



access
PSYCHOLOGY
FOUNDATION

ANNUAL REPORT

20 23



Development
Respect for Others
Integrity
Accountability
Teamwork
Growth & Development
Dedication to
Diversity
Inclusion
Empathy
Respect for Others
Integrity
Accountability

Our Mission

Increase access to proven, successful mental health interventions for underserved, racially diverse populations by directly providing treatment scholarships and by growing and diversifying the provider community trained in these interventions. We do this by using a three-fold approach:

- 1 Treat individuals and families from underserved communities.** We provide therapy to young people and families in need and cover up to 90% of the costs.
- 2 Train a network of diverse therapists.** We offer scholarships for year-long fellowship and internship programs for psychology and social work graduate students and other aspiring therapists from historically underrepresented populations.
- 3 Partner with schools and organizations that serve underserved communities and diverse students.** We provide training (at no cost to schools) for staff to help their students build resilience and to provide more intensive interventions to students in need.

Our Vision

A future where equitable access to proven, successful mental health services and training is a reality for all communities.



A Message from Our Board Chair & Founder



Reflecting on the past year, I am delighted to present our first annual report. It has been a year of remarkable achievements, and I am immensely proud of what we have accomplished together.

Access Psychology Foundation (APF) was established as a nonprofit organization in 2022. However, the idea arose in the 1990s when I met Dr. Lata McGinn. We were graduate students at Montefiore Medical Center/Albert Einstein College of Medicine in the Bronx, New York. There, we witnessed the impact that lack of access to mental health care has on our most vulnerable communities.

In 2004, Lata and I co-founded Cognitive & Behavioral Consultants (CBC) to unite like-minded professionals with a shared mission to provide evidence-based clinical care to Westchester and Manhattan residents and organizations.

The year 2019 marked a turning point as the COVID-19 pandemic underscored the pressing need to address mental health care disparities in our communities and professions. In response, we recruited board and advisory members who were equally committed to increasing access to mental health care, and together, we formed the Access Psychology Foundation.

Throughout 2022, APF built the infrastructure for a sustainable organization and piloted its transformative model for overcoming mental health inequalities in marginalized communities. Our progress this past year has been achieved thanks to our dedicated staff, strong leadership, and, most importantly, your generosity.

On behalf of the Access Psychology Foundation Board of Directors, I want to express my deep gratitude to all who have supported this vital work.

A handwritten signature in black ink that reads "Alec Miller". The signature is written in a cursive, flowing style.

Alec Miller, PsyD
President

A Message from Our Executive Director



First, I want to express my heartfelt gratitude to our stakeholders for their continued trust and support.

In 2022, APF appointed me as the first Executive Director, and since then, I have continued to be amazed at the impact of our work. I am honored to share our first annual report detailing what your support has allowed us to do. Within this short time, we have launched our transformative model for overcoming mental health disparities in underrepresented communities through:

- Partnering with schools and organizations to bring mental health training to their staff
- Providing year-long postgraduate fellowships to emerging clinicians from marginalized communities
- Launching a college psychology paid internship program
- Offering scholarships for intensive training and continuing education credits to licensed psychologists
- Expanding treatment services to individuals and families from underserved communities
- Establishing new counseling service partners

APF is ready to transform the landscape of mental health access in Westchester County, throughout New York State, and nationwide. With your continued support, together, we will overcome challenges, achieve many more milestones, and position APF to help provide a bright and prosperous future for all community members.

Damian Travier

Damian Travier
Executive Director

SCHOOLS & ORGANIZATIONS CONSULTATION PROGRAM

Partnerships to Celebrate

We believe in the power of early interventions, and one of APF's most salient goals is to provide access to evidence-based mental health treatment and training to communities that lack access and resources.

Since our inception, APF has provided grants, made possible through private donations, to community organizations and schools that serve underrepresented and under-resourced communities. These grants allow staff to receive consultation and training in Cognitive Behavioral Therapy and Dialectical Behavioral Therapy to help them recognize and manage challenging behavior in children and adolescents.

During these training sessions, school and organizational staff learn evidence-based skills and interventions that allow them to identify and address concerning behavior before it escalates. APF's training program includes strategies around prevention, recognition, and coping with various mental health concerns while providing training in wellness initiatives.

Through our efforts, we have provided the tools necessary to impact the lives of thousands of children and adolescents.

APF envisions a future where everyone has the right to high-quality mental health and wellness services regardless of race, ethnicity, or cultural background.

The NY State Department of Education calculated that in Westchester public schools there is

1 school psychologist for every **388** students

1 guidance counselor for every **315** students

1 social worker for every **833** students

The 2021-22 Childhealthdata.org survey found that

20.2% **23.6%**

of Black — and — **of Hispanic**

households in NY State reported one or more mental, emotional or behavioral problems.

Those ratios make it almost impossible to address the student population's needs.

In this spirit, we are thrilled to unveil an exciting new program developed and delivered by Dr. Lata K. McGinn and funded by APF. In partnership with Dr. McGinn and Yeshiva University doctoral student Joy Shen, this groundbreaking initiative aims to make a lasting impact on the lives of nearly 2,000 students attending four schools in the Bronx, Harlem, and Lower East Side of Manhattan.

Understanding the urgent need for Social Emotional Learning (SEL) in these communities, Dr. McGinn and Joy have carefully designed a comprehensive program that addresses the unique challenges faced by students in these schools. As teachers and staff have observed, many of these students have struggled with mental health issues, and some may have faced a number of cultural barriers, including an interruption in education.

With the program's launch scheduled for the upcoming academic year, the first phase will focus on 9th-grade classrooms, creating a solid foundation for students' emotional well-being. Notably, Dr. McGinn has spearheaded the development of two distinct models to cater to diverse student needs. The universal prevention program aims to provide essential mental health care to all students, irrespective of risk factors. By adopting this approach, the program effectively reduces stigma around mental health while ensuring that each student gains access to vital resources they may not have otherwise received. APF is proud to support this important effort.



BOYS & GIRLS CLUB
OF NORTHERN WESTCHESTER



2023 GRANT RECIPIENTS

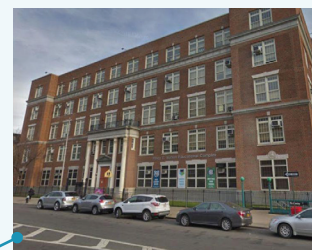
Boys and Girls Club of Northern Westchester, Mt. Kisco, NY

Ossining Union Free School District, Ossining, NY

Mott Hall High School, Harlem, NY

Esperanza Prep Academy, Harlem, NY

Michigan Department of Health & Human Services, Flint, East Lansing, and Detroit, MI



"Our APF partnership has been extremely beneficial in supporting our programs at the Boys and Girls Club of Northern Westchester. The emotional trauma and Dialectical Behavioral Therapy training gave us the tools to help our members and train our mental health professionals to support our staff. The monthly guidance support is invaluable to our team. We are tremendously grateful."—Athenia Lee, Director of Programming, Boys and Girls Club of Northern Westchester

Training a Network of Diverse Therapists

Over the past year, APF has gained momentum in supporting historically underrepresented communities along their mental health journeys by creating space for more psychologists of color to enter the field and setting them up to thrive.

APF WELCOMED A NEW SCHOLARSHIP RECIPIENT INTO ITS POSTDOCTORAL FELLOWS PROGRAM

APF awarded Rebecca Khiralla, PsyD, the 2023-2024 Postdoctoral Fellows Scholarship. Participants in this program are involved in patient care and receive support and training from some of the most esteemed clinicians in the field of psychology.

Rebecca earned her doctoral degree in School Psychology from Rutgers University. Growing up in an Egyptian American community in New York, Rebecca became acutely aware of the lack of mental health support and the stigma surrounding mental health-related issues. This experience ignited her passion to fill the gap and give back by providing mental health treatments to those in need. Rebecca will earn her psychology licensure after completing her final year of training in the Postdoctoral Fellows Program.

APF LAUNCHED ITS INAUGURAL COLLEGE PSYCHOLOGY PAID INTERNSHIP PROGRAM

APF partnered with Cognitive & Behavioral Consultants (CBC) to offer psychology students a unique internship experience.

In the summer of 2023, we welcomed our first cohort of talented undergraduate summer interns: Cristian Miralles from Georgia Southern University and Angel Zhang from NYU. These two remarkable seniors immersed themselves in critical research on diversity and inclusion in psychology. They shadowed clinicians and assisted with group sessions.

We can't wait to see the future for these bright minds. Their fresh perspectives and innovative ideas bolstered our understanding of the challenges faced by marginalized populations and played an essential role in refining our program.



Rebecca Khiralla, PsyD



Cristian Miralles



Angel Zhang

FOLLOWING THE SUCCESSFUL LAUNCH IN 2022, APF Strengthens Its Continuing Education Program

APF plays a vital role in creating a more inclusive system by providing scholarships to psychologists from historically underrepresented communities.

Continuing education is crucial for licensed psychologists to provide quality care, but marginalized communities often face challenges in accessing affordable courses. APF is working to address these disparities by offering scholarships to clinicians from historically underrepresented communities, making Continuing Education (CE) credits more accessible.

This program offers training in Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). Also available are lectures by expert clinicians and workshops that teach effective intervention strategies for clinicians treating patients with Post Traumatic Stress Disorder (PTSD).

Testimonials from APF's Past Recipients



"As someone who lives in the Middle East and faces financial challenges, getting the best training in mental health and CBT specifically seemed out of reach. I applied for the scholarship to help me become a better therapist, build connections, and learn from CBT masters. Thank you for this opportunity."

–Paul Kawkabany, Lebanon University

"My primary reason for becoming a therapist is to provide culturally sensitive, evidence-based care to adolescents, young adults, and families of color struggling with emotion dysregulation, relational instability, and trauma. As a child of immigrants who came to the U.S. with a lack of financial means, it is deeply meaningful for me to provide care to other immigrant families who otherwise would have difficulty accessing quality healthcare."



–Crystal Chen, Adelphi University

Treatment Scholarships for Individuals and Families

Applications for individual therapy scholarships officially opened on December 5, 2022, and APF began offering scholarships to offset the cost of care for individuals who lack the access and means to afford mental health services.

Our partner organization, Cognitive and Behavioral Consultants (CBC), offered discounted therapeutic services to APF clients, thus increasing access to our scholarships so they reach more clients in need. Clinicians at CBC provide CBT and DBT psychotherapy services to treat a range of clients, from children to adults, couples, parents, and students, all from underrepresented populations that historically face barriers to care. This long-anticipated addition to our services directly impacts families in our community and contributes to the vital work of bridging the gap in access to evidence-based mental health care.

OVER 450 THERAPY SESSIONS
TO FAMILIES AND INDIVIDUALS



Amplify Mental Health Access

Recap of 2023 Events



First-ever Spring Cultivation Event at CBS Studios in Manhattan

(April 25, 2023)

We hosted an event at Drew Barrymore's daytime talk show studio, sharing our mission of expanding access to evidence-based mental health treatment and training. During the gathering, we enjoyed cocktails and conversations with partners and supporters dedicated to redefining mental wellness for underserved populations.





Inaugural Wine Tasting Fundraiser

(November 6, 2023)

Our Wine Tasting Event was an evening filled with warmth and generosity, and we were incredibly grateful for all the wonderful support raising over \$45,000 for APF's School Consultation Program.



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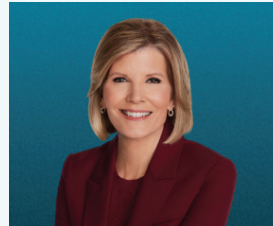
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Minu Thomas, PsyD,
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Anthony Del Monte

Financials

Statement of Financial Position

As of December 31, 2023

ASSETS

CURRENT ASSETS	
Cash and Cash Equivalents	\$362,767
Contributions Receivable	\$584
Pledges Receivable, Net	\$50,000
Prepaid Expenses and Other Assets	\$3,519
Total Current Assets	\$416,870
Other Assets	
Office Equipment Net of Accumulated Depreciation	\$1903
Right of Use Asset — Occupancy Lease, Net	\$259,200
Pledges Receivable, Net	\$202,953
Total Other Assets	\$464,056
TOTAL ASSETS	\$880,926

LIABILITIES AND NET ASSETS

CURRENT LIABILITIES	
Accounts Payable and Accrued Expenses	\$65,897
Accrued Payroll Liabilities	\$18,509
Other Current Liabilities	\$20,010
Current Portion of Operating Lease Liability	\$60,300
Total Current Liabilities	\$164,716
Long-term Operating Lease Liability	\$259,200
Less Approximate Current Portion of Lease Liability	(\$60,300)
Total Long-term Liability	\$198,900
TOTAL LIABILITIES	\$363,616
NET ASSETS	
Without Donor Restrictions	\$517,310
With Donor Restrictions	-
TOTAL NET ASSETS	\$517,310
TOTAL LIABILITIES AND NET ASSETS	\$880,926

THANK YOU 2023 DONORS

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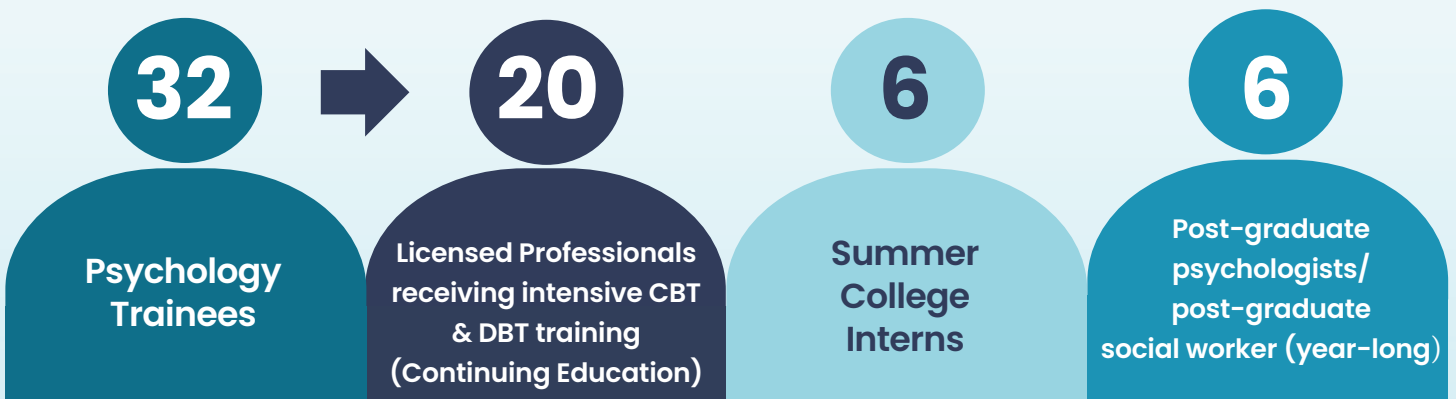
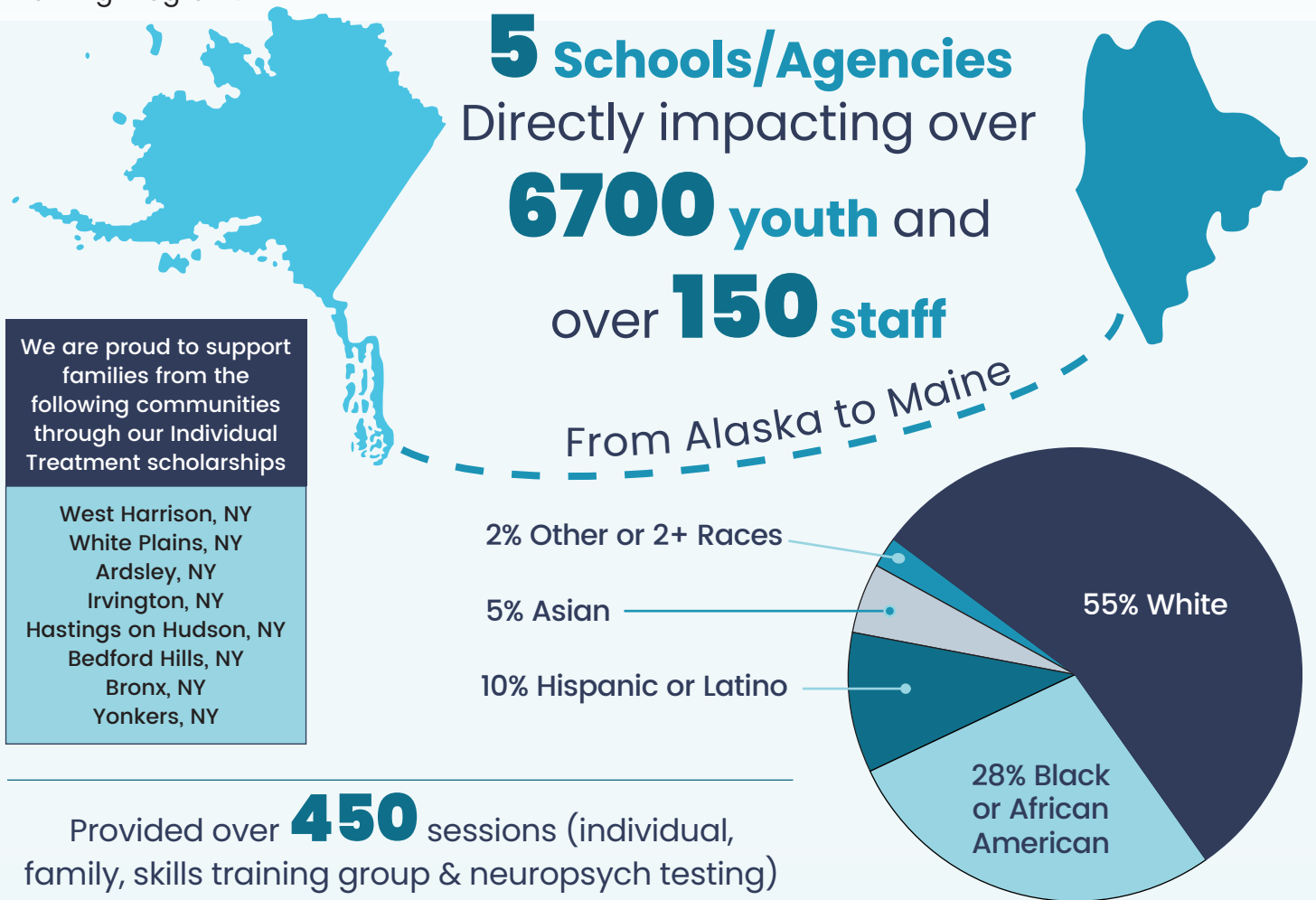
Two Bridge

2023 IMPACT: MAKING A DIFFERENCE

APF emphasizes the power of early interventions and has granted scholarships for DBT and CBT skills training to organizations and schools in New York and Michigan.

By equipping staff with evidence-based techniques, we've empowered them to recognize and manage challenging behavior in children and adolescents, positively impacting thousands of lives.

Here's a look back at the extensive support you provided for APF's School and Organization Training Program:



These numbers tell a story, not only about APF but about the generosity of our stakeholders.

Stay Connected.

Your support helps make crucial changes to the field of psychology, provides access to care for those in need, and is shaping the next generation of culturally competent, diverse mental health care providers.



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