



Thank you! we have distributed over 1.5 million dollars in grants ★

Todd Ouida Children's Foundation

591 Clarendon Court, River Edge, NJ 07661

www.mybuddytodd.org

Fall 2018

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 for children of families in need and promote mental health initiatives for all children
- Raise awareness and reduce the stigma of anxiety and depression disorders in children, recognizing the need for early intervention
- Provide contact information for those seeking help

According to the CDC, suicide rates have increased by 25% since 1999. The Center for Collegiate Mental Health reports that one in five students has anxiety and depression. A paper published in the *Journal of Clinical Adolescent Psychology* found nearly 20 percent of preschool-age children meet the criteria for at least one anxiety disorder. Mental health recovery requires hope. Pope Francis said: *Today we need to see the light of hope, and to be men and women who bring hope to others.*

Todd's story is one of hope. Thank you for ensuring that we share his story and help provide new beginnings for the most needy children.

*Herb and Andrea Ouida
Amy, Alex, Ashley, Andrew and Aidan Morik
Jordan, Heather, Chris and Nicky Ouida*



university of Michigan

We were in Ann Arbor once again for the 15th annual Todd Ouida Lecture and Clinical Scholar Award, featuring Michigan's own Dr. Cheryl King presenting *A Broad Perspective on Youth Suicide Prevention: What Can We Do?* on Wednesday, Nov. 15, 2017.

Dr. King is a professor in the departments of psychiatry and psychology and is director of the Mary A. Rackham Institute at the university. As director of the Youth Depression and Suicide Research Program in the Department of Psychiatry, Dr. King has provided leadership for multiple federally funded research initiatives focused on developing evidence-based strategies for adolescent and young adult suicide risk screening, assessment, and intervention. Dr. King has provided workshops worldwide, authored a book on teen suicide risk, and has provided testimony in the U.S. Senate on youth suicide prevention.

The clinical scholar award was presented to Emily Bilek, Ph.D., who has been intimately involved in research related to youth internalizing symptoms and disorders, acting as a supervisor or co-investigator on research examining CBT in schools and research examining neuro-behavioral predictors of CBT outcomes for youth. She is also developing an independent program of research examining predictors of CBT outcomes.

Given this year's topic and the high volume of requests from the community for increased education about suicide prevention, a second Ouida lecture was held for the community on the evening of Nov. 15. Held in the Pioneer High School auditorium, Dr. King once again addressed the topic of adolescent suicide prevention to a large audience of parents, students, school staff/administrators, and the general public. A Q&A session was held following the presentation with expert panelists including two former Ouida scholars, Cindy Ewell Foster and Polly Gipson.

Funds from the Todd Ouida Children's Foundation have also supported Michigan's School and Community Outreach Programs. One example of this is the Michigan Child Collaborative Care Program (MC3), addressing the severe shortage of child psychiatrists in many rural counties, offering crucial services to primary care providers. One physician commented: *I love the feedback and teaching that is given, so I can generalize the info for my whole practice and broaden my knowledge.* Through MC3, the U-M Depression Center and Department of Psychiatry have been successful in leveraging scarce psychiatry resources on behalf of the most vulnerable children.



Cheryl King, Emily Bilek

Todd Ouida Children's Foundation Annual Conferences

The energy in the room was powerful! Those were the words of one of our conference attendees at the end of the **Sixth Annual Conference** held at Montclair State University on May 11, 2017. The theme of the conference was *Ensuring Social Justice for Children in Infant and Early Childhood Centers and Schools*.

Dr. Walter Gilliam, professor in the Child Study Center and Psychology, Yale University, addressed "Preschool Expulsion and Suspension: "What We Now Know



about Disproportionality, Implicit Bias, and Possible Ways to Address These." Dr. Polly Gipson, an Ouida scholar from the University of Michigan, spoke about "Promoting Social Justice through School-based, Trauma-informed Emotional and Educational Supports for Children."



Dr. Matthew Cruger, Senior Director of the Learning and Development Center at the Child Mind Institute, engaged participants with his topic "Wondering about the Influences Behind Behavior: Insights from Development and Neuropsychology that Pro-



mote Just Interventions." Dr. Cruger commented about the attendees: *Everyone there has so much of their souls invested.* And Polly Gipson marveled that *Todd's legacy is so impactful and far-reaching.*



Anne Armstrong-Cohen, Kathy Courain

The 2017 Todd Ouida Children's Hero Award was presented to Dr. Anne Armstrong-Cohen and Kathy Courain for their groundbreaking work at the Medical Services and Advocacy Center at Children's Aid and Family Services.

The very timely topic of the **Seventh Annual Conference**, held at Montclair State University on May 10, 2018 was *Mindfulness in Infants, Children and Those Who Care for Them: What the Stress-filled World Needs Now.* Dr. Rebecca Shahmoon-Shanok, Senior Research Associate, Center for Attachment Research, The New School for Social Research, got to the heart of the matter with



"Mindfulness: The Heart of Our Practice at Every Level." Dr. Kate Rosenblum, an Ouida scholar from the University of Michigan, presented "From Zero to Thrive!: Nurturing Reflective Parenting." Stepping outside the box, Doreen Oliver presented her powerful one-woman show, "Everything is Fine Until it's Not!" – a humorous, musical and heartfelt show that explores the relationship between mothers and their children and the ability to accept those you love, even if they're not who you expected. We laughed and we cried and we were deeply moved by her experiences.



The 2018 Children's Hero Award was presented to Michael Tozzoli, Chief Executive Officer of West Bergen Mental Healthcare. West Bergen is a progressive and forward thinking community mental health center with more than 20 specialty programs, including highly specialized programs for children with depression, anxiety, autism and ADHD.



Stigma Free

It's okay to talk about mental illness. The Stigma Free Initiative enhances a culture of caring in our communities so residents living with the disease of mental illness feel supported, rather than ashamed, in seeking treatment.

Andrea is now co-chairing River Edge Stigma Free with Arlene Faustini and they've been making every effort to reach as many people as possible on a variety of issues.

To that end, they've hosted or co-hosted the following programs: how mental illness affects individuals, families and the community; understanding childhood anxiety; a guide for overwhelmed family caregivers; preparing your child for college; teen depression and lessons of hope; the impact of social media on mental health. They worked with Central Unitarian Church in Paramus, NJ to offer the county's Mental Health First Aid training course, and they had a lime-green stigma-free presence and sharing of information at two River Dell sporting events and at the River Edge Swim Club.



Rev. David Horst with presenters and attendees at Mental Health First Aid training

Featured Charities

We continue to support:



Eva's Village provides care and support for people who are struggling with poverty, hunger, homelessness and addiction. Mothers come to the *Hope Residence for Women with Children* to recover from homelessness, substance use disorders and mental illness. While they work towards independence and stability, Eva's Childcare and Education staff cares for their children. During recovery, moms learn new parenting skills and are introduced to activities that reinforce bonds with their children. Their overall emotional and behavioral wellbeing is supported, helping the mothers' progression towards increased financial stability and independence for themselves and their families.



The Center for Food Action provides food, housing, utility, and heating assistance and offers counseling and advocacy services to low-income individuals and families. The *Weekend Snack Pack Program* "fills the gap" for students on the free/reduced lunch program and are at risk for hunger at home. Food insecurity and hunger can harm the health and educational outcome of children. CFA provides over 19,000 Snack Packs annually.

We've added support for:



Andrus Children's Center specializes in working with children who struggle to communicate and process the emotional impacts of their experiences. Some have been injured by the circumstance of neglect, abuse, poverty or violence. Others wrestle with the challenges of living with mental illness and autism. Part of the Andrus philosophy is the idea of sanctuary, imbued with a spirit of love, protection and emotional support. Andrus includes residential treatment and off-campus programs. Through innovative strategies, highly personalized services, superior training and research, Andrus enables children and families to begin to heal and learn a new language of hope.



The Child Mind Institute is dedicated to transforming mental healthcare for children everywhere. This is accomplished through compassionate clinical care, innovative research, high-impact awareness campaigns, free online resources, and direct actions in schools and communities. The Healthy Brain Network is an initiative to reveal the biological roots of childhood mental illness and revolutionize diagnosis and treatment. Data is openly shared with researchers around the world to accelerate the pace of discovery and change the way the world treats children struggling with mental health and learning disorders. The Institute is committed to helping more children get appropriate, effective care when it matters most—early!

The Next Generation

Hoke Slaughter has been one of our most dedicated and generous supporters since the inception of Todd's foundation. Last summer his 17-year-old daughter Gwen wanted to learn more about Todd's foundation. We decided to give Gwen a first-hand look at our work and then let her do some research and recommend an organization in Westchester, where she lives, for a foundation grant.

Gwen visited the YCS Holley Child Care and Development Center in Hackensack, NJ, where Pete Hernandez gave her a full tour. Then she returned to our home for lunch with Michael Tozzoli of West Bergen Mental Healthcare, Margo Heller of Family Promise, and Olga Vasquez of Healthy Families. In this way, Gwen was introduced to the spectrum of services we support.

After Gwen researched and recommended several organizations in Westchester, NY, we selected Andrus, featured above.

Gwen declared her day a *meaningful and eye-opening experience*.



Community Foundation of New Jersey

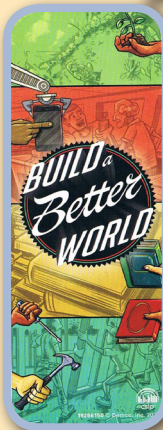


It has been our great fortune to be a donor advised fund under the auspices of the Community Foundation of New Jersey. The Community Foundation makes it easy to give effectively, sending our donations to the nonprofits we recommend while tending to all the investing and administrative aspects of the fund.

Additionally, CFNJ launches its own *Changemaker Projects*, identifying innovative solutions to some of New Jersey's toughest challenges and providing an opportunity for interested fundholders to support them. Some of the projects Todd's foundation has supported are: providing representation for unaccompanied immigrant minors, ensuring incarcerated youth are properly rehabilitated, ending the scourge of human trafficking, providing scholarships to deserving young men and women who have weathered significant personal challenges, and increasing access to educational field trips for students in low-income communities.

Creative Contributions

We received a wonderful donation from the **Old Tappan Public Library** last summer after receiving this note from their director Susan Meeske: *The summer reading program theme this year is Build a Better World, so for every book our patrons read we are donating 25 cents, which will then be donated to our borough's social services and Todd's foundation. I am always so impressed with everything you do for Todd and you have certainly helped to build a better world.*



We were honored to have been selected once again by Camp Baco Chenawah: *We aim to inspire children to want to give back to their community. We realize this goal through the Baco/Che-Na-Wah Bazaar Foundation with our summer special event, the Baco/Che-Na-Wah Bazaar. One of every summer's highlights, the Bazaar is a special day devoted to fun, games and fundraising.... We've been helping the needy since our camps' founding. It's a lesson that stays with the campers throughout the year.*

Kathleen Butterly Nigro recognized her grandson Kieran with a donation to Todd's foundation in his honor. *He is our first grandchild, and we want every child to have a strong, supportive team of people who care about his well-being, mentally and physically.*



Philip, Kieran, Britnee

Amy Morik joined the women of Rodan + Fields Skin Care for an evening of beauty that was "more than skin deep."

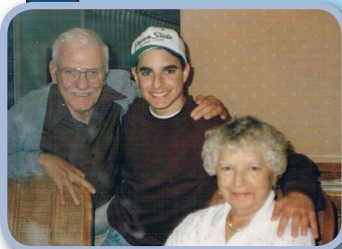


Amy and Ashley Morik

Over 200 women gathered with cocktails, hors d'ouvres and a presentation of multiple charities that the Rodan + Fields consultants are involved in. There were opportunities to donate to all of these charities throughout the night and Todd's foundation was generously supported.

In Memoriam

Our family recently bid adieu to several beloved family members and a cherished friend. We were blessed to receive many beautiful notes and donations in their memory.



Todd's grandmother, **Helen di Prima**, passed away at the age of 101, so we were blessed to have had her with us for so many years. When Helen and Ray spent half the year in Florida, Todd always made sure they would be home for his May 18 birthday.

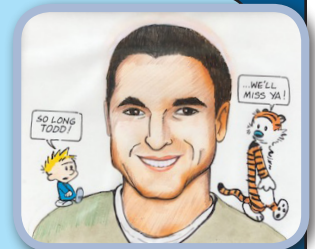
Todd's aunt and Herb's twin sister, **Marilyn Foley**, left a hole in our hearts but also left us with her legacy of love and kindness.



The death of Todd's cousin, **Michael Ouida**, was a tragic loss for our family. Although Michael's family lived in Florida, the cousins spent some good times together.



Renzo Barto and his wife Barbara were gentle people and gifted artists. After Dr. Nat Donson spoke about working with Todd through *Calvin and Hobbes* at Todd's memorial service, Renzo presented us with this meaningful drawing.



Thank You!

Your generosity and compassion are changing lives, helping children live the lives they were meant to live.

Maya Angelou said:
Among its other benefits, giving liberates the soul of the giver.

We appreciate your gift at this time and contributions year-round through www.mybuddytodd.org or checks mailed to:

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