

## **One Mind Institute 2016 Annual Report:** **BREAKTHROUGHS FOR BRAIN SCIENCE AND BEYOND**

2016 has been a breakthrough year for brain health science. Our thanks go to the many generous individuals, foundations and corporations who contributed over **\$3.5 million** in 2016. These contributions enabled One Mind Institute to **provide grants to three Rising Star Awardees** in translational and clinical research, while past grantees **developed surprising and useful discoveries and technologies**.

And, One Mind Institute's influence for good grew beyond research. Two past Rising Star grantees made **special impact in U.S. brain health policy**. One Mind Institute **"ran the hope meter off the gauge"** for families facing brain health challenges through its communications and events, culminating in the 22nd Music Festival for Brain Health Scientific Symposium. Perhaps best of all, 2016 saw the expansion of two One Mind Institute programs **providing innovative brain health services to consumers right now**: PsyberGuide and Partners for StrongMinds.

## Learn about the Research of the 3 2016 Rising Star Awardees



**Mazen Kheirbek, Ph.D.**

- Assistant Professor of Psychiatry and Neuroscience at UCSF
- 2016 One Mind Institute / Janssen Rising Star Translational Research Awardee

Dr. Kheirbek aims to build an understanding of the connections between 2 brain regions involved in stress to help us **form a new basis for neuromodulatory treatments** for **severe depression** and **anxiety**.



**Mary Kay Lobo, Ph.D.**

- Assistant Professor of Anatomy and Neurobiology at the University of Maryland School of Medicine
- 2016 One Mind Institute / Janssen Rising Star Translational Research Awardee

Investigating depression in a way that accounts for activity in both brain circuits and brain chemistry, Dr. Lobo will evaluate molecular changes and corresponding changes in specific cells as **she tests precision drug treatments** that may someday soon **help depression sufferers**.



**Kate Fitzgerald, M.D.**

- Associate Professor of Psychiatry at the University of Michigan
- 2016 One Mind Institute / AIM Sullivan Family Foundation Rising Star Research Awardee

20% of preschool-aged children suffer from clinical anxiety. Dr. Fitzgerald will study camps that train **clinically anxious young children** in effortful control, to test whether this cognitive training style can **help restore confidence** by neuroplastically engaging specific, measurable brain processes.

## Past Rising Star Rises to Direct the NIMH

In July 2016, after using One Mind Institute funding to earn two large grants from the National Institute of Mental Health for his discoveries of how brain regions “talk” to each other as animals learn and unlearn fears, Dr. Joshua Gordon was appointed Director of that very agency.



## One Mind Institute-funded Breakthroughs in 2016: Highlights



**Kafui Dzirasa, M.D., Ph.D.**

Dr. Dzirasa has developed a prototype “**pacemaker for the brain**” that successfully **induces healthy stress resilience** in mice modeling **depression** - this could someday help treatment-resistant sufferers. By stimulating the brain in response to ongoing brain activity, this device restores healthy neural network connections and reduces susceptibility to depression-like behaviors.



**Conor Liston, M.D., Ph.D.**

His team analyzed patterns in the brain biology of over 1,000 **depression** patients and matched controls. They distinguished **four clearly different forms of this disease** - By helping doctors diagnose depression more precisely, this discovery may enable them and their patients to bypass the weeks of trial and error it often takes to find helpful treatments—**potentially saving lives**.



**Carrie Bearden, Ph.D.**

The earlier someone afflicted with **psychosis** receives treatment, the better the potential outcome. Under Dr. Bearden’s leadership, CAPPS has collaborated with the 9-site network of which it is a part to reveal more specific brain changes that precede the onset of psychosis, indicating its potential neurodevelopmental causes, and **improving clinicians’ ability to predict and prevent the condition**.

## Rising Star Instrumental for 21st Century Cures Act

The 21st Century Cures Act's passage in December 2016 has brought monumental improvements to neuroscience and behavioral healthcare. One Mind Institute / Janssen Rising Star Awardee Dr. Kafui Dzirasa's work has been instrumental in its passage.

“ I was beyond excited to see the bill pass, and couldn't have imagined any scenario where I would be able watch the signing in person. I was totally stunned and humbled when the White House asked me 5 days before the signing to join the President on the stage. I can honestly say that I've done everything in my power to make life better for our loved ones.

**Dr. Kafui Dzirasa**

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## 22nd Music Festival for Brain Health Scientific Symposium: An Inspiration Celebration



Raising awareness about the latest in brain health science to over 400 attendees featuring keynote speaker **Steven McCarroll**, Ph.D., of the Stanley Center for Psychiatric Research at the Broad Institute of MIT and Harvard, and of Harvard Medical School, and David. O. Okonkwo, M.D., Ph.D. Executive Vice Chair of Neurosurgery at the University of Pittsburgh Medical Center in addition to the three **Rising Star Awardees**. Save the date for 2017's Music Festival: 9/16.

### Helping Consumers Right Now

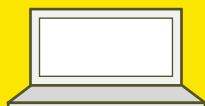
Generous donors helped One Mind Institute raise over \$300,000 to expand PsyberGuide, an online guide to **help consumers make smart choices among digital brain health therapies**. (As of February 2017, this funding has helped PsyberGuide hire its first Executive Director--watch for a formal announcement.) One Mind Institute's Partners for StrongMinds division completed the pilot phase of its StrongMinds project. This project **reaches out to youth at risk for psychosis** through the information channel youth search first, the internet, proactively aiming to screen and **connect them to early intervention services**.

### Thank You

So far, every dollar contributed to One Mind Institute has been tripled in effect through follow-on grants to our funded scientists, on the strength of the incisive advances they have made. We profoundly appreciate your support. We invite you to boost brain health research in 2017 by making a tax-deductible contribution by contacting us:

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