



# 2022 | ANNUAL REPORT



[www.onemind.org](http://www.onemind.org)



In 2022, One Mind surveyed 1,990 people to collect attitudinal data on mental health and understand how people experiencing mental health challenges look for and use resources for support and information.

The takeaways from the survey will guide the content of One Mind educational media messaging in 2023 and beyond.

**74%**

report struggling with their own mental health condition

**70%**

agree or strongly agree the term 'mental health' still carries a stigma

Men age 18-49 and LGBTQ+ respondents were especially likely to say they've felt ashamed or stigmatized for their condition

Encouragingly, most respondents embrace acceptance and empowerment for people with mental health conditions.

**87%** agree or strongly agree it's okay to ask for help if you need it.

**83%** agree or strongly agree having a mental health condition is nothing to be ashamed of.

**83%** agree or strongly agree it's okay to think differently.

But most respondents feel much more stigma regarding their own mental health challenges:



Virtually **everyone** has someone in their circle diagnosed with a condition.

**81%** have been diagnosed or recently sought support for a mental health condition.

**64%** have felt discouraged from seeking help.

**75%** have felt stigmatized or ashamed.

# MESSAGE FROM OUR PRESIDENT



My fingers feel a chill as I think about how our world is darker than I envisioned as a 20th Century kid. As people have withdrawn from a sense of community and hardship has surged around the world, it's easy to see why so many are facing, as I have faced, fearsome mental health challenges.

I love One Mind as a bright wave for turning this tide. Because of our 28 years of passionate work alongside strong partners, people are beginning to realize, as our survey shows, that it's okay to be different, to embrace the struggle, and to reach out for help.

We catalyze visionary change through science, business, and media to transform the world's mental health. You can join us. With support from good people like you, I am excited about the healing potential we created in 2022.

- The One Mind Accelerator program launched, to support entrepreneurs turning such breakthrough discoveries into innovations to heal mental illness sufferers at scale.
- As a key step toward targeted treatments, One Mind Kaiser Permanente Rising Star Awardee Carl Sellgren-Majkowitz discovered why inflammation in the brain can lead to schizophrenia, and how COVID-19's related effects can contribute to the psychosis some infected people have experienced.
- One Mind at Work and partners released the Mental Health at Work Index, which offers corporate leaders worldwide a powerful original tool to measure and improve how they support their employees' mental health.
- The One Mind-backed Ken Burns production on PBS, *Hiding in Plain Sight: Youth Mental Illness* influenced hearts in the nation's highest halls of power through its screenings at the White House and US Capitol.

Thank you for sailing forth with us on this journey of hope. Let's make waves for a better world!

A handwritten signature in black ink that reads "Brandon Staglin". The signature is fluid and cursive.

Brandon Staglin, MS

## WHO WE ARE

# OUR MISSION

One Mind catalyzes visionary change through science, business and media to transform the world's mental health.

# OUR STRATEGY

## STRATEGY

Catalyzing Visionary Change



1. Bet on Visionaries

2. De-risk Innovation

3. Partner Strategically

# OUR PROGRAMS



## SCIENCE

Accelerating breakthroughs in the understanding, diagnosis, treatment, and prevention of mental illness through research.



## BUSINESS

Leading a movement to support organizational thriving through data-driven insights and inspired leadership.



## MEDIA

Changing attitudes and behaviors in young adults regarding mental health and normalizing health-seeking through content.



# YOUR SUPPORT IS DRIVING OUR EFFORTS

**Thank you for another year of energized support!**

Enabled by your generous contributions, in 2022, One Mind was able to actuate foundational improvements within each of our science, business, and media program portfolios that will unequivocally advance us in our mission to transform the world's mental health.

Your support, both financially and as engaged members of the mental health community, is our beacon for the work we do, and for that we graciously give you our thanks!

*Thank You!*



## IMPACT

**\$546 M**

Raised and leveraged to support lifesaving brain health research

**43**

One Mind Rising Star Award winning researchers funded

**12+ Years**

Pioneered development of a psychosis prevention treatment with 12+ year benefits

**10,200**

People enrolled in and benefitting from One Mind funded studies

**200+**

Biomarkers defined for personalized diagnosis and treatment for post traumatic stress



# SCIENCE

## SCIENCE

Serious mental illness impacts more than 14 million people in the US at a cost of \$318 billion annually.

To expedite treatments and cures for mental disorders and to provide hope to the millions of people around the world and their families who live with or are at risk for a brain health challenge, One Mind's science based programs are use a venture philanthropy model to fast-track breakthroughs in mental health.

**FAST  
TRACKING  
BREAKTHROUGHS  
IN MENTAL  
HEALTH**



In the fall of 2022, One Mind announced the launch of a new program, the **One Mind Accelerator**. The program aims to help founders rapidly build and scale early-stage startups developing real-world solutions to improve the lives of people facing mental health conditions.

Eleven companies will each receive a \$100,000 investment and participate in the inaugural session of the intensive 10-week program which launched on February 27, 2023.

The Accelerator will leverage One Mind's extensive network of scientists, investors, entrepreneurs, operators, policymakers, payers, providers, and mental health advocates, to serve as mentors and subject matter experts to the selected companies.

Propelled by the funding he received from One Mind through his 2019 One Mind Kaiser Permanente Rising Star Award, in the fall of 2022, **Dr. Carl Sellgren-Majkowitz** reported in Nature Communications his discovery to why inflammation in the brain can lead to schizophrenia. In addition, Dr. Sellgren-Majkowitz has discovered how COVID-19's related effects can contribute to the psychosis some infected people have experienced.



# 2022 RISING STAR AWARDS

The One Mind Rising Star Awards supports early-career scientists in neuroscience, psychiatry, and related disciplines who are pursuing high-risk / high-reward research to advance the understanding, treatment, and prevention of mental health conditions. The awardees are selected through a competitive grants process administered by One Mind's Scientific Advisory Board, which includes ten of the world's leading scientists and clinicians. Since 2005, One Mind has awarded 43 Rising Star Awards to some of the best and brightest early-career brain scientists, including Joshua Gordon, the Director of the National Institute of Mental Health.

## 2022 One Mind COMPASS Pathways Rising Star Award



### **Xin Jin, PhD**

Assistant Professor in the Department of Neuroscience at the Scripps Research Institute

Seeing the perturbations: in vivo genetic screening approaches to psychiatric disorders

## 2022 One Mind COMPASS Pathways Rising Star Award



### **Alex Kwan, PhD**

Associate Professor in the Meinig School of Biomedical Engineering at Cornell University

The cortical circuit basis of fast-acting antidepressant action

## 2022 One Mind COMPASS Pathways Rising Star Award



### **Maryam Shanechi, PhD**

Associate Professor and Viterbi Early Career Chair in the Ming Hsieh Department of Electrical and Computer Engineering at the University of Southern California

Deep learning of brain network biomarkers for neuropsychiatric disorders



Special thanks goes to the mental healthcare company, **Compass Pathways** for sponsoring all three of the 2022 Rising Star Awards. Visit [compasspathways.com](https://compasspathways.com) to learn more.

The 2022 Rising Star Awardees and Ekaterina Malievskaia, MD of COMPASS Pathways presenting at the 2022 Music Festival for Brain Health's Scientific Symposium.



## BUSINESS



One Mind at Work and its coalition of leading member companies drive change within their organizations and advocate for prioritizing mental health in the workplace, within their communities and among their peers.

### 2022 One Mind at Work advancements include:



The convening of the One Mind at Work Global Forum and four Quarterly Member Roundtables. The four Roundtables focused on Metrics, Measurement and Long-term Improvement, Supporting a Neurodiverse Workforce, Re-onboarding Workforce Strategies, and Aligning Work Systems and Design to Workplace Wellbeing.

The publishing of dozens of thought-provoking content that reached more than 50,000 readers, and several research reports with our collaborators including: CHRO Insights Series Report on Neurodiversity, Tailoring Mental Health Efforts for Low-Income and Frontline Workers in collaboration with BSR, and the One Mind PsyberGuide Teen App Guide.



The continued expansion of the One Mind at Work coalition to over 150 members and partners, covering almost 8 Million employees. Recent new members include **Bain & Company, Baker Hostetler, Compass Pathways, Doris Duke Charitable Foundation, Meteorite, motorola, Safelite Autoglass, Solomon Partners, Swiss Re, and Thoughtspot.**



In 2022, One Mind at Work received a 3-year, \$1.5M grant from the **East Bay Community Foundation** to build capacity at 19 coordinated specialty care (CSC) centers in California serving patients with psychosis and their families. The funding will enable the centers to engage with the broader One Mind at Work member community, learn from other healthcare systems and providers, and better understand the relationship between the maturity of their institutional mental health programs and strategies and levels of anxiety, depression, and burnout within their clinical staff.



# MENTAL HEALTH AT WORK INDEX

In October of 2022, One Mind at Work, in conjunction with Columbia University Mental Health + Work Design Lab, and corporate ethical standards measurement company Ethisphere, announced their partnership to develop the Mental Health at Work Index™.

The Index includes a standardized assessment of organizational programs and practices that support workforce mental health and an advice library that provides recommendations and resources to guide data-driven strategic improvement and innovations.



A Founding Corporate Council of nine organizations came together to help drive the development and adoption of the Mental Health at Work Index™.

- AXA, Asia & Africa, Founding Principal Partner
- Aon
- Bank of America
- Business Group on Health
- HCA Healthcare
- Jardine Matheson
- MINDSET Care Limited (Singapore)
- MINDSET Limited (Hong Kong)
- LifeWorks
- Prudential
- URAC

Learn More at [mentalhealthindex.org](https://mentalhealthindex.org)



Members of the Founding Corporate Council for the Mental Health at Work Index™

# MEDIA

Throughout 2022, One Mind All Media continued its quest to shape culture, educate audiences, and reduce the stigma and discrimination surrounding mental health.

## DIGITAL EFFORTS

Each month in 2022, One Mind All Media filmed and released three different webcast interviews (Brain Waves, One Leader's Mind, and One Creative Mind) that featured some of the most informative and influential voices in mental health. To accelerate their impact, each of the webcast series focused on specific subject themes and were released on the social media channel most aligned with that audience's usage preference. Shorter clips of each video were created and shared to help communicate key parts of each interview.

## NOTABLE WEBCAST EPISODES

For the January **One Mind Brain Waves** webcast, Host Brandon Staglin sat down with Dr. Thomas Insel, Former Director of the National Institute of Mental Health and Author of *Healing: Our Path from Mental Illness to Mental Health* to discuss his qualified and thoughtful views on how best to treat serious mental health conditions.



For the June **One Mind Leader's Mind** webcast, One Mind at Work's Christina McCarthy interviewed Mary Michael, Vice President of Patient Advocacy and Stakeholder Management at Otsuka America Pharmaceutical to talk about Otsuka's role in facilitating candid conversations about mental health and the importance of fostering diverse and relevant narratives in the media.

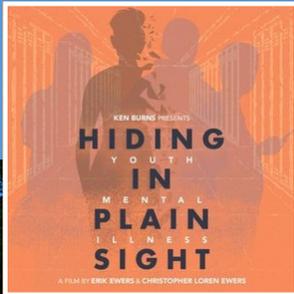
For the August **One Creative Mind: Artists and Athletes** webcast, One Mind Champion Laurie Hernandez interviewed Cory Richards, the Award-Winning National Geographic Photographer, Athlete, and Mental Health Advocate, to discuss his experiences living with bipolar disorder and depression, and the importance of embracing joy for our mental health and well being.



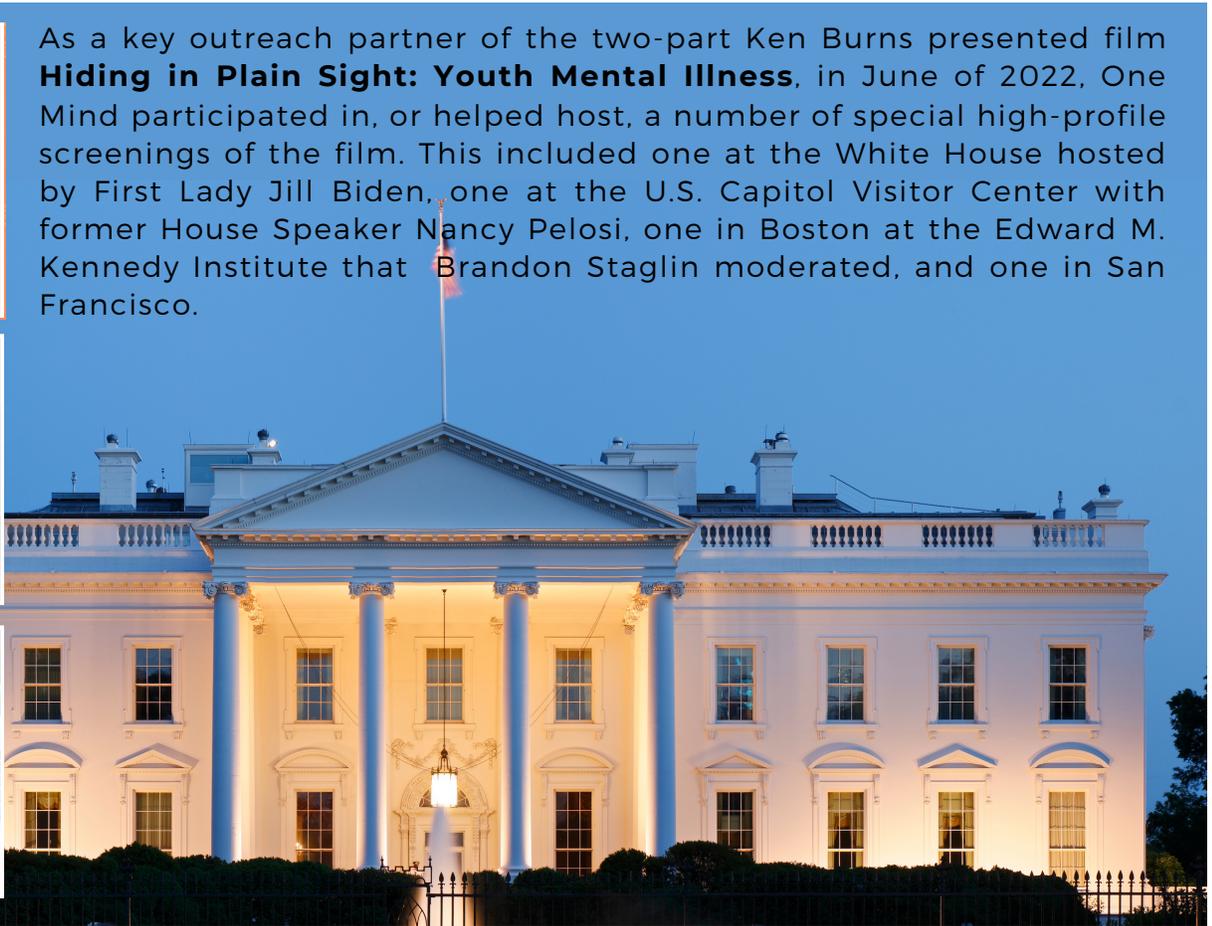
Visit [onemind.org](https://onemind.org) or our One Mind YouTube channel for our full video catalog.

## OTHER NOTABLE ONE MIND ALL MEDIA EFFORTS

In partnership with Liberty Mutual Insurance, in March of 2022, One Mind released the **Sharing Truths: Addressing Youth Homelessness** docu-film narrated by Laurie Hernandez. The film follows the stories of young people who have experienced housing instability in Boston and reveals the impact it has had on their mental health and well-being, furthering the conversation around providing the right resources and support systems to help young people facing homelessness to become empowered to lead their lives to their fullest potential.



As a key outreach partner of the two-part Ken Burns presented film **Hiding in Plain Sight: Youth Mental Illness**, in June of 2022, One Mind participated in, or helped host, a number of special high-profile screenings of the film. This included one at the White House hosted by First Lady Jill Biden, one at the U.S. Capitol Visitor Center with former House Speaker Nancy Pelosi, one in Boston at the Edward M. Kennedy Institute that Brandon Staglin moderated, and one in San Francisco.



On September 23, a lively and supportive audience enjoyed a great night of comedy at One Mind's inaugural **It's No Joke, a Comedy Benefit for Mental Health** that was held at the Uptown Theatre in Napa, California. Launched as a way to help normalize mental health, and hosted by One Mind's Brandon Staglin, the event featured the comedic brilliance of headliner Howie Mandel, with Maria Bamford and Yamaneika Saunders.

**GOLD SPONSORS**



# OTHER ONE MIND ACTIVITIES

On April 5th, **One Mind Champion Laurie Hernandez** wowed TV audiences everywhere by winning Fox TV's *Name That Tune* game show. Laurie beat out fellow Olympic Gymnast Nastia Liukin in the finals to win \$126,000 that she donated to One Mind and the Alzheimer's Association.



For the last three years, One Mind has been the national charity partner of the Alma Rosa Winery's **Peace of Mind—10,000 Steps in the Right Direction** fundraiser that takes place on their estate in Santa Barbara County, CA. In July 2022, One Mind's Brandon Staglin participated in the event as the event's largest individual fundraiser. With your support and a matching gift, more than \$70,000 was raised for One Mind via the event.



 **Join Brandon and One Mind at the July 2023 event.**

**One Mind Rises in the East.** In September 2022, One Mind co-founder and Board Director Patrick J. Kennedy hosted a fundraiser for One Mind at the Kennedy Compound on Cape Cod in Hyannis Port, Massachusetts. This event gave One Mind the opportunity to better engage with a key set of stakeholders from the East Coast as we continue to expand our base of supporters.



Throughout 2022, One Mind's Garen and Brandon Staglin continued their participation in the **CEO Alliance for Mental Health**, a collaboration made up of fifteen leading organizations in the U.S. dedicated to improving the lives of people living with mental health and substance use challenges.





**ONE MIND**  
**Music Festival**  
**for Brain Health**

A special thanks goes to everyone who attended the **28th Music Festival for Brain Health** held at Staglin Family Vineyard on September 10, 2022. Through your attendance and generosity, more than \$3 million was raised for One Mind. One Mind Champions Jewel and Hunter Hayes both performed live, while Regina E. Dugan, PhD, President & CEO, Wellcome Leap, Inc. and Christopher M. Palmer, MD, Director of the Department of Postgraduate and Continuing Education at McLean Hospital and Assistant Professor of Psychiatry at Harvard Medical School headlined the engaging and informing Scientific Symposium. Full Day patrons capped the event off with the VIP Dinner created by multi-award-winning chef Sarah Gruenberg and the rousing Fund-a-Need effort that raised an additional \$845,000 to support One Mind's initiatives.



**MAJOR SPONSORS**



**Join us at the  
Sept 9, 2023 event.**

On September 13-14, more than 130 business leaders from across the globe convened at the 6th Annual **One Mind at Work Global Forum**. The event's theme *A Roadmap for Leading Practice in Workplace Mental Health* provided guidance for the attendees to apply the lessons learned and practices shared in the workplace, to increase investment in the rigor and discipline with which we assess impact, and to recognize that we have more work to do in order to create a mentally healthy culture in the workplace that will drive both business performance and human thriving. Keynote Speakers included Dr. Tom Insel and Marcus Engel.

**LEAD SPONSOR**

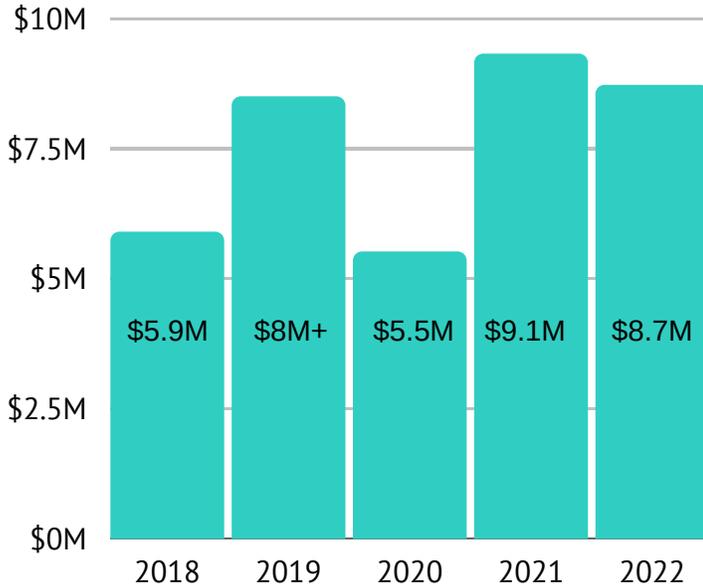


In his opening keynote, Dr. Tom Insel highlighted for employers the importance of personal relationships, a healthy workplace culture, and a clear sense of purpose as they consider how best to support the mental wellbeing of their employees.

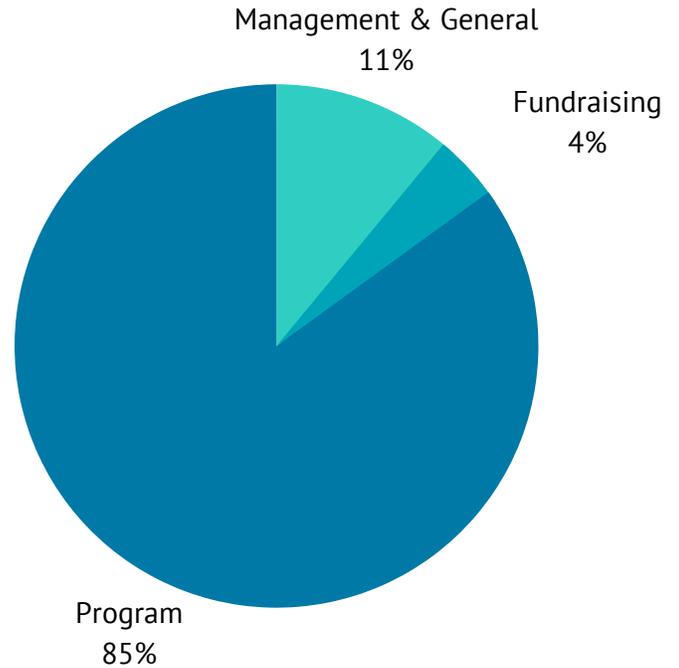


# FINANCES

## Total Revenue & Other Additions:

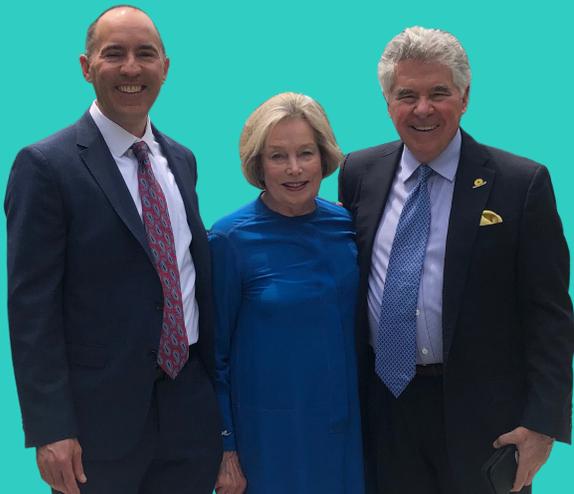


## Expense Percentages:



In 2022, One Mind retained its 100% score for Accountability and Finance from the non-profit rating organization, Charity Navigator. This equals a Four-Star review, the highest rating level they provide. [www.charitynavigator.org](http://www.charitynavigator.org)

Please visit [onemind.org](http://onemind.org) to make your gift today.



**Every donation you make to support our mission is an investment in hope for those who are affected by a mental health condition.**

**Thank you for supporting One Mind and our vision of accelerating brain health for all!**

[onemind.org/donate](http://onemind.org/donate)



Scan to donate

# OUR TEAM

## STAFF

**Mandy Bauer** - Director of Events

**Kelly Deckert** - Senior Director of Content & Social Impact

**Dalton Delan** - Managing Director & Chief Content Officer, One Mind All Media

**Carmine Di Maro** - Director, One Mind Accelerator

**Tal Gerzon** - Senior Director of Development

**Irene Hurford, MD** - Director of Clinical Programs

**Laura Jason** - Development Officer

**Pushkar Joshi, PhD** - Chief Strategy & Science Officer

**Barrett Lehnen** - Member Engagement Specialist, One Mind at Work

**Christina McCarthy** - Executive Director, One Mind at Work

**Brandon Staglin, MS** - President

## BOARD OF DIRECTORS

**Caryl Athanasiu** - Director

**Tanisha Carino, PhD** - Director

**Nancy Dearman** - Director

**Russ Deyo** - Director

**Donna Friedman** - Director

**Paul Gallagher** - Director

**Gary Gottlieb, MD, MBA** - Director

**Patrick J Kennedy** - Co-Founder, Director

**Christopher Lyle** - Director

**Robina Riccitiello** - Director

**Harvey Schwartz** - Director

**Garen Staglin** - Co-Founder, Chairman

**Shari Staglin** - Co-Founder, Director

**Martha R. Temple** - Director

**Gwill York** - Director

## SCIENTIFIC ADVISORY BOARD

**Deanna Barch, PhD** - Washington University

**Samuel Barondes, MD** - University of California, San Francisco (retired)

**Carrie Bearden, PhD** - University of California, Los Angeles

**Kafui Dzirasa, MD, PhD** - Duke University

**Raquel Gur, MD, PhD** - University of Pennsylvania

**Richard Huganir, PhD** - Johns Hopkins University

**Steven Hyman, MD**, Co-Chair, The Broad Institute of MIT and Harvard

**Robert Malenka, MD, PhD** - Stanford University

**Geoff Manley, MD, PhD** - University of California, San Francisco

**Eric Nestler, MD, PhD**, Co-Chair, Icahn School of Medicine at Mt Sinai



[www.onemind.org](http://www.onemind.org)



You can make a difference in the lives of those who face a brain health challenge by donating to our non-profit - be it on your birthday, through a fundraiser, on our website, or via phone, email, or the mail. Your support will help One Mind catalyze visionary change to transform the world's mental health.



DONATE ONLINE:  
[www.onemind.org](http://www.onemind.org)



CALL US:  
(707) 963-4038



EMAIL US:  
[info@onemind.org](mailto:info@onemind.org)

One Mind, P.O. Box 680, Rutherford, CA 94573