

The 33rd Annual Walk for Hope SUNDAY • OCTOBER 10, 2021 The Angus Barn



We are ON, so mark your calendars as registration is OPEN for the 2021 Walk for Hope!

Register at www.walkforhope.com or call 919-781-WALK and join us for this fantastic event. We've been walking for 33 years 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, run, 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. Learn more and sign up at walkforhope.com.

Of course, we're following all city and state guidelines to ensure the health and well-being of our participants. We will be prepared to reimagine the Walk as a Drive-Thru again this year, only if we must, but we're thinking positively that we will all be walking together again this fall!



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

Walk for Hope: 3 Simple Steps

1

REGISTER

Online: walkforhope.com

Phone: 919-781-WALK

MEET THE MINIMUM

2

\$70+ Adults*

\$30 Children 5-12 & 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!



Walk for Hope Raffle

Need a fun and easy way to raise money for the Walk for Hope?
A small ticket can win BIG with our raffle!

IN 2021, WIN:

- **Luxury 7-day Caribbean trip for 6 to St Lucia**
- **Domestic air travel for 2 from Delta**
- **\$1,000 gift card to Bailey's Fine Jewelry**

Raffle tickets are available at no cost to you!
Sell tickets for \$5 each, or 6 for \$25!

Pick yours up from our office or share our virtual raffle link with friends and family to help fundraise for your team's total!

Let's have another great year!



Evening of Hope featuring LeAnn Rimes

September 21, 2021 • The Pavilion at Angus Barn

After a year hiatus, for this fall's **Evening of Hope** we are thrilled to welcome Grammy-award winning singer and actress **LeAnn Rimes** as our speaker!

Ms. Rimes is a mental health advocate outspoken about her struggles with anxiety and depression. We are looking forward to all coming together safely for an incredible evening to support mental illness research.

We're still working on the details of the event – your health and safety is paramount to us – and new this year we will be offering a virtual attendance option!

Stay tuned for more information about this exciting event!



Eure Endowed Professorship Update

Established in 1999, the Thad and Alice Eure endowed professorship provides scholarly support funds for a distinguished faculty member in the UNC Department of Psychiatry. It was awarded in 2008 to John Gilmore, MD, a renowned clinician and researcher, whose research focuses on early childhood brain development and how it contributes to risk for schizophrenia and other psychiatric disorders.

His current studies include:

- 1) early brain development in children at risk for schizophrenia and bipolar illness,
- 2) a twin study to determine genetic and environmental contributions to early brain development, and
- 3) a study of structural brain development in normal children and its relationship to the development of attention, anxiety, and executive function.

Dr. Gilmore is also co-PI of the NIMH Baby Connectome Study and of a NIMH T32 training grant for "Big Data" in Psychiatry.



In 2020, we're thrilled to report two major discoveries, each with a scientific publication.

1. Individual differences in the brain structure of 6 year-olds are present by age 1. This indicates that a large portion of what makes each human brain unique, and likely the risk for psychiatric disease associated with these individual differences, is already present in the first year of life.
2. Genes of risk for schizophrenia, especially those expressed in the placenta during pregnancy, interact with environmental risk factors before and during birth to alter early childhood brain structure and cognitive development.

Changemaker Story: Tina

"I lost my 19-year-old niece, Kaleigh (pictured), to anxiety, which led to depression. You would never know how much Kaleigh was suffering by looking at her. She was pretty, popular and had her whole life ahead of her. It looked like she had her life made. Little did we know she was silently struggling. My family and I now walk and volunteer each year to help raise awareness, to eliminate the stigma and to find a cure or effective treatments for people that are suffering with this disease. Mental illness knows no gender, age, economic status, race or religion. It can affect anyone.

Please come out and join our team, Legacy of Love, to help overcome this disease. The Walk for Hope is a family fun event that allows families and friends to show that we know people are suffering and that we can overcome this!" - Tina



FOH Giving Community

FOUNDATION *of* HOPE
**Giving
Community**

We're proud to unveil our new donor recognition program – the **Foundation of Hope Giving Community** – for those individuals and companies who go above and beyond for us with non-event giving of \$250 or more in a calendar year. We are truly humbled for the generous support our donors provide and invite you to visit www.walkforhope.com/XXXXXX as we thank the inaugural members of this society for their gifts so far in 2021.

(Insert Giving Community Piece?)

Launching Careers

"Without the support of the Foundation of Hope at an early stage in my career, I would not have been able to initiate a program of research that has led to new discoveries about the brain basis of autism and how new autism treatments work" - Gabriel S. Dichter, PhD

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Extraordinary Impact – 2021 Approved Grants

In 2021, we're funding 7 innovative research grants for a grand total of \$350,000! We're thrilled that we can continue supporting research to help combat mental illnesses like anxiety and depression.

Our mental health system continues to be dramatically challenged, especially with the added burden of the pandemic. But we believe research is hope, and our mission has never been more urgent!

In 37 years, we have seeded over \$6.6 million in scientific research. These studies have leveraged an additional \$175 million from federal and private institutions.

Dr. Brenna Maddox, \$39,992

Autism / Developmental Disabilities: This study will use cortisol level changes and other behavioral markers to assess suicide risk in adolescent females on the autism spectrum.

Dr. Camden Matherne, \$XX,XXX

Eating Disorders: This study will examine how chronic gastrointestinal disorder symptoms such as abdominal pain and nausea link to a higher prevalence of eating disorders in adolescents.

Dr. Rob McClure, \$XX,XXX

Depression: This pilot study will determine the antidepressant effects of psilocybin-assisted therapy to predict improvement of Treatment-Resistant Major Depression.

Dr. Margo Nathan, \$39,617

Women's Mood Disorders: This study will provide insight into how stress levels during the menopause transition affect the connection between depression and cardiovascular disease.

Dr. Julianna Prim, \$40,000

Women's Mood Disorders: This study will track depressive symptoms like heart rate changes, sleep disruption, and social function using wearable technology in patients with premenstrual dysphoric disorder.

Dr. Justin Riddle, \$38,280

Depression: This study will use non-invasive stimulation to target specific brain circuits and change the pattern of activities contributing to major depressive disorder and anhedonia (the inability to experience pleasure).

Dr. Xiaoming Zeng, \$41,302

Schizophrenia: This study will create an algorithm to use in Electronic Health Record systems to help identify patients with treatment-resistant schizophrenia eligible for additional antipsychotic treatment programs.



**Congratulations to these
outstanding researchers!**

For complete
grant descriptions, visit
walkforhope.com/what-we-fund

2020 Roundup – Our Goals



1,200 volunteer hours
donated

\$475,000 awarded
to 10 research grants



\$5.8 million in federal funding leveraged

XX Zoom/Webex meetings



6,732 versions of events considered



150 Volunteers

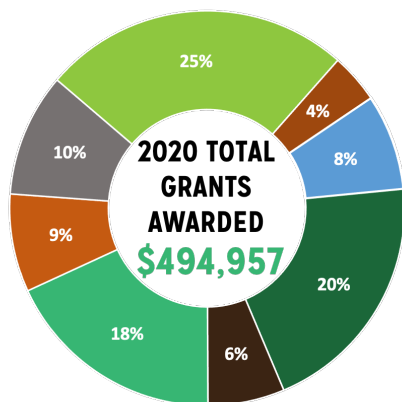
1,000 hand painted
ornaments mailed



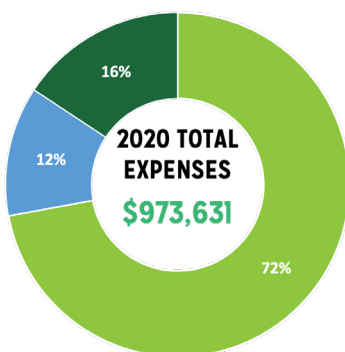
22 bricks added to
Walkway of Hope



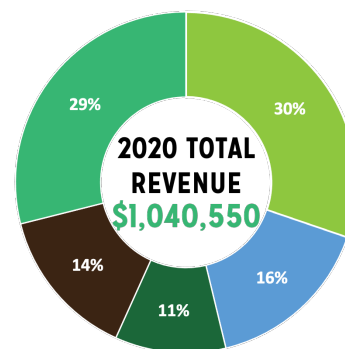
2020 By the Numbers



\$ 124,997	Anxiety
\$ 20,000	Community Grant (Mental Health Initiative)
\$ 39,065	Eating Disorders
\$ 100,000	Schizophrenia
\$ 31,107	Depression
\$ 90,070	Women's Mood Disorders
\$ 39,718	Genetics
\$ 50,000	Autism



\$ 702,042	Program
\$ 118,554	Management & General
\$ 153,035	Fundraising



\$ 314,707	Walk for Hope
\$ 166,320	Walk for Hope Sponsors
\$ 109,403	Power of Research Campaign
\$ 149,227	Annual Fund Campaign
\$ 300,893	Other Contributions

TOTAL NUMBER
OF PEOPLE
IMPACTED:
IMMEASURABLE

How You Can Help

DONATE

Your donation will help support groundbreaking research projects and vital community initiatives.

VOLUNTEER

Giving time is important, too! We welcome support throughout the year and at our annual events.

SPONSOR

Our events wouldn't be possible without the generous sponsorship of businesses large and small.

HOST

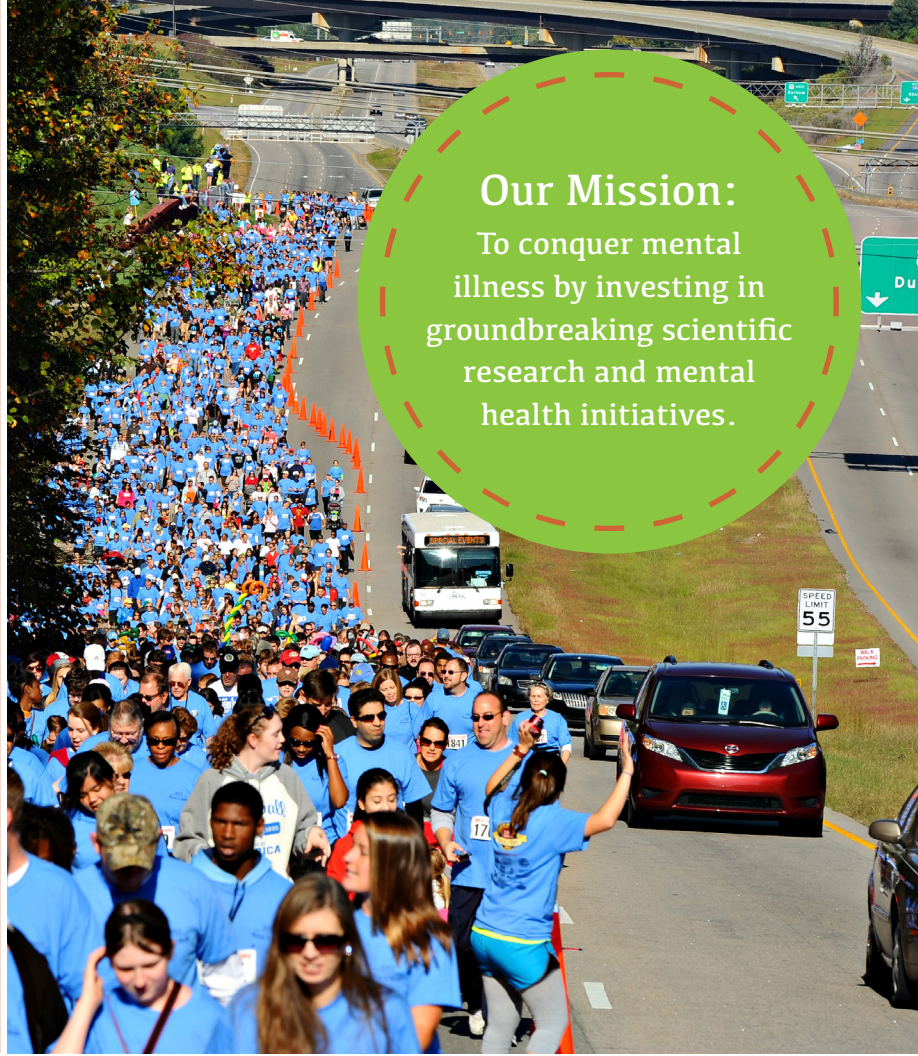
Gather friends, family, and community members at your own special fundraiser.

Our Vision:

To eliminate suffering from mental illness.

Our Mission:

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



Volunteer of the Year:

In a most unusual year, our volunteers still stepped up, stopped by, and took projects home with them to help us out during the pandemic! Members of this special group – who devote countless hours of time and lots of energy to the FOH – keep us going year after year, and we're so grateful to each and every one. We're proud to recognize Vicki Kemp with this year's Golden Shoe Award!

Vicki's calm, sweet demeanor was so soothing in the office when everything felt off-balance much of last year. She is always so flexible and responsive, and goes out of her way to do anything she can to help make our events run smoothly. We are so thankful she is a part of the Foundation of Hope family!

Vicki Kemp

Vicki's Photo Here

Fundraising Eure Way:

- Ideas for fundraising –
- Digital Fundraisers (Facebook, Instagram, birthday, etc.)
- Yard Sale
- Amazon Smile

Support those that support you!

- Support local businesses that support Foundation of Hope.
- Taylor’s
- Larry
- TSA
- Mitchell Salon



MHAM

May is Mental Health Awareness Month!

Keep an eye on our social media for info, events, activities, and tips all month long!

35 years of impact.

400volunteers PER YEAR	4,700volunteer hours donated PER YEAR	\$5.7Mawarded in research GRANTS
3KWalk for Hope PARTICIPANTS PER YEAR		\$6M+raised for UNC School of Medicine RESEARCH
\$464Kawarded to 39 mental health COMMUNITY INITIATIVES	140total research PROJECTS SEEDED	∞ total number of people impacted: IMMEASURABLE
	\$155Mtotal leveraged GROWTH	