



**MENTAL HEALTH CARE  
FOR EVERY CHILD  
WHO NEEDS IT**



**The REACH  
Institute**

**ANNUAL REPORT 2022**

# BETTER IN MONTHS, NOT YEARS— THANKS TO YOU!



**Kathryn Gnann, NP, treats children in rural Georgia. About half of her patients are on Medicaid.**

On Tuesday, 11-year-old “Henry” was in the ER with chest pain. On Wednesday, Henry’s mom brought him to his primary care provider, nurse practitioner Kathryn Gnann.

“His problem was anxiety, not heart disease,” said Ms. Gnann. Drawing on her REACH training, Ms. Gnann used validated tools to assess Henry’s anxiety. She referred him to a local counselor whose services, like her own treatment, were covered by Medicaid.

Ms. Gnann also started Henry on an anti-anxiety medication. “I saw him every two or three weeks until we got him on an effective dose and started to see improvement,” she says.

Today, Henry is doing fine. “We weaned him off the medication. He’s playing sports and getting along with his family. His counselor said he didn’t need to come in anymore.”

All this was possible because of Ms. Gnann’s REACH training scholarship, which in turn was possible because of donor generosity.

“Before REACH, I wouldn’t have been comfortable prescribing sertraline,” said Ms. Gnann. “I would have referred Henry to a psychiatrist. **In the three or four months he would have had to wait, he most likely would have gotten worse—maybe much worse.**”

“But I was able to treat him right away. So he got better in a matter of months rather than years.”



## TACKLING AMERICA’S MENTAL HEALTH CRISIS

**1 in 5 US children has a mental health disorder.<sup>1</sup>**

Affluent families may have access to child psychiatric services. Everyone else faces a months-long wait—if a psychiatrist is available at all.<sup>2</sup>

The REACH Institute trains children’s primary care providers to diagnose and treat common mental health conditions.

**By partnering with REACH, you share the vision of mental health care for every child who needs it.**

<sup>1</sup> <https://publichealth.jhu.edu/2022/study-reveals-fourfold-range-in-rates-of-mental-health-problems-among-us-children-based-on-relational-and-social-risks>

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6889947/>





“If you train a primary care clinician to assess mental health disorders, **you can change a child or adolescent’s life trajectory.** Perhaps the anxious child doesn’t become an anxious adult who abuses substances to self-medicate. Maybe the angry teen doesn’t commit a crime and end up in jail or dead. Altering these trajectories could literally change our society for the better.”  
 —Noor Jihan Abdul-Haqq, MD, REACH faculty

# REACHING MORE PROVIDERS AND PATIENTS

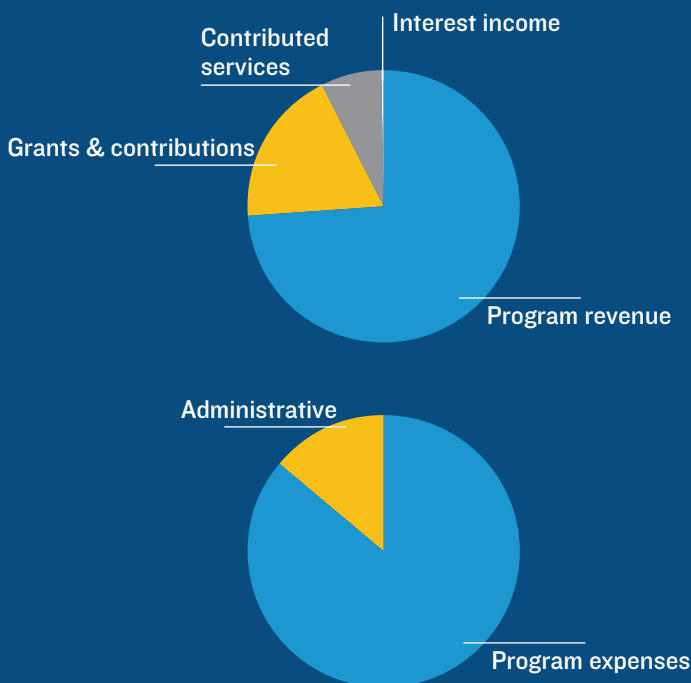
## WITH YOUR SUPPORT, REACH LAUNCHED THESE INNOVATIONS IN 2022:

**Our first Pediatric Mental Health Training Award went to El Rio Health,** a federally qualified health center in Tucson, AZ. Pediatric clinicians were trained to provide quality mental health care to El Rio’s predominantly low-income patients.

**12 mental health practitioners in low-income communities received scholarships** to attend a two-day course on Cognitive Behavioral Therapy for Anxiety and Depression.

**The inaugural session of our new course Addressing Trauma in Pediatric Primary Care** taught PCPs to identify patients affected by traumatic experiences and help them cope.

**Scholarships** provided by an anonymous donor enabled 174 PCPs in greater Atlanta to attend our course Patient-Centered Mental Health in Pediatric Primary Care.



REVENUE	2022	2021
Program revenue	\$ 1,564,158	\$ 1,902,965
Grants & contributions	\$ 393,468	\$ 351,521
Interest income	\$ 1,378	\$ 1,345
Contributed services	\$ 153,660	\$ 150,915
<b>Subtotal</b>	<b>\$ 2,112,664</b>	<b>\$ 2,406,746</b>
Investment return	\$ (88,882)	\$ 33,500
<b>Total revenue</b>	<b>\$ 2,023,782</b>	<b>\$ 2,440,246</b>

EXPENSES	2022	2021
Program	\$ 1,970,474	\$ 1,617,921
Administrative	\$ 317,411	\$ 368,838
<b>Total expenses</b>	<b>\$ 2,287,885</b>	<b>\$ 1,986,759</b>



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A special thanks to board members who cycled or ran to raise money for The REACH Institute: Danielle Lewis Levy and Erica Rubach.

## YOUR IMPACT

PCPS TRAINED TO DIAGNOSE  
& TREAT COMMON MENTAL  
HEALTH CONDITIONS:

**1,130**

PARTICIPANTS IN OTHER  
MENTAL HEALTH TRAININGS:

**136**

SCHOLARSHIPS AWARDED  
TO PCPS AND MENTAL HEALTH  
PROFESSIONALS SERVING  
LOW-INCOME COMMUNITIES

**37**

PATIENTS RECEIVING EVIDENCE-  
BASED MENTAL HEALTH CARE:

**100,000s!**

