

Building hope together

Celebrating the journey towards healing for all

2023 ANNUAL REPORT

HUNTSMAN MENTAL HEALTH INSTITUTE
UNIVERSITY OF UTAH

HEALTH
UNIVERSITY OF UTAH



Mark Hyman Rapaport

Join us on a journey

There are those that see an opportunity instead of a problem. A chance to do something different, something that maybe has never been done before, even when the problem seems insurmountable. It takes the courage of many to identify a problem and then develop a method to tackle it—piece by piece, conversation by conversation, person by person.

Three years ago, we embarked on a rigorous strategic planning process to set a vision of where we are headed as an institute, a process that is a well-honed tradition within the University of Utah. We interviewed the community, our employees, our government representatives and providers across the state. This planning process set into motion the work that you see across these pages, work that takes time and the hands of many, work that brings us closer to achieving our mission: to build hope and healing for all.

We continue to build on these efforts each day, both metaphorically and physically. In just this year alone, we:

- Made significant progress at the Kem and Carolyn Gardner Mental Health Crisis Care Center, underscoring our commitment to community mental health.
- Broke ground on the Utah Mental Health Translational Research Building, paving the way for groundbreaking research.
- Strengthened our dedication by expanding our Receiving Center, enhancing care for more individuals in crisis.
- Mobilized national experts to combat mental health stigma and promote safe, comfortable care access.
- Furthered brain research through major grants and initiated Research Day for cross-functional idea exchange.

I want to thank everyone for their contributions to the results that we are sharing within this annual report. This reflects incredible progress in just one year of a journey that will span many. Together, we can—and we will—build hope through innovative ideas, universal acceptance, and engaging deeply with the communities we serve.



Mark Hyman Rapaport, MD

CEO, Huntsman Mental Health Institute
William H. and Edna D. Stimson Presidential Endowed Chair Professor and Chair,
Department of Psychiatry, Spencer Fox Eccles School of Medicine at the University of Utah

About Huntsman Mental Health Institute

Huntsman Mental Health Institute is part of a world-renowned academic health system working to transform mental health care through community, research, clinical, and education initiatives. We aim to reduce stigma and promote healing across Utah and across the nation. From educators, researchers, and clinicians to the organizations we partner with across the state, we're here to shine a light on mental health and bring dignity and quality care to the children, adolescents, and adults and families we serve every day.

The Huntsman Legacy

The Huntsman family's philanthropic journey has been a multi-generational commitment to end human suffering. Jon M. Huntsman Sr. dedicated his philanthropic pursuits to combating cancer. This legacy of compassion lives on in the next generation. In addition to the Huntsman Cancer Institute, the family has decided to focus their resources on the pressing issue of mental health. Recognizing the significance of mental well-being, the Huntsman family not only continues Jon M. Huntsman Sr.'s legacy but also amplifies their impact by embracing the evolving needs of society.

In November of 2019, the Huntsman Foundation made a $150 million transformational commitment to the University of Utah–the largest single gift ever made to the University and one of the largest investments in mental health care in the United States–to establish Huntsman Mental Health Institute. Recognizing that the mental health crisis will take billions of dollars over decades to address, they launched the Huntsman Mental Health Foundation to raise the necessary resources to drive transformative work at the Institute.



Huntsman Family

HUNTSMAN MENTAL HEALTH INSTITUTE
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THE PATHWAY TO ACHIEVE OUR MISSION

Bringing appropriate care to all groups 8

Connecting mental health resources 20

Fostering a culture of partnership and discovery 30

Educating tomorrow's mental health workforce 36

Elevating the importance of mental health 44

Aligning quality, sustainability, and parity 50

Mission

Advance mental health knowledge, hope, and healing for all.

Vision

Free the world from mental health stigma, bring an end to suffering, and integrate mind and body to improve life for every person.

Values

Cultivate joy

Share moments of joy to build trust and resilience

Embody compassion

Be kind and show empathy in every interaction

Universal acceptance

Ensure belonging for people of all backgrounds and abilities

Bold collaborations

Foster courageous and rewarding partnerships

Chase innovation

Drive for insight, excellence, and the next discovery

Impact by the numbers



DESIGNATIONS

HUMAN RIGHTS CAMPAIGN

2022

Human Rights Campaign

Health CareEquality Index Designation

Promoting Equitable and Inclusive Care for LGBTQ+ Patients and Their Families

NATIONAL NETWORK of DEPRESSION CENTERS

National Network of Depression Centers

Center of Excellence and member

HIGH PERFORMING HOSPITALS U.S.News 2022-2023

2022-2023

U.S. News & World Report

High Performing Hospitals in Psychiatry Care



2022

Best of State

Web-based Community Resource (SafeUT)



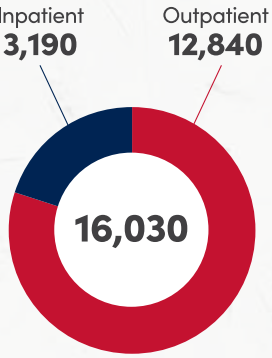
>1,500

patient care, faculty and research employees

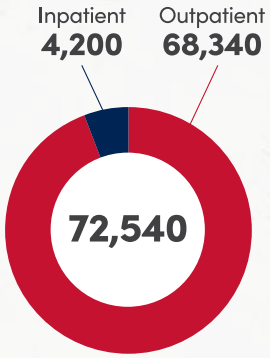
MOST COMMON DIAGNOSES TREATED (IN ORDER)

- MDD/Depressive Disorders
- Autism Spectrum Disorder
- Substance Use Disorder/Addiction
- Anxiety Disorder, PTSD, OCD
- ADD/ADHD
- Bipolar Disorder
- Schizophrenia/Schizoaffective/ Psychotic Disorder
- Psychosis
- Mood Disorder
- Insomnia
- TBI/Neurological/Tourettes/TICS
- Stress/Adjustment Disorder
- Eating Disorder
- Suicide Ideations/Suicide Attempts/Self Harm
- Impulse Control/Irritability/ Intermittent
- Explosive Disorder
- Personality Disorder
- Memory Loss/Dementia

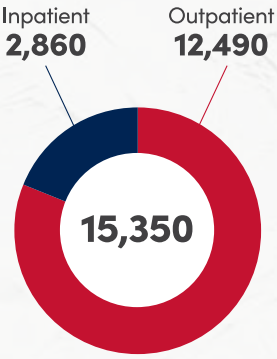
PATIENT OVERVIEW



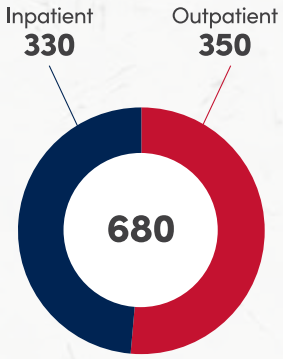
UNIQUE PATIENTS



TOTAL VISITS



UTAH PATIENTS



OUT OF STATE PATIENTS



Bringing appropriate care to all groups

When people suffer, they can feel isolated. This is true when that suffering is caused by mental illness, which carries the additional burden of shame and prejudice. This stigma can discourage people from getting the care they need, limiting their access to essential services and perpetuating the cycle of suffering in silence. As we continue to change the conversation around mental health and instill it within a whole-body approach to health care, everyone will be more likely to ask for help when they need it.

Challenging the status quo, changing word choices, and reframing a historic stigma takes time and the collective energy and effort of many. Huntsman Mental Health Institute is proud to be part of a broader ecosystem driving change—including schools, government, community organizations, families, businesses—and working together to bring hope and healing to all.

Transforming crisis care

They say it takes a village, and nothing is truer when crisis strikes. This year, Huntsman Mental Health Institute operated a highly functional, integrated care model while also envisioning and planning for the future.

Important milestones reached this fiscal year include:

- In 2022, we broke ground on the Kem and Carolyn Gardner Mental Health Crisis Care Center, the first building within a large campus of hope to serve Utahns.
- The Receiving Center at Huntsman Mental Health Institute began an expansion to double capacity to serve more people in crisis.
- The national 988 Suicide & Crisis Lifeline officially launched on July 16, 2022. Nearly 87,000 calls were answered by a certified crisis worker in Utah in fiscal year 2022.
- SafeUT facilitated more than 1.1 million K-12 and higher education back-and-forth chat messages, a 5% increase in chat utilization.
- We continued to advance our comprehensive statewide and integrated system of care, featuring SafeUT, the Warmline, follow-up calls, and Mobile Crisis Outreach Teams (MCOT), ensuring ongoing progress in supporting our residents.

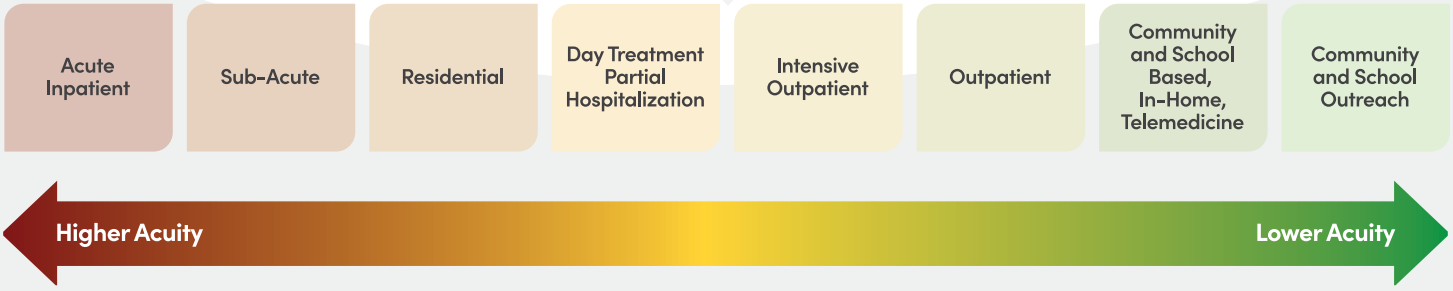
COMPREHENSIVE CONTINUUM OF CARE: FROM CRISIS TO OUTPATIENT CARE

Crisis Access

- 988 Suicide & Crisis Lifeline
- Emergency Department
- Mobile Crisis Outreach Team
- Receiving Center
- SafeUT

Centralized Access

- Clinical Assessment Center
- Contact Center
- Behavioral Health Integration



The future of crisis care: The Kem and Carolyn Gardner Mental Health Crisis Care Center

The Kem and Carolyn Gardner Mental Health Crisis Care Center will welcome people experiencing a mental health crisis and provide immediate, compassionate care at no cost to individuals. This year, Huntsman Mental Health Institute was excited to break ground at the site, which will eventually become a large campus of buildings to provide hope and healing for all.

The Center's holistic approach will help adults de-escalate, stabilize, and access tailored community resources, fostering mental wellness. Collaborating with clinicians, researchers will develop evidence-based practices and train future crisis care professionals, ensuring a brighter future for mental health care in Utah.

A critical part of Utah's best-in-class integrated crisis intervention system, the Kem and Carolyn Gardner Mental Health Crisis Care Center will provide crisis services and stabilizing treatment individualized to meet patient needs. In addition to clinical and crisis services, an entire building floor will be dedicated to supporting services, including a law clinic, intensive case management, and connections to existing community programs for housing, health care, and employment. In partnership with the Sorenson Impact Center we will quantify the social impact of this innovative center. We will demonstrate the value of the center in decreasing pressure on local health system emergency departments, law enforcement,
and our local jails.

Support for the Kem and Carolyn Gardner Mental Health Crisis Care Center was provided by the State and County, as well as the following prominent Utah philanthropists: Kem and Carolyn Gardner, the Huntsman Foundation, Zion's Bank, Larry H. Miller & Gail Miller Family Foundation, and Marriott Daughters Foundation. The Center is slated to open in 2025.



Rendering of the Kem and Carolyn Gardner Mental Health Crisis Care Center



> This is possible because of a synergistic and strategic convergence of resources. When the public, private, and philanthropic sectors unite our resources with shared determination, we can drive change on an impressive scale. We know that when we address mental health challenges head-on with direct services, we transform lives.

— Christena Huntsman Durham
Chair, Huntsman Mental Health Foundation Board

Receiving Center growth expands hope

This year, Huntsman Mental Health Institute began an expansion of the Receiving Center, an important component to a comprehensive community crisis and support service model. Thanks to generous funding from Salt Lake County, the newly expanded Receiving Center will serve the community of Salt Lake County until the new Kem and Carolyn Gardner Mental Health Crisis Care Center opens in 2025. Salt Lake County Council co-sponsored $2.5 million in one-time federal American Rescue Plan Act dollars to fund this expansion.

The Receiving Center will continue to provide therapeutic crisis management, medication intervention, wellness recovery, and discharge planning in a secure environment. Mental health receiving centers allow law enforcement officers to bring those having a mental health crisis to a safe place where professional help is available. Patients remain for 23 hours or less, providing a less costly and more effective alternative to an emergency room or jail. The expanded Receiving Center will begin welcoming patients on Oct. 2, 2023 where it will facilitate the development of new models of crisis care that will be deployed in the Kem and Carolyn Gardner Mental Health Crisis Care Center.



A team of mental health professionals supports adults experiencing a mental health crisis 24/7



Salt Lake County Mayor, Jenny Wilson, and members of the community, along with staff at HMHI, officially reopened the Receiving Center in a ribbon cutting ceremony

Empowering youth mental health

These programs collectively represent a continuum of care that addresses the unique needs of youth at various stages of development. The overarching mission is to empower youth and their families by offering specialized, evidence-based interventions and support, thereby fostering lasting mental health and well-being.

Youth CAT Program (Ages 5-17)

At the heart of Huntsman Mental Health Institute's work on youth mental health is the Youth CAT (Comprehensive Assessment and Treatment) program, a unique inpatient initiative renowned for its high level of care. Serving youth aged 5 to 17, the program goes beyond traditional assessments, providing thorough psychological and psychiatric evaluations, intensive individual, family, and group psychotherapy, and comprehensive medication assessments.

Unlike other programs, Youth CAT distinguishes itself by offering multidimensional care, with daily interactions with psychiatrists and round-the-clock nursing support. The goal of the program is to provide focus, clarity, and direction for the child and their family—and to prevent the kind of cyclical, short-term hospitalizations that often plague patients and families facing complex behavioral health problems.

Some of the diagnoses include:

- Mania
- Psychosis
- Substance-abuse psychosis
- Catatonia related to sexual trauma
- Many children are also found to be on the autism spectrum



"We want this to be their last hospitalization."

— Rachelle Wilson, RN
Director, Huntsman Mental Health Institute Youth Services

Young Adult CAT Program (Ages 18-30)

Recognizing the gap in services for young adults and building upon the success of Youth CAT, in January 2020, Huntsman Mental Health Institute launched the Young Adult CAT program, a sub-acute supervised living program for young adults that has transformed lives. Youth CAT is housed in a three-story supervised living building in Murray, Utah, where adults between the ages of 18 to 30 stay for an average of five to eight weeks. It's a supervised living environment with private rooms and bathrooms. Clients see a psychiatrist at least twice a week and participate in regular individual, group, family, and recreational therapy.

Offering a structured living environment with regular psychiatric care, the program aims to transform lives by providing evidence-based interventions for conditions such as psychosis, bipolar disorder, and schizophrenia that often manifest during young adulthood.



Kidstar (Ages 6-12)

When children come to Kidstar, they're often struggling in more than one area of their life. At home. At school. Kidstar steps in to support younger children, ages 6 to 12. With a day treatment approach, Kidstar involves a multidisciplinary team collaborating closely with parents to identify strengths and challenges. Over a period of six to eight weeks, children attend the program to enhance their self-confidence, emotional regulation, and social skills. Kidstar serves as a pivotal intervention point, offering sustained mental health services and improved parenting skills for families.

Serving hundreds of kids annually from all over the nation, Kidstar may be the first time a child is receiving sustained mental health services. For others, Kidstar is the next step after a hospital stay.



Teenscope (Ages 13-18)

Navigating the complexities of adolescence, Teenscope provides intensive day treatment for teens aged 13 to 18. The program adopts a team-based, collaborative approach, involving specialists from various fields. Teens not only learn effective interpersonal and emotional regulation skills but also receive academic support, helping them stay on track toward graduation.

Teenscope serves teens from around the country. They receive treatment five days a week, typically over the course of four to six weeks. Family involvement is paramount, with therapy sessions geared toward creating healthy boundaries and improving communication between teens and their families. Teenscope—like Kidstar—has an accredited education program. An onsite teacher works with teens to help them stay on track toward graduation and complete credit recovery.



HOME, an innovative model for more than two decades

Since launching 23 years ago, the Huntsman Mental Health Institute HOME program has transformed care for developmentally disabled children and adults in Utah. The program's name, which stands for Healthy Outcomes, Medical Excellence, reflects the outpatient clinic's commitment to being a medical home and support system—providing medical care, behavioral management, counseling, psychiatric evaluations, and more.

Today, 1,400 developmentally disabled individuals receive HOME services. The majority have Down Syndrome, autism, cerebral palsy, or other rare genetic disorders. Many also have chronic medical conditions such as COPD, hypertension, diabetes, or mental health disorders. Almost all live within a seven-county region in Utah.

The majority of patients are adults, but about one-third are children. Every HOME patient, no matter what their age, has a case manager.

Staff work closely together—sometimes collaborating during a patient's appointment—to address the needs of our patients and their families. Those can range from medical and psychiatric challenges to housing and education. Data show the positive impact of HOME on the patients, who are all on Medicaid.

"After someone enrolls in our program, the percentage of time they get admitted to the hospital dramatically decreases," said Karina Rasmussen, business operations director at Huntsman Mental Health Institute.

HOME is nationally recognized as a model of care for this population. "People see us as a program to be replicated," Rasmussen said.





"There's always someone at the end of the phone who can help you navigate or solve your problem.

— Patricia Aguayo, MD
Huntsman Mental Health Institute HOME Medical Director

Expanding specialty care

New hope at the Treatment Resistant Mood Disorder Clinic

Most of the patients who arrive at the Treatment-Resistant Mood Disorder Clinic have spent years trying for recovery. They've tried countless medications and hours of psychotherapy, but they're still struggling with depression or bipolar disorder, schizoaffective disorder, or other mental health challenges.

Serving hundreds of patients each year, the TRMD clinic offers new hope after years of frustration.

Every patient is evaluated for which treatment might best fit their needs. Treatment options include electroconvulsive therapy (ECT), transcranial magnetic stimulation (TMS), and ketamine infusions.

Recognized as a Center of Excellence for Depression within the National Network of Depression Centers, the clinic has one of the largest ECT services in the country, performing between 6,000-7,000 treatments a year. The clinic also performs about 5,000 TMS treatments a year.

A recent remodel doubled the clinic's capacity and created customized spaces for different therapies. Although the majority of patients are adults, the clinic also serves children, especially adolescents, as well as older adults. Length of treatment varies. Most treatment is delivered in an outpatient setting, but some patients in the hospital come to the clinic for services.

Other innovative treatments are available, many as part of clinical research, as the clinic works to develop new treatments.

Finding a solution for treatment-resistant mood disorders isn't a one-size-fits-all approach.

"Each person may benefit more from one than the other," said Brian Mickey, MD, PhD, a psychiatrist and researcher at the clinic. "If it was my family member, I'd send them here."



Brian J. Mickey, Stephanie Dear, Daniela Solzbacher, Jackie Benseler, Bobbie Niemi, Susie Ellis, and Devin Farnsworth



We are the only clinic in Utah that offers a full array of treatments for treatment resistant mood disorders.

— Daniela Solzbacher, MD
Treatment Resistant Mood Disorder Clinic Medical Director

Electroconvulsive therapy provides hope for husband and father struggling with bipolar disorder

Chris and Annalaura, originally from the Midwest, moved to Utah in 2009 to attend Brigham Young University. Chris studied photography and had a passion for writing, while Annalaura earned her English undergraduate degree before obtaining a master's in public administration. However, their lives took a challenging turn in 2012 when Annalaura's mother passed away, triggering Chris's first bipolar episode. Annalaura recalled, "It's not uncommon for a stressful life event...to trigger the first manifestations of bipolar disorder."

Bipolar disorder, characterized by mood swings between depression and mania, can be hard to diagnose, and its symptoms vary among individuals. Chris experienced manic episodes that led to intense focus, neglect of responsibilities, substance abuse, and infidelity, while depressive swings brought feelings of sadness and suicidal thoughts. After years of struggling, a psychiatric evaluation revealed Chris's bipolar disorder. Treatment, including electroconvulsive therapy (ECT), provided stability and a chance for a better life. Chris shared, "I just want to be a dad, husband, friend, and brother. I want to play a role in the world around me, instead of having my disease be the role I play."



Annalaura and Chris



"ECT is a highly effective treatment for bipolar disorder. It's been widely available since the early 1940s, but its technique has changed over the years."

— **Matthew Pierson, MD**
Assistant Professor of Psychiatry
at Huntsman Mental Health Institute

Reimagining psychiatric care in the emergency room

Across the nation, more and more emergency rooms are seeing a large proportion of their patients in mental health crisis. They come to the ER because they don't know where else to turn.

"Whether you are the richest person in the state or the poorest person in the state, if you have a family member in crisis, it's not apparent where you should go," said Kevin Curtis, LCSW, director of clinical operations at the Huntsman Mental Health Institute.

But the ER is primarily designed for a different kind of crisis: someone who is bleeding, unconscious, or in pain.

Curtis is helping to reimagine psychiatric care in the emergency department at University of Utah Hospital —to become more proactive and prepared for psychiatric patients.

The various changes, rolled out over the past year, have resulted in a significant increase in contact between psychiatric experts and patients. Curtis and his team are now collecting the data to make more conclusions.

Small changes are making a big impact:

- Adding an attending psychiatrist to oversee psychiatric residents, allowing them to work at the top of their license and giving more patients a higher level of care.
- Initiating treatment and starting medication earlier to help patients manage their symptoms while they wait to be admitted or transferred to another facility.
- Reorganizing the department so psychiatric residents and master's level therapists are located next to the rooms housing mental health patients. This increases their ability to monitor and work directly with the patients.
- Introducing standardized mental health screenings for all patients, whether or not they arrive with a psychiatric complaint.
- Patients have an alternative to the ER for a mental health crisis by going directly the the Receiving Center at Huntsman Mental Health Institute.



There's no one answer to this problem. If we're going to get better at responding to mental health crises, it's by doing things better in the ER and creating alternatives to the ER.

— Kevin Curtis, LCSW
Director of Clinical Operations at Huntsman Mental Health Institute

Advancing team-based care and specialty adult inpatient units

Huntsman Mental Health Institute is transforming care of adult patients at the psychiatric hospital.

How? It's all about logistics. By anchoring two doctors to each unit—rather than having them float between multiple units—communication among staff has vastly improved. Efficiency and a sense of community have increased.

"The charge nurses have so much more time in their day, as they need to give reports to fewer doctors," said Roxanne Bartel, MD, the adult inpatient medical director. "They have more time with patients, too."

This new, team-based approach, which went into effect in July 2022, is specifically for adult inpatient units. After the change, transfers of patients between units dropped by more than 50 percent, saving both money and staff time.

Stationing providers in certain units means they can develop more expertise for patients with specific disorders such as psychosis, bipolar disorder, addiction, women's mental health, and more. Patients benefit by their increased knowledge.

"That's what sets us apart from all the other hospitals in Salt Lake and in our region—we can provide this kind of specialized care," Bartel said.

The change benefits psychiatric trainees, too, allowing them to train in specialized care and get experience in every unit. Providers and trainees can spend more time with patients and develop deeper relationships with staff.

Data is being collected to determine whether the new system reduces patient aggression and assaults. Overall, staff have given "amazing, positive feedback," Bartel said.

"It's remarkable how much more you know about what's happening with your patients when you work on one unit all day," she said.



Sookie Goldsberry, Kurt Sowles, Roxanne Bartel, Carlie Benson, Kevin Curtis, James Ashworth, Natalie McClintock, Anne Stephens, Tracy Farley, and Duy Pham



Jeremy Kendrick

Connecting mental health resources

Mental health resources remain one of the most fragmented aspects of health care, making it difficult for people to know what kind of care is available to them and how to get it. Making these resources more readily available to people in need—including those in rural communities—and connecting mental health providers with new treatments for better care remains a top priority here at Huntsman Mental Health Institute. That's why we are partnering with communities and mental health workers across geographies to facilitate communication and adoption of new treatments by sharing best practices. This initiative seeks to address the challenges individuals face in accessing mental health services and aims to improve the overall mental well-being of our community.

2

RURAL TELEMEDICINE / MENTAL HEALTH INTEGRATION



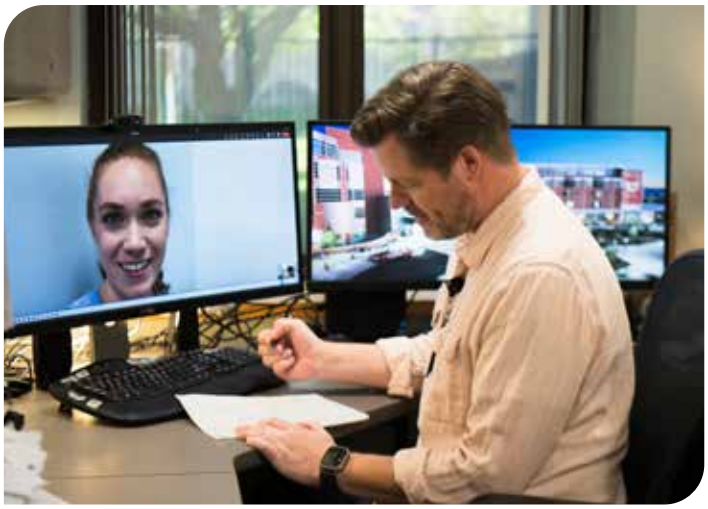
On-the-spot psychiatric expertise for primary care providers

Primary care providers are prepared to handle nearly every health condition, yet they often aren't trained to handle complex psychiatric questions: How should they advise a young patient who's taking multiple medications for anxiety and depression? Can they give an adult medication to a child? Are they confident they're dealing with the right diagnosis?

Thanks to a statewide program, providers can consult an Huntsman Mental Health Institute psychiatrist Monday through Friday for guidance. "A doctor can pick up the phone to get answers without having to send a child to a psychiatrist who might be booked six months out," says Jeremy Kendrick, MD, a child psychiatrist and co-founder of the CALL-UP Program.

Kendrick created the hotline with colleagues Kristi Kleinschmit, MD, and Rachel Weir, MD, after receiving constant emails from providers asking about complicated cases. In 2020, they received a five-year $1.75 million contract with the Utah Department of Health and Human Services, and today 11 child psychiatry experts take turns answering questions about patients who are under 24 years old.

The founders just secured federal funding to expand to emergency departments and schools. In addition to helping with urgent cases, the goal is to give providers new skills. "When their knowledge base grows, they can help more patients," Kendrick says.



Jeremy Kendrick



> When their knowledge base grows, they can help more patients.
>
> — Jeremy Kendrick, MD
> Child Psychiatrist and Co-founder of the CALL-UP Program

SafeUT: an essential service

In 2014, Utah State Senator Daniel Thatcher proposed a commission to explore solutions to the alarming rate of suicide among youth and young adults ages 10 to 24 and reduce school violence. When members tossed around the idea of a phone app that would confidentially connect students in crisis to licensed counselors, it was unknown if people would actually use it. And if they did, would the app actually make a difference?

Nearly a decade later, the verdict is in. SafeUT is available to more than 885,000 students in nearly all Utah public and charter schools and more than 20 private schools. According to data from fiscal year 2023, there were nearly 30,000 real-time chats from K-12 and higher education students, parents and teachers with Huntsman Mental Health Institute counselors—an increase of 5 percent from the previous year. In follow-up surveys, 94 percent of users reported they felt their counselors "usually" or "always" showed respect for what they had to say, and 87 percent said they felt supported. In the most critical metric, usage of SafeUT led to 536 life-saving interventions that involved law enforcement or emergency medical services (EMS) or were de-escalated by counselors and involved the student's school and parent/guardian.

SafeUT also experienced growth among users who were worried about someone else. Data showed that Huntsman Mental Health Institute counselors received more than 9,200 tips, including 1,585 about suicide. There were approximately 800 tips about potential school threats or acts of violence—one quarter of which were about guns.

The program has become so successful that it's been recognized as Utah's Best Web-Based Community Resource for the past six years by the Best of State Awards. Versions of the no-cost, around-the-clock app have also been created for Utah Air and Army National Guard members, veterans, and their families, as well as Utah's frontline workers, including law enforcement, fire/EMS, health care providers, and their families. According to fiscal year 2023 data, both those apps experienced more than 250 percent growth, compared to the previous year.

In a first for the app, SafeUT received a grant from the Utah Jazz Foundation to launch a bullying prevention campaign last year. The efforts included a series of poster messages that reached more than 882,000 students across Utah, and collaborations with social media influencers spread anti-bullying messages to more than 46,500 accounts. One example: "Sticks and stones break bones. But words hurt, too. Be aware of what you say."

Next up, SafeUT's administrators are studying how to overcome the remaining barriers to mental treatment in this age group so they can improve the app experience. They're also focused on expanding the staff, collaborating with colleges and universities, and increasing marketing and outreach efforts, especially to rural areas.

In the meantime, Senator Thatcher recently told a local radio station that SafeUT is here to stay. "It will never go away, just like 911 will never go away," he said. "There will always be a need to reach out to crisis services."



> SafeUT will never go away, just like 911 will never go away. There will always be a need to reach out to crisis services.
>
> — Daniel Thatcher
> Utah State Senator

SafeUT STATS

885,519
Students with access

30,503
Total chats (all apps**)

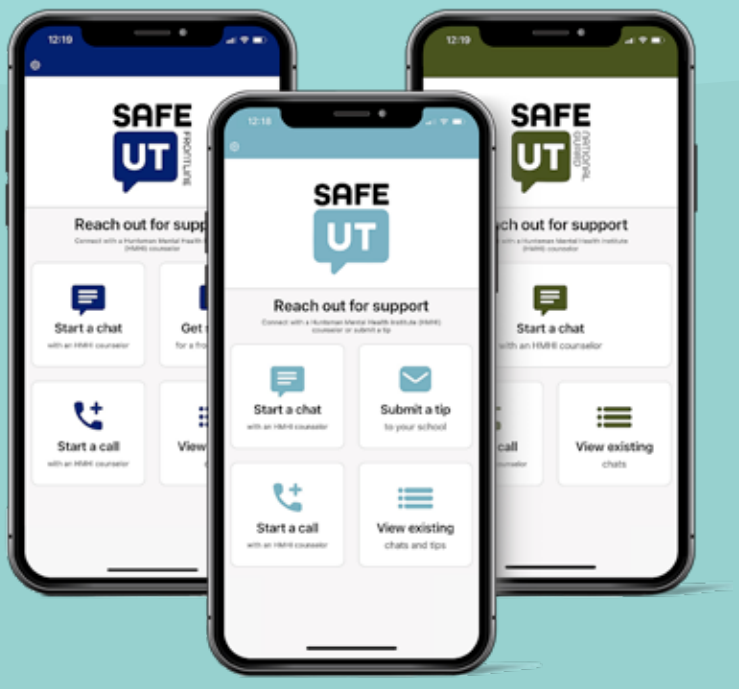
9,204
Total K-12 & higher education tips

536
Lifesaving interventions*

1,160,727
Overall back-and-forth chat messages (all apps)

1,118,602
K-12 and higher education back-and-forth chat messages

109,369
Back-and-forth messages for tip conversations



*Of the 536 lifesaving interventions that took place, 269 lifesaving interventions included law enforcement and/or emergency medical services (EMS) response. 267 were de-escalated by counselors and involved collaboration with the user's school and parent/guardian. In past annual reports, the number of lifesaving interventions only included those that involved law enforcement.

**SafeUT, SafeUT Frontline, and SafeUT National Guard.

What happens when a student has a crisis at midnight?

In the past, when a University of Utah student thought about hurting themself after the campus counseling center closed at 5 pm, they might talk to their resident assistant (RA), who would then call the university police. Officers might take them to the hospital or call emergency medical technicians, but that might not be the kind of care these students need.

Nowadays, students have another option: They can call Mental Health First Responders, an after-hours program launched in 2021 that offers students in campus housing immediate help and connects them with behavioral health resources. There's a good chance the student would hear the kind voice of Torrence Wimbish, PhD, program manager at Mental Health First Responders (known as MH1). He's part of a team of five Huntsman Mental Health Institute staffers, including two crisis and two social workers, who might interact with students via phone, visit their dorms with a campus housing representative, or invite them to the MH1's office in Kahlert Village.

Perhaps Wimbish would teach them coping skills, such as deep-breathing exercises or somatic meditation, or challenge their distorted thoughts. "When they have crisis or depressed brain, they're not thinking big picture, so I help them with problem-solving," Wimbish says. "I might say, 'I see you're engaging in black and white thinking.'" Or he offers much-need empathy, such as, "You're 18. You're on a large campus for the first time. You're having to learn so many new things."

Perhaps the student is simply overwhelmed with academic pressure, a romantic breakup, or a fight with a friend.

In urgent cases, the MH1 team might refer them to the Huntsman Mental Health Institute Receiving Center. But for non-emergencies, the goal is to keep students out of the emergency room. Wimbish usually will recommend students visit the counseling center during regular business hours and ask the housing representative, known as a Resident Outreach Coordinator, to follow up with students about scheduling appointments. "We've got a good reputation on campus, and people rely on us," he says. "Students have told me, 'I'm glad you were here' or 'I was scared and didn't know who else to call.'"

So far, the program has served more than 220 students, and 76 percent of issues were resolved; 93 percent of students were diverted from visiting an emergency room. The model has filled such a need for after-hours mental health care that Wimbish wants to expand the team from serving the 4,500 students living in the residence halls to the wider University of Utah student body. "We also want to be available to a student in the library who's having a mental health crisis and doesn't live on campus," he says.

At the very least, he says the university's plans to add 5,000 new student housing units by 2030 means the current MH1 program will need to hire new staffers and find a bigger office.



Torrence Wimbish

MH1 STATISTICS

221
Students served

20
Average age of students

156
Assisted in-person

93%
Respondents diverted from ER

86%
Avoided law enforcement involvement



Our existence is a nice selling point for parents because they know their children have access to counselors from 4 pm-2 am seven days a week.

— Torrence Wimbish, PhD
Program Manager at Mental Health First Responders

Embedding Mental Health Support in Summit County Schools

Huntsman Mental Health Institute is committed to addressing the growing mental health crisis among the nation's youth. Recent statistics point to an alarming spike in depression, anxiety, and suicidal thoughts.

While the Institute's broad array of programs offer inpatient and outpatient services, Huntsman Mental Health Institute also helps hundreds of Utah kids each year in Summit County schools improve their mental health.

"Post-COVID, we have seen an uptick in the need for our services," said Cristie Frey, LCSW, clinical manager at Huntsman Mental Health Institute's Park City Behavioral Health Clinic.

The program, which started before COVID in 2019, sends clinicians and University of Utah graduate student therapists to 18 schools about five hours each week. They provide services to students in kindergarten through 12th grade.

These students may be struggling with anxiety, depression, gender identity, loneliness, suicidal thoughts, friendship issues, ADHD, and other challenges. Families don't pay for services, which are funded through state dollars.

Each child receives a thorough assessment with evidence-based tools to identify what services the child needs and at what frequency. Most children are seen by providers for multiple visits. For some, it may be for the whole school year.

"This allows children who are struggling to work toward thriving in their school settings by understanding their emotions and getting much-needed support through life challenges," said Molly Davis, LCSW, training and development specialist.

Graduate student therapists may be studying school psychology, social work, school and clinical mental health counseling, and other disciplines. Licensed professionals from the College of Education's U-TTEC lab, a community-engaged research lab in the Department of Educational Psychology, train and supervise the graduate students.

The program is structured to provide consistent, predictable services at the schools with regular providers who can build relationships with students, staff and administrators. Providers can also direct families to community organizations who provide additional services for kids and families.



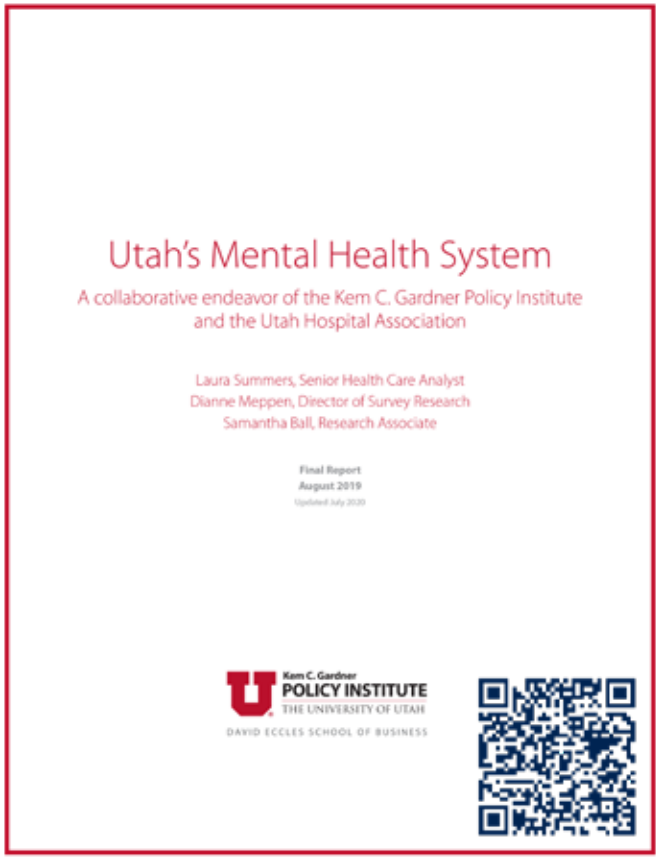
Ensuring Mental health resources for every Utahn

Utah has become a national leader in its commitment to offer all residents access to mental health care. Yet as the state embraces critical reforms and celebrates innovative programs, we must pay attention to those who are left behind. That challenge inspired the Utah Hospital Association, in partnership with Huntsman Mental Health Institute to look at the state's behavioral health system as a whole to identify gaps in treatment—and offer a blueprint to create a more comprehensive network.

The result is a new report in collaboration with the Kem C. Gardner Policy Institute at the University of Utah that incorporates input from more than 300 representatives of the state's health systems, behavioral health providers, and government. "This is important because everyone is coming together to find an approach to provide care at the right time in the right place for those who need it," says Ross Van Vranken, MSW, executive director of Huntsman Mental Health Institute. "There are a lot of holes in the current system and silos between the public and private sectors, so the report focuses on the best practices to integrate services."

The report also establishes six strategic pillars to guide the state legislature and make the case for a new commission. "This allows the state to stay focused on mental health and make sure it's a priority," Van Vranken says.

This assessment informed the development of the Utah Behavioral Master Plan, which will be released in January 2024.



Utah's Mental Health System. A collaborative endeavor of the Kem C. Gardner Policy Institute and the Utah Hospital Association.



This is important because everyone is coming together to find an approach to provide care at the right time in the right place for those who need it.

— Ross Van Vranken, MSW
Executive Director of Huntsman Mental Health Institute



Adrian Rothenfluh, PhD

Fostering a culture of partnership and discovery

In our relentless pursuit of innovation, Huntsman Mental Health Institute understands that transforming mental health requires the collective effort of diverse individuals and perspectives. We are committed to catalyzing change by uniting experts from various fields within Huntsman Mental Health Institute, across the University of Utah, and beyond.

We believe that new paradigms and better solutions can only emerge when we join forces with those who bring unique expertise and perspectives to the table. This collaborative spirit is deeply ingrained in Huntsman Mental Health Institute's DNA, serving as the driving force behind our mission to accelerate innovation and deepen our collective impact.

Through bold collaborations and the sharing of ideas, we aim to usher in a new era of mental health knowledge, hope, and healing for all. Our commitment to partnership and discovery serves as the bedrock of our endeavors, nurturing a culture where transformative ideas flourish and where the future of mental health care is brighter than ever before.

3

Research and collaboration numbers

CURRENT NATIONAL AND INTERNATIONAL COLLABORATORS WITH HMHI



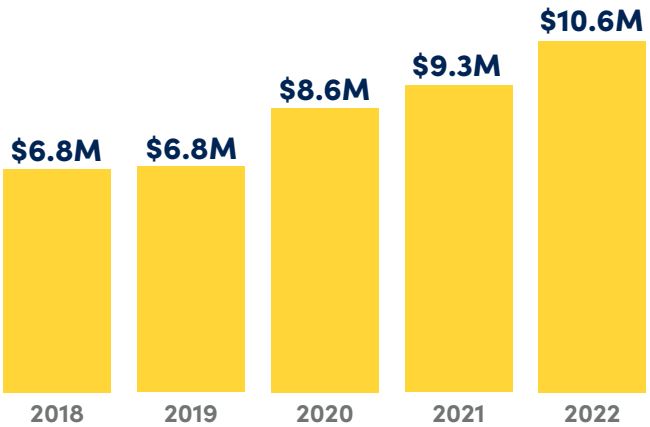
RESEARCH STATS

#36 IN PSYCHIATRY **BRIMR RANKING** 2022

2
K-AWARDS
K Awards provide support for senior postdoctoral fellows or faculty-level candidates.

1
T-AWARD
T Awards provide individual research training opportunities to trainees at the undergraduate, graduate, and postdoctoral levels.

1
U-AWARD
U Awards provide support for high-priority research areas that require substantial involvement from NIH program or scientific staff.



TOTAL RESEARCH EXPENDITURES

593
Publications
2018–2023

CURRENT FACULTY TOTAL PUBLICATIONS

Mental Health, Brain, and Behavioral Science Research Day

Hilary Coon is a professor of psychiatry and a neuroscientist at the University of Utah who studies risk factors for suicide. Although she focuses on understanding its genetic underpinnings, she knows it's a complex topic. That's why Coon would like to talk with her fellow university researchers on everything from the role of social stress and policy to physical and environmental exposures. "None of us has all the expertise we need," she says. "My work would benefit from all of these collaborations."

But the University of Utah is massive, and Coon often doesn't have the opportunity to meet her colleagues unless she intentionally reaches out to them and "pounds the pavement." That changed two years ago when Huntsman Mental Health Institute hosted its first "Mental Health, Brain, and Behavioral Science Research Day" to bring together people from across the campus community to share their work and ideas on those topics.

"One goal of HMHI is to advance scientific research by promoting the cross-pollination of ideas, so we had to find a way to make this happen," says Becky Kinkead, PhD, psychiatry research professor at HMHI, who helps coordinate the day-long conference. Research Day also offers a good opportunity for college academics and U of U Health clinicians to meet each other, she says, since they might both be involved in projects on the same topics.

In just two years, Kinkead says the conference has become so popular that organizers hope to make it an annual event. This year, about 230 people registered to listen to 15 speakers and view 54 posters. The day is structured into three sessions: "Your Mind and Other's Influence on It," "From Model Organisms to the Clinic," and "The Outside Influencing Mental Health and Behavior."

The variety of topics included mindfulness and addiction, autism biomarkers, and trauma-informed design for mental health and resilience. HMHI also announced pilot grants awards to encourage multi-departmental collaboration around mental health research.

Although the conference offers a full day of programming, Coon says she especially enjoys the time set aside for poster viewing when she can informally meet colleagues and allow ideas to percolate. "Like any research gathering, the most important connections are usually made in the hallway," she says. "It's nice to have a forum that brings together people I wouldn't necessarily have found on my own."



Mental Health, Brain, and Behavioral Science Research Day



> One goal of Huntsman Mental Health Institute is to advance scientific research by promoting the cross-pollination of ideas, so we had to find a way to make this happen.
>
> **— Becky Kinkead, PhD**
> **Psychiatry Research Professor at Huntsman Mental Health Institute**



Rendering of the Utah Mental Health Translational Research Building

Translational Research Building

In an era where collaboration and innovation are crucial in addressing pressing mental health challenges, the unveiling of the Utah Mental Health Translational Research Building stands as a beacon of hope and a milestone in the journey to improve mental health research and clinical care. This state-of-the-art facility, spanning 185,000 square feet, is poised to revolutionize the landscape of mental health research and treatment.

Supported by a remarkable $90 million appropriation from the Utah State Legislature and an additional $65 million in philanthropic funding, the Utah Mental Health Translational Research Building represents a unique collaboration between educational institutions, research experts, and professionals in various fields. This visionary project, a testament to Utah's commitment to becoming a national leader in mental health treatment, is ushering in a new era of collaboration and innovation.

The facility serves as the first institution in the nation to co-locate mental health educators and researchers from universities and colleges across the state with experts in science, artificial intelligence, technology, public policy, business, and law. The aim is to address critical mental health issues such as suicide, child and young adult mental health, rural mental health, stigma, workforce shortages, and the impact of psychiatric and social factors brought about by the COVID-19 pandemic. This approach, emphasizing a holistic and interdisciplinary strategy, is critical in the battle against mental health challenges.

At the heart of this initiative is translational research, a concept gaining momentum in research, academia, and policy. It emphasizes the translation of foundational insights into practical treatments, particularly pertinent in the field of mental health, where there is an urgent need to develop and refine psychiatric medicines and individualized treatment approaches.

The building offers cutting-edge research facilities, including a 7 Tesla MRI scanner dedicated to brain research. This equipment promises unprecedented insights into the neurological aspects of mental health disorders and will accelerate the development of treatments.

Beyond its physical infrastructure, the building symbolizes a commitment to attracting top-tier leaders



and researchers, enhancing educational missions, fostering creativity, and making mental health care more accessible to a broader audience. It's a place where the collective goal is to create a world free from stigma and suffering in the realm of mental health.

In the mental health realm, there is a pressing need to develop and test new psychiatric medicines, enhance the effectiveness, and reduce side effects of existing treatments, and create personalized approaches tailored to individual patients. The National Institute of Mental Health (NIMH), part of the U.S. National Institutes of Health (NIH), has outlined priorities such as identifying brain regions involved in mental disorders, understanding biological markers that predict treatment success, and developing models to predict treatment outcomes for specific patients.

The Utah Mental Health Translational Research Building is more than just a structure; it's a beacon of progress. It embodies the dedication to transform mental health care and improve the lives of countless individuals. "The Utah Mental Health Translational Research Building will enable Huntsman Mental Health Institute to deliver the research, care, and treatment options to combat one of our nation's most critical health crises," said Mark Rapaport, MD, CEO of Huntsman Mental Health Institute. "We want to create a place that will help us bring in a new era of knowledge, hope, and healing for everyone."

Uncovering the genes of alcoholic fruit flies: one lab's innovative approach to understanding addiction

Fifteen years ago, when geneticist Adrian Rothenfluh, PhD, decided to study the fruit fly to better understand how addiction works in the brain, he was intrigued by a similarity between the insects and humans: Fruit flies who became alcoholics didn't like the substance at first. He was curious what made them acquire a taste for it.

"Flies are surprisingly like us on a molecular level, and we have data that the same genes are involved in their response to alcohol," says Rothenfluh, whose lab is part of Huntsman Mental Health Institute and the University of Utah Molecular Medicine Program. "The goal is to understand the molecular mechanics of addiction in people to help us eventually find therapeutic interventions."

It's this kind of foundational research that HMHI is encouraging in collaboration with U of U scientists—and the next generation who will hopefully take that research to the next level. For example, Rothenfluh's lab, which trains three graduate students and counts two graduates, is now applying those findings on alcohol to cocaine and amphetamine use. "This work opens up the door to eventually discovering tailored inventions," he says. "We can't hope to cure mental disorders if we don't understand what's going on in the brain."



Pearl Cummins, Adrian Rothenfluh, and Maggie Chcilicek



Educating tomorrow's mental health workforce

Across the nation, cities and small towns face the same dilemma: too few mental health providers amid rising mental health needs. Patients, both young and old, often have to wait months to get care—and may have to travel long distances to get there.

To help close this gap, Huntsman Mental Health Institute is growing the workforce by training future psychiatrists, psychologists, music therapists, nurse practitioners, and other experts to serve the community both in Utah and beyond.

Students, interns, residents, and fellows transform during their time at Huntsman Mental Health Institute where they deepen their knowledge, fine-tune their skills, and become the mental health providers of tomorrow.

4

How we're reshaping mental health education and training

From reshaping the School of Medicine's rotation system to fostering a symphony of support through music therapy internships, our commitment to forward-thinking programming is unwavering. Some of the past year's highlights include collaborative ventures with the College of Nursing and the expansion of residency programs, bolstered by the welcoming environment we provide for a spectrum of mental health professionals, marking our continuous journey towards a brighter and more inclusive future in mental health education.

A new rotation system at the Spencer Fox Eccles School of Medicine

A major change at the Spencer Fox Eccles School of Medicine gives medical students a chance to see how individuals with mental health challenges are monitored over time.

The new longitudinal program, which affects all rotations, means second-year students follow patients in a clinic over an entire year—versus the traditional six-week clerkship.

"The idea is you're getting more longitudinal experience by seeing people do better over the course of the year," explained Steve Sugden, MD, MPH, MSS, associate professor at the medical school. "Many times, in an inpatient psychiatric setting, you don't know how well they do after they leave the hospital."



Symphony of support: expanding access to music therapy

The number of music therapists in Utah is on the rise thanks to a six-month Huntsman Mental Health Institute internship. Similar to a residency, the internship includes several weeks of shadowing a therapist and then working under their supervision.

Interns work with the full spectrum of patients served by Huntsman Mental Health Institute, from young children to older adults with a wide range of psychiatric needs.

The internship includes both group and individual music therapy experiences.



Experiencing music therapy first hand

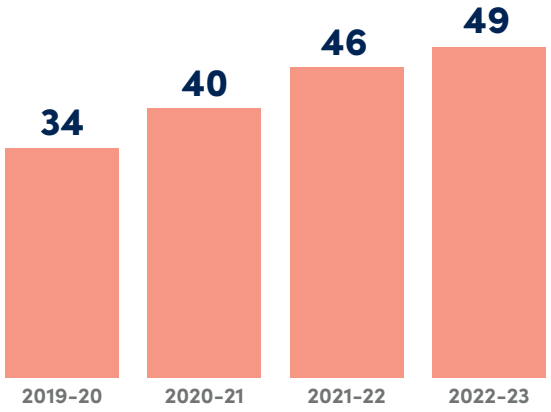
Expanding opportunities in General Psychiatry

With the support of Huntsman Mental Health Institute, the General Psychiatry residency has significantly expanded over the past five years.

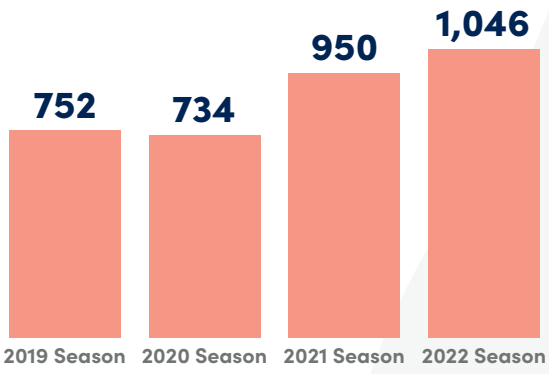
Now offering a total of 14 slots per year, including three slots for a rural Idaho track and two slots for a dedicated research track, the residency has grown in popularity and competitiveness — attracting outstanding physicians from around the nation. The number of applicants has more than doubled in the last 10 years.

Over four years, each General Psychiatry resident trains with patients of all ages and backgrounds — from children to geriatric — in a variety of locations. Those include inpatient, outpatient, and residential programs at Huntsman Mental Health Institute, the University of Utah Hospitals and Clinics, the George E. Wahlen Department of Veterans Affairs Medical Center, and many community sites.

A new psychotherapy clinic now gives third and fourth year students a broad range of psychotherapy training opportunities. More community rotations focusing on underserved groups continue to be developed.



NUMBER OF GENERAL PSYCHIATRY RESIDENTS



NUMBER OF PSYCHIATRY PROGRAM APPLICANTS



Because we're such a big center and a stand-alone psychiatric hospital, I'm able to see how an institution functions. I feel like I will be well prepared once I leave here to be a psychiatrist.

— Harjit Kaur, MD
Fourth-year psychiatry resident and co-chief resident

Triple Board Residency attracts top talent

One of the oldest Triple Board Residency Programs in the country, University of Utah Health's five-year combined program, which trains residents in pediatrics, adult psychiatry and child/adolescent psychiatry, is highly competitive.

With only three spots a year, the program has become increasingly competitive, now drawing more than 100 applicants annually.

Residents learn in a wide variety of locations, including the inpatient units and day treatment programs at Huntsman Mental Health Institute. They also do adult and child/adolescent psychiatry training at HMHI's outpatient clinics and mental health integration within University of Utah Health clinics.

With multiple triple board professionals working in the University of Utah system, residents also have ample mentorship opportunities. "We are bringing people to Utah who might not have considered coming out here to practice," said Kristi Kleinschmit, MD, Triple Board Program Director. "When people are looking for programs, they want to be a part of, I think HMHI has enhanced this reputation."



Pioneering fellowships in addiction medicine

One of the first Addiction Medicine Fellowships in the country, Huntsman Mental Health Institute's program is led by a pioneer in the field, Elizabeth Howell, MD, MS.

The one-year fellowship has four slots in addiction psychiatry and five slots in addiction medicine. Fellows have the opportunity to train in many locations, including inpatient and outpatient HMHI clinics, local residential treatment programs, Veterans Affairs clinics, and specialty medical clinics at the University of Utah.

Fellows also spend time in rural, tribal, and underserved communities across Utah. They live in Moab for a month working with southern Utah community-based providers of addiction treatment. They spend time in Blanding and learn about the Utah Navajo Health System. They also go to Price, which has had the highest overdose rate in the state for many years.



"There's so much to learn in the addiction world. We need people to do this work."

— **Elizabeth Howell, MD, MS**
Director of the Addiction Medicine and Addiction Psychiatry Program

Established excellence in rural mental health

One of the few training programs of its kind in the country, the Idaho Rural Track residency gives psychiatric residents the opportunity to learn the skills to practice in a true rural community.

The first two years of the residency are spent in Salt Lake City, while the second two years are spent in Pocatello, Idaho, serving the broader area of southeast and eastern Idaho. Many of the communities where the residents train have few, if any, mental health services.

Interest in the Idaho Rural Track has grown. Around 150 people applied for three spots in the program's first year. Last year, more than 550 people applied. Currently, the rural track has a total of 12 residents: six in Salt Lake City and six in Pocatello.



Idaho Rural Track residents

Partnering with the College of Nursing to expand behavioral health services

The average wait to see a psychiatric provider in Utah is about two to four months. A new collaboration between the College of Nursing and Huntsman Mental Health Institute is helping train the psychiatric and mental health nurse practitioners of the future. Shadowing Amos Grim, PMHNP, one of the preceptors for doctoral nursing students on the psychiatric and mental health educational track, at Huntsman Mental Health Institute's Farmington Behavioral Health Clinic and in the juvenile justice system provides critical training and experience.



"There are certain things you can't get taught in an academic environment and you have to see and experience by doing.

— Amos Grim, PMHNP
Psychiatric Mental Health Nurse Practitioner

Sustained excellence in child and adolescent psychiatry

From inpatient rotations to outpatient clinics—where they will see a panel of their own child and adolescent patients— Child and Adolescent Psychiatry Fellows get to experience a wide continuity of care.

Fellows work with a large volume of patients during the two-year fellowship and train with multiple community partners. “Any child with significant mental health concerns in the state of Utah and the surrounding area will receive care here,” Dr. Kleinschmit said.

Training under a child psychiatry faculty that is among the largest divisions in the country, fellows have the opportunity to be mentored and exposed to new innovations to help shape their future career. All fellows spend time in a private pediatric clinic doing integrated mental health care.

From students to staff: psychology interns and postdoctoral residents

For the past two decades, the American Psychological Association-accredited Psychology Internship has drawn strong candidates from around the country. Many of them are now Huntsman Mental Health Institute employees.

“It’s unique how well integrated psychology is into the treatment here,” said Dr. Smith, who herself came to Utah for her internship and stayed. She credits the unique setting at Huntsman Mental Health Institute and the opportunity to train at inpatient acute units.

Over the past 10 years, the internship program has grown from three to six slots. Once interns complete their training, some continue on as postdoctoral psychology residents.

The postdoctoral psychology residency program has also grown with HMHI recruiting six psychology postdocs this year despite a nationwide shortage in therapists.



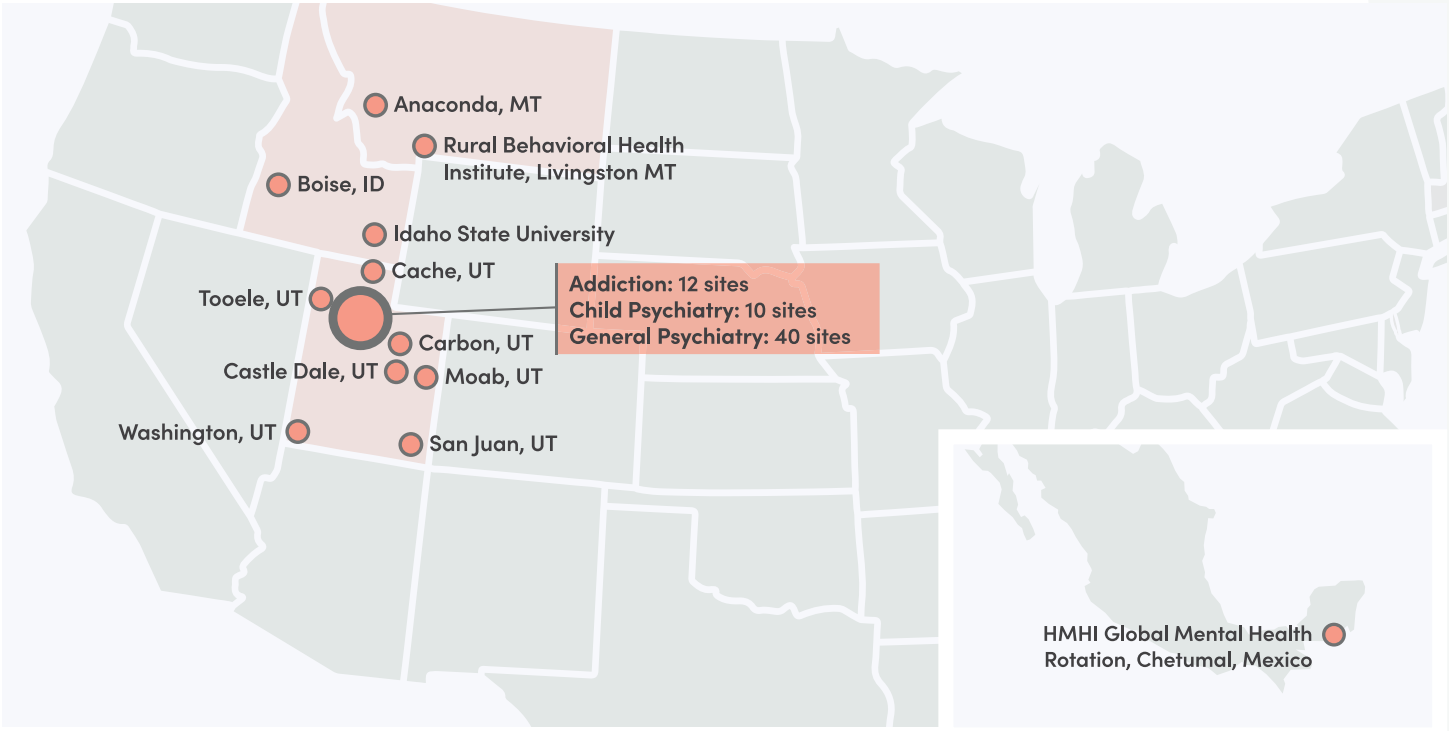
Incoming General Psychiatry residents



> The majority of our staff start as interns or postdocs. Once people come, they really enjoy it and want to stay.

— Allison Smith, PhD
Inpatient Psychology Manager
at Huntsman Mental Health Institute

EDUCATION SITES



EMPOWERING HUNDREDS OF LEARNERS YEARLY



ADDICTION MEDICINE FELLOWS

DNP STUDENTS

MUSIC THERAPY INTERNS

PEDS NEUROLOGY RESIDENTS

PMHNP STUDENTS

RECREATIONAL THERAPY INTERNS

ADDICTION PSYCHIATRY FELLOWS

GENERAL PSYCHIATRY RESIDENTS

MUSIC THERAPY STUDENTS

PEDIATRIC RESIDENTS

PSYCHOLOGY INTERNS

SOCIAL WORK STUDENTS

ALL U OF U MEDICAL STUDENTS

MBA STUDENTS

NURSING STUDENTS

PHARMACY STUDENTS

PSYCHOLOGY POST-DOCTORAL RESIDENTS

TRIPLE BOARD RESIDENTS

CHILD AND ADOLESCENT PSYCH FELLOWS

MEDICINE-PEDIATRIC RESIDENTS

OCCUPATIONAL THERAPY STUDENTS

PHYSICIAN ASSISTANT STUDENTS

PSYCHOLOGY STUDENTS

VISITING MEDICAL STUDENTS



Elevating the importance of mental health

Huntsman Mental Health Institute is committed to caring for people of all ages in their mental health journey. For some, that means a short stay in residential care. Others may need a lifetime of support.

Huntsman Mental Health Institute doctors, specialists, and staff provide clients with proven therapies, best practices, and innovative care. We are known around the country for clarifying diagnoses, reducing hospitalizations, and helping people heal—sometimes after years of frustration.

From serving developmentally disabled children with mental health challenges to seniors with psychiatric disorders, here's how we help, one person at a time.



Uniting against mental health stigma and raising awareness

More than one in four Americans will experience mental health issues or misuse alcohol or drugs in their lifetime, yet these are the most highly stigmatized health conditions in the US and are barriers to full participation in society in areas as basic as education, housing, and employment. Stigma has led to an underfunded mental health system, preventing healthcare workers from providing the best possible care and creating a cycle where those with the most severe needs lack access and fall through the cracks.

Building a coalition of leaders

Eliminating the stigma associated with mental health and substance use disorders requires systemic changes to public policy, social mores, and internal dialogues. Key to this kind of lasting change is the presence of a strong, inclusive backbone organization to consistently deliver research, communication, coordination, metrics, fundraising, evidence-based strategy, and leadership to build a long-term national coalition committed to a common goal.

Huntsman Mental Health Institute has made the multi-decade commitment of staff and resources to serve as the backbone organization of *Stop Stigma Together*, a coalition of partners committed to deep collaboration to reduce stigma and to support people with mental and substance use disorders.

HMHI has taken lead responsibility among partners and stakeholders in the design, implementation, and evaluation of a multipronged, evidence-based national strategy, and convened a National Leadership Steering Committee to drive the activities of the campaign.

In January 2023, members of the National Leadership Steering Committee met in Washington, D.C. to develop a long-term strategic plan to execute the vision and goals for Stop Stigma Together.



Partners include:

- American Psychiatric Association
- American Psychological Association
- The Carter Center
- National Alliance on Mental Illness
- Jed Foundation
- Shatterproof
- SAMHSA
- NIH/NIDA
- American Foundation for Suicide Prevention
- Rural Behavioral Health Institute
- Black Psychiatrists of America
- Human Rights Campaign
- One Mind
- Ad Council

Measuring impact

Fundamental to the work of Stop Stigma Together and the achievement of goals in the strategic plan is the development of key metrics.

The Metrics Committee has begun work on three projects that measure stigma:

- GSS Survey – Exploring Social Stigma: A Comprehensive Examination of Stigma-Related Concerns in the General Social Survey.
- Legal Mapping Project – Investigating Institutional Stigma: An In-Depth Analysis of Mental Health Laws and Policies.
- Lived Experiences Project – Revealing Self-Stigma: A Qualitative Inquiry into Mental and Behavioral Health.



Christena Huntsman Durham and family accept JED's Visionary Mental Health Award



If we want to promote equitable access to mental health treatment, we must make it available across Utah. Yet several barriers prevent access, including workforce shortages, waiting lists, and insufficient insurance coverage. And some people still don't view seeking help for mental health as socially acceptable.

The Jed Foundation, a nonprofit dedicated to preventing suicide and protecting the emotional health of our youth and young adults, is partnering with Huntsman Mental Health Institute to expand our footprint across Utah. We already have a strong presence in Utah colleges. Now we are committed to serving more students in K-12 schools, especially in rural Utah.

— Kurt D. Michael, PhD

Senior Clinical Director, The Jed Foundation,
Adjunct Professor, Huntsman Mental Health Institute

From insight to impact: HMHI and Ad Council partnership reshapes mental health narratives

As part of our work to end stigma, Huntsman Mental Health Institute has spent the past year working in partnership with the Ad Council to develop a new national communications campaign about mental health. The initiative aims to break stigma, normalize conversations about mental health, and connection people to education and resources to better care for the mental health of themselves and their loves ones.

Aimed at tackling self and social stigma, the new campaign, "Love, Your Mind" inspires people across the country to nurture their relationship with their minds the same way they care for their closest personal relationships. Because when we start to see our mental health as a partnership that needs our love and attention, we can experience how taking care of it lays the foundation for success in every area of our lives.

Through extensive market research, the campaign was specifically developed to resonate with the 70 million adults across the U.S. who are likely to experience mental health challenges – while also holding attitudes and beliefs that discourage them from seeking help. The initial round of PSAs was developed with a particular emphasis on reaching Black and Hispanic men ages 18-45, who are overrepresented among this group.

Building on Huntsman Mental Health Institute and Ad Council's long-term commitment to advancing mental health, this effort convenes experts, media platforms and influential voices to change the conversation around mental health at an unprecedented scale.

The campaign includes partnerships with House of Joy, Latinovations, and Values Partnerships—award-winning agencies with deep expertise in the Black, Hispanic, and faith communities, respectively. Together, we are collaborating with community-based organizations and trusted messengers to provide educational programs, host inspirational in-person and virtual events, and provide open-source toolkits.

"Love, Your Mind" offers free mental health resources on LoveYourMindToday.org, or ConAmorTuMente.org in Spanish. The campaign is releasing multiple national PSAs designed to resonate with specific audiences, beginning with content tailored for Black men and Hispanic men (in both English and Spanish), who are overrepresented among this group. More PSAs will be released to focus on additional priority audiences, including a focus on rural communities in early 2024.



Ad Council's "Love, Your Mind" campaign



Ad Council's "Love, Your Mind" campaign

Building a strong foundation through research

Beginning in late 2022, Ad Council conducted extensive qualitative and quantitative research to help shape the communications campaign (which subsequently launched in October 2023). This included understanding insights around barriers, stigma, and motivators when it comes to mental health —as well as specific research to inform the development of the consumer-facing websites for the campaign.

Part of the research process also focused on hearing from rural communities around mental health, to inform communications to rural areas as part of the Love, Your Mind campaign in late 2023 and early 2024. In addition to research directly with people from rural communities, Ad Council conducted a listening tour with more than 20 experts from rural areas in early 2023.

Driving impact through community events

In parallel with the development of the Love, Your Mind campaign, Huntsman Mental Health Institute and Ad Council began collaborating on 10 community-focused events in early 2023 to spark conversations and education around mental health. The conversations built on existing Ad Council campaigns with a focus on reaching young adults and parents of middle-school aged children, respectively.

The events brought together a range of key voices – subject matter experts, mental health organizations, trusted voices such as Mario Lopez and Tabitha Brown, community partners such as the Hispanic Heritage Foundation and the Atlanta HBCU Consortium, and media outlets such as VMe, Univision and The Shade Room.

Outreach culminated in a partnership with the acclaimed gospel music contest How Sweet The Sound, to weave mental health messaging into their national programming. Promotion culminated at their final event in Atlanta in June 2023, accompanied by the Atlanta City Council declaring it "Mental Health Sunday" and a program with the Dream Center Church on the same weekend.

In total, the programming from these events was viewed more than 2.4 million times, and reached more than 9 million people through promotion and earned media.

Post-event surveys indicated that more than 90% of viewers left feeling more educated about mental health and more likely to take a positive action related to mental health within the following month.



Ad Council's "Love, Your Mind" campaign

Aligning quality, sustainability, and parity

At Huntsman Mental Health Institute, our primary goal is to ensure that individuals receive comprehensive and equitable mental health support. We understand that achieving this requires collaboration among policymakers, insurers, and healthcare systems to align efforts and provide mental health services on par with other healthcare offerings.

To achieve sustainability, we are exploring innovative financing approaches and embedding mental health expertise within healthcare systems, such as University of Utah Health, to enhance the quality of care. Strengthening our ties with communities and businesses will help us fund and drive innovation.

HMHI advocates for mental health parity at all levels and collaborates with various groups to expand margin-generating programs, ensuring we can sustainably fulfill our mission of providing top-notch mental health care to individuals.

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Utah's leadership legacy: transformative progress in mental health legislation

Over the past decade the state of Utah has made substantial investments in mental health, passing more bills and appropriating more funding to support mental health than any other state, including generous financial support for Huntsman Mental Health Institute. Due to the lack of reimbursement for mental health care, our crisis services wouldn't be possible without legislation.

In partnership with the state, private sector philanthropic partners have joined forces to further amplify these efforts. Huntsman Mental Health Institute, backed by both state resources and private sector contributions, continues to grow as an institution dedicated to addressing and improving mental well-being in Utah. This collaborative approach highlights the synergy between public and private sectors, emphasizing a shared responsibility in fostering comprehensive mental health solutions for all.

Overview of Utah's key mental health-related legislation

The 2022 and 2023 legislative sessions were marked by the introduction and discussion of several impactful mental health legislation measures.

The primary objectives of the mental health legislation passed in this session were clear: to expand the crisis continuum. This involves ensuring individuals have access to essential resources, including a crisis hotline (988 and warm line), immediate crisis response (MCOT), and a safe haven (receiving center). The strategic allocation of funding to areas with the highest need reflects a long-term commitment to improving crisis intervention.

Notably in 2023, HB 66, titled "Behavioral Health Crisis Response Commission Amendments," was a groundbreaking move that garnered unanimous support in both the House and Senate. This legislation extended the Crisis Response Commission's lifespan and allocated substantial funding for vital mental health initiatives. Specifically, it established a rural crisis receiving center in Cache County and provided funding for two additional Mobile Crisis Outreach Teams (MCOT) in Salt Lake County, amounting to millions in funding for these essential mental health programs.

The legislative session also witnessed significant budget allocations in support of mental health programs and services. An additional $6 million was allocated for the Kem and Carolyn Garner Crisis Receiving Center, demonstrating a strong commitment to enhancing mental health services. Furthermore, in 2022, funding was allocated to create a Forensic Psychiatry Fellowship at Huntsman Mental Health Institute.

Efforts to reduce the stigma surrounding mental health were evident in legislation like HB 13, the "Special License Plate Designation" passed in 2022. This initiative supports the "Live On" suicide prevention campaign through the creation of special license plates, offering a tangible way to fund mental health awareness.

One of the most notable achievements was the decline in the suicide rate, as reported by the CDC for the year ending in 2021, with Utah ranking 14th, a significant improvement from its 5th position in 2019. This underscores the profoundly positive impact of legislative efforts. Notably, July 2023 marked the one-year anniversary of 988, the national suicide prevention number, further emphasizing the ongoing commitment to mental health.

While progress has been made, Utah continues to face pressing mental health issues. As policymakers remain committed to addressing these challenges, we can expect more mental health-related bills and initiatives in the next legislative session.



Ross Van Vranken and Steve Eliason advocating for the 988 crisis line at the US Capitol in 2021

Building hope together



As we embark on the second year of our collective journey, I am delighted to share with you some reflections on our accomplishments and goals. Year one has been a year of notable gains and impact. We've achieved several milestones and made strides in our work to promote mental health awareness for all, as well as supported care delivery to individuals on their mental health journeys. Allow me to highlight some of the key accomplishments from this year:

Growing our foundation's capabilities
One of the most exciting developments this year has been the expansion of our team's capabilities. I am pleased to announce that the Foundation has strengthened its stance by adding five talented individuals to our team, each sharing our passion for mental health advocacy and bringing unique skills and experiences that will further expand our foundation's impact.

Embracing our mission and values
As a team, we renewed our collective efforts to embed our mission and values in everything we do. As part of our values work, we ensured our new website - Huntsmanmentalhealth.org - better communicates who we are and showcases our key initiatives.

Expanding partnerships and collaborations
In the spirit of authentic and genuine efforts to foster collaborations, we have forged many valuable partnerships with mental health experts and organizations both regionally, including Park City Song Summit, and nationally, including the Ad Council. These collaborations have allowed us to focus on doing what we do best, efficiently, and effectively, to maximize our impact.

Increasing awareness
Through various outreach campaigns, we continued to raise awareness nationally about mental health issues, breaking down the stigma associated with seeking help and fostering open conversations about mental well-being.

Achieving fundraising success
Thanks to the generosity of our donors and supporters, both public and private, we were able to celebrate the addition of three new care facilities, right here in Utah that will offer unparalleled access to care and treatment resources for individuals struggling with mental health issues. The new Crisis Care Center, Receiving Center, and the Utah Mental Health Translational Research Center will fill important voids in mental health treatment capabilities in our community.

While our first year was marked by significant achievements and increasing capacity to address needs, we recognize that there is much more work to be done. Mental health is the most pressing issue of our time, and the Huntsman Mental Health Foundation remains dedicated to driving transformative impact. With your continued support, we are confident that we can create a world where mental health is prioritized, understood, and accessible to all. I would like to express my deepest gratitude to each and every one of you who has contributed to the Huntsman Mental Health Foundation in any way, whether through your time, donations, or advocacy. Together, we are making a positive difference in the lives of countless individuals. As we look ahead to Year two, we are filled with hope and determination. Thank you for being an essential part of our journey.



Joe Stampe, CEO
Huntsman Mental Health Foundation

Miller family's historic $3.5 million gift unites comprehensive services under one roof

The Larry H. and Gail Miller Family Foundation was created in 2007 as a way for the Miller Family to continue their legacy of giving and to include future generations of the family. The Miller Family Foundation supports programs that enrich lives and communities in the five key areas of health and medicine, shelter and food security, education and skill development, jobs and economic self-reliance, and cultural and spiritual enrichment. This year, their philanthropic journey took an unexpected but profoundly meaningful turn as they made a significant $3.5 million donation to mental health.



As philanthropists, we can't overlook mental health. We can't assume someone else will handle it. Mental health affects us all, nobody is immune. Philanthropists can help at the fringes and the heart. What most excites me about the Healing and Innovation floor is that individuals will have access to professional and social services, under one roof, at the moment they need it most. This will transform outcomes.

— Steve Miller

The inspiration behind the gift

When asked what inspired the Miller family to embark on this philanthropic endeavor, they shared that it all began with a heartfelt invitation from David Huntsman and Christena Huntsman Durham, to join their family's initiative. The Miller Family Foundation was not actively seeking involvement in this particular segment of philanthropy, but their deep admiration and respect for the Huntsman family, along with the urgent need to address the unmet mental health needs of the community, made it a perfect fit.

A vision for impact

The Kem and Carolyn Gardner Crisis Care Center is the first building on the site of the planned Huntsman Mental Health Institute at the University of Utah "Campus of Hope," meant to increase Utah's mental health resources. When the center opens, it will be able to treat 30 people needing short-term stabilization care and treatment and provide 24 inpatient beds for patients requiring longer-term care. It will also include a medication-assisted treatment clinic for people with opiate use disorders, intensive outpatient treatment for adults needing support for substance use disorders, and mental health day treatment for adults that need more help than traditional outpatient care.

But the standout aspect of the crisis care center is its commitment to providing comprehensive support. Beyond crisis care and stabilization treatment, the center will feature an entire floor – the Healing and Innovation floor – devoted to facilitating connections between patients and their families with a range of professional and social services. The Miller gift supports not only the construction of this floor but programming and services as well. The types of services patients will be able to access include a free legal clinic to remove legal barriers that disrupt many families with mental health crises, along with access to financial services, primary care, dental care, and existing community programs for housing, health care, and unemployment. Fundamentally, these services ensure that barriers to mental health care are dismantled, fostering a community where healing and support are accessible to all.

Aligning values with philanthropy

Despite the Miller family's work being rooted in their steadfast commitment to five pillars, of which mental health is not explicitly named, the all-encompassing services that will be available on the Healing and Innovation Floor touch all the five pillars, making this contribution particularly meaningful. The transformative power of housing critical services within the center cannot be overstated and this endeavor is set to raise the bar, serving as a model for the state and nation, inspiring hope and changing lives for generations to come.

For patients, the advantages of having access to multiple services under one roof are clear:

- **Convenience:** Patients can access a wide range of services in one location, reducing the need for multiple appointments at different facilities. This saves time and minimizes logistical challenges.
- **Holistic Care:** The availability of diverse services allows for a more comprehensive approach to mental health care. Patients can receive medical, therapeutic, legal, and social support, addressing various aspects of their well-being simultaneously.
- **Coordination of Care:** When multiple services are housed together, healthcare professionals can collaborate more effectively. This ensures that patients receive coordinated and cohesive care, reducing the risk of fragmented treatment.
- **Tailored Treatment Plans:** With access to a variety of professionals and services, patients can receive individualized treatment plans that address their unique needs and circumstances.
- **Faster Access to Resources:** Patients can quickly connect with the specific resources they require. Whether it's legal advice, financial assistance, or medical attention, having services under one roof expedites access to critical resources.
- **Support for Families:** Families and caregivers also benefit from this setup. They can access support services and resources to better understand and assist their loved ones in their mental health journey.
- **Reduced Stigma:** Having a facility that offers a wide range of services promotes a more inclusive and accepting environment. Patients may feel less stigmatized when seeking help as mental health care becomes a normalized part of their overall healthcare.
- **Improved Outcomes:** Coordinated and comprehensive care often leads to improved patient outcomes. Patients are more likely to receive the right care at the right time, which can result in better mental health and overall well-being.

From grief to giving: Dr. Tom Conover launches fund to honor the life and work of Dr. Mitzi D. Conover

The fund will support collaborative projects between Huntsman Cancer Institute and Huntsman Mental Health Institute that improve access to and delivery of mental health care services to patients with cancer and their loved ones.

In July 2021, the life of Dr. Mitzi D. Conover, a cherished community pediatrician, mother of Jacob and Samuel, and wife of Dr. Thomas Conover, took an unexpected turn. She received a diagnosis of Glioblastoma Multiforme (GBM), a rare and aggressive form of brain cancer. Mitzi embarked on a remarkable journey of resilience and courage, undergoing multiple brain surgeries, chemotherapy, and radiation therapy. Tragically, Mitzi passed away in January 2023, leaving behind a legacy of strength and resilience that continues to inspire those who knew her. In the wake of this profound loss, Dr. Tom Conover sought a way to carry Mitzi's spirit forward and to honor her legacy.

Mitzi was a multi-graduate from the U: earning her undergraduate and medical school degrees as well as completing her residency at the University of Utah. When she was diagnosed with cancer, there was no doubt that she would go to the prestigious University of Utah Huntsman Cancer Institute (HCI) for her care.

Throughout her battle with cancer, Mitzi remained an inspiration to all who knew her. Her kindness, bravery, and love for her family, friends, colleagues, and patients never wavered. Behind the scenes, Mitzi's family, including her husband Tom and their two sons, faced the emotional toll that cancer, especially GBM, can have on mental health and overall well-being. They discovered firsthand the importance of comprehensive support in navigating the emotional challenges that often accompany cancer diagnoses and treatments.

Tom Conover envisioned a way to channel the outpouring of support and love for Mitzi into something that could benefit others facing similar challenges. He recognized the critical importance of providing mental health support to cancer patients and their families, a need that was highlighted during their own journey.



Dr. Mitzi D. Conover

The Conovers' experience and Tom's work as a psychiatrist at the University of Utah revealed opportunities to make the already excellent care provided at HCI even better, through combining the resources of HCI and Huntsman Mental Health Institute.

HCI and Huntsman Mental Health Institute are exemplars of world-class clinical care and research in their respective fields. In collaboration, HCI and HMHI are uniquely positioned to improve our understanding of the bidirectional impact of cancer and mental health, and to blaze new paths for patient care to improve well-being, function, and survival.

The result of this vision is the fund in Mitzi's honor, the first sub-fund at the Huntsman Mental Health Foundation in honor of an individual and a remarkable initiative that will bridge the gap between cancer care and mental health support. This fund represents a heartfelt tribute to Mitzi's memory and a commitment to improving the lives of those affected by cancer.

Cancer is not merely a physical disease; it takes a significant toll on one's mental health and emotional well-being. Patients and their families often face anxiety, depression, and fear, in addition to the physical challenges of treatment. This emotional burden can affect the overall quality of life and even impact treatment outcomes.

Primary brain cancer is an example of an illness that is clearly physical but which reaches into cognitive and emotional function in a profound way.

For all cancer patients, diagnosis specific mental health care and interventions should become the standard. The Mitzi D. Conover Fund seeks to make that happen and recognizes the critical need for comprehensive mental health support throughout the cancer journey. By addressing emotional challenges through research and collaboration, the fund aims to improve the overall well-being and resilience of patients and their families.

In Mitzi's honor, HCI and HMHI are redefining the cancer care landscape, recognizing that emotional well-being is as vital as physical health.



Drs. Tom and Mitzi Conover and sons



> If this accomplishes what we hope it will, which is to establish integrated, sophisticated diagnosis-informed neurocognitive support for patients and caregivers, we will be doing something that a lot of other places will look to as a model of excellence in cancer care, mental health support, and patient well-being.
>
> **— Dr. Thomas Conover**



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