The Jed Foundation
2017 Annual Report
Together, We’re Helping Our Nation’s Youth Grow Into Thriving Adults
WELCOME!

The transition to adulthood is increasingly more difficult for young people. Alarming new data shows that in just seven years between 2008 and 2015, the number of 5 to 17 year-old young people visiting the hospital for suicidal thoughts or attempts has doubled. Fortunately, there are proven approaches to protect the mental health of more young people, and The Jed Foundation (JED) is leading this work.

JED works every day to protect the emotional health of teens and young adults. We let them know that it’s OK to speak up if they’re worried about themselves or a friend. We work with their campuses and communities to create approaches and programs that prevent issues like depression, substance abuse and suicide. Our programs are educating, empowering, and supporting over 25 million people. And over 3,000 schools are currently using JED resources to support their students’ emotional health.

Thanks to supporters, advocates and partners like you, the number of teens and young adults we are helping continues to grow every year:

• This year, JED and MTV launched Press Pause, an educational campaign that is reaching 9 million college students across 750 campuses with information on healthy ways to cope and recharge when they are feeling overwhelmed.

• Friends have the best vantage point to notice signs that a peer is struggling, but research shows many are unsure how to help. JED’s new Seize the Awkward campaign has reached over 8 million young people, helping them overcome any fears and uncertainties about offering support and guiding them in how to have productive conversations about emotional health.

• Now, more than ever, we need to find ways to help teens and young adults rise above the negative noise. This is the purpose of JED’s popular Love is Louder movement – a community of people working together to create a world where we all feel more connected and supported. Individuals, campuses, and communities use Love is Louder programs, events, and resources to combat issues like bullying, body image, discrimination, and hopelessness.
• This past year, JED began bringing its school-based expertise to high school communities, helping prepare students for adult life after high school. JED’s new online resource center, Set to Go, has already provided more than 500,000 high school students and parents with information about how to prepare for the transition to college and adult life; and JED is working alongside New York City’s First Lady, Chirlane McCray, and the New York City School Mental Health program to develop a mental health awareness campaign for New York’s 1,700 middle schools and high schools. Together we are letting 250,000 New York City students know that it is OK to struggle and where to get help within their schools.

• It’s easy for any student to feel disconnected and misunderstood, but this can be especially true for students of color who are more likely to feel isolated and less likely to speak up if they are struggling emotionally. That’s why JED and the Steve Fund partnered to create the Equity in Mental Health Framework which gives campuses over 50 recommendations and strategies for supporting the emotional health of students of color.

• And, JED has grown its impact as the leader in college mental health, now working with 230 colleges and universities with over 2.5 million students to act more broadly than responding to mental health crises. JED helps schools proactively consider and amplify the many factors that improve student wellness, while also working across campus to mitigate challenges and risk factors.

JED’s portfolio of programs and resources are accessed by over 3,000 schools and reach more than 25 million people each year. The challenges are daunting but – thanks to friends and partners like you – our impact is growing. Today’s teenagers and young adults are our future leaders. We must work together today to ensure they have thriving, healthy tomorrows.

Thank you.

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 to launch a blueprint for suicide prevention. Today, JED is the nation’s leading organization dedicated to young adult mental health.

Our mission
JED is a nonprofit that 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.

- High school school students are emotionally prepared for the transition to college and adult life.

- Every college student attends a school with a comprehensive system to support mental health.

- Our communities support the emotional well-being and mental health of teens and young adults.
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 The Jed Foundation 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.

“Stigma may have tried to keep me silent about my adversities and experiences, but seeking and accepting support is what makes it possible for me to be on this stage, to use my voice to speak up about mental health.”

Matthew Argame, 2017 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 39% reported feeling “so depressed it was difficult to function.”\(^3\)

- 12.1% of college students\(^3\) and 18% of high school students\(^4\) reported having serious thoughts of suicide in the past 12 months.

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\(^2\) “First Year College Experience Study,” Harris Poll, 2015 http://settogo.org/the-research/

\(^3\) American College Health Association – National College Health Assessment, Fall 2017 http://www.acha-ncha.org/reports_ACHA-NCHAIIc.html

OUR APPROACH

We believe in a comprehensive, public health approach to promoting mental health and preventing suicide. JED’s programs are grounded in our Comprehensive Approach to Mental Health Promotion and Suicide Prevention for Colleges and Universities, developed in collaboration with Suicide Prevention Resource Center (SPRC). This evidence-based model can be used to assess efforts currently being made on campus, identifying existing strengths and areas for improvement.

In 2017, JED built upon its Comprehensive Approach by developing the Equity in Mental Health Framework, in partnership with The Steve Fund, which provides ten recommendations and implementation strategies to help colleges and universities better support the mental health of students of color.

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 communities to know when and how to support others 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

Higher Education

JED partners with campus communities to strengthen student mental health, substance abuse and suicide prevention efforts. JED supports schools through advising, communication and education efforts, as well as through our signature program within higher education, JED Campus (jedcampus.org). JED Campus is designed to guide schools through a collaborative process of comprehensive systems, program and policy development with customized support to build upon existing student mental health, substance abuse and suicide prevention efforts. JED Campuses embark on a four-year strategic partnership with JED that not only assesses and enhances the work that is already being done, but helps to create positive, systemic change in the campus community. More than 230 member schools representing over 2.5 million students are a part of the program.

“Emotional well-being is critical for the learning process to occur, and for that reason, at Scripps College, we were grateful for the guidance of JED in bolstering and further developing our campus-wide approach to student mental health.”

Lara Tiedens, President, Scripps College
High School

JED is continuing to grow its High School Programming with a focus on emotional preparation for the transition from high school to college. JED’s key high school program is Set to Go (settogo.org), which launched in 2017. Set to Go guides students, families and high school educators through important social, emotional and mental health considerations related to the transition out of high school to college and adulthood. In 2018, Set to Go is reaching at least 500,000 teens and parents with essential information and resources about emotional health and well-being. Set to Go is being piloted in several high schools across the country and JED resources are reaching 1,700 middle and high schools in the New York City area through a partnership with the Department of Education’s School Mental Health program, The Mayor’s Fund to Advance New York City, and ThriveNYC.
OUR PROGRAMS

Youth and Community Campaigns and Education

JED develops public education campaigns, expert resources and creates powerful partnerships to ensure more teens and young adults get access to the resources and support they need to navigate life's challenges. We strive to educate and equip students, families and communities to know when and how to support themselves and others who are in distress or struggling with a mental health issue. In partnership with Ad Council and the American Foundation for Suicide Prevention (AFSP), JED launched a national campaign, Seize the Awkward (seizethawkward.org), that encourages teens and young adults to “seize the awkward” by reaching out to a friend who may be struggling with mental health issues. Other programs include:

- **Love is Louder (loveislouder.com)**: An online community working together to build a world where we all feel connected and supported.

- **Ulifeline (ulifeline.org)**: A mental health resource center for college students that provides information about emotional health issues and the resources available on their campus. It also offers a confidential mental health self-screening tool.

- **Half of Us (halfofus.com)**: An award-winning program from JED and MTV featuring a library of free-for-use videos including PSAs, celebrities and students talking about their personal experiences with mental health and substance use.

- **JED Storytellers (youtube.com/jedfoundation)**: Each year, JED trains individuals from all over the country who have been affected by mental health to share their authentic, inspiring personal stories to let others know they are not alone and help is available.
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](http://jedfoundation.org/programs)
It’s daunting, but there is a lot we can do to improve the environment around young people, and to give them the skills and support to thrive.

John MacPhee,
Executive Director and CEO, JED
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.
- More than **200** colleges representing over **2,000,000** students are JED Campuses, working with JED to improve their mental health, substance abuse and suicide prevention programming.
- JED educated over **5,000** college, high school, and other mental health professionals in suicide prevention through conference presentations and webinars.
- **1,530** (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 meets young adults where they are, with more than 400,000 young adults engaging with JED content through social media.
- JED’s educational videos have been viewed more than 235,000 times.
- JED’s anonymous mental health self-evaluator was used by nearly 37,000 students to assess their symptoms and receive customized information about how to seek help.
- Over one million people are better informed and prepared to care for their mental health, or a loved one, because of information from JED’s online resource centers.
JED and its programs have been widely recognized for quality and impact, including the following honors:

2018
- Finalist, Change Maker Award, Child Mind Institute

2017
- Finalist, Change Maker Award, Child Mind Institute
- HERO Partner Award, Annual HIV HERO Awards

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

JED has been a valuable partner of the NBA and its leagues, helping us develop and share extensive mental wellness resources to fans and players alike. Dr. Schwartz and his team’s expertise have helped us deepen and expand our efforts.

Kathy Behrens, President of Social Responsibility and Player Program, NBA
TAKE ACTION

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

Eduguide 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

Volunteer
• Become a JED Volunteer: jedfoundation.org/volunteer
• Encourage your friends to get involved: jedfoundation.org/get-involved

Give
• Talk to your employer about their matching gift program and supporting JED
• Donate! jedfoundation.org/donate

Spread the word!
• Follow, like, forward, share, re-tweet, comment, post!
  facebook.com/JedFoundation
  @JedFoundation
  @JedFoundation
  youtube.com/user/TheJedFoundation
  linkedin.com/company/the-jed-foundation
  jedfoundation.org/email
“JED’s work to reduce stigma and raise awareness has changed how colleges think about student mental health in a way that I know many have benefitted from.”

Kaivan Shroff, Advisory Board Member
OUR DIRECTORS AND ADVISORS

Board of Directors

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Molly O’Neil Frank
Mary Beth Harvey
Lawrence Lieberman
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Matthew W. Lippman
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Sarah Long
Marc Mazur
Jolene McCaw
LaNeah “Starshell” Menzies
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Executive Director, Hope for Depression Research Foundation
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SVP, Ogilvy CommonHealth
Marianne Golieb
Lyn Sommer Matis
PhD, ABPP, CGP, Board Certified Psychologist
Kaivan Shroff
COO & Chief Strategy Officer, Institute for Education

Legal Counsel

Richard Madris, Esq.
Stroock & Stroock & Lavan LLP
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
## Statements of Financial Position

December 31, 2017 and 2016

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ASSETS</strong></td>
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<tr>
<td>Current assets</td>
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<tr>
<td>Cash and cash equivalents</td>
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<td>$1,697,361</td>
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<td>Restricted cash held in investment pool</td>
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<td>Pledges receivable</td>
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<td>Prepaid expenses</td>
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<td>Fundraising materials</td>
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<td><strong>TOTAL CURRENT ASSETS</strong></td>
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<td><strong>$4,638,299</strong></td>
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<td>Property and equipment, net</td>
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<td>Other assets</td>
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<td>Non-current assets</td>
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<tr>
<td>Pledges receivable, long-term, net</td>
<td>$577,676</td>
<td>$339,040</td>
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<tr>
<td><strong>TOTAL ASSETS</strong></td>
<td><strong>$5,760,837</strong></td>
<td><strong>$5,479,187</strong></td>
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<table>
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<th>2017</th>
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<tbody>
<tr>
<td><strong>LIABILITIES AND NET ASSETS</strong></td>
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<tr>
<td>Current liabilities</td>
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<tr>
<td>Accounts payable and accrued expenses</td>
<td>$320,953</td>
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<td>Accrued rent</td>
<td>$34,592</td>
<td>$23,835</td>
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<td>Security deposit payable</td>
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<td><strong>TOTAL CURRENT LIABILITIES</strong></td>
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<td><strong>$213,553</strong></td>
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<td>Net assets</td>
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<td>Unrestricted</td>
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<td>Temporarily restricted</td>
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<td><strong>TOTAL NET ASSETS</strong></td>
<td><strong>$5,402,265</strong></td>
<td><strong>$5,265,634</strong></td>
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<tr>
<td><strong>TOTAL LIABILITIES AND NET ASSETS</strong></td>
<td><strong>$5,760,837</strong></td>
<td><strong>$5,479,187</strong></td>
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</tbody>
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This data has been extracted from our financial statements which were audited by WithumSmith+Brown, PC, 1411 Broadway, 23rd Floor, New York, NY 10018.
## OUR FINANCIALS

### Statements of Activities

Years Ended December 31, 2017 and 2016

<table>
<thead>
<tr>
<th><strong>2017</strong></th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Total</th>
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<tbody>
<tr>
<td><strong>REVENUES</strong></td>
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<tr>
<td>Special events, gross proceeds</td>
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<tr>
<td>Contributions</td>
<td>$1,610,996</td>
<td>$1,610,996</td>
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<tr>
<td>Ticket sales</td>
<td>97,650</td>
<td>97,650</td>
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<tr>
<td>Less: Direct benefits to donors</td>
<td>(322,377)</td>
<td>(322,377)</td>
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<tr>
<td>Net proceeds from special events</td>
<td>1,386,269</td>
<td>1,386,269</td>
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<tr>
<td>Contributions</td>
<td>384,432</td>
<td>2,491,506</td>
<td>2,875,938</td>
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<td>Program service revenue</td>
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<tr>
<td>Contributed services</td>
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<td>Investment income</td>
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<td>1,586</td>
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<tr>
<td>Rental income</td>
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<td>Net assets released from restriction</td>
<td>3,012,254</td>
<td>(3,012,254)</td>
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<td><strong>TOTAL SUPPORT AND REVENUES</strong></td>
<td>6,994,732</td>
<td>(520,748)</td>
<td>6,473,984</td>
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| **EXPENSES** | | | |  
| Program services | | | |  
| Higher Education | 1,824,116 | 1,824,116 |  
| High school | 813,562 | 813,562 |  
| Youth and community campaigns and education | 2,601,272 | 2,601,272 |  
| **TOTAL PROGRAM SERVICES** | 5,238,950 | - | 5,238,950 |
| Support services | | | |  
| Management and general | 423,620 | 423,620 |  
| Fundraising | 674,783 | 674,783 |  
| **TOTAL SUPPORTING SERVICES** | 1,098,403 | - | 1,098,403 |
| **TOTAL EXPENSES** | 6,337,353 | - | 6,337,353 |

| **CHANGE IN NET ASSETS** | | | |  
| Net assets, beginning of year | 2,611,227 | 2,654,407 | 5,265,634 |
| **NET ASSETS, END OF YEAR** | $3,268,606 | $2,133,659 | $5,402,265 |
## 2016

<table>
<thead>
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<th></th>
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<th>Temporarily Restricted</th>
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<td>$1,872,860</td>
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