



FOUNDATION *of* HOPE

2018 IMPACT REPORT

Groundbreaking Research





One breakthrough away.

For the last 35 years, we've provided seed funding for the research of mental illness, spearheading countless opportunities that have resulted in tremendous impact.

MISSION

We exist to conquer mental illness by investing in groundbreaking scientific research and mental health initiatives.

VISION

Our vision is simple to state, yet grand in scope: we strive to eliminate suffering from mental illness.

BELIEFS

- Scientific research is the key to finding effective and long-lasting treatments and cures for mental illness
- Mental illness adversely impacts individuals, families, friends, and entire communities
- Stigma is one of the greatest barriers to improving outcomes of mental illness
- Early-stage scientific research creates exponential value
- Everyone with a mental illness deserves successful treatment

Our history.

In 1984, Thad and Alice Eure, owners of the Angus Barn restaurant, established the Foundation of Hope for Research and Treatment of Mental Illness after their son, Thad Jr., was diagnosed with bipolar disorder. Understanding the critical need for research, the Eures sought to create one of the first foundations in the country focused solely on mental illness research. Their vision, dedication, generosity, and hope remain guiding lights for our organization today.

Since our inception, we've awarded **140** scientific research grants totaling more than **\$5.7 million**; these funds have leveraged an additional **\$155 million** from the National Institute of Mental Health and other federal agencies.

We've also given more than **\$464,000** to **39** mental health initiatives, shoring up resources for local organizations that work directly with North Carolinians who live with mental illness.

By investing in early-stage scientific research, we are filling a critical, unmet need for funding new and innovative research projects that are impacting thousands of lives and changing outcomes around the world.

DID YOU KNOW?



1 in 5 Americans lives with a mental illness



10 groundbreaking discoveries.



DISCOVERY 1
Schizophrenia Early Diagnosis

John Gilmore, M.D.
*Director, Center for Excellence in Community Mental Health
UNC Dept. of Psychiatry*

Funds from the Foundation of Hope helped establish the UNC Early Brain Development study, through which researchers discovered that the fundamental architecture of the brain is established by age two, and that children at risk for schizophrenia already exhibit abnormalities in brain development during infancy. This ongoing work seeks to identify early markers of risk for psychiatric illness so that interventions can be targeted to very early childhood, when brain systems are being established.



DISCOVERY 2
First Ever FDA-Approved PPD Treatment

Samantha Meltzer-Brody, M.D., M.P.H.
*Director, Perinatal Psychiatry Program
UNC Dept. of Psychiatry*

Led by Dr. Samantha Meltzer-Brody, researchers at the UNC Center for Women's Mood Disorders performed the first study of brexanolone, a neurosteroid for the rapid treatment of postpartum depression (PPD), a debilitating mental illness that impacts at least 10-15% of women who give birth. Recently approved by the FDA, brexanolone is the first pharmacotherapy specifically developed and approved to treat PPD. This powerful new treatment tool has the ability to relieve suffering within days.



DISCOVERY 3
Cutting-Edge Neuroimaging Approaches

Garret Stuber, Ph.D.
*Associate Professor of Psychiatry and Cell Biology & Physiology
UNC Dept. of Psychiatry*

Disruption in frontal cortical function is thought to drive many forms of mental illness, ranging from addiction to schizophrenia. Funded by the Foundation, UNC researchers developed cutting-edge neuroimaging approaches that allow them to “watch” how hundreds to thousands of intact neurons respond to environmental stimuli that can modulate behavior. This research will likely identify important new classes of neurons that should be targeted for better treatment of a variety of neuropsychiatric illness.



DISCOVERY 4
Autism Pre-Symptomatic Prevention

Joseph Piven, M.D.
*Director, Carolina Institute for Developmental Disabilities
UNC Dept. of Psychiatry*

By following a high-familial-risk sample of infants in the first two years of life, researchers with the Infant Brain Study (IBIS) Network have identified pre-symptomatic brain changes and behavioral changes as symptoms appear, located potential targets for intervention, and demonstrated that brain scans in infants can accurately predict who will later receive a diagnosis of autism. This work has tremendous potential for enabling the possibility of pre-symptomatic prevention in children at risk.



DISCOVERY 5
Non-Invasive Brain Stimulation

Flavio Frohlich, Ph.D.
*Director, Carolina Center for Neurostimulation
UNC Dept. of Psychiatry*

Led by Dr. Flavio Frohlich, UNC researchers with the Carolina Center for Neurostimulation have turned a theory of how brain circuits can be restored into promising clinical trials for treating schizophrenia, depression, and chronic pain. This research has led to the successful start-up company Pulvinar Neuro, which seeks to commercialize non-invasive brain stimulation as a means to treat mental illness. This multi-phase project was funded by several grants from the Foundation of Hope.



DISCOVERY 6
Largest Consortium in Psychiatric History

Patrick Sullivan, M.D., FRANZCP
*Director, Center for Psychiatric Genomics
UNC Dept. of Psychiatry*

A Foundation of Hope grant helped fund the Psychiatric Genetics Consortium (PGC), the largest consortium in the history of psychiatry, with 800+ investigators from 40+ countries. Results from the PGC have already provided clues to the genes involved in schizophrenia and bipolar depression.



DISCOVERY 7
World-Renowned Women's Mood Disorders Program

David R. Rubinow, M.D.
*Director, UNC Center for Women's Mood Disorders
UNC Dept. of Psychiatry*

Foundation of Hope helped create the Women's Mood Disorders Program at UNC. This program is now world-renowned and remains the only one in the country with an inpatient peripartum unit and an NIH T32 training fellowship. Research associated with the program has led to new treatments, treatment targets, and treatment recommendations for women with reproductive endocrine-related mood disorders.



DISCOVERY 8
Markers Discovered for Psychosis Predictors

Diana Perkins, M.D., M.P.H.
*Professor and Director, Outreach and Support Intervention Services
UNC Dept. of Psychiatry*

The research supported by the Foundation of Hope was the groundwork for NIMH-funded studies aimed at discovering the predictors and mechanisms for the development of psychosis in persons at clinical high-risk. In particular, researchers have identified markers related to immune system dysregulation as important predictors of psychosis.



DISCOVERY 9
PTSD Symptom Reduction in Veterans

Eric Elbogen, Ph.D.
*Associate Professor of Psychiatry
UNC Dept. of Psychiatry*

With support from the Foundation of Hope, researchers have identified an astonishing frequency of behavioral disorders in returning veterans, as well as a lack of financial literacy, that contribute to their difficulty reintegrating. This led to the development of a mobile app that rehabilitates veterans with traumatic brain injury and PTSD – the first such intervention to reduce anger, aggression, impulsivity, and PTSD symptoms in this population.



DISCOVERY 10
Anorexia Nervosa Classification Research

Cynthia M. Bulik, Ph.D., FAED
*Founding Director, UNC Center of Excellence for Eating Disorders
UNC Dept. of Psychiatry*

Using advanced data analytic approaches, researchers found that individuals with anorexia nervosa show strong genetic correlations with other psychiatric disorders and also with body mass index, body fat percentage, and other metabolic traits such as fasting insulin, leptin, and type 2 diabetes. Researchers are now reconceiving of the illness as both a psychiatric and a metabolic disorder, which could allow physicians to improve outcomes for this frequently fatal condition.

Your support and passion are being translated into real progress. Together we have brought new discoveries to life while unlocking the science behind mental illness. The following milestones represent a small portion of the invaluable scientific accomplishments we have helped to unlock over the past three decades.

For a complete description of each milestone, visit walkforhope.com/research-discoveries.

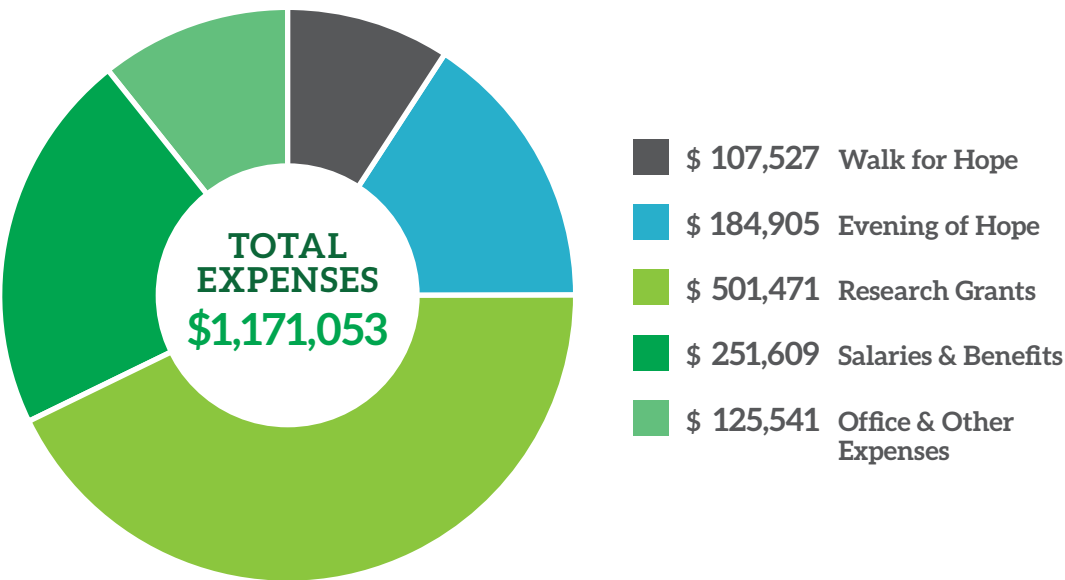
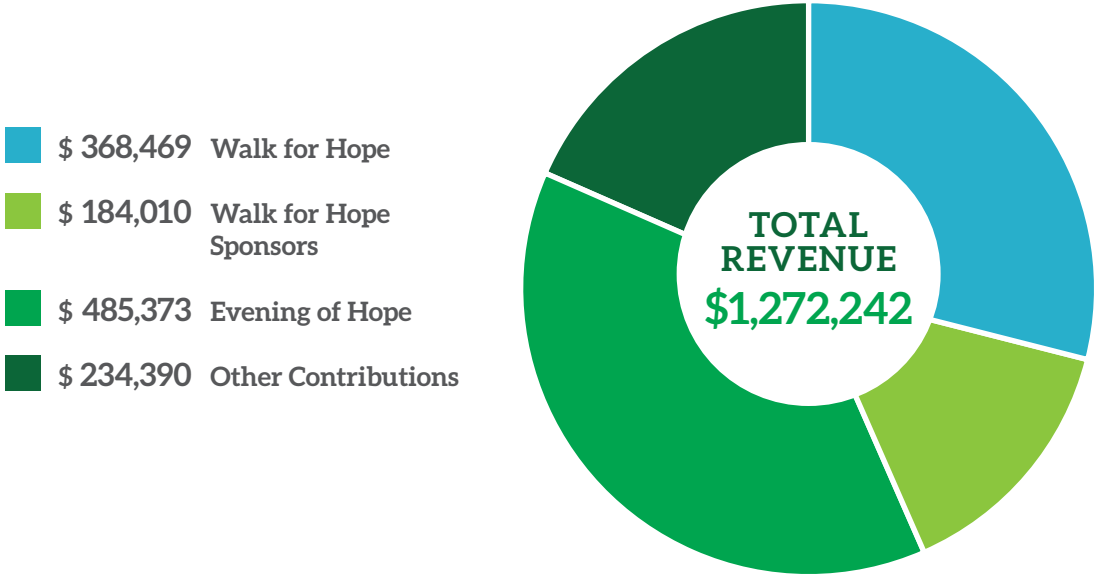
2018 in review.

- We celebrated our **30th year** of the Walk for Hope, raising **\$550,000**.
- Our Evening of Hope raised **\$475,000** and featured renowned actress and mental health advocate **Brooke Shields**.



- 17 of our funded researcher grants reported back with **43 publications** and more than **\$32 million** in additional funding for their grants.
- We granted **\$65,000** to the innovative mobile health clinic known as **WOW (Wellness on Wheels)** – a pilot program serving North Carolinians who face serious mental health challenges.
- Our board enacted a new **5-year strategic plan**.

BY THE NUMBERS



35 years of impact.



Stories that inspire.

To mark our 30th anniversary of the Walk for Hope, and to emphasize the importance of the work that we fund, 30 of our participants shared their personal reasons for supporting us — some sobering, some uplifting. Below are four:



ALLISON

Mental illness had never touched my family until it was discovered that my brother Ryan (pictured) was sick. Ryan was the life of the party — wonderful sense of humor, tons of friends. Everyone who knew him loved him. No one would ever have guessed he was silently struggling with depression and anxiety.

By June 2014 it was no longer a secret that he was struggling and needed help. My family and I did everything in our power to get him the help he needed. My amazing brother passed away in October of 2014. Since then my family and I have participated in the Walk for Hope — our team name is Hope Flies. There's hope that all the money raised will help someone else's brother, mother, father, sister, and friend get the help they deserve.



TINA

Prior to 2015, I was one of those people who discredited mental illness and thought this disease would never affect me or my family. I was wrong. I am saddened that I did not know more about this dreadful disease that is becoming one of the leading causes of deaths in young adults.

I lost my 19-year-old niece, Kaleigh (pictured), to anxiety and depression. Little did we know she was silently struggling. She was pretty, popular, and had her whole life ahead of her. My family and I now walk and volunteer each year to help raise awareness, to eliminate the stigma and to find a cure or effective treatments for people who are suffering with this disease. Mental illness knows no gender, age, economic status, race, or religion. It can affect anyone.



TERRY

I started Vets to Vets to unite dogs with veterans who suffer from PTSD, traumatic brain injury, depression, other mental health issues, and physical disabilities. Most veterans are on a very fixed income and cannot afford a service dog. Foundation of Hope has allowed us to provide our dogs to veterans completely free of charge. As a result, we are seeing veterans become less suicidal and, instead, thrive and flourish. Several of our veterans are going back to school while others are giving back to their communities by providing therapy visits to seniors, adults with intellectual and developmental disabilities, hospitals, hospice, and the VA. The Foundation has given us more support than anyone else and we are eternally grateful.

Visit walkforhope.com/30years to read all 30 Stories.

“More than 44 million Americans struggle with mental illnesses. Its reach is indiscriminate. The **Foundation of Hope** is devoted to the mission of conquering such illnesses. —SARAH FOX, BOARD CHAIR”



JIMMY

I'm Bipolar Type 1/Mixed. I was working a full-time job and had a nervous breakdown. One day I was living a “normal” life, and then my world came crashing down around me. If it weren't for my family and friends, things would have been so terribly different. I have to credit my doctor for his intervention, too. Without him, I wouldn't have been so quickly diagnosed, and my path would not have been as easy.

Also, because of the research that's taken place over the last 20+ years, some of us are down from 20 pills per day to five pills per day. If it weren't for Van, the Angus Barn family, and the Foundation of Hope, I wouldn't have the support that I need to keep doing the work that I do. I consider them a part of the fabric of my life.

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Breakthrough Research for Mental Illness

WALK • RUN • FESTIVAL

October 13, 2019

One of the largest and oldest fundraising walks benefiting mental health illness research.

Evening of Hope

with Keynote Speaker **Elizabeth Vargas**,
Emmy-award-winning journalist

September 18, 2019

Our annual gala event is an occasion for celebration and a time to shine a light on mental health.

Learn more by visiting
walkforhope.com/events

SAVE the DATE



9401 Glenwood Ave., Raleigh, NC 27617
(919) 781-9255

walkforhope.com

*Thank!
You!*



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