



# Todd Ouida Children's Foundation

591 Clarendon Court, River Edge, NJ 07661

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

Spring 2010

## 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*

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



The 2009 Clinical Scholar Award was presented to Kate Rosenblum, PhD, for her work with the New Beginnings Project, aimed at improving outcomes for infants and young children in foster care by addressing

child anxiety and stress, relationship security and developmental status. Dr. Rosenblum has served on the Board of the Michigan Association for Infant Mental Health since 2006. She is currently the lead investigator on a grant proposal to build effective outreach and support for military families with young children during and following deployment.

The seventh annual lecture – *Pediatric Depression: Strategies for Improving Treatment and Youth Outcomes* – was presented by Joan Asarnow, PhD, Professor of Psychiatry & Biobehavioral Sciences and Director of the Youth Stress & Mood Program at UCLA. Dr. Asarnow developed a Depression Quality Improvement Program that was implemented in clinics across the states of Michigan and California. She has done extensive work on depression and suicide prevention in youths, including intervention for depressed youth in primary care settings.

This year, our annual donation to the U-M Depression Center helped support *Mom Power!* – a program for mothers and their children aged 0-6 years, focusing on strengthening mother-child interactions, improving parenting and building secure attachments. Graduates of the 10-week program are then guided to support newcomers, reinforcing what they have learned as they do so.



Dr. Joan Asarnow, left, and Dr. Kate Rosenblum

## Eighth Annual Birthday Event

Todd's Family Disco • May 17, 2009

Todd's Family Disco was about being together, dancing together, and enjoying each other's company at an intergenerational party with Todd's spirit among us. It was a full-blown disco with DJ, dancers, food and fun! Thanks to all who attended and got down to boogie; and thanks to all who supported us in absentia.



## You're Invited!

**Ninth Annual  
Birthday Event  
May 18, 2010**

Todd's Charity Cocktail Party (invitation enclosed) will be held on Todd's birthday at the 201 Club in Englewood, NJ. Enjoy the lush Moroccan atmosphere, the music, the food and, of course, the company of Todd's family along with old and new friends. Look for an exciting NY Yankees-themed raffle, too.



## And the Work Goes On....



■ Where's Zippy? Everywhere! *Zippy's Friends*, the international school-based program that Todd's foundation and YCS brought to the U.S. several years ago, has been helping young children develop coping skills that will enhance their present and future well-being – and has been enchanting the children while doing so. In November 2009, nine teachers and three staff from the office of Safe and Drug Free Schools in Newark were trained under grant funded money and the program is now in place in elementary schools in Newark. Herb Ouida, along with Dr. Gerard Costa and Lorri Sullivan, both of YCS, attended an international workshop in Oxford, where representatives of the 16 participating countries shared ideas and heard about the program's impact with over 300,000 children worldwide. *Zippy's Friends* has been endorsed by the World Health Organization.

■ The Todd Ouida Children's Foundation collaborated with the FDU School of Psychology and several Bergen County school districts in presenting two free workshops – “**Helping Children Cope with Anxiety in an Uncertain World**” – one for teachers and social workers, one for parents and guardians.

■ **Healthy Families** provides support and education to first-time mothers, preventing child abuse and promoting healthy child development. Beginning pre- or postnatal, services are provided up to the age of five. Edna G. is one inspiring story: Three years ago she was pregnant and living with her partner and two small children in a motel after her apartment and belongings were destroyed by a fire. She was depressed, homeless, and unemployed. Her partner was on disability from a heart condition and there had been incidents of domestic violence. Edna soon began to look forward to visits from her Family Support Worker and demonstrated eagerness during group curriculum discussions and new educational activities. She and her partner both followed through on mental health referrals. Edna returned to school to learn English and now has her own apartment and a job. There have been no incidents of domestic disputes. Edna is a happy and healthy mother with a strong desire to care for and support her family, utilizing her full potential.

■ Our annual contribution to the **New York Psychoanalytic Institute** funded more than 200 hours of therapy, which is more than four full treatments for four children, “altering the lives of these kids for a lifetime,” according to Medical Director Peter Dunn, MD.

■ From Richard R. Buery, Jr., President and CEO of **The Children's Aid Society**: “Your donation will directly support children and families who grapple with the double burden of mental illness and poverty. We believe that properly addressing mental health issues in young people will help them to lead more happy and successful lives.” Children's Aid operates more than 12 community- and school-based mental health clinics throughout some of New York City's highest-needs communities.

■ A complete list of charities is available on our website.

## Thank you!

You are the heart and soul of all that we do. We deeply appreciate your year-round contributions through [mybuddytodd.org](http://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



■ John Lo Russo was friends with Todd from elementary school to high school varsity football and beyond. He remembers Todd as “the inspiration of the team; no one had a bigger heart or more dedication.” When he married Linda De Roberto in August, we received a donation “in the name of our guests with love and blessings, not only in honor of Todd but also to honor this wonderful cause.”

■ Through the years, Karen and Gary Rancourt have made generous monthly contributions as part of an IBM Community Outreach program. Now we wish Gary, a true Renaissance man, a glorious retirement.



■ Happy Birthday to Blake Dixon-Patrick who just turned eight and asked her friends to make donations to Todd's foundation in lieu of bringing gifts to her birthday party.

■ Peggy and Jim Morgan honored their son-in-law Nick Barto on his birthday with a gift to the foundation.

■ Tricia Schlossberg Caruso won a contest at work and kindly selected Todd's foundation to be the recipient of her winnings.

■ The children of Temple Emanu-El Religious School honored us once again with a contribution from their Keren Ami donations.

■ Ashley's dance teacher Leath Nunn donated tickets to his Nunnbetter Dance Theatre production of *The Nutcracker* to children residing in YCS and CAFS foster care homes and children participating in Healthy Families. A thank you letter from YCS stated: “The holidays are a bittersweet time of year for the children in our care. This allowed them to experience holiday traditions they are not accustomed to, but so truly deserve.”



■ Todd's foundation was blessed with donations in memory of his great aunt, Eleanor Di Prima. She spent her life working with disadvantaged and troubled children, passionately advocating for them at all times. Her daughter Adrienne believes that these

donations “will continue her mission of helping children in distress.” We were especially touched that Aunt Eleanor lovingly remembered Todd's foundation with a bequest in her will.

■ We are always pleasantly surprised when we receive eBay Giving Works donations from Mission Fish. We are especially grateful to Oxxbridge Galleries for their generous gifts.

■ On behalf of Todd's foundation, Roy Wandelmaier has been instrumental in having Scholastic Books send a large donation of children's materials to the Bergen County Family Fun Festival. Low-income families attend and each selects a free book to enjoy at home.”

