



FOUNDATION *of* HOPE

Breakthrough Research for Mental Illness

2021 Annual Report

walkforhope.com



Our Vision:
To eliminate suffering
from mental illness.



Our Mission:
To conquer mental
illness by investing in
groundbreaking scientific
research and mental health
initiatives.

Our 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 mental illness deserves successful treatment

The Foundation of Hope is incredibly unique. We are one of the few organizations in the country that has continued to provide funding and opportunities for new research to conquer mental illness. And this research will be vital to help combat the ongoing mental health tsunami due to the COVID-19 pandemic.

We created this annual report to share what you helped us accomplish throughout this “pivotal” year. We celebrate these significant successes – like launching our new CHAAMP program and pivoting to a Drive-Thru Walk for Hope – as reminders that there is nothing that we cannot do together.

Because of you, we can **accelerate** more effective treatment options for all mental illnesses. We can **impact** the futures of thousands of children and adolescents, and help them chart a new course to reach their full potential. We can **save lives**.

So, thank you, again. Your generosity means that together, we can effect real change in our community, and give families **more hope than ever before**.

Gratefully, *Shelly* ... and the entire
Board and Staff



2021 Achievements

Rapidly pivoted to Drive-Thru Walk for Hope

- 2nd Drive-Thru event that was bigger and better
- **Total Raised: \$620,252**
- 1,585 participants and 130 volunteers – even with rain, COVID, and quick change from in-person walk
- 89 Sponsors / \$245,500 underwriting dollars
- Pink llama caused drama - a car backup onto Glenwood Ave
- SO. MUCH. FOOD! Cotton candy, popcorn, cookies, burgers, Pepsi, water, apples, & more



Most Successful Annual Fund Campaign

- **Total Raised: \$168,913**
- First focused impact research area of child & adolescent psychiatry
- Healing Young Minds fundraising campaign launched the new FOH CHAAMP research program
- Included impactful story of healing from Jordyn (FOH volunteer and stigma-buster)



Launched FOH CHAAMP

2021 Achievements

- FOH Child and Adolescent Anxiety and Mood Disorders Program (CHAAMP)
- This state-of-the-art CHAAMP program will be the first of its kind in NC, turning brilliant ideas into tangible solutions
- \$1 million commitment
- **Leadership gift: \$500,000**
- Desperate need for transformative research innovation to combat an escalating mental health crisis
- Recruiting a nationally-known Scholar to develop research in anxiety and mood disorders and train future clinician-scientists
- Teen suicide rates are at an all-time high, but CHAAMP will give children a chance for healthy, productive lives



2021 Highlights



Proud to be one of the few organizations still granting research funding through the COVID-19 pandemic

Evening of Hope with LeAnn Rimes and Igniting Hope with Band of Oz postponed until February 2022 due to COVID



EVENING OF HOPE

Wednesday, February 9th
LeAnn Rimes

IGNITING HOPE
Thursday, February 10th
Band of Oz

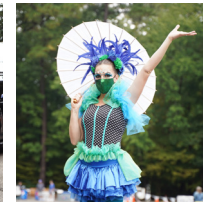


Debuted our new FOH Giving Community donor recognition program (and monthly HopeGivers)

FOUNDATION of HOPE
Giving Community



Pivoted back to a Drive-Thru Walk for Hope, and this in-person event was our biggest ever



FOH volunteers and staff handmade 1,000 Hope ornaments for donors

2021 Highlights

Added a section to the Walkway of Hope with new engraved bricks next to the Angus Barn Pavilion and lake



Awarded \$20,000 to Mental Health Initiative Signature Grantee UNC Pediatric Behavior Clinic for continuing support of psychoeducational consultant

Three new Board of Trustees members joined in July: Mary Cantando, Taylor Cash, Jr., and Randy Quirk

Thank you for another great year!

John Gilmore, MD, the Eure Distinguished Professor, continued his early brain development study using MRI to study cognitive and behavioral markers in at-risk children



Held a virtual Advisory Board meeting where Jose Rodriguez-Romaguera, PhD, gave an update on his COVID anxiety in healthcare workers grant (funded in 2020 through the *Power of Research* campaign)



Safely hosted the Walk Team Captain and Sponsor kickoff event at Hope HQ with ice cream and pizza



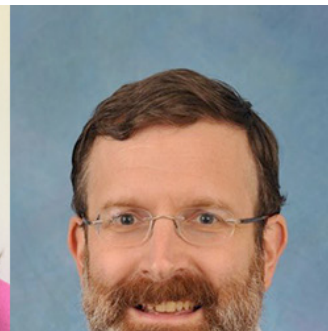
Dr. Brenna Maddox



Dr. Camden Matherne



Dr. Margo Nathan



Dr. Rob McClure



Dr. Julianna Prim



Dr. Justin Riddle



Dr. Xiaoming Zeng

Faces of Hope: 2021 Research Grantees

2021 Awarded Grants & Gifts to date: \$735,665

Dr. Brenna Maddox • \$39,992 • Autism / Developmental Disabilities
Suicide risk assessment in adolescent females

Dr. Camden Matherne • \$40,396 • Eating Disorders
Linking GI symptoms and eating disorders in adolescents

Dr. Rob McClure • \$101,078 • Depression
Psilocybin-assisted therapy for Treatment-Resistant Major Depression

Dr. Margo Nathan • \$39,617 • Women's Mood Disorders
Stress effects on depression and cardiovascular disease during menopause

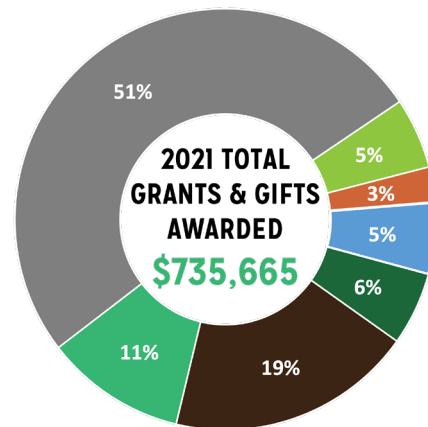
Dr. Julianna Prim • \$40,000 • Women's Mood Disorders
Using wearable technology to track premenstrual dysphoric disorder symptoms

Dr. Justin Riddle • \$38,280 • Depression
Targeting brain circuits contributing to major depressive disorder and anhedonia

Dr. Xiaoming Zeng • \$41,302 • Schizophrenia
Computer algorithm identifies patients with treatment-resistant schizophrenia for additional care

UNC Pediatric Behavior Clinic • \$20,000
Community Grant: Psychoeducational Consultant

**FOH Child and Adolescent Anxiety
and Mood Disorders Program • \$375,000**



\$ 39,992	Autism
\$ 20,000	Community Grant (Mental Health Initiative)
\$ 40,396	Eating Disorders
\$ 41,302	Schizophrenia
\$ 139,358	Depression
\$ 79,617	Women's Mood Disorders
\$ 375,000	CHAAMP Initial Gift

To learn more about the research we fund visit walkforhope.com/research

Our Impact



SINCE
1984

164 research grants funded

\$6.9M awarded

\$191M in federal funding leveraged

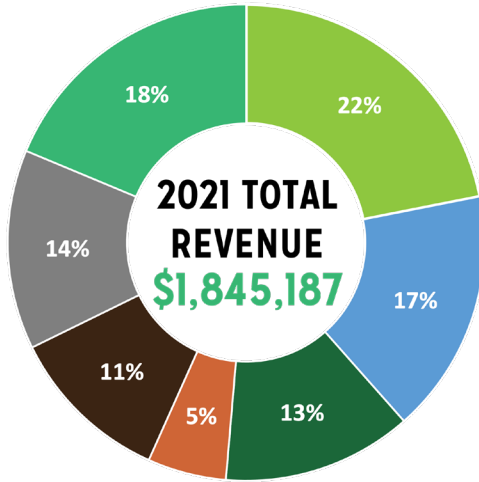
IMPACT
2021

7 research grants funded

\$340,665 awarded

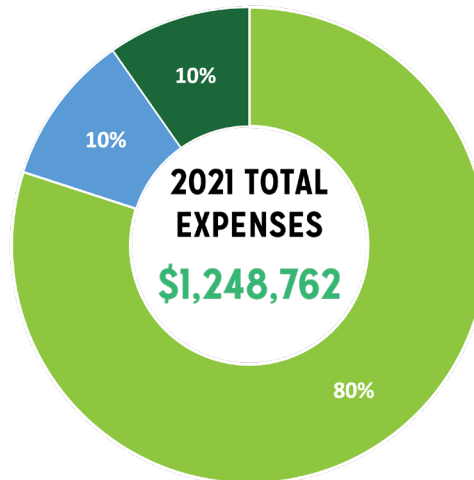
\$24.5M in federal funding leveraged

2021 By the Numbers



\$ 404,012	Walk for Hope
\$ 306,000	Walk for Hope Sponsors
\$ 237,625	Evening of Hope / Igniting Hope Seats
\$ 98,500	Evening of Hope / Igniting Hope Sponsors
\$ 203,843	Annual Fund Campaign
\$ 250,000	CHAAMP Leadership Gift
\$ 345,207	Other Contributions

**TOTAL NUMBER
OF PEOPLE
IMPACTED:
IMMEASURABLE**



\$ 999,029	Program & Grants
\$ 128,106	Management & General
\$ 121,627	Fundraising

*These figures are pre-audited but not expected to change significantly

For more information, visit walkforhope.com/impact



The Stories of Changemakers / Courage. Resilience. Triumph.

“Tragically, a young man and rising star named Bill on our team took his own life due to mental health issues about four years ago. It was a devastating blow - none of us saw it coming.

As a company, we looked for the best way to memorialize Bill. Another employee suggested participating in the Walk for Hope, and we immediately knew that was the best way to honor Bill and to promote mental health awareness regularly in our company.

Since that time, we have legitimately saved at least 3 lives that we know of. Our managers are better trained to spot and respond to warning signs, and we are proud to be a place where mental health issues are not stigmatized nor brushed aside. Walk for Hope really helps give us a focal point to highlight just how important mental health is to us all.”

— John



Read John's full story at walkforhope.com/changemakers



“Bipolar disorder is characterized by extreme mood swings and mania. My older brother has a severe form of the disorder, suffering from delusions and dangerous psychosis. He has been hospitalized five times since I was 13 years old. I could not reach out to my friends for support because I was far too humiliated by the struggles my family were facing.

After my problems at home began to get out of control, I threw myself into theatre. I began to perform in as many shows as I could. I let theatre become the welcome diversion I longed for and I wanted to make people think about the way they look at the world around them. Through changing my approach to theatre, I healed the pain I felt from being surrounded by my brother’s illness. I also realized that I want to perform to help other people, no matter their struggles, for the rest of my life.”

— Lissa



Read Lissa’s full story at walkforhope.com/changemakers



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Breakthrough Research for Mental Illness

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