

# Annual Report 2019



Because you cared, healthcare providers trained by REACH can diagnose and treat mental health conditions. Together we make children happier, families more resilient, and communities stronger.

## And Then The World Changed

LEFT: In response to the COVID-19 pandemic, The REACH Institute had to pivot from in-person to online learning. Taking a three-day course from a conference center to Zoom was a massive undertaking involving many staffers, REACH trainers, board members—and generous donor support. We expect to continue training mostly online for the rest of the year. We'll tell you all about it in the 2020 annual report!

## Better Mental Health Care Leads to Better Management of Chronic Disease

"We had a 10-year-old who had a stroke when he was three that caused frontal lobe damage. When he came into the clinic for his transfusions, he was really difficult and aggressive, hard to handle. He would hit, spit, use bad language—and it would go on all day."

LeKia Parker, LCSW, told this boy's story—we'll call him "Bobby"—when it was her turn to present a case during the follow-up calls for the Patient-Centered Mental Health in Pediatric Primary Care course. LeKia works with sickle cell patients at the Children's Hospital of the King's Daughters in Norfolk, Virginia.

"When I presented this case, I got good feedback from the participants and faculty," she said. Some suggestions had to do with empowering Bobby's mother to work with the care team. LeKia said, "She was worried that her son might not be getting the best care because of his behavior. Just knowing that we were invested was helpful to her."

The REACH trainers also suggested medications that the team had not considered. LeKia took the suggestions to the physician on her team, who tried one of the new options.

It worked!

The improvement was so strong that the team is now able to admit Bobby to the hospital for the weekend of his transfusion rather than having him for less than a full day as an outpatient. "We feel comfortable now that he's safe on the hospital floor," said LeKia, "and the staff are safe too."

Stories like Bobby's multiply with every provider who takes the REACH course. Every donation of \$5,000 trains a practitioner like LeKia to help thousands of children in disadvantaged families.



LeKia Parker, LCSW, was one of five recipients of the 2019 REACH Scholarship for pediatric practitioners serving low-income communities.

**Our first-ever scholarships were funded by generous gifts from the Neuberger Berman Foundation and individual donors.**

## “Now people have a place to go!” Dr. Thomas Dierkes, REACH alum

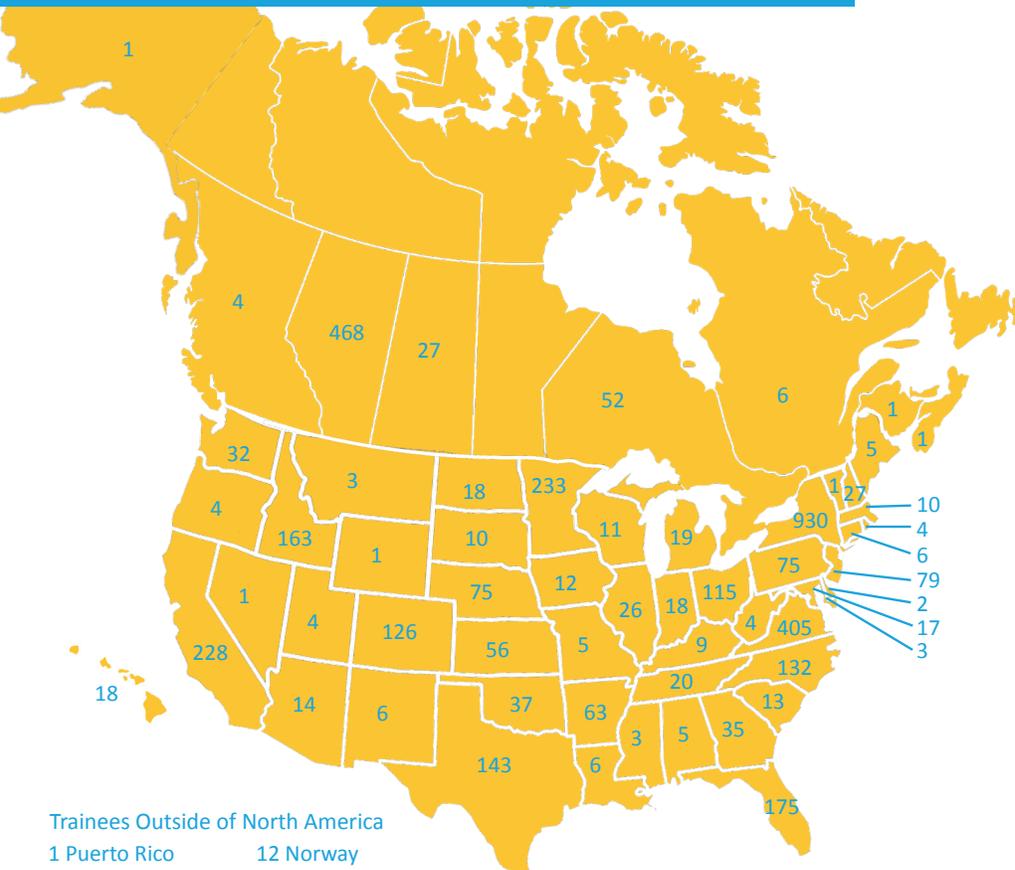
Rainbow Pediatrics in southern New Jersey has sent every one of its physicians and nurse practitioners to our Patient-Centered Mental Health in Pediatric Primary Care course. “Now we have legitimate ways to find the treatment that works, and everyone is on the same page,” said Dr. Thomas Dierkes.

Rainbow’s REACH training filled a big gap: Cape May County didn’t have a single pediatric psychiatrist. Families of children with mental health conditions really had no options. “Our volume has increased—because now people have a place to go!” said Dr. Dierkes.



Having learned from REACH how to build community partnerships to support children’s mental health, Rainbow took the next step: The practice partnered with the county to hire a pediatric psychiatrist to take on complex cases. Rainbow Pediatrics providers have taken full advantage of their training to address their community’s child mental health needs in a comprehensive way.

## Healthcare Providers Trained to Improve Child Mental Health: 3,987



- Trainees Outside of North America
- 1 Puerto Rico
  - 1 South Africa
  - 1 Trinidad and Tobago
  - 12 Norway
  - 1 Denmark
  - 1 Japan
  - 2 China

## Thank you to our donors

January 2019 to August 2020

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## From Our Leaders

**Lisa Hunter Romanelli**  
CEO



The REACH Institute has a dream. Our founder Peter Jensen, our board, our staff, our trainers—we all dream of helping more children enjoy safe and happy lives by training more pediatric primary care providers. We want to reach (pun intended) the 80% of children with mental health concerns who *don't* get treatment.

Will you join us in fulfilling this dream?

**Peter Jensen**  
Founder & Board Chair



Pediatricians typically get little to no training in mental health. But they are the ones who are most likely to see the 1 in 5 children who suffer from a mental health disorder! A child with a garden-variety flu doesn't need an ENT specialist, and a child with garden-variety anxiety or depression doesn't need a psychiatrist. At REACH, we make sure the providers who see children most often are equipped to alleviate the pain their patients suffer due to mental health disorders.

## Financials

	2019	2018
<b>Revenue</b>		
Program revenue	1,720,243	1,424,752
Grants and contributions	147,895	181,312
Interest income	8,498	4,640
Contributed services	146,671	161,389
<b>TOTAL REVENUE</b>	<b>\$2,013,307</b>	<b>\$1,772,093</b>
<b>Expenses</b>		
Program expenses	1,422,346	1,277,028
Administrative expenses	238,834	196,279
<b>TOTAL EXPENSES</b>	<b>\$1,661,180</b>	<b>\$1,473,307</b>
ADDED TO RESERVE	\$352,127	\$298,786

## Here's what participants are saying about the Patient-Centered Mental Health in Pediatric Primary Care course:

"The opportunity to learn information to help me manage psychiatric conditions in my patients, in this time where demand clearly outweighs supply of services, is going to be excellent for me as a primary care provider in my community."  
(Wisconsin, March 2020)

"Great course! It gave me more confidence to diagnose and treat anxiety, depression, and ADHD. I feel more obligation to provide mental health care to my patients."  
(Virginia, June 2020)

"The training provided an interactive learning experience for a highly salient topic with limited community resources. The specific tools provided (for screening, treatment, and follow-up) and the network of providers are so valuable for sustaining this in practice."  
(California, December 2019)

## In-Person Trainings for Healthcare Providers

RIGHT: Effective training is interactive. Our flagship course Patient-Centered Mental Health in Pediatric Primary Care uses role-plays and other hands-on activities to help clinicians integrate what they learn into their practices.



LEFT: In-person trainings are capped at 50 participants to keep the learning interactive. So are the virtual courses we debuted in 2020 in response to COVID-19. REACH courses always sell out. The need is there!



## STAFF

**Lisa Hunter Romanelli, PhD, CEO**

**Lisa Khan, EdM, Director, Patient-Centered Mental Health in Pediatric Primary Care Program**

**Kristen Eve Gardner, MPH, Program Associate, Child/Adolescent Training in Evidence-Based Psychotherapies**

**Rachel McGivern, Program Associate, Patient-Centered Mental Health in Pediatric Primary Care Program**

**Nassira Bougrab, MPH, Program Manager, Patient-Centered Mental Health in Pediatric Primary Care Program**

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## REACH TRAINERS

### PATIENT-CENTERED MENTAL HEALTH IN PEDIATRIC PRIMARY CARE PROGRAM

**Larry Amsel, MD**

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**Paul Soper, MD**

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**Leigh Wincott, MD**

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**Malin Clark, MD**

**Josh Dosman, MD**

**Anna Felstrom, MD**

**Sam Haque, MD**

**Alyx Holden, MD**

**Amie Kowalczyk, MD**

**Madhav Sarda, MD**

#### North Carolina

**Nathan Copeland, MD**

**Ali Manning, MD**

**Gary Maslow, MD**

**Kari Overstreet, MSN, PNP, RN**

### CHILD/ADOLESCENT TRAINING IN EVIDENCE-BASED PSYCHOTHERAPY

**Ceth Ashen, PhD**

**Eliot Goldman, PhD**

**Christopher Layne, PhD**

**Wendy Silverman, PhD**

**William Saltzman, PhD**

**Kevin Stark, PhD**

### ADULT BEHAVIORAL HEALTH IN PRIMARY CARE

**Patricia Gibson, MD**

**Peter Jensen, MD**

**Tina Nicholson, MD**

**Diane Ojugbeli, MD**

**Molly Scharf, MD**

**Roxanne Swiegers, MD**

