco Bay Area. Dr. Enenbach joins us from the University of California, Los Angeles, where he worked for the past 12 years, most recently as an associate clinical professor in psychiatry. He is an expert in child and adolescent psychopharmacology and has an extensive

background in cognitive behavioral therapy (CBT), dialectal behavior therapy (DBT), ADHD, LGBTQ mental health and autism spectrum disorder. He completed an adult psychiatry residency at UCSF and a child and adolescent psychiatry fellowship at Seattle Children’s Hospital. He is also the president-elect of Pride CAPA, the national organization of gay, lesbian, transgender and queer child psychiatrists. We are delighted to have Dr. Enenbach’s leadership and expertise as we further establish the Child Mind Institute as a mental health leader in the Bay Area.



CHILD MIND[®] INSTITUTE

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life.

- We share all of our resources freely and do not accept any funding from the pharmaceutical industry.

Learn more at [childmind.org](https://www.childmind.org).