



HEALTHY
BRAINS
FOR ALL

ONE MIND 2018 ANNUAL REPORT

Collaboration and hope. These two ideals rise to the surface as we look back at 2018 and the brain health advances that One Mind has accomplished. By working as a connector and motivator within the brain health community, we are accelerating cures and increasing hope for the millions of people worldwide who are afflicted with a brain illness or injury.

We remain energized by our belief that if we act together, we will achieve our vision of **healthy brains for all**. We are honored to lead in this work and grateful for the partnership of our donor community. As such, in 2018 we made many inroads in this pursuit.

In 2018, One Mind **provided \$1.5 million** in donor supported funds to the AURORA study on trauma-related brain illness that launched in September 2016, increasing our collective total to \$2 million. Through this early funding, we have helped AURORA achieve a long list of successes.

In 2018, we also launched ASPIRe, a new One Mind program that aims to **provide a brighter future for youth facing serious psychiatric illness**. Starting by networking early treatment programs to boost care quality and innovation, we intend to significantly improve access for youth to gold standard treatment for early serious psychiatric illness, as well as recovery rates, while saving families significant burden society-wide.

We also **granted three Rising Star Awards** to three of the most promising young scientists whose innovative research is improving diagnostics and treatments for psychiatric illness.

And in just two years since its launch, our One Mind at Work program has already made major strides in implementing a **gold standard for workplace mental health and well-being**. With a number of influential employers joining this effort, to date more than 1.45 million people are already covered under the One Mind at Work Charter.

We have also set in motion a number of **new initiatives and partnerships** that are seeding advancements for 2019 and the years to come.

Thank you for all of your support. Together via the individuals, foundations and corporations who contributed, in 2018 **we raised over \$6 million in total direct funds**. Your gifts played a critical role in the brain research and patient support we underwrote in 2018 and will provide continued hope through our collective efforts to come.

**Jennifer Hudson
at the 2018
Music Festival
for Brain Health**





One Mind publicly announced the ASPIRe program at this year's Music Festival for Brain Health.

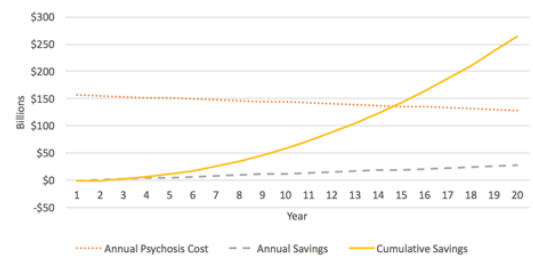
This initiative in early detection and intervention aims to improve lives for hundreds of thousands of youth at risk for serious psychiatric illness (SPI) and expand their access to reimbursable treatment options.

Launching first in California, our intent is to build partnerships to expand Coordinated Specialty Care throughout the U.S., while merging care programs into a learning healthcare network that will share data and ideas so that the strengths and achievements of each participating program will get implemented throughout the whole network.

Enabled by the \$710,000 that was raised for ASPIRe at the fund-a-need portion of this year's Music Festival for Brain Health, to date, One Mind has committed funds to a NAPLS-based program to make early diagnosis easier in community settings, to the Strong 365 online outreach program and to the creation of a Learning Healthcare Network in California for early serious psychiatric illness community care programs.

Through ASPIRe, One Mind has set a goal to increase access for youth with early SPI to gold standard treatment from the current 8% to 75% by 2040 and increase the recovery rate from SPI from the current 22% to 75% by 2040.

Estimated U.S. Savings with CSC Treatment for 75% of Youth in First Episode: \$260B over 20 years



Dr. Tara Neindam and Brandon Staglin launching the ASPIRe program at the 2018 Music Festival for Brain Health.



Launched in 2017 with significant funding from the National Institute of Mental Health and the Department of Defense, the AURORA study on trauma is quickly moving forward in their goal of enrolling 5,000 patients directly after experiencing a traumatic event.

The future outcomes of this study will benefit the 24.4 million people who at any given time suffer the biological after-effects of traumatic events such as natural disasters, serious accidents, war, and sexual abuse.

The AURORA study had many successes in 2018, including the

- Enrollment of over 1,000 additional study participants (an increase of monthly enrollments from 18 to 178)
- Completion of 94 MRI scans (for a total of 96)
- Development of quality assurance procedures for all their data
- Creation of their first Freeze 1 dataset that was issued in December 2018 to all of their participating analytical teams

With funds from One Mind, AURORA was also able to hire 20+ people at the University of North Carolina data coordinating center to accelerate the operations and analysis of this project.

Please help support AURORA during the remaining years of this study by making a donation on our www.onemind.org website.

AURORA Principal Investigator Samuel McLean talking with TRACK-TBI Principal Investigator Geoff Manley at the 2018 Music Festival for Brain Health. One Mind is leading the effort to merge the data from these two studies to enable further combined analyses of their comorbidity.





2018 AWARD WINNERS

Erin Dunn



Susanne Ahmari



Paul Jenkins



2018 ONE MIND RISING STAR AWARDEES:

Erin Dunn, Sc.D., MPH, 2018 One Mind Peter Chiarelli Rising Star Collaborative Research Award, Assistant Professor of Psychiatry at Massachusetts General Hospital and Harvard Medical School. In hypothesizing that the effects of stress are time sensitive, Dr. Dunn will analyze extensive data from multiple cohort studies, which have followed children from birth through adolescence, to understand why childhood stress is a major risk factor for depression in adolescents and young adults.

Paul Jenkins, Ph.D., 2018 One Mind Rising Star Bipolar Disorder Translational Research Award, Assistant Professor of Pharmacology and Psychiatry at University of Michigan.

To identify and develop more effective treatments for bipolar disorder, Dr. Jenkins will use rodent models and patient-derived cell cultures to test his hypothesis that alterations in a protein (ankyrin-G) play a key role in this disorder.

Susanne Ahmari, M.D., Ph.D., 2018 One Mind / Janssen Rising Star Translational Research Award in Honor of the Late Jeffrey S. Nye, M.D., Ph.D. and One Mind / Inscopix Technical Grant winner. Assistant Professor of Psychiatry at the University of Pittsburgh.

To address the unmet need for more effective and safer treatments for Obsessive Compulsive Disorder, Dr. Ahmari aims to identify new molecular targets that cause the changes in brain circuits and symptoms associated with OCD.

BRAIN SCIENCE BREAKTHROUGHS BY ONE MIND RISING STARS:



Mazen Kheirbek, Ph.D.

2016 One Mind Rising Star Awardee, Assistant Professor of Psychiatry and Neuroscience, University of California, San Francisco

Dr. Kheirbek's research focuses on understanding the circuits that generate emotional behavior, with a particular interest in the circuits that are disrupted in mood and anxiety disorders. In 2018, Dr. Kheirbek discovered the existence of a specialized population of cells deep in the ventral portion of the hippocampus that represent a central hub that controls anxiety. His research and findings may provide a target for future therapeutics and treatments for anxiety disorders.



Ian Maze, Ph.D.

2017 One Mind Rising Star Awardee, Assistant Professor Departments of Neuroscience and Pharmacological Sciences, Icahn School of Medicine, Mount Sinai

Dr. Maze has targeted a chemically modified protein that he believes can be expressed in blood tests that could help doctors to eventually predict depression vulnerability, as well as antidepressant responsiveness. By using a chronic social defeat stress model in mice and by tracking the protein's expression in humans over time, during 2018, Dr. Maze has continued to move towards confirming this protein as a biomarker for major depressive disorder.



THE 2018 MUSIC FESTIVAL FOR BRAIN HEALTH WAS A HUGE SUCCESS!

On September 15th, 2018, over 500 guests helped raise funds for One Mind while learning from the experts at the Scientific Symposium; tasting the best in wine from over 75 wineries; dancing to the music of Jennifer Hudson and dining on an amazing meal at the VIP Dinner.

Save the Date: 25th Music Festival for Brain Health: September 14, 2019

ONE MIND at Work

**Developing and implementing
a gold standard for workplace
mental health and well-being.**

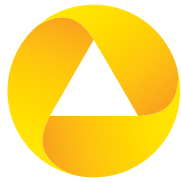
Launched in 2017 to bring mental health best practices, tools and support to employers worldwide, in just two years, more than 1.45 million employees are covered under the One Mind at Work Charter.

In 2018, One Mind at Work published two white papers, hosted a second annual global forum in Napa Valley, continued to expand membership to influential employers including Farmers Insurance, Kaiser Permanente, ArcBest, ExL Services and Cognizant and established partnerships with the American Heart Association, Mental Health America, the American Psychiatric Association Foundation and the Mental Health Commission of Canada.

The 2018 CHRO Insights Series, released in August, showcased the experiences of leaders across sectors and around the world in establishing and measuring workplace mental health. In September, a white paper titled "Invisible Diversity" shared recommendations and case studies to transform recruiting and retaining cognitively diverse employees.

**This year's One Mind at
Work Global Forum will take
place September 11-12th.
To learn more, please visit
www.onemindatwork.org**

OTHER PROGRAMS



PsyberGuide
A PROJECT OF ONE MIND

PsyberGuide, One Mind's online guide to mental health apps had many successes in 2018:

- A major update of all the previous app reviews listed in their app guide and the addition of 42 new apps that brings the total number of apps listed on to 178
- A redesign of the website with improved user experience and search features
- The featuring of 11 guest blogs by experts in the field
- The welcoming of Sabine Wilhelm, PhD of Harvard and David Mohr, PhD of Northwestern University to its Scientific Advisory Board
- Major national media exposure including mentions in HealthLine, NBC, and SpectrumNews
- New partnerships with the National Alliance on Mental Illness (NAMI), International OCD Foundation (IOCDF), Association for Behavioral & Cognitive Therapies (ABCT)
- Advancements of existing partnerships with Mental Health America (MHA), Anxiety & Depression Association of America (ADAA), and DHA Connected Health

"PsyberGuide is an essential support for our community. There is so much information and misinformation online. It's important to have a reputable organization give guidance to an otherwise confusing landscape."

Paul Gionfriddo, President & CEO, Mental Health America

The Transforming Research and Clinical Knowledge in TBI (TRACK-TBI) study had an impressive year in 2018. Along with receiving its second Letter of Support from the FDA that highlights the FDA's endorsement of the study's approach to leveraging data and data standards, the study also met and exceeded its 3,000 person enrollment goal and received a \$26.2 million grant from the U.S. Army Medical Material Development Activity plus \$3.45 million from the NFL's Play Smart, Play Safe initiative. In 2018, One Mind successfully completed our fundraising objectives in support of this research collaboration. One Mind continues to support this outstanding example of team science success.

NEW INITIATIVES

One Mind is doing the work today to advance brain health for the future....

KEN BURNS DOCUMENTARY

In 2018, One Mind successfully secured a commitment from the Public Broadcasting Service and Ken Burns, the Emmy Award winning filmmaker to launch a three-part documentary series over a 10-year span that will focus on mental health/brain health. The first film will be titled “*The Youth Mental Health Crisis*” and is in production now. Ken Burns is most notably known for such films as The Vietnam War (2017) and The Civil War (1990) documentaries.

DAQCORD

In 2018, One Mind played a critical role in the launching of DAQCORD (Data Access Quality & Curation for Observational Research Designs), a globally focused collaboration that is working to develop a practical self-assessment and reporting method for clinical research studies. More at www.daqcord.org.

HEALTHY BRAINS FINANCING INITIATIVE

The Healthy Brains Financing Initiative is a globally focused effort endorsed by the World Bank, World Health Organization and the Organisation for Economic Development that is developing a plan for a \$10 Billion Social Impact Bond/Fund. In 2018, One Mind was chosen to lead the four global Working Groups, organized to accomplish this major effort.

AMERICAN HEART ASSOCIATION CEO ROUNDTABLE

In 2018, One Mind formed a partnership with the American Heart Association and their CEO Roundtable initiative to implement a mental health program alongside their heart health program. The CEO Roundtable enlists the CEO's of many of the world's largest and most admired companies to implement evidence-based approaches to workplace health that focus on employee engagement and building a corporate culture of health.

In 2018, we strengthened the One Mind team through the addition of Russ Deyo as a new board member and Tal Gerzon as our new One Mind Director of Development.



As a lawyer by trade, Russ Deyo worked at Johnson & Johnson for 27 years, with positions such as general counsel and vice president of administration. In 2015, Russ was appointed Under Secretary for Management at the Department of Homeland Security, where he then served as the Acting Deputy Secretary of Homeland Security in 2016 to 2017.



In November, Tal Gerzon began work as the Director of Development here at One Mind. Originally from California, Tal has spent the last seven years living and working in Israel where for the last five years he served as the Director of International Foundation & Corporate Giving for Tel Aviv University, helping reach his division's \$79 million annual development goal. In just 3 months, Tal has already made a significant impact on our One Mind development activities.



A MESSAGE FROM OUR PRESIDENT

Healthy brains for all. To me, there is no vision more important. I invite you to join me and the One Mind team to achieve this vision.

Caring unites us. We care for our loved ones and friends struggling with the aftermath of trauma, with experiences riven from reality, with desolate days that sometimes seem like the end of the line.

In a world fraught with too many divides, I will employ the full force of One Mind's resources to unify scientists, advocates, corporations and policymakers—a quadruple threat against brain illness and injury—to forge healing solutions. For all of us.

In 2019, One Mind takes on its most ambitious fundraising year. While our programs run at full tilt to discover, develop and deploy preventions, diagnostics, treatments and cures, these programs depend on your support.

Together we'll keep running all the way to the finish line. We'll help our friends and family back on their feet. And we will see a day when those we have cared for will stand with us in gratitude for the healthy lives we share.

I wish you a happy and healthy 2019!

Thank you,
Brandon Staglin, M.S.-HAIL
Schizophrenia Survivor
President, One Mind

OUR VISION: Healthy Brains for All

OUR MISSION: To radically accelerate cures for brain illnesses and injuries by funding and fostering scientific collaborations and initiatives.



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EMAIL US:
info@onemind.org

Leverage your birthday or another meaningful event to raise funds for One Mind.

Learn more at
onemind.org/fundraising-and-events

SUPPORT BRAIN HEALTH ON YOUR BIRTHDAY

