

**The Jed Foundation
2016 Annual Report**



Together, We're Helping Our Nation's Youth Grow Into Thriving Adults





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WELCOME!

We look back in amazement at the impact The Jed Foundation (JED) and its supporters had in the lives of millions of teens and young adults in 2016. As awareness and acceptance of the importance of mental health increases nationwide, we see an incredible opportunity to expand that impact in 2017. But there is work ahead of us.

The forecast for America's 44 million emerging adults is not strong. One in five is struggling with a mental health condition, yet more than half of those in need did not receive counseling or treatment in the past year. Rates of depression and anxiety are on the rise and our high school students are graduating without the emotional skills and preparation to help them flourish in adult life. These mental health issues are taking dozens of young lives every day by suicide and drug overdose. Today, teens and young adults are under more burden than they show.

Yet, today's youth are poised to change the culture around mental health. They are culturally accepting and aware, well-informed and talking about mental health more than anyone else. They care deeply about their friends and want to help others in distress. Our opportunity as a society is to help protect the mental health of today's youth, while following their lead to a more supportive and accepting future where we all act with the understanding that mental health is integral to our general health and well-being.

Thanks to your support, JED is meeting teens and young adults where they are — in school and online — to help ensure:

- Emerging adults are equipped to navigate mental health challenges, to seek and give help.
 - This year, over 25 million young people are better informed and prepared to take care of their mental health, or the health of a loved one, because of information from JED's campaigns and online resources.
- High school students are emotionally prepared for the transition to college and adult life.
 - In the spring of 2017, we launched Set to Go, a first-of-its-kind program that prepares teens for this transition.

- Every college student attends a school with a comprehensive system to support mental health.
 - More than 2,500 colleges and universities strengthen their safety nets for students by using at least one resource from JED.
 - Nearly 170 colleges representing over 1,840,000 students are JED Campuses, working with JED to improve their mental health, substance abuse and suicide prevention programming.

In the coming months, we will build further on this work by:

- Launching a national campaign with Ad Council and the American Foundation for Suicide Prevention to empower young adults to help friends who are struggling with mental health issues and may be at risk for suicide.
- Releasing recommendations for how colleges can better support the mental health of students of color.

This is all possible thanks to your ongoing support and partnership. Because of you, we are protecting and empowering today's youth with the skills and support needed to grow into healthy, thriving adults.

Thank you.

A handwritten signature in black ink, appearing to read "John MacPhee".

John MacPhee
Executive Director and CEO



OUR STORY

Phil and Donna Satow lost their youngest son, Jed, to suicide in 1998. Although suicide was, and continues to be, the second-leading cause of death among young adults, schools had no uniform model for preventing suicide on campus. In 2000, the Satows founded The Jed Foundation (JED) to launch a blueprint for suicide prevention. Today, JED is the nation's leading organization dedicated to young adult mental health.

Our mission

JED exists to protect emotional health and prevent suicide for our nation's teens and young adults.

Our vision

We envision a future where:

- Teens and young adults are equipped to navigate mental health challenges, to seek and give help, and are emotionally prepared to enter adulthood and fulfill their potential.
- Every high school and college has a comprehensive system that supports emotional health and reduces the risks of substance abuse and suicide.
- Our communities support the emotional well-being and mental health of teens and young adults.
- Mental health is recognized as part of general health and wellness, and is not associated with shame, secrecy or prejudice.

WHY JED IS NEEDED

Young adulthood is a time of growth, learning and exploration. A time to start building a life of one's own, and to feel excitement about the future. Yet for many of our nation's teens and young adults, transitioning into adulthood can be a time of significant changes and intense challenges.

We see the effects in the headlines every day: a death from binge drinking, an overdose, a suicide. These tragedies are complex and their warning signs often subtle, but with the right support and safety nets, many lives can be saved.

That's why JED exists. We are the leading nonprofit dedicated to ensuring our country's teens and young adults get the emotional support they need to navigate life's challenges. We're partnering with high schools and colleges to strengthen their mental health, substance abuse and suicide prevention programming and systems. We're equipping teens and young adults with the skills and knowledge to help themselves and each other. We're encouraging community awareness, understanding and action for young adult mental health.

With your support, JED is helping our nation's youth grow into thriving adults.



In my experience living with anxiety, OCD and depression, there were many fractures to my heart, and the tears were aplenty. And yet, so much beauty has come forth. I do believe that everything is a gift. The work of JED helps young adults recognize these gifts in their own stories in a profound way.



Maggie Skoch, 2016 Honoree, JED's Jerry Greenspan Student Voice of Mental Health Award

The Scope of the Problem

- **One out of every five** young people aged 13 to 28 lives with a mental health condition.¹
- Suicide and accidents — including prescription drug overdoses and alcohol poisoning — are the **two leading causes** of death among our nation’s teens and young adults.
- **60%** of first-year college students wish they were better prepared emotionally for the transition out of high school.²
- At some point during the past year, **more than half** of all college students experienced “overwhelming anxiety,” and **37%** reported feeling “so depressed it was difficult to function.”³
- **9.8%** of college students³ and **18%** of high school students⁴ reported having serious thoughts of suicide in the past 12 months.

1 Any Disorder Among Children. (n.d.) Retrieved January 16, 2015, from <http://www.nimh.nih.gov/health/statistics/prevalence/any-disorder-among-children.shtml> See more at: <https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers#sthash.Q6L1iyQ4.dpuf>

2 “First Year College Experience Study,” Harris Poll, 2015 <http://setto.org/the-research/>

3 American College Health Association – National College Health Assessment, 2016 http://www.acha-ncha.org/reports_ACHA-NCHAIIc.html

4 “Youth Risk Behavior Surveillance - United States, 2015.” Centers for Disease Control and Prevention, 10 June. 2016, https://www.cdc.gov/healthyyouth/data/yrbs/pdf/2015/ss6506_updated.pdf

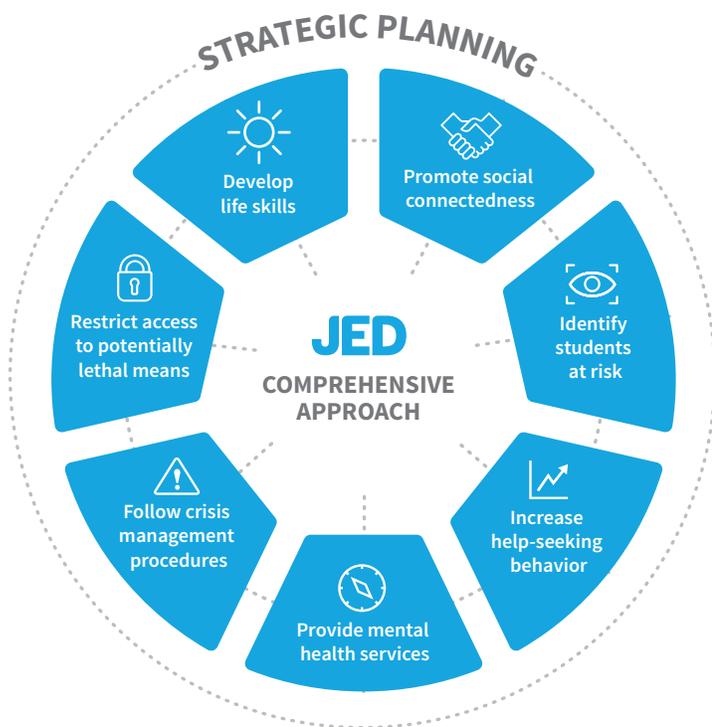


OUR APPROACH

We believe in a comprehensive public health approach to promoting emotional and mental health and preventing suicide. JED's programs are grounded in our *Model for Comprehensive Mental Health Promotion and Suicide Prevention for Colleges and Universities*, developed in collaboration with the Suicide Prevention Resource Center. This evidence-based model brings together what is known about how to decrease risk factors and increase protective factors among adolescents, college students and the general population. Our comprehensive approach combines seven strategies to promote mental health and reduce the risk of substance abuse and suicide among youth.

Our three areas of focus

- We help schools evaluate and strengthen their mental health, substance abuse and suicide prevention programs and systems to safeguard individual and community health.
- We develop expert resources and create powerful partnerships to ensure more teens and young adults get access to the resources and support they need to navigate life's challenges.
- We educate and equip students, families and the communities around them to know when and how to support those who are in distress or struggling with a mental health issue.







We are all responsible,
collectively, for our
nation's young people.



Carol Quillen, President, Davidson College

OUR PROGRAMS

JED Campus (jedcampus.org)

A nationwide initiative, JED Campus is designed to guide schools through a collaborative process of developing comprehensive systems, programs and policies with customized support to build upon existing student mental health, substance abuse and suicide prevention efforts.

By becoming a JED Campus, a school demonstrates its commitment to the emotional well-being of its students. JED Campuses embark on a multiyear strategic partnership with JED that not only assesses and enhances the work that is already being done, but helps create positive, lasting, systemic change in the campus community.

We launched JED Campus in 2014. Just three years later, nearly 170 colleges and universities have joined, with more and more schools partnering with JED every day.

- JED Campus has more than doubled in size, growing from 61 schools at the start of 2015 to nearly 170 colleges representing over 1,840,000 students as of May 2017.
- More than 1 in 10 undergraduate students at four-year, not-for-profit higher education institutions attends a JED Campus.
- *United Educators*, the nation's leading liability insurer for colleges and universities, points to JED Campus as an effective way "to change campus culture, policy and practice in order to de-stigmatize mental health issues and create a positive, healthy and safe environment for students."

JED Campuses are making concrete, meaningful changes. These institutions have:

- Instituted care manager positions to help with a broad spectrum of student needs, including connecting at-risk students with the mental health resources they need.
- Developed medical, mandatory, and return-from-leave policies that support student wellness and success in returning to their academic programs.
- Implemented a medical amnesty policy, which encourages students to seek medical assistance for themselves or others without fear of disciplinary action.
- Developed a 24/7 emergency service to support students who may be in crisis.
- Designed a resource manual for faculty that describes how they can help support a student in crisis.
- Equipped first responders with naloxone to reduce the risk of death from opioid overdose.
- Partnered with local police to host successful pill collection days, which reduces the risk of medication diversion and misuse.
- Created a community on campus for those students in recovery and those who wish to abstain from using substances.

Set to Go (settogo.org)

JED's newest program, Set to Go, launched in 2017 to help prepare and guide teenagers through the transition to college and life after high school. Our research shows that most first-year college students wish they had been better emotionally prepared for the transition from high school to college. Set to Go presents students, families and high school educators with emotional considerations for the college selection process, life skills development and specific challenges that might come up during the first weeks, months and year on campus.

SettoGo.org introduces a framework of five key areas of knowledge and skill development that are essential for emotional preparedness:

- Putting college in perspective
- Basic life skills
- Social and emotional skills
- Mental health and substance abuse literacy
- The transition to college life

The site offers a variety of unique tools including a *Right Fit Worksheet* to help students assess the social and emotional “fit” of each school they are considering, and the *Transition of Care Guide*, outlining steps students with preexisting mental health conditions can take to manage the transition of their care.

OUR PROGRAMS

Half of Us (halfofus.com)

Half of Us is a Peabody Award-winning program from JED and MTV featuring a library of high-quality, free-for-use videos including public service announcements with celebrities and students talking about their personal experiences with mental health issues and problems with substance use. Half of Us helps young people feel less alone and encourages them to reach out for help on campus or in their communities.

- Our Half of Us Campaign reaches over 10,000,000 students each year.

ULifeline (ulifeline.org)

An online mental health resource center, ULifeline offers college students information about emotional health issues and the resources available on their campuses. It also features a confidential mental health self-screening tool.

- Over 1,660 schools participate in the ULifeline network.
- Over 475,000 students visited ULifeline in 2016.

Love is Louder (loveislouder.com)

Love is Louder is a community working together to build a world where we all feel connected and supported. No matter who we are, where we're from, what we've experienced or what challenges we face, there are things we can do to make connections and support louder in our lives and for the people around us. JED created Love is Louder to give us all the tools and opportunities to take those actions as individuals, campuses and communities.

- Hundreds of thousands of young people engage with Love is Louder online.

Help a Friend in Need Guide

A community guide for Facebook and Instagram users that helps young adults identify potential warning signs that a friend might be in emotional distress and in need of help, and what to do about it.

JED Storytellers

JED presents a series of real, inspiring personal stories developed in Moth Community Workshops to let others know they are not alone. There is hope. There is help.



We are now part of a community of JED storytellers, speaking out about emotional health and suicide prevention on a larger stage. Through sharing our most difficult life events, we will make a difference for another human being.



Lynn Keane, JED Storyteller



OUR EXPERT RESOURCES

JED produces and disseminates trainings and resources to support college professionals including:

CampusMHAP

This resource helps college and university professionals develop a comprehensive plan to promote the mental health of their campus communities as well as support students who are distressed or struggling emotionally.

Balancing Safety and Support on Campus: A Guide for Campus Teams

Developed by JED and HEMHA, this guide helps campus professionals understand all the factors that should be considered when creating a behavioral intervention team.

Postvention: A Guide for Response to Suicide on College Campuses

Created by JED and HEMHA, this guide helps colleges and universities effectively and sensitively respond to campus suicide deaths, should they occur.

For a complete list of JED programs and resources, please visit: jedfoundation.org/programs





Increasing awareness, providing access, reaching out in a proactive way so that students know it's safe and okay to ask for help. JED has made an important impact.

Thomas R. Insel, MD, Verily Life Sciences and
Past Director, National Institute of Mental Health



OUR REACH AND IMPACT

JED mental health and suicide prevention programs serve millions of students across thousands of colleges and universities nationwide. In just the last year, we have:

Helped schools implement safety nets

- More than **3,000** colleges and universities have strengthened their safety nets for students by using at least one resource from JED.
- Nearly **170** colleges representing over **1,840,000** students are JED Campuses, working with JED to improve their mental health, substance abuse and suicide prevention programming.
- JED educated over **5,000** campus professionals in suicide prevention through conference presentations and webinars.
- **1,660** (and counting) colleges and universities utilize JED's ULifeline.org online resource center to provide students with information about mental health and how to seek help.



JED has us addressing emotional well-being on all fronts. Now our colleagues on campus think about how our offices, programs and services can coordinate and share resources to promote and impact our students' mental wellness.



Rebecca Weidensaul,
Assistant Vice President, Drexel University

Equipped and empowered young adults

- Reaching those who need to be reached — JED’s mental health public service campaigns reached over **25 million** people.
- JED’s anonymous mental health self-evaluator was used by nearly **35,000** students to assess their symptoms and receive customized information about how to seek help.
- JED meets young adults where they are, with more than **500,000** young adults engaging with JED content through social media.



I want to thank JED for empowering young people to deal with the emotional challenges that often inevitably come, and deal with them in a way that not only enables them to be successful, but helps us all to be successful.

Senator Cory Booker





AWARDS AND RECOGNITION

JED and its programs have been widely recognized for quality and impact, including the following honors:

2017

- Finalist, Change Maker Award, Child Mind Institute

2016

- Mortimer J. Blumenthal Award, UJA Federation of NY
- Finalist, Change Maker Award, Child Mind Institute

2015

- SAMHSA Special Recognition Award to actress Brittany Snow, co-founder of JED's Love is Louder movement
- Sunrise Foundation Award, Cause Célèbre

2014

- Distinguished Service Award, American Psychiatric Association
- Beacon Award, Websites: mtvU/Half of Us, Association of Cable Communicators
- Voice Award, Documentary for Life Continued: Defeating Depression
- Synopsis Social Good Award, Best Integrated Campaign: Health Initiative

2013

- Creativity Award (Gold), Creativity International Awards
- Prism Award Public Service Project: mtvU/Half of Us, Entertainment Industries Council
- National Council for Behavioral Healthcare Reintegration Award for Education for ULifeline

2012

- Prism Award Public Service Campaign: mtvU/Half of Us, Entertainment Industries Council
- HOPE Award for Depression Advocacy, Hope for Depression Research Foundation

- Telly Award for JED 2011 Milestones Video

2011

- Nominee, Daytime Emmy, National Academy of Television Arts and Sciences

2010

- Creativity Award, Creativity International Awards (Gold), Art Direction Magazine (Silver)
- Nominee, Daytime Emmy, National Academy of Television Arts and Sciences
- Prism Award, Best Music Video: mtvU/Half of Us, Entertainment Industries Council

2009

- Nominee, Gracie Award, American Women in Radio and Television

2008

- Banf Award (Hors Concours)
- Beacon Award, Public Service Announcements, Programming and New Media, Association of Cable Communicators
- Creativity Award, Creativity International Awards (Platinum), Art Direction Magazine (Platinum)
- Gracie Award, American Women in Radio and Television
- Peabody Award, The George Foster Peabody Awards

2007

- Nominee, Community and Public Service Emmy, National Academy of Television Arts and Sciences





JED does incredible work with suicide prevention on college campuses across America. Real people, real lives depend on their efforts.



Connor Skaggs, Student, Washington State University

OUR ENDURING PARTNERSHIPS

We are grateful for our many impactful friendships and partnerships. The leaders and families who support us from the worlds of business, academia, medicine, media, entertainment and philanthropy expand our ability to reach more young people.

We are proud to be a member of the following group initiatives:

National Council for Suicide Prevention

The National Council for Suicide Prevention is dedicated to advancing suicide prevention through leadership, advocacy and a collective voice. Partner organizations include:

- American Association of Suicidology (AAS)
- American Foundation for Suicide Prevention (AFSP)
- The Jason Foundation
- JED
- Samaritans USA
- Suicide Awareness Voices of Education (SAVE)
- The Trevor Project

Higher Education Mental Health Alliance (HEMHA)

The Higher Education Mental Health Alliance is a partnership that provides leadership to advance college mental health. Members of HEMHA include:

- American Academy of Child and Adolescent Psychiatry (AACAP)
- American College Counseling Association (ACCA)
- American College Health Association (ACHA)
- American College Personnel Association (ACPA)

- American Psychiatric Association (APA)
- American Psychological Association (APA)
- Association for University and College Counseling Center Directors (AUCCCD)
- JED
- Student Affairs Administrators in Higher Education (NASPA)

The Coalition to Prevent ADHD Medication Misuse (CPAMM)

CPAMM is a diverse group of organizations with representation from the medical community (American Academy of Family Physicians), mental health advocacy groups (CHADD and JED), college administrators (NASPA), collegiate student leaders (BACCHUS Initiatives of NASPA), and the pharmaceutical community (Shire). CPAMM strives to be a trusted source of information on the issue of ADHD prescription medication misuse, abuse and diversion, with a primary focus on college students.

Be Vocal: Speak Up

An initiative encouraging people across America to use their voices in support of mental health, Be Vocal aims to empower adults living with mental health conditions to speak up when talking with their professional support team and to speak up as a community to advance mental health in America. Be Vocal is a partnership between singer, songwriter and mental health advocate Demi Lovato, who is living with bipolar disorder; leading mental health advocacy organizations, including Depression and Bipolar Support Alliance, JED, Mental Health America, the National Alliance on Mental Illness, the National Council for Behavioral Health; and Sunovion Pharmaceuticals, Inc.

We are proud to partner with the following organizations:

Ad Council	National Football League
American Academy of Child and Adolescent Psychiatry (AACAP)	Newristics
American Foundation for Suicide Prevention (AFSP)	Nielsen
American Association of Suicidology (AAS)	Partnership for Drug-Free Kids
Alpha Chi Omega Women's Fraternity	Student Curriculum on Resilience Education (SCoRE)
Child Mind Institute	Sigma Alpha Epsilon Fraternity
Crisis Text Line	Sigma Chi Fraternity
Dear Evan Hansen	Suicide Awareness Voices of Education (SAVE)
Droga5	Text, Talk, Act
EDC	The Mighty
Facebook	The Moth Community Program
Guard Your Health	The Steve Fund
HBO Documentary Films	Understood
Healthy Minds Network	University of Massachusetts Medical School's Systems and Psychosocial Advances Research Center (SPARC)
HopeLab	WebMD/Medscape
Hudson's Bay Company	Your EDM
Instagram	
McLean Hospital, College Mental Health Program	
MTVU	
National Alliance on Mental Illness (NAMI)	

For a full list of our partners, please visit:
jedfoundation.org/partners



JED has been an invaluable partner to SAMHSA's Garrett Lee Smith Campus Suicide Prevention Program ... SAMHSA looks forward to future work with JED to ensure that our nation's collegiate youth are thriving emotionally as well as academically.

Jennifer Cappella, MPA,
Public Health Advisor, SAMHSA





It's encouraging to know there is an organization out there that understands and is helping young people get the necessary help they so desperately need.



Laddyma Thompson, JED Volunteer

TAKE ACTION

Help us make a difference. Join JED in taking action for teen and young adult mental health today.



Educate yourself

- Learn to recognize someone in distress and what to do: jedfoundation.org/help



Know the numbers

- Be ready to help a young person. Save these crisis support numbers in your phone:
 - Text **START** to **741-741**
 - Call **1-800-273-TALK** (8255)



Speak up

- Initiate conversations about mental health with friends and family
- Organize an event to raise awareness and financial support



Get schools involved

- Ask your alma mater or child's college to become a JED Campus at jedcampus.org
- Recommend Set to Go to your local high schools: settogo.org



Give

- Encourage your friends to get involved: jedfoundation.org/get-involved
- Talk to your employer about their matching gift program and supporting JED
- Give! jedfoundation.org/donate



Spread the word!

- Follow, like, forward, share, re-tweet, comment, post!



facebook.com/JedFoundation



[@JedFoundation](https://twitter.com/JedFoundation)



[@JedFoundation](https://www.instagram.com/JedFoundation)



youtube.com/user/TheJedFoundation



linkedin.com/company/the-jed-foundation



jedfoundation.org/email





All it takes is one person to break down the barriers of silence.



Michael Kessler, 2013 Honoree, JED's Jerry Greenspan Student Voice of Mental Health Award

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Director, Counseling Center at Pace University; Adjunct Associate Professor of Psychology

Micky M. Sharma, Psy.D.

Director, Office of Student Life Counseling and Consultation Service at The Ohio State University; President, Association for University and College Counseling Center Directors

Mort Silverman, M.D.

Senior advisor to Suicide Prevention Resource Center; Editor Emeritus, Suicide and Life Threatening Behavior

Andrew Solomon, Ph.D.

Author; Lecturer on Politics, Culture, and Psychology, Columbia University Medical Center

Lyn Sommer, Ph.D., A.B.P.P., C.G.P.

Clinical Psychologist in Westport, CT, recovery psychologist/coach; Fellow of the American Academy of Psychotherapists (AAP), Co-founder of AAP's Scholarship training program for new practitioners

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Director at the Syracuse University Counseling Center

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Janis Whitlock, Ph.D., M.P.H.

Director of the Cornell Research Program on Self-Injurious Behaviors



OUR FINANCIALS

Statements of Financial Position

December 31, 2016 and 2015

	2016	2015
ASSETS		
Current assets		
Cash and cash equivalents	\$ 184,090	\$ 251,276
Investments	2,562,638	2,131,892
Pledges receivable	1,816,668	1,182,100
Prepaid expenses	57,364	10,974
Fundraising materials	17,539	14,259
TOTAL CURRENT ASSETS	4,638,299	3,590,501
Property and equipment, net	450,680	247,406
Other assets	51,168	51,100
Long-term assets		
Pledges receivable, long-term, net	339,040	571,065
TOTAL ASSETS	\$ 5,479,187	\$ 4,460,072
LIABILITIES AND NET ASSETS		
Current liabilities		
Accounts payable and accrued expenses	\$ 186,691	\$ 121,833
Deferred revenue	—	3,117
Accrued rent	23,835	6,870
Security deposit payable	3,027	3,027
TOTAL CURRENT LIABILITIES	213,553	134,847
Net assets		
Unrestricted	2,611,227	2,326,609
Temporarily restricted	2,654,407	1,998,616
TOTAL NET ASSETS	5,265,634	4,325,225
TOTAL LIABILITIES AND NET ASSETS	\$ 5,479,187	\$ 4,460,072

This data has been extracted from our financial statements which were audited by Pisani CPA, LLC, 874 Broadway, Brentwood, NY 11717.

OUR FINANCIALS

Statements of Activities

Years Ended December 31, 2016 and 2015

	2016		
	Unrestricted	Temporarily Restricted	Total
SUPPORT AND REVENUES			
Contributions	\$ 142,195	\$ 2,242,430	\$ 2,384,625
Program service revenue	184,750		184,750
Contributed services	1,730,178		1,730,178
Events	1,651,219		1,651,219
Investment income	12,926		12,926
Rental income	39,273		39,273
Net assets released from restriction	1,586,639	(1,586,639)	—
TOTAL SUPPORT AND REVENUES	5,347,180	655,791	6,002,971
EXPENSES			
Program services			
The JED Campus Program	1,369,560		1,369,560
Set to Go	681,721		681,721
Love is Louder	250,266		250,266
ULifeline	188,718		188,718
Community Outreach	620,063		620,063
Half of Us	—		—
Other programs	1,117,885		1,117,885
TOTAL PROGRAM SERVICES	4,228,213	—	4,228,213
Support services			
Management and general	402,941		402,941
Fundraising and development	431,408		431,408
TOTAL SUPPORT SERVICES	834,349	—	834,349
TOTAL EXPENSES	5,062,562	—	5,062,562
CHANGE IN NET ASSETS	284,618	655,791	940,409
NET ASSETS			
Net assets, beginning of year	2,326,609	1,998,616	4,325,225
NET ASSETS, END OF YEAR	\$ 2,611,227	\$ 2,654,407	\$ 5,265,634



2015		
Unrestricted	Temporarily Restricted	Total
\$ 949,752	\$ 1,769,075	\$ 2,718,827
86,602		86,602
758,309		758,309
1,404,425		1,404,425
169		169
14,572		14,572
979,637	(979,637)	—
4,193,466	789,438	4,982,904
913,404		913,404
429,579		429,579
325,324		325,324
190,056		190,056
—		—
112,605		112,605
779,151		779,151
2,750,119	—	2,750,119
338,319		338,319
467,232		467,232
805,551	—	805,551
3,555,670	—	3,555,670
637,796	789,438	1,427,234
1,688,813	1,209,178	2,897,991
\$ 2,326,609	\$ 1,998,616	\$ 4,325,225

This data has been extracted from our financial statements which were audited by Pisani CPA, LLC, 874 Broadway, Brentwood, NY 11717.





JED has moved the conversation about the problems students might have to one about the solutions we must offer.



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Executive Director and CEO, JED

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I have spent more than four years now struggling under the weight of mental illness and the social implications it carries. I'm done letting it rule my life and the lives of 43 million Americans without doing anything about it. I say enough. What do you say?

Adam Goldstein, JED Storyteller and Student, Manhattan School of Music



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