



Discovery & Innovation
that changes lives



FOUNDATION FOR EXCELLENCE
IN MENTAL HEALTH CARE

Expect Recovery. Hope Matters.

President's report



I am grateful for you, our donors and volunteers, who have been with us over the years and to those of you who are reading this annual report for the first time. Know that you make a difference!

Together, we are purposefully changing the face of the mental health options people have to make empowered decisions for their lives by funding independent research, education and programs that support the powerful human journey of connection and choice.

In this report, you will see a few of the projects that foster hope, recovery, and empowerment in supporting people who experience mental health challenges and their families. We are a global foundation helping philanthropists fund research and programs that redesign the mental health care system. We only promote independent research that puts people first.

This change is within reach! Join our community in accelerating the world's transition to excellent mental health care. Help spread the word by inviting your friends to follow us on [Facebook](#), [Twitter](#), and [YouTube](#) and sharing our eNewsletters. You can see more of what we are raising donations for at MentalHealthExcellence.org.

Gina Nikkel, PhD
President & CEO

We are SO EXCITED!

Great things behind, great things ahead, and the game-changing matching grant from Open Society Foundations that is taking us to the next level

The loyalty and passion of *Excellence*-donors over the last eight years have rallied a bold community of innovators to produce independent research, develop healing approaches to mental and emotional distress and fundamentally change the way we think and talk about mental health.

Revolution - we said it

We are not tinkering around the edges. We are leading a revolution in care. It begins by creating a new narrative based on honest reporting, humble acknowledgment of the limits and failures of current knowledge and treatment and an uncompromising insistence on the agency of every person to make informed choices about their care.

We reinforce the new narrative by funding research that exposes faulty practices and pursues new discovery in the causes and relief of mental and emotional distress.

We find promising innovations in care from around the world and fund their research and development.

Game changing new partnership

This is what led Open Society Foundations to choose the Foundation for Excellence in Mental Health Care for a multi-year matching grant as part of its overarching mission to “advance justice, education, public health and independent media” around the world.

With the help of OSF, we are taking the work of these past eight years to a whole new level.

Coming up

Keep an eye on our social media and [Recovery Weekly](#) enews for new updates, visit [MentalHealthExcellence.org](https://www.mentalhealthexcellence.org) to see all the innovative local and international projects underway, and be on the lookout for our new website in the new year!

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FOUNDATION FOR EXCELLENCE
IN MENTAL HEALTH CARE

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2018-2019

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Hearing Voices R&D Blazing Ahead

With a large multi-year grant, *Excellence* donors are helping the team at the Hearing Voices Research and Training Project build a national network of groups across the United States, spread word of the approach through a variety of outreach efforts, and research the key mechanisms that make hearing voices peer-support groups so effective.

For nearly 30 years, the Hearing Voices Network – an international collaboration of professionals, people with lived experience, and their family and friends – has been developing an alternative approach to coping with voices, visions, and other extreme states that is empowering and useful and does not start from the assumption that people who have these experiences suffer from a chronic mental illness. Hundreds of peer-support groups have spread around the world, enabling voice hearers to learn to cope more effectively or to rid themselves of the negative effects of their voices.

Planting new groups across the U.S. & online

Grant-funded trainers travel the U.S. providing multi-day workshops for new group facilitators and ongoing technical assistance and networking to help new groups thrive. Weekly online support groups, attended by voice hearers across North and South America, serve those without a local group.

A new 20-minute film showing the power and effectiveness of these Hearing Voices peer-support groups will roll out this fall at conferences in the U.S. and Canada and then to college classrooms, clinical staff meetings, professional conferences, and community groups. The film's creative team is half voice hearers and has been working tirelessly for more than a year to design, write, interview, and film a diverse range of voice hearers whose lives have been transformed.

The training team continues to refine curricula on the key strategies offered by the Hearing Voices approach. They have run workshops on "Voice Dialogue" and "Trauma and Voices" and multi-day trainings for

cont. page 9

Caroline Mazel-Carlton
presents the Hearing
Voices approach to Maine
Department of Health and
Human Service clinicians
and peer specialists at the
Governor Hill Mansion in
Augusta, Maine on July 25th.



Notes from the donor scroll

"Foster kids need our help now. This is a great first step on the way."

"All people including pregnant and breastfeeding Moms should know what non pharmaceutical based treatment options are evidence based and safe."

"I really believe in what you're doing."

"FEMHC is a wonderful organization leading the way in mental health reform. This donation is long overdue!"

"FEMHC is the only foundation out there supporting true innovation in mental health care."

"Grateful for this collaborative effort towards researching and making available life-giving alternatives to the medical model's 'standard of care.'"

"I am suffering from PSSD and this has been life-altering. We need to raise awareness and do everything we can do discover methods of treatment/cures!"



"I love this foundation. It seeks real answers, provides real hope - all done with kindness, compassion, and love."

**"Such important work!
We can do this together!"**

"Thanks for supporting the voices of survivors!"

"This represents most of my 2018 honoraria, received for public lectures on Nutrition and Mental Health. What better place for these funds?"

"To support a better world for our children and grandchildren."

"I'm donating because these efforts have improved my son's life."

"We have been doing Open Dialogue with our son's team for over two years. The results have been spectacular."

"You do great work in bringing a fresh, honest (non-biased) perspective to understanding mental health and how we can work together to achieve it."



new group facilitators. This year's trainings have spanned the country from Bangor, Maine to El Paso, Texas and as far west as Eureka, California.

Webinars and videoconferences are expanding access to educational opportunities about how to navigate voices, visions and extreme states.

Largest study of its kind

This work is now enabling the research team to expand the scope and depth of their study into what makes these groups so effective.

According to a recent article on the history of research into Hearing Voices groups, this **Excellence**-funded study, besides offering the most in-depth analysis, is also the largest (114 participants and growing) and is also the first to be conducted in the United States.

Respondents nationwide have provided detailed accounts of their experiences in groups in the context of their psychiatric histories and life situations.

They have offered insights into what makes Hearing Voices groups so powerful and shared very personal aspects of their lives both in and outside the groups.

The research team is working intensively to complete as many interviews as they can and to analyze the rich data emerging from the questionnaires and interview transcripts.

The team will publish its findings over the next several years, providing a solid evidence base for this approach so that mental health professionals in the U.S. can better realize its potential, as their colleagues in the UK, Europe, and Australia have already begun to do.

IMPACT

Cindy Marty Hadge, Hearing Voices participant and trainer:

"I had reached this point again where I was contemplating suicide because the services I was getting, they were telling me that I was doing great, but I was so medicated and I had no life and I'm like, "if this is the best it's gonna be, I'm not interested."

But then I remembered how peer support in the form of 12 steps had helped me out, so I went online. I put in "mental health and peer support" and I was blessed to find out that I lived within walking distance of one of the only Hearing Voices groups in the entire U.S.

I didn't know it was possible. I didn't know it was possible to get this diagnosis and create a life worth living, and here I was meeting people who are doing that.

The most important thing that I'm doing now is being a trainer in the Hearing Voices approach and getting to not only share my experience, which gives value to what I went through, I also learn so much from everybody who attends these trainings."

Latest: independent journalism for the public good

Investigative reporting and in-depth coverage of innovative mental health efforts around the world

2019 saw the start of what we hope will be a multi-year collaboration between *Excellence* and Emmy-winning science journalist and author Robert Whitaker and the freelance and staff writers at the MadInAmerica webzine.

This new *Excellence* grant is bringing high-quality reporting on innovations in mental health care from around the world, investigative pieces, in-depth interviews and podcasts with scientists on the current state of mental health care. This includes coverage of the real impact of political rhetoric around mental health on the civil liberties of individuals today.

MadInAmerica is also using its grant funding to compile a comprehensive digital catalog of important scientific journal articles which corporate media outlets have failed to report.

Grant-funded reporting so far includes an investigation of the failure of forced outpatient treatment in the United States to improve the lives of individuals or the communities where they reside; a report on the Adverse Childhood Experiences study and its author's fears for its misuse by the current system of care in the treatment of children; and the new medical technologies that could rob individuals of their most basic rights.

Follow new and archived coverage on the MIA Reports tab at MadInAmerica.com.

"One of the problems we have as a society is the research results, journal publications, that get promoted are ones that sort of fit the common narrative, promote our use of drugs, that sort of thing.

So we have a team that combs through the journals, identifying articles often in very good journals, that do, say, focus on long-term outcomes or focus on efficacy measures of alternative, non-drug modalities, and then they briefly recap the research.

It's a way to provide an outlet for the public to news that just generally isn't publicized. It actually helps inform the research community itself."

Have you made your 2019 gift yet? It's not too late.

DONATE NOW



The Rise of the Digital Asylum

By Leah Harris, MIA Correspondent • September 15, 2019 270 15

A donor-funded investigative report on the danger of new medical technologies to our civil liberties. Visit [MadInAmerica.com](https://www.madinamerica.com) for the full report.

“The idea of locking up those society calls ‘mentally ill’ or ‘mad’ has long been present in American society.

Trump’s calls for locking up the “mentally deranged” presents us with a Back to the Future moment: the impulse to lock people up for public safety reasons is an age-old one, but it comes at a moment when digital technologies are making it easy to monitor an individual in our society.

Indeed, there is now on the market a newly approved pill offering society the possibility of creating what might be called a digital asylum.

Those deemed dangerous to society may be ordered to take an antipsychotic equipped with a sensor that will not only provide society with assurance that the person is taking the pill, it will provide other personal information to monitoring authorities.

The haunted asylums of the past may be replaced by a Big Brother pill that has now arrived.”

Consciousness-Raising Workbook for Re-telling the Story of Ourselves

Part of
THE LEARNING AND SELF-DEVELOPMENT COLLABORATIVE



College of Health & Human Sciences
School of Social Work

Empowering Young Adults to Thrive

Giving young people life-long tools for wellness and resilience

Young adults report high rates of depression, anxiety, and psychosocial distress, and are generally less likely to seek formal mental health care. Prior research has explored young adults' preferences against narrowly focused treatments, such as prescribed medications, and their values for authenticity, connection, and respect.

This unique curriculum for young adults aiming to shift the conversation away from an exclusively medical understanding of mental and emotional distress was honed with an *Expanding the Science & Practice of Recovery-Based Mental Health Care and Supports* competitive Excellence grant in 2018.

The Learning & Self-development Collaborative is a 13-week program incorporating naturopathic coaching and multi-vitamins, consciousness-raising self-learning from a non-medical framework, and peer support groups.

The curriculum facilitates honest conversations about mind, self-hood, and the use of mind-altering drugs (prescribed or illicit), and encourages young adults to form support networks with peers and community.

Thanks to *Excellence* donors, the “Consciousness-raising Curriculum for Re-telling the Story of Ourselves” is freely available for download and personal use.

This pilot evaluation study tested the effectiveness of an innovative holistic intervention for young adult depression/anxiety as it compares to medication-based treatment-as-usual in the community.

IMPACT

Young adults in this intervention demonstrated continuous improvement across multiple measures over six months.

Comparison participants taking daily psychotropic medication demonstrated no significant improvement over time.

A holistic self-learning model is a viable and potentially cost-effective alternative to standard outpatient psychiatric care. The consciousness-raising curriculum developed in this project is available open-access for future replication.

This and other alternatives should be rigorously evaluated for long-term impacts on mental health trajectories, and in particular, for their potential to reduce chronic reliance on psychotropic medications.

Study results have been submitted to two peer-reviewed journals for publication.

Sponsors needed

Help children safely off psychotropic drugs

50-75% of antipsychotics given to children are not prescribed in accordance with FDA regulations

Hundreds of thousands of children in the United States receive off-label antipsychotic medications. Harmful side effects are common. Prescribers need an evidence-based protocol for deprescribing antipsychotics.

A pediatric team at Dartmouth medical school has been designing a structured protocol for tapering and deprescribing based on available evidence and similar research with adult populations.

This study will examine the feasibility of a safe protocol for eliminating off-label antipsychotic medications in children. The significance is enormous.

Cost: \$250,000

DONATE

Open Dialogue training scholarships

Open Dialogue is a life-giving approach for practitioners and participants alike, but proper training takes time and money

Open Dialogue helps someone through an extreme state or other mental health crisis by meeting them where they are, listening respectfully to every voice in the room, and making all decisions in the presence of the whole group. It is slow to diagnose, taking time to

understand the unique origins of an individual's distress and find solutions together.

Donor-funded research will soon be underway to build on existing evidence that Open Dialogue helps people get well and to demonstrate how it can be widely implemented.

To do that, we need more people trained in the approach! With your help, we can train a new generation of Open Dialogue practitioners and bring better, safer care to people in need.

Initial Goal: \$60,000

DONATE





Connect, Heal, Organize

Equipping Self-Advocates & Community Leaders

The “Voices for Choices” video series, hosted on MindFreedom International’s YouTube channel, is the first of its kind.

Courageous individuals speak out about their experience with the mental health system’s use of force and coercion. They share about alternative approaches and healing modalities they have explored and their effective approaches to organizing and activism.

The public perception is that stigma surrounding “mental illness” is reducing with time, but the experience of these individuals tells a different story.

Depression and anxiety are gaining media acceptance, but for people attempting suicide or experiencing intense emotional distress, resulting in a diagnosis of psychosis, schizophrenia, bipolar disorder, schizoaffective disorder, or other diagnostic labels, the stigma is stronger than ever.

Many people wished to participate in this project but were unable. Their explanations are clear indications that this stigma persists.

The reality is, hiding, keeping secrets, and the inability to be one’s genuine self is compounding the problem both for individuals and society.

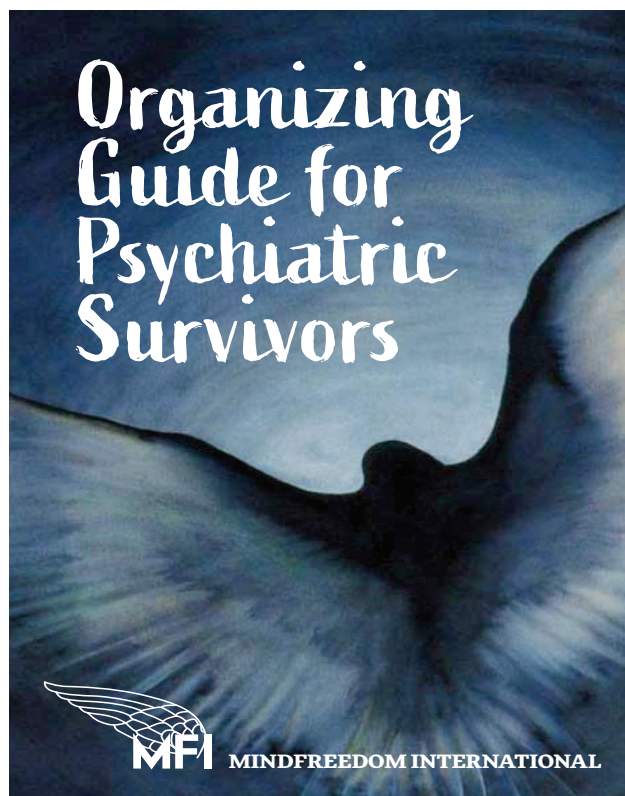
“It is our goal to break the silence, connect with one another, heal, and organize to drive a nonviolent revolution in the mental health system. This is the journey of the healer and the activist.”

3-Step Organizing Guide for Advocates

In this guide, leadership is defined as the ability to hold one’s ground, not an aptitude that one is born with. Like nuts, we are all endowed with the potential for positive growth. All of us long to evolve and be a part of something greater than ourselves.

The Tree section features alternatives to the medical model. Learn how to help individuals who experience mental and emotional challenges flourish by welcoming them into supportive communities which honor nondrug/nonforce alternatives. Learn how to find, join, and build communities that empower people by modeling egalitarianism, curiosity, mutualism, and interdependence. Learn about the importance of honoring a diversity of voices, perspectives, and abilities. Learning to work effectively in groups is personally rewarding and a pathway to wellness.

The Grove section explores how the psychiatric survivors movement can engage with other movements for social change. Psychiatric survivors have a lot to teach activists from other movements for social change and vice versa. By teaching mental health activists how psychiatric oppression is related to other forms of oppression, the needed revolution in mental health will gain new allies and greater momentum.



IMPACT

“This fall, an individual, inspired by our work on the ‘Voices for Choices’ project, made a major donation, enabling us to expand the scope and timeline of this project beyond what we had originally envisioned.

We leveraged the *Excellence* grant to double restricted program funding and increase our operating revenues by over 100%.”

Mindfreedom International was the recipient of an *Expanding the Science and Practice of Recovery-Based Mental Health Care and Supports* competitive *Excellence* grant in 2018. The Organizing Guide is available for free download at MindFreedom.org

Make it possible.

Each year, our friends choose to support our research & programs through the Annual Fund. Their collective contributions allow *Excellence* to respond to immediate needs, unexpected opportunities and fresh ideas.

The money raised for the Annual Fund each year is one of the sources of income bridging the gap between our research & program philanthropy and the total operating budget.

MentalHealthExcellence.org/donate

Sustaining Pledge Drive

Donation Amount

\$25

\$50

\$100

\$250

\$500

\$

* Donation Frequency

One-time

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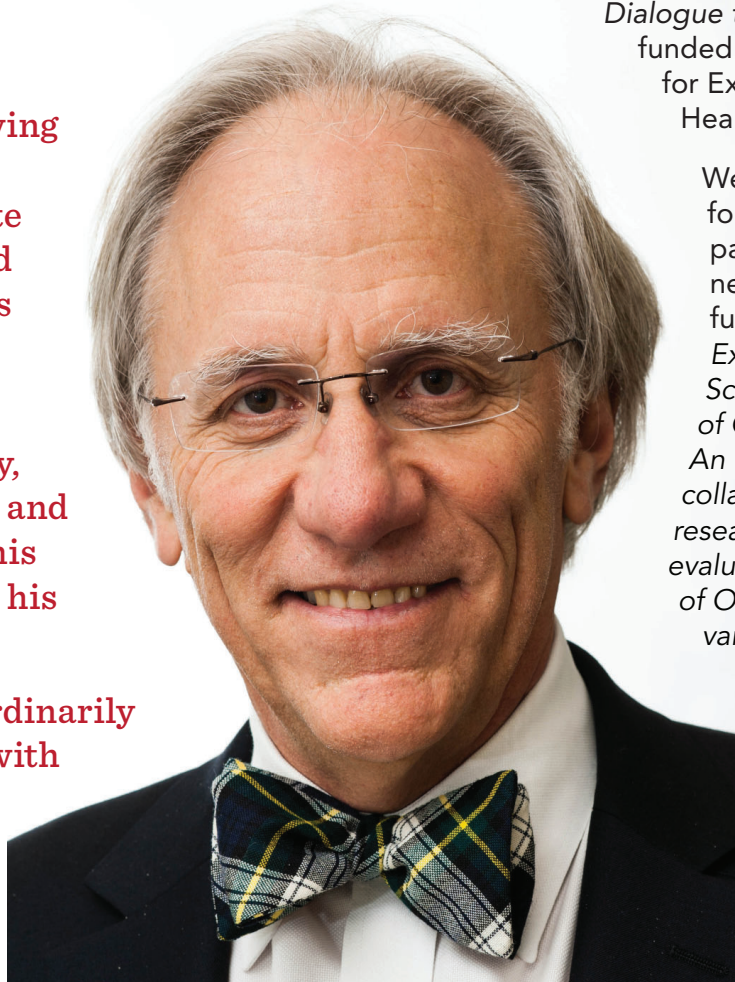
Congratulations, Dr. Gordon!

“First, we listen”, is the legacy of Excellence board member and past Vice Chair Dr. Chris Gordon’s long career creating a healing environment for his patients and a nurturing one for staff, especially for those with lived experience in their development as peer support professionals. One colleague writes,

“I can think of few people more deserving of recognition for their compassionate approach to life and work than Dr. Chris Gordon.

He embodies the values of sensitivity, empathy, tolerance and humanity in all of his interactions and in his leadership.

I have been extraordinarily fortunate to work with him to help create a system of care that prioritizes respect for the experience of each person as unique and valuable and vital to our shared existence and mutual success.



I am grateful that he is a colleague and I am a better person, truly, for knowing him. ”

Chris leaves behind an Open Dialogue program he started as the first pilot of the ongoing *Adapting Open Dialogue to the U.S.* project funded by The Foundation for Excellence in Mental Health Care.

We are grateful for his continued participation in the new Excellence-funded project *Expanding the Science and Practice of Open Dialogue: An international collaborative multicenter research project to evaluate the effectiveness of Open Dialogue in various mental health care contexts around the world.*

Our congratulations to Dr. Chris Gordon on his retirement and a job well done.

Best wishes in your coming adventures!

Open Dialogue

Research & practice collaboratives

Ambitious new international collaborative just begun

Expanding the scope and reach of Open Dialogue around the world

The Open Dialogue approach to early psychosis stands in striking contrast to the standard practice of immediate diagnosis and prescribing of antipsychotic medication for people experiencing early psychosis. Instead, the 'person at the center of concern' and their family and friends team up with at least two health professionals and meet as a group as often as needed.

Treatment decisions are made collaboratively in the presence of the whole group. Diagnosis, and often drug treatment, are delayed while the team explores all aspects of the person's health, environment and trauma-history that might be contributing to the crisis. The treatment plan is then built on the individual's expressed desires and strengths.

Five-year outcomes for first-episode crises in those diagnosed with schizophrenia and psychotic disorders include 79% of participants symptom-free and only 20% on disability and using antipsychotic medication.

Critics have noted that the bulk of published research on Open Dialogue has been conducted by its developers in Finland.

The new international collaborative *Expanding the Science and Practice of Open Dialogue: An international collaborative multicenter research project to evaluate the effectiveness of Open Dialogue in various mental health care contexts around the world*, is funded by a grant from the Foundation for Excellence in Mental Health Care. It is coordinated by the Italian National Research Council and inspired by and linked to the ODESSI-study, the first randomized trial of Open Dialogue which is ongoing in the UK.

This new project, nicknamed HOPEnDialogue, will produce consistent documentation of Open Dialogue practices across study sites and further our understanding of how Open Dialogue practices can be advanced in such a way that they are implemented with fidelity to the evidence as they are adapted for local contexts and cultures.

This project is in the preparatory phase (year 1) of a three-part work plan. Funds are currently being raised to support year two's pilot phase and the subsequent multi-year main study phase.

The project's International Advisory Board of researchers, peer supporters, family members, trainers, Open Dialogue professionals, and experts in public health from 12 countries celebrated its kickoff meeting in Rome, Italy in July 2019.

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Over thirty global experts from twelve countries gathered in Rome, Italy in July 2019 to kick off year one of a planned multi-year survey and international multi-site study of Open Dialogue implementation and best practices.

Open Dialogue approach catching on at Grady

The pilot project begun in 2016 is now taking root in culture and practice throughout the behavioral health department

Dr. Doug Ziedonis, Professor of Psychiatry at UC San Diego Medical School, began a multi-year *Excellence*-funded project in 2012 to adapt this successful Finnish program for use in the United States.

The project team began training its second pilot site in June 2016 in partnership with Emory Medical School and Grady Memorial Hospital.

The Atlanta pilot tested a new, much shorter initial training curriculum which, if it achieves the same recovery outcomes, should further speed the adoption of Open Dialogue across the nation.

Data analysis is currently underway ahead of the publication of study results. Initial results show participants experienced an improvement in mental health symptoms and social functioning.

The leadership of Dr. Robert Cotes and the support of visionary department heads, along with the generous support of an *Excellence* donor, are spreading the culture and skills for dialogic practices from the pilot program into Grady's first episode psychosis program, assertive community treatment teams and the new Center for Adaptive Functioning.



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During the first two years of the project, researchers will describe and map existing Open Dialogue centers across the world, assess their ability to participate in the study, define a research protocol, select the centers more adherent to Open Dialogue principles for a longitudinal study and promote research among the Open Dialogue Learning Community.

Following the dialogic principles of inclusion and openness, all the centers adopting Open Dialogue and researchers interested in this approach are invited to collaborate on the project.

Like the ODDESSI project, it is anticipated that the HOPEnDialogue project will examine outcomes of using Open Dialogue practices to provide care to people experiencing substantial psychiatric/psychological crisis and not confine itself just to working with young people with early episode psychosis.

Have you considered
setting up an easy
monthly donation?

DONATE NOW

IMPACT

"We have been doing Open Dialogue with our son's team for over two years. The results have been spectacular."

- Grateful parent & *Excellence* donor

College student Glen Cote participated in the first *Excellence*-funded pilot project in Massachusetts.

Visit our YouTube channel to hear Glen on his life-changing experience of Open Dialogue.

Coming up in 2020

Project coordinator Dr. Raffaella Pocobello recently announced a call for abstracts for the project's third international meeting in Rome, scheduled for 4-5 May 2020.

A project website will launch soon for anyone interested in following or contributing to the collaborative process. Follow us on social media and read our *Recovery Weekly* newsletter to keep up on the latest developments.

Cutting edge research on two continents

Breaking new ground

The results of *Excellence*-funded studies on the effect of micronutrient treatment for mental health appeared in peer-reviewed journals this year.

Dr. Julia Rucklidge and colleagues published “Human gut microbiome changes during a 10 week Randomised Control Trial for micronutrient supplementation in children with attention deficit hyperactivity disorder” in the journal *Nature*, providing a basis for future research on the biological connection between ADHD, diet and the microbiome.

Their paper “Mineral-Vitamin Treatment Associated with Remission in Attention-Deficit/Hyperactivity Disorder Symptoms and Related Problems: 1-Year Naturalistic Outcomes of a 10-Week Randomized Placebo-Controlled Trial” published in the *Journal of Child and Adolescent Psychopharmacology*, found that children who benefitted from micronutrients in the short term maintained changes at follow-up, without side effects.

A more parent-friendly article entitled “Do Diet and Nutrition Affect ADHD? Facts and Clinical Considerations” appeared in *Psychiatric Times* in 2018, examining the role of diet on ADHD symptoms, including how the elimination of certain foods and additives, as well as the consumption of other foods or nutrients, may impact symptoms.

Reversing symptoms of ADHD in kids?

The first North American trial of a 36-ingredient micronutrient formula is underway at Oregon Health & Science University, The Ohio State University and University of Lethbridge in Alberta, Canada.

Children, ages 6-12 years of age, diagnosed with ADHD and some irritable mood symptoms are participating in an 8-week randomized controlled trial. During this phase, they will receive either the active product or a matching placebo. Neither the participants’ families nor the clinicians know which one.

Afterward, all children are eligible to receive the active product for a further eight weeks. Researchers are collecting data on the children’s

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VICTOR

Video credit: Phil Pratt

02:00



Visit our [YouTube channel](#) to hear Victor's parents on life before and after micronutrients.

Victor was left as a two-week old baby at the home of his adoptive parents, Antonio and Maria.

His doctors believe he was exposed to drugs and alcohol in his mother's womb. Maria began to notice from the very beginning that he was different from the four children she'd already raised.

After a lifetime of constant struggle at home and at school, Victor was enrolled in the *'Micronutrients for*

***ADHD Youth'* study at the Oregon Health & Science University, a grantee of the Foundation for Excellence in Mental Health Care with the support of our passionate donors.**

His life was changed.

The study is actively enrolling participants in Portland, Oregon, Columbus, Ohio, and Lethbridge, Alberta, Canada.

mood and behavior before and comparing them to reports at the end of the treatment. Blood, urine, stool, hair and saliva samples will also be analyzed to uncover the biological basis for why some children benefit and others do not.

The MADDY Study is based on research from Dr. Julia Rucklidge's lab in New Zealand in which she found that the children with ADHD and irritable, angry moods reported the most benefit from the treatment.

Several of the families who have completed the initial 8 weeks report significant improvements in their child's functioning.

While researchers don't know which pills participants were taking (active or placebo), they are encouraged to hear the positive stories of improvement in mood and attention, reduced anger and an ability to get along better with friends.

A cascade of innovation

On the strength of its collaboration with lead researcher Dr. Jeanette Johnstone at the Portland, Oregon study site, a local lab in Beaverton, Oregon recently secured an NIH grant to further develop its minimally invasive dried blood spot hormone test that can be done at home and minimize the stress associated with invasive venous blood draws.

This is especially important for children and, it is hoped, will simplify participation in the MADDY study for kids and their parents.

Nutrition & Mental Health Research Fund



Dr. Johnstone will present her *Excellence-* funded work to the International Society for Nutritional Psychiatry Research at its annual conference in London in October.

**Have you thought about an
online birthday fundraiser?**

Call or [email](#) our staff and we can help you set it up!

Can micronutrients reduce medication burden for those diagnosed with bipolar disorder?

A cutting edge study on the effect of micronutrients as a supporting treatment for bipolar disorder is currently underway in Bangor, Maine, led by Lewis Mehl-Madrona, MD, at Northern Light Family Medicine and Residency.

The purpose of this trial is to determine whether a 36-ingredient micronutrient supplement (primarily vitamins and minerals) and fish oil (omega-3 fatty acid) supplement

improves nutritional status and allows lower doses of conventional medications to be effective for bipolar disorder with fewer side effects, when studied under randomized and fully blinded conditions and compared to a placebo.

A follow-up open label phase (still in need of funding) will allow all participants, including those previously taking the placebo, to try the active micronutrient treatment for an additional twelve months.

Researchers, with P.I. Dr. Mehl-Madrona (center), in Bangor, Maine are exploring the potential of micronutrients to help those diagnosed with bipolar disorder lower their doses of psychoactive medications.



Making medicines safer for all of us: RxISK.org

[RxISK.org](https://rxisk.org) is a free, independent drug safety website to help you weigh the benefits of any medication against its potential dangers.

All drugs have side effects, but people often don't link the effect they are experiencing to starting, stopping, or changing the dose of a drug. RxISK provides free access to information and tools to help you assess the connection between a drug and a side effect.

Visitors can search by drug or by side effect to see manufacturer product information, warnings, and reported side effects in an easy-to-read format.

The key RxISK project now is TaperMD™, an app developed to help doctors reduce their patients' medication burden. It has been successful in clinical trials in Canada and Australia and is the only deprescribing shown in trials to work. By the end of this year, we expect it to be in use in the United States, New Zealand, Australia, Canada and possibly the UK and Germany.

The hope is to develop a patient-facing version of TaperMD in the near future aimed at restoring healthcare to health services.

RxISK Fund



No one knows
a prescription drug's
side effects like the
person taking it.

Make your voice heard.

The RxISK Prize

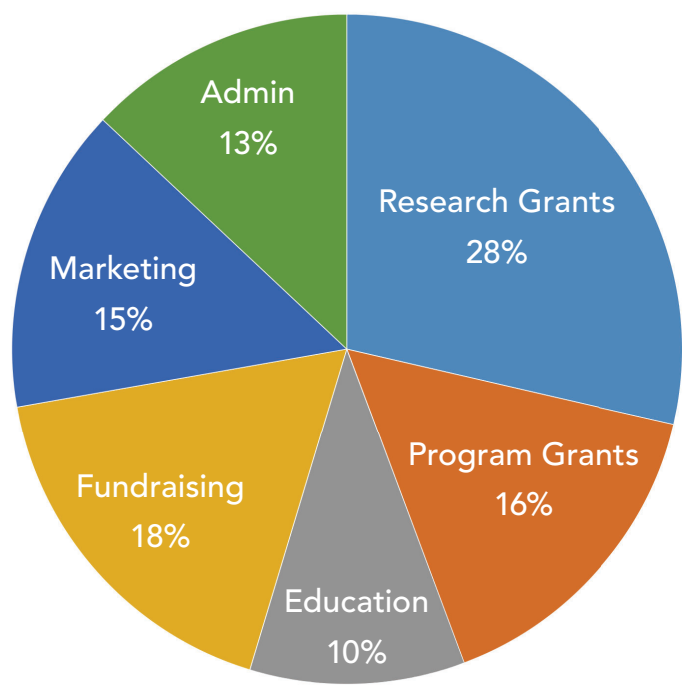
Many people are aware that antidepressants can cause sexual side effects but almost no-one knows these can endure permanently after treatment stops – sometimes only emerging after treatment stops. This is a problem facing tens of thousands of people, leading to suicide, relationship and family break-up, job loss and a lot of wasted money on dangerous options held out as cures. At present, there is almost no support for those affected.

The RxISK Prize is a movement powered by people whose sexual functioning has been destroyed by SSRIs, isotretinoin or finasteride, aimed at drawing attention to and finding an answer for this common devastating problem.

The fund has collected over \$60K of its \$100K goal, but more importantly, it has helped focus efforts to find a cure. Visit [RxISK.org](https://rxisk.org) to join in these efforts.

Financial position highlights

January 1, 2019 - July 31, 2019 Snapshot



Spending as a percentage of total budget

ASSETS

Total Unrestricted Net Assets	\$753,674
Total Temporary Restricted Net Assets	\$695,403
TOTAL NET ASSETS	\$1,449,077

LIABILITIES

Total Current Liabilities	\$65,089
TOTAL LIABILITY & EQUITY	\$1,514,166

If you would like a copy of financial statements audited by Carter, P.C., call our main office at 503-816-5676. Our 990's are available online at [MentalHealthExcellence.org](https://www.mentalhealthexcellence.org).

We Honor

Our shared dedication to making better, safer mental health care available now and to future generations springs from our profound love and gratitude for the following individuals in whose names many gifts have been given.

A mate on twitch xxs4rg3xx
Alan Roy Mountain
All my Atlanta friends
All the clients I've worked with
All those who struggle
Andrew DeSanti
Angel Bossio
Anna Huneycutt
Anne Graham
artist
Austin Lee Mejia
Baraa Lawi
Barbara Cohen
Billy Muer
Bree
Aaron Jacobs Smith
Caleb Jacobs Smith
Chris Hirsh
Christian K. Johnson Billups
Christopher Hickey
Corbettt Monica
Darla Ghanat
Daughter Sarah
David Alt
David Hardy
David Hughes
David Jacobs
Deb Parker
Deborah
Donita Diamata
Dr. Peter Breggin

Dr. Bonnie J. Kaplan
Dr. David Healy
El Gundlach
Ellen Pasay
For C, and too many others
Freedom Center
Gail Harris
Gene Landriau
Gina Nikkel
"Girl on a Hot Tin Roof"
Hannah Smith
Hollis Heimbouch
Ian and others who have been
harmed by adverse prescription
drug reactions.
All of those wonderful people who
were locked up with me against
their will and died from their
mistreatments.
John Mendez
Julie Huneycutt
Justice's Younow
Kara
Karl Frohnen
Kazadi Salwa
Kevin Fitts
Laura Van Tosh
Laysha Ostrow
Lee Macht, MD
Leonard Dedrickson
Lois Curtis

Loren Mosher
Lucas James Finnegan
Lyle Woodward
Lynn Payer
Marc Pelletier
Michelle Klimas
Mickey Nardo, M.D.
Mike Hlebechuk
Moms on Memorial Wall at
2020Mom.org
Mr. & Mrs. Nelson
Nicholas Emlen
Oliver Armen
Oryx Cohen
Paul Peacock
People with mental health challenges
Raffa
Rigel Flaherty
Robert Medford Wagner
Robert Passmore Liversidge III
Ron Lidgi
Ryan M. Soper
Sheila Hamilton & her husband David
Sonia and Hector Fajardo
Stephen
Susan Kelly
W. Silkwood
Walter and Evelyn Hudson
Wendy Garfield
Yana Jacobs

Keep it going

Your giving changes lives.

Online

Support the mission or your favorite project
[Donate now](#)

Establish a Fund

It is simple to arrange for a donor-advised or endowment fund at *Excellence*, enabling you to manage your philanthropy with the degree of involvement you prefer and without having to establish or manage a private foundation. Please contact:

Gina Nikkel
President & CEO
Email Gina@MentalHealthExcellence.org
Phone 503.930.0349

Bequests

Build a caring legacy and inspire your family with a tradition of giving back. Estate planning options include charitable bequests, charitable lead or remainder trusts and donations of retirement assets or insurance policies.

Contact

Foundation for Excellence
in Mental Health Care
Email info@MentalHealthExcellence.org
Phone 503.816.5676
MentalHealthExcellence.org
8532 SW St. Helens Drive, Suite 250
Wilsonville OR 97070



FOUNDATION FOR EXCELLENCE
IN MENTAL HEALTH CARE

Expect Recovery. Hope Matters.

Do you ever wonder what good your giving does?

It's a great question. Each of us knows the enormity of the journey we've embarked on together. Our motivations to change the way mental health is understood and addressed are personal and profound and so we give.

The result?

Dialogue, from living rooms to newsrooms to board rooms, that would never have happened without your support.

New partnerships and large matching donations to programs and projects that are changing lives.

Children, youth and adults with lives transformed by the hope and tools for healing that your support has helped create and share.

You did that.

