

The 34th Annual Walk for Hope

SUNDAY • OCTOBER 9, 2022

The Angus Barn

Walk • Run • Festival



FOUNDATION of HOPE

Breakthrough Research for Mental Illness



**We are BACK! –
Registration is OPEN for
the 2022 Walk for Hope!**

Sign up at walkforhope.com or call 919-781-WALK and join us as we walk together in support of family, friends, and community members living with a mental illness. Afterwards, enjoy a family-friendly festival with amazing food, music, petting zoo, games, and prizes! It's an afternoon of endless fun. And yes, we're again offering a VIRTUAL Walk/Run if you can't make it in person!

Whether you walk or simply join the festival, all pricing is the same! **Join us!**

100% of the money raised by participants directly funds local mental illness research at the UNC-Chapel Hill Department of Psychiatry.

We're thrilled that our festival includes Two Roosters ice cream and The Embers featuring Craig Woolard performing!



**Follow these
3 Simple
Steps!**

Scan Here!



1

REGISTER

Online: walkforhope.com
Phone: 919-781-WALK

**MEET THE
MINIMUM**

2

\$70+ Adults*
\$30 Youth 18 and younger & Full-time students
Children under 5 are FREE
*Register by August 15 and save \$15

3

**RAISE MONEY,
WIN PRIZES**

Set up your fundraising page to share with friends & family. You could qualify for dozens of amazing prizes!

Learn more and sign up at walkforhope.com • 919-781-9255

Walk for Hope Raffle

Need a fun and easy way to raise money for the Walk for Hope? A small ticket can win one of four BIG prizes in 2022:

- Domestic air travel for 2 from Delta Air Lines
- \$1,500 gift card to Patio Pro
- \$1,000 gift card to Bailey's Fine Jewelry
- \$250 gift card to Second Empire Restaurant and Tavern



Sell tickets for \$5 each, 5 for \$20, or 10 for \$30! Share our virtual raffle ticket link on-line or scan this QR code with the camera on your phone to help fund-raise for your team's total!



Changemaker Story: Kimberly

"For as long as I can remember I felt broken, and that I was the only one in the world who felt that way.

I was diagnosed with Generalized Anxiety Disorder when I was only 9 years old. I walked through life hating myself and my big emotions.

My therapist helped me finally realize that my emotions didn't control me and in fact they were only a small part of who I was.

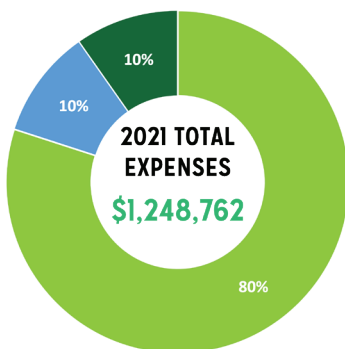
Everyone at some point in their life struggles, often alone, and in silence. That is why I absolutely love the Foundation of Hope. They raise awareness of the importance of mental health and they help fund research to find more effective ways to help those suffering, which is exactly what this world needs.

I am a wife, soon-to-be mom, musical theatre performer, board game lover, hard worker, loud, and passionate person, who happens to have Generalized Anxiety Disorder, and I am not broken or alone. I am normal and I am human!"

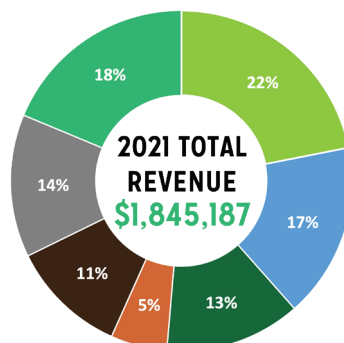
Be a Changemaker - share your story with us.



2021 By the Numbers



\$999,029	Program & Grants
\$128,106	Management & General
\$121,627	Fundraising



\$404,012	Walk for Hope
\$306,000	Walk for Hope Sponsors
\$237,625	Evening of Hope / Igniting Hope Seats
\$98,500	Evening of Hope / Igniting Hope Sponsors
\$203,843	Annual Fund Campaign
\$250,000	CHAAMP Leadership Gift
\$345,207	Other Contributions

Mission
To conquer mental illness by investing in groundbreaking scientific research and mental health initiatives.

Vision
We strive to eliminate suffering from mental illness.

*These figures are pre-audited but not expected to change significantly

We can't wait to welcome our teams back in person!

Create your team today!



Leaders of Hope

ANGUS
BARN

MIX
101.5
WRAL-FM

DELTA

AXIS
CORRUGATED
CONTAINER
Unfolding Endless Possibilities
Vinnie's

Lenovo

WRAL.com

5
WRAL

YARDI

Partners of Hope

US.
FOODS

UNC
HEALTH

pepsi
bottling ventures

WESTGATE
Jeep
WESTGATECARS.COM
KIA CHEVROLET

LongBeverage

Fred Anderson
TOYOTA
THE FAMILY STORE
FREDANDERSONTOYOTA.COM

We love our Walk sponsors! Sponsorship opportunities are still available - contact us!

Visit walkforhope.com for more information about everything in this newsletter.

The Evening of Hope with Marie Osmond

September 14, 2022: The Pavilion at Angus Barn

For this fall's Evening of Hope, we are thrilled to welcome entertainment icon **Marie Osmond** as our speaker! Ms. Osmond is a superstar performer, author, and philanthropist, who will join us for an incredible evening at the Angus Barn Pavilion to support mental illness research. Seats are \$750 each and will sell out fast – call us today to reserve your spot!

Igniting Hope will return in 2023!



FOH CHAAMP



Huge progress for CHAAMP - the Scholar is hired!

Meet **Danielle Roubinov, PhD!** Danielle is a Clinical Psychologist and Assistant Professor at UCSF, where her research has focused on how stress, adversity, and anxiety in early childhood affect physical and mental health. She is dynamic and energetic, and will be joining the UNC Department of Psychiatry this fall to officially kick start CHAAMP!

We'll be sharing more information about Danielle and plans for the future growth of CHAAMP later this year, so stay tuned!

FOH Giving Community

You belong in this community!

Many thanks to the 113 inaugural members of the Foundation of Hope Giving Community who went above and beyond for us with individual and corporate non-event giving of \$250 or more in 2021. We are truly humbled by the generous support our donors provide year after year.

Recurring gifts are easy, impactful, and sustainable - and help us **do more and fund more**. Join us as a monthly HopeGiver now!

FOUNDATION of HOPE
**Giving
Community**

**ANGUS
BARN®**

Volunteer of the Year: Fantastic Foodies

It's a feat to feed 3,000 people year after year! We're proud to recognize these Walk Managers and Angus Barn kitchen dream team with this year's Golden Shoe Award!



Walt



Adam



Scott



Jorge



Julie

Extraordinary Impact: 2022 Approved Grants

In 2022, we're funding 8 innovative research grants for a grand total of **\$478,028** to help combat mental illnesses like addiction, PTSD, and depression. We believe there is no health without mental health, and our mission is still more urgent than ever. Congratulations to these outstanding researchers - the 2022 Faces of Hope!



Dr. Alana Campbell, \$92,932

Anxiety: This project explores brain and behavioral markers of emotion and anxiety in parent-child dyads to discover better ways to help young children process stress, feelings, and emotions.



Dr. Sara Faccidomo, \$39,565

Alcoholism/Substance Abuse: This study will investigate how a specific brain protein mitigates the side effects of repeated drug use that can cause anxiety in individuals with substance use disorder.



Dr. Hiroyuki Kato, \$40,092

Autism/Developmental Disabilities: This study will provide data on how to identify the brain circuits that lead to sensory overload in individuals with autism spectrum disorders through auditory sound processing.



Dr. Samuel McLean, \$59,168

PTSD: This study tests the feasibility and initial efficacy of a 5-session teletherapy intervention designed to reduce or prevent severe post traumatic stress symptoms after sexual assault.



Dr. Leslie Morrow, \$98,500

Alcoholism/Substance Abuse: This study will use inflammatory biomarkers in plasma from excessive alcohol drinkers to determine if those immune signals predict Alcohol Use Disorder drinking severity.



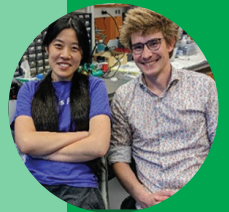
Dr. Juan Carlos Prieto, \$66,691

Autism/Developmental Disabilities: This study combines MRI and AI data to create framework 3D models to interpret connections and differences between brain shape, cognitive function, and neural networking.



Dr. Danielle Swales, \$40,000

Women's Mood Disorders: This study will monitor how hormone changes across pregnancy relate to the onset of irritability in women at risk for perinatal depression.



Dr. Mengsen Zhang & Dr. Tobias Schwippel, \$41,080

Depression: This study will track through EEG how synchronized brain activity between college students experiencing stress and their therapists may help predict successful treatment outcomes.

38 Years of Impact

\$7.4 M seeded → **\$211 M** total leveraged growth

walkforhope.com

Sunday,
October 9 at
ANGUS BARN



“Yippee!
The Walk
is back...
This ain't
no bull!”



SIGN
UP
NOW!

Thanks for Your
Support!

Van

Jennifer

Shelly

Blair

Jennifer

Foundation of Hope for Research & Treatment of Mental Illness
9401 Glenwood Ave. • Raleigh, NC 27617
919.781.9255 • walkforhope.com
walkforhope@walkforhope.com

