2022 Impact Report

Changing the Way the World Treats Mental Health
HELLO JWB COMMUNITY!

We are pleased to share this 2022 John W. Brick Mental Health Foundation Impact Report highlighting the accomplishments your support and involvement have made possible over the last few years.

Aiming to change the way the world treats mental health, we are dedicated to integrating exercise, nutrition, and mind-body practices into treating mental illness and promoting mental well-being for all. Never has there been a better time to make a real difference in how we approach mental health. Your contributions, every dollar of which goes directly toward groundbreaking research, innovative programs, and community initiatives, have reached veterans, inner-city schools, hospitalized patients, outpatient clinics, and the homes of over 150,000 people from more than 70 countries - all in the last three years. And we are just getting started.

Building from the tremendous success of our Never Alone Summits, our Move Your Mental Health™ Report, and online events and resources in 2020-21, the JWB Foundation will launch a fresh new podcast, a portfolio of curated research projects and community programs, and take our online events to a whole new level. By funding and amplifying research on exercise and nutrition for mental health, implementing our brand new certification programs for fitness and mental health professionals, JWB leadership on the TEDx stage and other international venues, we are poised, with your help, to create a worldwide paradigm shift leading to increased resilience and flourishing.

Mahalo,

Victor and Lynne Brick
JWB Founders

WHAT WE BELIEVE ABOUT MENTAL HEALTH
Mental health is the ability to navigate and recover from emotional, social and psychological stress. It is the resilience to cope with life events and maintain a general sense of happiness, contentment and well-being. It is more a journey than a destination.

OUR PURPOSE
Integrating salutogenic approaches, such as exercise, nutrition and mind-body practices, into treating mental illness and promoting mental wellness.

OUR STRATEGY
We fund and promote evidence-based research on how exercise, nutrition and mind-body practices benefit mental health. We support programs and initiatives that integrate evidence-based holistic approaches into promoting mental illness and mental wellness.

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OUR APPROACHES TO MENTAL HEALTH MUST EXPAND TO INCLUDE THE WHOLE PERSON — BODY, MIND, & SPIRIT

Victor and Lynne Brick
JWB Founders
MEET OUR 2022 TEAM

Victor Brick, Founder
Lynne Brick, Founder
Cassandra Vieten, Executive Director
Merrill Brick, Director of Special Projects
Leah Gizzi, Program Coordinator
Jolie Samuelson, Marketing Associate
Jennifer Fearon, Board Member
Shirley Archer-Eichenberger, Board Member
Tom Laidlaw, Board Member

Scientific Advisory Board
Elissa Epel, PhD
Bonnie Kaplan, PhD
Eli Puterman, PhD
Charles Raison, MD

Program Advisory Board
Raghu Appasani, MD
Lawrence Choy, MD
Kelly Davis, MS
Michael Hosking, PhD
Renee Moorefield, PhD
Susan Reynolds, MEd

The John W Brick Foundation fills a unique and critical gap in the world of mental health research. It is unique in focusing on salutogenic ways of promoting good mental health. It will illuminate new or under-recognized methods of enhancing emotional well being even for those living with a chronic psychiatric disorder.

The John W. Brick Mental Health Foundation is comprised of a diverse team dedicated to changing the way the world treats mental health. The JWB is composed of volunteers, interns, and a tenacious leadership staff who are passionate about holistic approaches to mental health. JWB’s team unites with over 50 organizational partners on a global scale to further evidence-based research and program implementation.

— Elissa Epel
Scientific Advisory Board Member
JWB has donated over $3,000,000 to Changing the Way the World Treats Mental Health

We have partnered with over 100 established leaders in the mental health space, such as:

NFL Pro Football Hall of Famer, Ray Lewis
Olympian, Lauren Sesselmann
U.S. Congressman, Patrick Kennedy
Comedian, Actor, and Author Russell Brand
Author and integrative medicine advocate, Deepak Chopra
Singer and mental health advocate, Jewel
U.S. Surgeon General, Richard Carmona
QB for the Denver Broncos, Russell Wilson
NASA Astronaut, Aerospace Surgeon, Dr. Yvonne Cagle
Ultramarathon Runner and Author, Charlie Engle

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**ACCOMPLISHMENTS**

- 41.24K Email List Supporters
- Over 10 million media impressions
- 50+ Sponsors and Partners
- 2 Never Alone Summits with over 200,000 views in 70+ countries
- Publication of our report, Move Your Mental Health™
- Annual Move Your Mental Health™ Event
- Provided gym memberships and online coaching to combat veterans
- Featured in Forbes, Psychology Today, Yahoo News, Baltimore Magazine, and many others
- Donated fitness equipment to hospitals
- Supported holistic alternatives to detention in inner-city schools
- $1.2 Million grant to the University of California, San Francisco
- Created exercise facilities in mental health centers
- Featured at TEDx
- Hosted four 5k Runs
- Over 54,000 Instagram accounts reached in 2022 so far
- Hosted the Mental Health Leaders Roundtable
- Over 350 donors
- Partnered with MTV for Mental Health Action Day
- Featured in over 100 Planet Fitness locations
- Funded Valor Farms residential program for veterans with PTSD
UNIVERSITY OF CALIFORNIA, SAN FRANCISCO
The JWB Foundation awarded a $1.2 million grant to the University of California, San Francisco, (UCSF) to conduct a gold-standard study to determine the effect of positive stress on mental health.

HOLISTIC LIFE FOUNDATION
The JWB Foundation supported the Holistic Life Foundation to provide yoga and mindfulness education to underserved youth and adults in the Baltimore, MD community and beyond.

JOHNS HOPKINS HOSPITAL
The JWB Foundation donated wellness supplies and fitness equipment for a room in the adolescent ward at the Department of Psychiatry and Behavioral Sciences at Johns Hopkins Hospital.

NATIONAL CENTER FOR HEALTHY VETERANS
The JWB Foundation supported the National Center for Healthy Veterans to provide programs and research in service to their mission to “Return Healthy Veterans to America.”

ARUNDEL LODGE
The JWB Foundation awarded a grant to Arundel Lodge, a not-for-profit, community mental health center in Edgewater, Maryland, to build and equip a fitness center to boost mental health and wellness of patients.

MOVE YOUR MENTAL HEALTH™ REPORT
Is cycling good for depression? Does yoga help with anxiety? This report allows everyone from individuals to families to health professionals learn what the scientific evidence to date says about the effects of different types of exercise on an array of mental health outcomes.

NEVER ALONE SUMMIT
The JWB Foundation partnered with the Never Alone Initiative of the Chopra Foundation and CG Creative Studios to produce two global multi-day livestreams to support mental health and well-being during the Covid-19 pandemic.

“The Foundation's vision of resilience building practices is simultaneously in line with ancient wisdom and cutting edge science.”

— Charles Raison, MD
Scientific Advisory Board Member
The John W. Brick Foundation is a true pioneer in raising public awareness of evidence-based non-pharmaceutical approaches: the lifestyle factors that promote and even treat mental health.

— Bonnie Kaplan, PhD
Scientific Advisory Board Member
SEEKING FUNDRAISING PARTNERS

We are seeking philanthropy partners to join us in funding a carefully selected portfolio of groundbreaking research and high-impact programs. What will your contributions make happen?

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO

Integrative Depression Treatment
Investigate how exercise-enhanced treatment influences outcomes and what baseline characteristics predict response, in patients at a new state-of-the-art depression clinic.

UNIVERSITY OF CANTERBURY, NEW ZEALAND

Micronutrient Treatment on Teens with Emotion Dysregulation
Investigate in a double-blind 8-week randomized placebo-controlled trial the efficacy and safety of micronutrients compared with placebo in 150 medication-free emotionally dysregulated youth.

OREGON HEALTH AND SCIENCE UNIVERSITY

Microbiome/Metabolomics in Youth ADHD/Emotion Dysregulation
Determine if youth who improved in a micronutrient clinical trial differ in gut microbiome and metabolomics.

UNIVERSITY OF BRITISH COLUMBIA

Exercise: Can it Reverse Depression and How?
Randomize newly diagnosed patients with major depressive disorder to standard of care (SC) vs. standard of care plus aerobic exercise (SC-X). SC-X patients will engage in moderate to vigorous exercise with a fitness coach.

GALLUP ORGANIZATION

Gallup Poll
Conduct the first-ever Gallup Poll on exercise, nutrition, mind-body practices, and mental health.

BRICK CENTER FOR INTEGRATIVE HEALTH

University Mental Health Center
Launch the nation’s first university-based center for integrative mental health.

SYSTEMATIC REVIEWS AND EVIDENCE MAPS

JWB Foundation
Review the evidence for exercise, nutrition, and mind-body practices for mental health, and provide evidence maps and summaries to guide individuals, families, mental health professionals and policy makers.

“Few organizations seek to advance the treatment of mental illness beyond the biomedical model, but the John W. Brick Mental Foundation does just that. The Foundation supports community organizations and scientists to include lifestyle factors as primary or adjunct treatment approaches into their programs so that patients don’t just survive, but thrive.”

— Eli Puterman, PhD
Scientific Advisory Board Member
CERTIFICATION PROGRAMS FOR FITNESS PROFESSIONALS AND MENTAL HEALTH
JWB Foundation
Trains fitness professionals and mental health professionals in the intersection of exercise and mental health, and provides tools for mental health providers to collaborate with trained fitness professionals in their communities in prevention and treatment of mental illness.

NATIONAL CENTER FOR HEALTHY VETERANS
Integrate and assess effects and mechanisms of holistic mental health approaches at Valor Farms, an innovative veterans residential program in Virginia developed by Major General Bob Dees, US Army (retired).

HOLISTIC LIFE FOUNDATION
The JWB Foundation plans to continue its support to the Holistic Life Foundation for underserved youth and adults in the Baltimore, MD community and beyond.

CATCH-A-LIFT
The JWB Foundation plans to continue its support to help enable post 9/11 combat wounded veterans all over the U.S. to recover and rehabilitate both physically and mentally.

GLOBAL WELLNESS INSTITUTE
Empowers wellness worldwide by educating public and private sectors about preventative health and wellness. Provides research on the global wellness economy, including a recent JWB-sponsored report on the Global Mental Wellness Economy, and convenes the Global Wellness Summit.

MENTAL HEALTH LEADERS ROUNDTABLE
JWB Foundation
Convenes an alliance of over 40 mental health organization leaders, amplifying one another's initiatives and events, and supporting members with shared resources.

MOVE YOUR MENTAL HEALTH™
JWB Foundation
Honoring Global Mental Health Day in October by providing an international audience with ten days of ten-minute movement routines designed to boost mental wellness.

It's such an honor to direct the JWB. We are in a mental health renaissance - and each action we take at the JWB is a strategic move toward advancing a new definition of mental health, expanding and improving mental health care, and elevating the mental well-being of the general population. We couldn't do it without our supporters, thank you!

— Cassandra Vieten, PhD
Executive Director

Our Mental Health...

Requires a Mind-Body Approach
occurs on a Dual Continuum
Benefits from Positive Stress
THANK YOU FOR YOUR SUPPORT
SPONSORS, PARTNERS, & PROJECTS
JOIN US

HOW CAN YOU CONTRIBUTE?

DONATE, PARTNER, CHAMPION

Donate
one time or monthly

 Invite
them to learn more

Fund
all or part of a project

 Introduce
us to your friends

Advocate
for our mission

Sponsor
and receive naming rights for new health facilities & programs

YOUR DONATION:

• THE BRICK FAMILY COVERS ALL ADMINISTRATIVE COSTS - EVERY DOLLAR GOES TO PROGRAMS AND RESEARCH
• YOUR CONTRIBUTION IS 100% TAX-DEDUCTIBLE
• YOUR CORPORATION MAY MATCH YOUR GIFT
• YOU CAN TRANSFER STOCK OR LEAVE US IN YOUR WILL
• DONATIONS INVESTED IN REVENUE-GENERATING PROGRAMS WILL PROVIDE ONGOING SUPPORT FOR JWB
• YOUR GIFT CAN HONOR A LOVED ONE TO BE ACKNOWLEDGED ON OUR WALL OF HONOR