

# TOGETHER, WE HELP CHILDREN THRIVE

YOUR SUPPORT



REACH TRAINING



CLINICIANS WHO CAN TREAT  
MENTAL HEALTH CONDITIONS

HAPPY, HEALTHY KIDS



**The REACH  
Institute**

**ANNUAL REPORT 2021**



# TOGETHER, WE HELPED HOLLIS THRIVE!



Hollis and his mom are thriving, thanks to you!



REACH taught Dr. Buccino how to treat Hollis's ADHD.

"Getting Hollis to do his homework used to be like World War III," says his mother, Elisabeth Charpentier. "He would scream, throw chairs, slam doors. But now he just comes in, takes off his backpack, and starts right to work."

Hollis is a bright, athletic kid with a wicked sense of humor. But, beginning in kindergarten, he struggled with behavioral issues. "Every day, I'd get a call from school," Elisabeth says. "Sometimes I'd have to pick him up because he had done something violent."

Elisabeth consulted Hollis's pediatrician, Deborah Buccino, MD. Using her REACH training, Dr. Buccino worked with Elisabeth and Hollis on coping strategies.

"REACH training let me be comfortable listening rather than feeling the need to have all the answers," said Dr. Buccino. The training also equipped her to prescribe medications proven to be effective in treating ADHD.

Dr. Buccino prescribed a standard stimulant for ADHD. The result was a focused kid who did his homework and earned good grades. Elisabeth stopped getting calls from school. Hollis's self-esteem improved, and other children started inviting him to birthday parties.

"I feel like the weight of the world has been lifted off my shoulders," said Elisabeth.

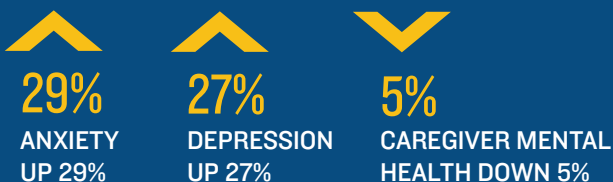
Every REACH-trained primary care provider can tell many stories like this one.

**Your support** enables training that in turn enables clinicians to **improve patients' mental health and relieve caregivers' stress.**



## THE MENTAL HEALTH CRISIS

From 2016 to 2020, among children 3-17:



**Child and adolescent psychiatrists per 100,000 children**

Recommended ratio: **47 to 100,000**

Actual ratio nationwide: **10 to 100,000**

Counties with few or no child and adolescent psychiatrists: **91%**

## THE REACH MENTAL HEALTH SOLUTION

Clinicians trained in 2021: **854**

Scholarships for primary care providers in low-income communities: **20**

Patients helped: **Thousands!**

Primary care and other providers learn evidence-based strategies to diagnose and treat mental health conditions in children and teens. Once trained, each clinician changes the trajectories of dozens or hundreds of patients every year.

Scholarships target primary care providers serving low-income rural and urban communities, where few families have access to mental health care.



# NEW IN 2021

## NEW COURSE!

**CBT for Anxiety in Primary Care** teaches primary care providers cognitive-based therapy skills to help patients cope with anxiety.

## FREE WEBINARS!

In response to the pandemic-induced mental health crisis, three free webinars for health care providers, school staff, and parents covered hot topics in mental health:

- Returning to in-person schooling
- Coping with grief
- Supporting LGBTQIA+ youth

## FREE TRAINING!

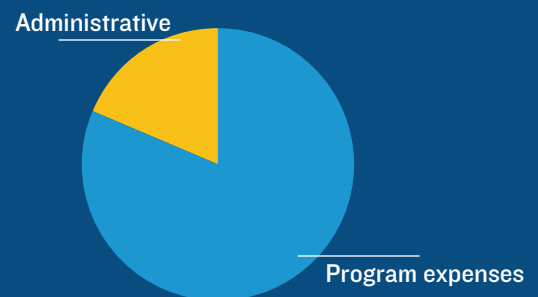
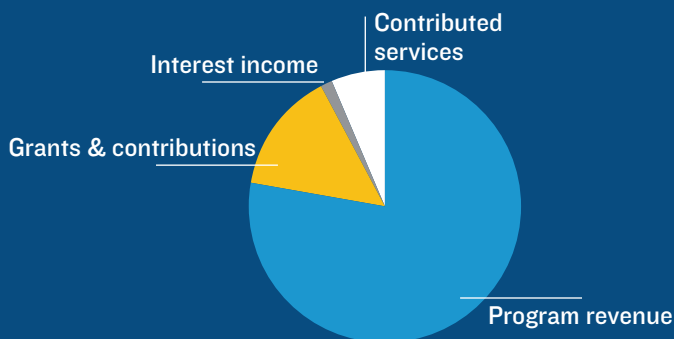
In 2021, we planned to launch opportunities for free training in high-need locations:

- Our first Pediatric Mental Health Training Award to enable federally qualified health centers serving low-income communities to offer free training to their providers
- Scholarships for pediatric primary care providers in greater Atlanta, funded by an anonymous donor



“The closest mental health specialists are an hour to three hours away—if families can get an appointment at all. REACH helped me get comfortable with diagnosis and treatment not only of ADHD but also of depression and anxiety in children and adolescents. When kids come out of psychiatric treatment with instructions for the family to ‘find someone to manage the condition,’ **I can be that someone.**”

—Kim Brown, MD, REACH Scholarship recipient in rural Mississippi



<b>REVENUE</b>	<b>\$ 2,440,246</b>
Program revenue	\$ 1,902,965
Grants & contributions	\$ 351,521
Interest income	\$ 34,845
Contributed services	\$ 150,915

<b>EXPENSES</b>	<b>\$ 1,986,759</b>
Program	\$1,617,921
Administrative	\$ 368,838
Added to Reserve	\$ 453,487



## HARLAN GEPHART SCHOLARSHIPS

In May 2022, the REACH community lost one of our pillars: Harlan R. Gephart, MD. Harlan was a founding member of the REACH faculty and served on the PPP Steering Committee for 14 years. In his memory, we plan to designate five scholarship recipients per year as Harlan Gephart Scholars.

## THANK YOU, 2021 DONORS!

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