



# Todd Ouida Children's Foundation

591 Clarendon Court, River Edge, NJ 07661

[www.mybuddytodd.org](http://www.mybuddytodd.org)

Spring 2009

## Our Mission

The Todd Ouida Children's Foundation was established by Todd's family to create a meaningful legacy for Todd, whose life was tragically ended in the September 11th terrorist attack on the World Trade Center. Born out of Todd's own successful struggle with childhood anxiety the mission of the foundation is:

- To financially support psychological services and other mental health initiatives for children of families in need
- To raise awareness and reduce the stigma of anxiety and depression disorders in children, recognizing the need for early intervention
- To provide contact information for those seeking help

Anxiety and depression in children and adolescents impair school, social and family functioning. When left untreated, children are at great risk for major depression and drug abuse as late adolescents and adults. We are grateful to have you as our partners in providing help and hope to vulnerable youngsters. And we thank you for keeping Todd's memory alive through each and every one of them.

*Herb and Andrea Ouida  
Amy, Alex, Ashley, Andrew  
and Aidan Morik  
Jordan, Heather, Christopher  
and Nicholas Ouida*

## Zippy's Friends

It's been three years since Todd's foundation collaborated with Youth Consultation Services (YCS) to bring *Zippy's Friends*, an international school-based program that holistically addresses the emotional and social well-being of children, to the United States. We are indebted to Dr. Gerard Costa and Lorri Sullivan of YCS, whose training and consultation to teachers implementing the curriculum have made the program so successful and growing, growing, growing. To date, more than 40 teachers have been trained and over 800 children have benefited from the program.

The Children's Aid Society brought the curriculum to New York City, integrating *Zippy's Friends* into their after-school program at P.S./I.S. 50 in East Harlem. Catharina Oerlemans, who is implementing the program there, was impressed by the enthusiasm and passion of the trainers and has since been amazed to have five-year-olds come up with specific problem-solving and team-building ideas.

We are most grateful to the Wal-Mart Foundation and PSE&G Foundation for their generous support of *Zippy's Friends*. Five-thousand-dollar grants from each of them have supported teacher training in economically disadvantaged school districts, including Paterson, NJ.

In April, Gerry Costa, Lorri Sullivan and Herb Ouida will attend a 16-nation *Zippy's Friends* international workshop in Oxford.



## Seventh Annual Birthday Event

Laurie Berkner at Bergen PAC • May 18, 2008

Thanks to so many of you, we had a full house – over 1,300! – enthusiastically singing and dancing along with the Laurie Berkner Band on Todd's birthday.

Special guests this year included Todd's dear U-M friend Allegra (Jagunich) Petras along with her daughter Olivia, all the way from California, and Michelle Kees, the second recipient of the Todd Ouida Clinical Scholar Award at U-M, with her husband Toby and son Andrew, all the way from Michigan. We love greeting both old and new friends at our annual birthday event!

Proceeds from the event, combined with generous donations from those who did not attend, supported the *Pack with Pride* program, which provides duffle bags to abused and neglected children being removed from their homes, and the *Zippy's Friends* coping skills program (see related article). As always, your gifts also allow us to continue our support of many organizations making important changes in children's lives every day.



## You're Invited!

**Eighth Annual  
Birthday Event  
May 17, 2009**

Todd's Family Disco (invitation enclosed) is about being together, dancing together, and enjoying each other's company at an intergenerational party. It's a full-blown disco with DJ, dancers, mirror balls, disco balls and more! You can have a seat – or be on your feet – in the action, or relax in the raised "VIP" seating that overlooks the dance floor. Come old and young, come family and friends, come everyone!

**Family Disco**

## Todd Ouida Annual Lecture and Clinical Scholar Award at the University of Michigan



The 2008 clinical scholar award was presented to Julie Kaplow, Ph.D., who will be collaborating with Gilda's Club of Grand Rapids, MI to identify and assess children who have recently experienced the loss of a parent in an effort to gain a better understanding of risk and protective factors associated with traumatic grief reactions. It is her hope that the findings of this study will provide the foundation for the development of early intervention programs.

The sixth annual lecture – *Multimodal Treatment of Childhood Anxiety Disorders* – was presented to a large, appreciative audience by John Piacentini, Ph.D., Professor of Psychiatry and Behavioral Sciences and Chief of Child and Adolescent Psychology in the David Geffen School of Medicine at UCLA. The study examines cognitive behavioral therapy and pharmacotherapy, both combined and separate.

Every year Todd's foundation makes an additional donation to the U-M Depression Center. Last year it was used to support former Todd Ouida Clinical Scholar Maria Muzik's work on a project called the "Circle of Security" (circleofsecurity.org), an intervention protocol developed specifically for high-risk children and their caregivers, setting them on a path towards greater social-emotional competence and success.

*Please see the enclosed brochure outlining the Todd Ouida lectures and clinical scholar awards since their inception. Our deep appreciation to Jane Myers and Karen Crawford at the University of Michigan for their collaboration on this project.*



Dr. John Greden, Director of the U-M Depression Center (left), with Dr. Julie Kaplow and Dr. John Piacentini.

## Charities Supported

Association for Child Psychoanalysis ■ Bergen County Summer Campership Fund ■ Brooke Jackman Foundation for Literacy ■ CASA of New Jersey "Pack with Pride" ■ Camp Haze (for 9/11 bereaved children) ■ Center for Food Action ■ Children's Aid and Family Services ■ Children's Aid Society ■ FDU Child Anxiety Clinic ■ Fresh Air Fund ■ Healthy Families Bergen County ■ YCS Institute for Infant and Preschool Mental Health ■ Interreligious Fellowship for the Homeless ■ Journeys Art Therapy program ■ New York Psychoanalytic Institute ■ University of Michigan Depression Center

## Thank you...

### ...from us:

The successes of Todd's foundation are directly attributable to all of you. The current economic climate makes every one of your gifts more important than ever, so please be as generous as you can be. We are ever grateful for your year-round contributions through mybuddytodd.org or checks mailed to the Todd Ouida Children's Foundation, 591 Clarendon Court, River Edge, NJ 07661.

Please contact us by mail or e-mail if you would like your name removed from our mailing list. ■ Newsletter design warmly donated by E. Fitz Art.

## Creative Contributions

■ Todd's high-school friend and football teammate Michael Kelly and his bride Janelle celebrated their marriage with a generous contribution in lieu of wedding favors.



■ Six-year-old Christopher Ouida converted his piggy-bank change into dollars and kindly donated a portion of it to help children through his Uncle Todd's foundation.

■ Karen and Gary Rancourt continue to make generous monthly contributions as part of an IBM Community Outreach program.

■ Sean Gibbs continues his support with regular contributions through Morgan Stanley.

■ Every year on Todd's birthday, his cousins Alan and Debbie Hecht refurbish the garden planted in Todd's honor at the Holley Child Care Center. They also make donations from the proceeds of their travel business.



■ Gale Gardiner kindly continues to donate all proceeds from the sale of her CD "Love Will Always Find You."

■ Heather's aunt and uncle, Ellen and John Franks, honored us by designating Todd's foundation for memorial donations in memory of John's mother, Lyle Franks.

■ Andy and Corrinne Schwanewede blessed us with a generous donation in loving memory of Andy's mother, Luanne Schwanewede.

## Thank you...

### ...to us:

There is never enough space to tell you all that we are doing. But here is one "thank you" from Andrew Eisen, Director of the FDU Childhood Anxiety Clinic: *Your generous support is making such a difference in the lives of several families. One family in particular had a child who was misunderstood (anxiety and ADHD), and the school wanted to hold her back a grade. We clarified the situation and the child was promoted. This is a family that could not afford any treatment. Without your support this child could have fallen through the cracks.*

And another note of gratitude from Cynthia Carlson, chair of the Association for Child Psychoanalysis grants committee: *We had 17 grant applications from across the country to help some very emotionally needy children. This intensive therapeutic help at a young age is able to more profoundly influence the individual's future. I thought you might like to hear of one analyst's report which notes that after one year of psychoanalysis her ten-year-old patient announces, "I know I am different... but different is good; I like being different." That makes all the hard work worth it!*