



## 2021 REPORT

2021 was a year of focus and growth for RADical Hope. Our mission and work on the front lines grew even more critical as the need for mental health support skyrocketed among young adults. From our earliest days building RADical Hope, we have dedicated our resources to developing and funding programs that can help people today. We operate with urgency, accountability and a commitment to delivering results. Our partners share these standards.

**88%** of our Foundation's spending directly supports program development and execution, exceeding the industry benchmark of 70-75%.

In our three years driving this mission, we have made over \$5.5 million in program investments. Through the generosity of many supporters - old and new - we are poised for significant growth in the days ahead. We are pleased to share this report with you.

### INNOVATION ON CAMPUS

We built RADical Hope because we have a generation of young adults experiencing the worst mental health crisis in our country's history. Over the last year, local and national headlines around escalating teen anxiety, depression, substance use disorder and suicide were alarming, culminating in U.S. Surgeon General Dr. Vivek Murthy's [Surgeon General's Advisory](#) concerning COVID-19 pandemic's unprecedented impact on the mental health of America's youth and families.



When 64% of students who drop out of college leave for mental health reasons, we need to do something about it - now. Our college program, RADical Health, gets right to the heart of the problem: It empowers students with skills to build resilience so they're equipped to cope *before* they reach a crisis point, and It connects them to their peers and their own school resources so they feel a sense of community during this new chapter in their lives. With schools experiencing an historic shortage in wellness counselors, we partner with administrators and faculty to support their students' needs.

In developing and piloting the program with New York University in 2020, we teamed up with national behavioral health experts to ensure that the entire experience is grounded in science. We talked to students across the country to hear first-hand about their greatest stressors and worked to identify the tools missing from their toolbox to help. Young adults are particularly vulnerable during times of transition so we aim to engage students during their first year of college.

This academic year, we will reach nearly 10,000 students on campuses around the country including New York University (NYU), Fairfield University, University of Miami, Colgate University, Baruch College, Delaware State University, Drew University, Pace University, and Wesleyan University, among others. In addition to supporting first year students at many schools, RADical Health included cohorts of student athletes, nursing students, first-generation students, honors students, law school students, and commuter students.

## MEASURING EFFECTIVENESS

RADical Health is working. We measure our effectiveness through direct feedback from students, program Guides and administrators. Student participants report already applying skills they learned to their daily lives. Of those who were surveyed, **78%** reported they would encourage other students to participate in RADical Health in the future. In many cases, the program Guides have become mentors and students are connecting to resources on their own campuses as they navigate college life. This “lasting power” is critical to the success of the program in students’ lives. We continue to enhance our program content with the guidance of adolescent clinicians, brain health scientists and leaders across the field.

While the four week skill-based material is at the heart of the experience, we encourage each school to build on RADical Health programming with its own campus resources and activities. At NYU, the Wasserman Career Center and RADical Health collaborated to incorporate “career readiness skills” into the program which resulted in a “Career Accelerator” certificate for students. **90%** of student participants agreed that the Career Accelerator Activities made them think about their career development or path beyond NYU. Wesleyan University leadership added a fifth week to the program focused on diversity, equity and



inclusion and its importance at Wesleyan. At Delaware State, all students enrolled in the stress management course experienced RADical Health under the guidance of Public Health Graduate students. This Spring semester, two of those graduate students will be working with the administration to bring RADical Health to students in a stress management course.

We work with our partner schools to promote RADical Health participation and to drive attention to the campus resources available. Examples include pieces at [Fairfield University](#), [Delaware State University](#) and [University of Miami](#).

Since its launch, we have invested \$2.5 million in RADical Health. A dynamic, state-of-the-art technology platform serves as the program content and engagement hub. Students can access all material on demand, including the interactive wellness exercises, and it is available to them as long as they’re in school. The technology enables content updates, communication between Guides and students and real-time feedback.



**RADical Hope funds every element of the program:** original content development, scientific advisory support, program platform, Guide training and stipends when needed. The turnkey design addresses the resource-constrained realities of higher learning institutions. We will continue to offer the program free of charge to every school partner, as long as the school fulfills our goal of supporting the overall wellness of its student community.

**We are committed to reaching one million students as soon as possible and our strategic partnership model is helping us reach that goal. Several of our funding partners have identified schools and priority cohorts for their financial support. We will continue to use this partnership model to drive engagement and look forward to announcing our fall 2022 schools this spring.**

## REACHING HIGH SCHOOL STUDENTS



Remote learning and extended periods of isolation throughout the year challenged millions of high school students to find new ways to stay connected. In partnership with Bring Change to Mind (BC2M), an evidence-based high school peer to peer support club, RADical Hope supported creative ways to get students engaged. We funded the expansion of BC2M to 35 new schools in the northeast and ensured their ability to not only maintain - but to grow - their student participation. There are now 52 active clubs in the Northeast with more than 460

active student members!

High school student athletes joined our efforts this year by hosting RADical Hope's first "RADical Game Day" events in New York at Iona Preparatory School and Mamaroneck High School. RADical Game Day brings students together on and off the field for a goal that affects them all: Staying Well and Staying Resilient. RADical Game Day was developed by Scot Mackie, Chris Martin's cousin and a standout lacrosse player at Iona Prep. Four interscholastic athletic games were played on the home field in New Rochelle, NY as students sported branded gear and engaged in conversations about mental health. RADical Game Day introduced students and guests to Bring Change to Mind, which then launched at their schools with RADical Hope's sponsorship.



## BUILDING AWARENESS

Over the summer, we formed a new partnership with Discovery Networks, Inc. to broadcast RADical Hope Public Service Announcements. The :15 second PSA, produced by our creative partner, Wondros, highlights our work to improve the lives and futures of young adults by strengthening connections and building resilience. Our message has been broadcast nearly 800 times with over 120 million views across the many Discovery Networks media platforms. Keep an eye out for our PSA on your local Discovery channels and watch it [HERE](#).



Media appearances this year provided more opportunity to grow awareness for the critical need and our work to address it. Larry Bossidy and Ken Langone were featured on CNBC *Squawk Box* ([Interview Part 1](#), [Interview Part 2](#)) and Fox *Business Mornings with Maria* ([Interview Here](#)).



We continued to bring candid conversations to our audience with mental health professionals, students, school officials and advocates with eight new episodes of **RADical Hope Radio**. Some of the guests include Pamela Harrington, Executive Director of Bring Change to Mind; Dr. Linda Mills, the Vice Chancellor and Senior Vice Provost for Global Programs at NYU; Zach Gottlieb, teen mental health advocate; and students who experienced the RADical Health program on different campuses. We hope this exchange of stories, ideas and advice will continue to generate conversations that help our communities get better connected.

## HONORING LARRY BOSSIDY

This December, Chairman Larry Bossidy was honored with the Christopher W. Martin Award for his leadership in empowering young adults with tools and resources to build resilience.

We were humbled to have His Eminence, Timothy Cardinal Dolan, offer a benediction about hope during the ceremony. Earlier this year, Cardinal Dolan and the Archdiocese of New York launched a youth suicide prevention initiative to support students in the diocesan schools and youth ministry programs.



Here is an excerpt of Cardinal's message of hope and inspiration:

*"This evening we praise you God for the radical hope that brings light to darkness, trouble and sadness. We thank you for courageous people who have lit a candle in dismal times in a dark issue to bring hope to those tempted to disparage and bring life to others."* - His Eminence, Timothy Cardinal Dolan

## THANK YOU

We are deeply grateful for your support and shared commitment to our mission: improving connection and building resilience in young lives. Without you, our work would not be possible.

As always, you can visit our website at [www.radicalhopefoundation.org](http://www.radicalhopefoundation.org) to engage in our work and stay up to date.



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