



2023 Annual Report

We AIM for a World of
Mentally Healthy Youth.

AIM

Youth Mental Health

Flowing through life one day at a time

**AIM's vision is simple:
A world of mentally healthy youth**

AIM is bridging the gap between research and access to care for youth struggling with their mental health by finding, and funding evidence-based treatments, empowering youth to discover their own mental health solutions, and training caring adults to create safe communities.

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As I reflect on this past year, I am filled with pride and gratitude for the incredible strides AIM has made toward our vision: a world of mentally healthy children. Nearly one in five children has a diagnosable mental health condition, and 50% of all lifetime mental illness begins by age 14. Yet, funding for research to find better treatments for our youth remains critically lacking. At AIM, we are on a mission to change those statistics.

This year, we are seeing the impact of AIM's investments in clinical research coming to fruition. In this report, you'll read about groundbreaking studies that are paving the way for new approaches in youth mental health, from using AI to improve teen mental health helplines to help for parents with children on waitlists for therapy.

We are not only funding research but are also taking action to ensure that these solutions reach the children and families who need them most. AIM's focus is on translating scientific findings into real-world applications. This means moving tested treatments out of labs and into communities, where and when youth need them most.

A crucial part of our mission is empowering the next generation to take an active role in their own mental health. Through our AIM Ideas Lab, we train high school students to design and conduct scientific peer-to-peer surveys, analyze their findings, and propose youth-driven solutions. In 2022, our young researchers uncovered that teens lack a trusted adult to turn to in times of crisis. We know that having a trusted adult is the #1 protective factor for youth mental health, and this insight underscores the importance of what we are doing.

To address this gap, we expanded our Youth Mental Health First Aid training, equipping adults with the knowledge and skills to be that trusted support. Our vision is that every child and teen will not only have a trusted adult to go to but one who is trained to know what to say and do in a crisis. And when that trusted adult connects a youth to a clinician, AIM is working to ensure that those clinicians are trained in the latest evidence-based treatments.

Our commitment to creating communities where children, teens, and young adults can thrive remains stronger than ever. We are so grateful to our supporters, researchers, and partners for sharing this vision and for their dedication to helping us make it a reality.

Thank you for your continued support and belief in this mission.

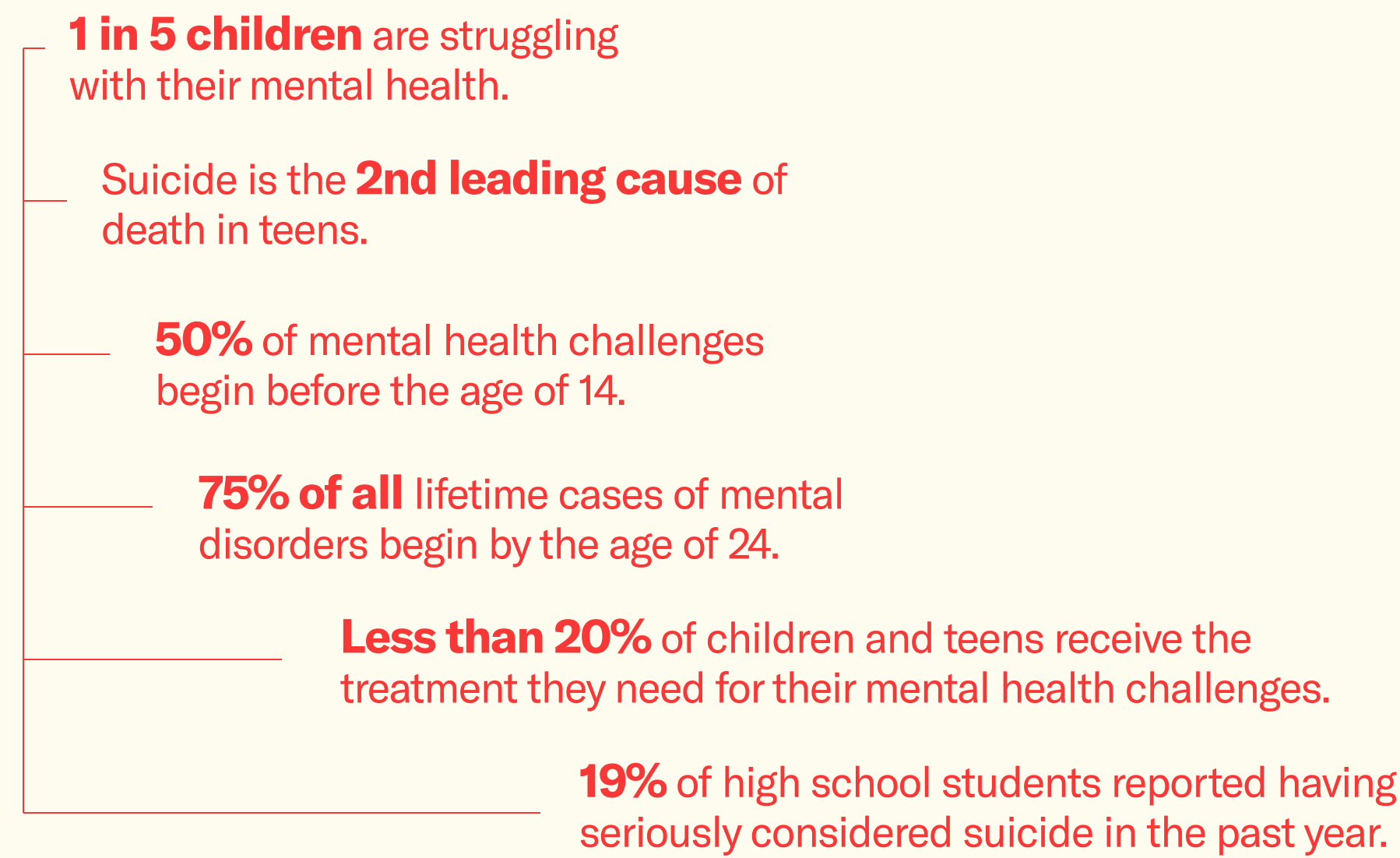
With gratitude,

Susan
Susan Stilwell



Mental health is one of the most pressing issues facing today’s youth.

CONSIDER THESE STATISTICS:



/ ADVANCING RESEARCH

AIM identifies, funds, and implements clinical research to find cures for youth mental health challenges including ADHD, anxiety, depression, and mood disorders, as well as the byproducts of those brain differences such as eating disorders, addiction, substance abuse, and suicide.

/ AWARENESS

We AIM to build a movement with a positive, forward-thinking focus. Our annual AIM for Awareness events not only inform, but also help remove the stigma around youth mental health challenges and encourage candid conversations.

/ EMPOWERING YOUTH

The AIM Ideas Lab elevates the youth perspective in mental health solutions by training high school students in both quantitative and qualitative research methodologies. Students learn to design and implement peer-to-peer surveys to better understand the mental health challenges their generation faces. With access to tools and mentorship, they analyze data, present their findings, and propose actionable solutions for improving youth mental health. By amplifying the voices of teens, the AIM Ideas Lab creates a ripple effect of impact, encouraging open conversations, breaking down stigma, and fostering peer support within school communities and beyond.

/ EDUCATION AND TRAINING

AIM is a certified training site for Youth and Teen Mental Health First Aid, offering specialized training for parents, teachers, counselors, first responders, and other caring adults. These courses empower participants to recognize and respond to signs of mental health challenges, substance use disorders, and crises in young people. The Youth course is a seven-hour training designed for adults working with youth, while the Teen course equips young people themselves to support their peers under the guidance of a trained adult. Together, these programs ensure that youth are surrounded by a community ready to provide support when it's needed most.

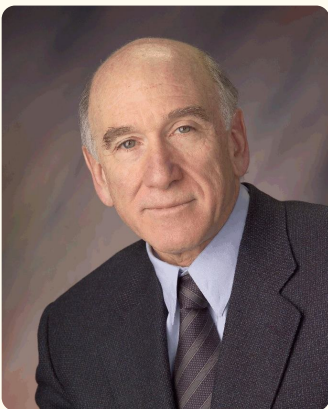
AIM’s world-class **Scientific Advisory Board** guides our strategic investments in youth mental health research, finding studies with the greatest promise of making a difference now.



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UCSF and UC Berkeley
Development
Psychopathy



Shashank Joshi
Stanford University
Suicide Prevention



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Depression, Bipolar
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“AIM is uniquely addressing the critical need for clinical research to help children, teens, and young adults with mental disorders in order to generate more effective interventions to help reduce and ultimately prevent their suffering from the disorders and their risk of death by suicide.”

-Hilary P. Blumberg,
AIM Scientific Advisory Board
Yale School of Medicine



Hilary P. Blumberg
Yale School of Medicine
Mood Disorders



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University of Oxford
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Social Phobia, PTSD



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UCSF, Neuroscape
Digital Medicine,
ADHD

AIM’s research funding strategy

Since 2014, AIM Youth Mental Health has been bridging the gap between research and access to evidence-based mental health treatments for children, teens, and young adults.

Guided by our Scientific Advisory Board, AIM supports promising researchers and funds early-stage, cutting edge clinical research to develop better treatments and coping strategies for youth struggling with their mental health.

Early Intervention and Prevention

Among AIM-funded researchers there is a strong focus on early intervention and prevention aimed at addressing mental health challenges at a young age before they escalate. 50% of mental health challenges begin before the age of 14 and 75% of lifetime cases before the age of 24. By identifying risk factors and developing early interventions, AIM researchers are working toward preventing the onset of more serious mental health issues later in life.

Innovative Approaches to Youth Mental Health

AIM’s flexible funding model allows researchers to explore novel interventions, leverage the latest technology, and adapt evidence-based practices to support the needs of youth facing mental health challenges. AIM funding has advanced innovative approaches to youth mental health care, such as leveraging AI, machine learning, smartphone interventions, and tele-health platforms. These cutting-edge technologies are changing the way mental health services are delivered, resulting in greater accessibility and improved outcomes for youth.

“From smartphones and wearable devices to artificial intelligence that can find patterns in billions of Tweets, technology is in many ways the future of youth mental health research.

However, technology evolves fast and unfortunately grant support for research often lags. I was interested in using a new machine learning approach to analyze data provided by young adults on their smartphones to predict suicidal thoughts and behaviors. The traditional route of applying for a federal grant to support this research could have taken me over two years (or more!) to get my project off the ground.

Fortunately, AIM stepped in and in less than four months had provided financial support for this project, paving the way for smartphone technology to be a tool for reducing suicide in young adults and improving youth mental health.”

-Dr. Benjamin Johnson,
AIM Clinical Science Fellow, Penn State Empowerment Through Tools and Education.

Empowering through Tools and Education

AIM funded research is empowering youth and families to take an active role in mental health through data driven, evidence-based interventions. Through the AIM Ideas Lab and Mental Health First Aid programs, AIM provides mental health education, tools, and resources for youth and the adults who care about them.

Advancing Access and Equity to Quality Youth Mental Health Care

“Nearly 1 in 5 children have a mental health disorder, yet only about 20% of children struggling receive the help they need from a mental health care provider.”

Common barriers that prevent access to care include insufficient local mental health services, shortages of trained professionals, lack of bilingual care providers, long wait times for mental health treatment and diagnosis, and high treatment costs.

Many AIM researchers focus on the importance of improving access to quality care, specifically in underserved communities. Children growing up in poverty are more likely to suffer from severe mental illness, meaning the illness causes significant impairment in daily functioning. Families with the lowest incomes have the highest rates of youth mental illness.

/ SPOTLIGHT

A Caring Mother and the Power of AIM’s Research

For Mohina C., a physician and mother, navigating her daughter’s eating disorder was a harrowing journey. Despite both their medical backgrounds, she and her husband struggled to find effective treatment options, leaving their family in crisis.


Through online peer support groups, Mohina learned about Dr. Walter Kaye, founder of the Eating Disorders Center at UC San Diego and an AIM grant recipient. Dr. Kaye’s team, supported by AIM, had developed video training sessions for families navigating eating disorders.

“What these videos did for us... was basically put it all together,” Mohina shared. “It was like a survival guide for parents truly going through turmoil.”

Accessible and actionable, the videos gave Mohina’s family a roadmap to healing during their darkest moments. “Because of AIM, I’m confident this research will continue to help many families like ours who are desperate for answers,” she said.


Mohina’s story underscores AIM’s commitment to **empowering families with practical, research-driven solutions that bring hope and healing.**

How Postpartum Depression Affects Child Development




Kunmi Sobowale, M.D.
University of California, Los Angeles
\$50,000 GRANT FROM AIM

Dr. Sobowale’s study uses mobile sensing devices (audio recorders, Bluetooth sensors, and a wearable wristband) to assess how postpartum depression affects the mother-child interaction and child development. He aims to elucidate specific modifiable mechanisms by which postpartum depression affects the mother-child interaction, and in turn, how this interaction affects child socioemotional development in the first year of life.



Strengthening Outcome Measurements for Youth Mental Health



Karolin Krause, PhD
Centre for Addiction and Mental Health, Toronto
\$50,000 GRANT FROM AIM

When diagnosing common mental health conditions like anxiety, depression, substance use, or self-harm, or when evaluating treatments, clinicians and researchers must consider both the severity of mental health symptoms, and the extent to which these symptoms cause functional impairment – that is, limitations in a young person’s ability to take part in activities of daily life. Yet, while symptom measurement is comparatively well developed in youth mental health, the measurement of impairment has been neglected. One critical gap is a lack of data about how youth experience impairment and whether available measurement scales meaningfully capture their experiences. Another challenge is a lack of youth-centered and easily interpretable indicators that can help us make sense of change in impairment scores on any given scale.

Dr. Krause is working to address these urgent knowledge gaps regarding the content validity and interpretability of impairment scales in youth mental health.

How Looking to the Clinicians is Informing the Future of Mental Healthcare Implementation Study



Briana Last, PhD
University of Pennsylvania
\$10,000 IMPLEMENTATION GRANT FROM AIM

Dr. Last’s implementation science project seeks to support clinicians in implementing evidence-based practices (EBP). Using mixed methods, she plans to engage youth-serving clinicians in New York State’s public mental health clinics to examine structural and pragmatic barriers to implementing evidence-based practices. Informed by this contextual inquiry, she plans to develop a scalable, empirically driven tool to support clinicians’ EBP use and identify the conditions that optimize the tool’s benefits for real-world clinical practice.



Using AI to Improve Teen Mental Health Helplines



Sylvanna Vargas, PhD
MPH - UCLA Geffen School of Medicine
\$50,000 GRANT FROM AIM

Dr. Vargas’s research aims to increase the quality and reach of mental health care, with an eye on improving services for the most vulnerable. AIM’s grant will support her research aims through a community-partnered pilot project. This effort will ultimately adapt and test a Motivational Interviewing (MI) training and AI-derived performance feedback tool for teen peer helpers on a chat-based mental health helpline.

This research could capitalize on the promise of teen peer helpers by informing future evidence-based training standards. It will help address urgent questions regarding the role of emerging technology in supporting scalable training of the mental health workforce. Overall, a scalable solution would help us better understand how to integrate evidence-based practices in a large and wide-reaching, but understudied, service sector.

Help for Parents with Children on Waitlists for Therapy



Madelaine R. Abel, PhD
Massachusetts General Hospital
\$50,000 GRANT FROM AIM

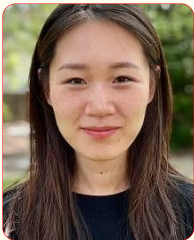
The primary goal of Dr. Abel’s AIM Fellowship project is to evaluate the acceptability and efficacy of a single-session, self-guided, online intervention delivered to parents of children ages 5-12-years-old who are on the waitlist for outpatient CBT. The intervention takes 30 minutes to complete. It targets parent accommodation, a tendency to facilitate avoidance and enable anxious coping that has been shown to maintain and worsen child anxiety and OCD.

Dr. Abel will conduct a randomized controlled trial to assess whether this brief intervention can prevent worsening of anxiety symptoms while children are on the waitlist and enhance the reduction of anxiety once children start treatment, thereby reducing treatment length.

Impact: Online, self-guided interventions offer a promising method to deliver brief, targeted services to parents of children on lengthy psychological services waitlists, potentially providing families with a boost prior to services start and even reducing the need for long-term therapy once they do access treatment, thereby increasing access for others. Dr. Abel plans to use findings from her research to guide future efforts to disseminate and increase children’s access to evidence-based treatment for anxiety and OCD.



Making Tools for Effective Mental Health Treatments Accessible



Evelyn Cho, PhD
Harvard University
\$10,000 IMPLEMENTATION GRANT FROM AIM

Dr. Evelyn Cho is a postdoctoral fellow in the Lab for Youth Mental Health at Harvard University. Her program of research focuses on supporting high quality implementation of evidence-based practices for youths and families receiving mental health care in community settings. Through the iterative redesign and evaluation of mental health treatments and clinician support tools, she aims to make accessible the tools needed to deliver effective mental health treatments for youths and families.

Use of Psilocybin for Youth with Stress Related Disorders



Amanda Tamman, PhD
Baylor University College of Medicine
\$10,000 GRANT FROM AIM

“AIM provides a beacon of hope for young adults struggling with stress-related disorders, many of whom will not respond to traditionally prescribed treatments and have woefully limited alternatives. With this AIM funded research, we will be able to study how a novel treatment for stress-related disorders may impact genetic markers of physical aging, with potentially profound implications for alleviating the physical health burden associated with stress-related disorders in this at-risk group.”

- Dr. Tamman

Dr. Tamman's study aims to investigate how psilocybin affects two measures of genetic aging (GrimAge acceleration and telomere length) in 18-26 year olds with stress-related disorders over a period of 8 weeks, starting from before the treatment to after the last dose of psilocybin. Her goal is to understand how a critical biomarker related to both physical and mental health problems can be targeted early in adulthood to prevent the development of more serious health issues and premature death.

Using AI to Improve Teen Mental Health Helplines



Galen McNeil, PhD
UCLA Semel Institute for Neuroscience and Human Behavior
\$10,000 IMPLEMENTATION GRANT FROM AIM

Dr. McNeil's study will pilot a randomized-controlled trial of the Youth Intervention for Positive Emotion Enhancement (YIPEE) protocol for treatment-seeking anxious youth and their caregivers. This novel, brief two-session intervention adapts two Buddhist meditation practices, Loving-Kindness and Appreciative Joy, both of which significantly increase positive emotion in adults.

Caregivers will be involved to promote socialization of positive emotion after sessions, encourage homework compliance, and facilitate generalizability of skills.Impact: If successful, this project will provide support for long-term follow up examining whether this novel intervention enhances subsequent treatment efficacy or negates the need for additional clinical intervention.



AIM Symposium: Bridging the Gap

In May 2023, AIM hosted its 3rd AIM Symposium: Bridging the Gap, bringing together top experts to address critical questions and explore innovative solutions to the escalating youth mental health crisis.

Over the course of two days, with more than 800 attendees, we discussed topics such as school safety and youth mental health, cutting-edge research on teen anxiety, family-based therapy for eating disorders, suicide prevention, and the effects of sleep deprivation on youth mental well-being.

Dr. Marc Brackett, founding director of the Yale Center for Emotional Intelligence, delivered a compelling keynote on harnessing the power of emotions to help our children, ourselves, and society flourish. Dr. Michael Thompson, New York Times best-selling author and one of the nation's foremost child psychologists, shared insights from his decades of experience working with boys and their families, emphasizing the urgent need to address the mental health crisis. Tramaine El-Amin, Vice President of Mental Health First Aid USA at the National Council for Mental Wellbeing, highlighted the vital role of Youth Mental Health First Aid as a community-based intervention and prevention strategy.

Finally, we heard directly from the youth themselves about the current state of youth mental health in California, the profound impact of social media, and the real experiences teens face, shared through their youth-led, peer-to-peer mental health surveys conducted through the AIM Ideas Lab.



DR. MARC BRACKETT



DR. JOHN PIACENTINI



TRAMAINE EL-AMIN

Youth Mental Health First Aid

Youth Mental Health First Aid empowers parents, educators, first responders, and other caring adults with practical tools to create a safe, supportive environment where children and teens can grow and thrive.

This program trains both adults and teenagers to recognize and respond to youth mental health challenges. Participants learn how to assess the risk of suicide or self-harm, listen without judgment, provide reassurance, and offer support, including guidance toward professional help and self-care strategies.

AIM customizes the Mental Health First Aid program by age group, offering one version for teens who want to support their peers and another for parents, educators, and adults who work with youth. This creates a well-informed, supportive community of teens and adults ready to help young people facing mental health challenges, substance abuse, or other crises.

Since the program’s inception, AIM has trained over 1,500 individuals in Mental Health First Aid.



Youth Speaker Series

AIM’s Youth Speaker Series was built to bridge scientific expertise with real-life stories, empowering youth to embrace mental health resilience and drive meaningful change.

In February 2023, AIM partnered with DOGPOUND Gym in West Hollywood for a transformative event on the science of breathwork and self-love. The afternoon began with a group workout led by DOGPOUND, followed by a guided meditation with Jessica Stone and two expert panels exploring practical mental health strategies.

In May, for Mental Health Awareness Month, AIM teamed up with Aviator Nation at Dreamland Malibu. Aviator Nation founder, Paige Mycoskie, was joined by Jesse Israel, Ayokay, Dom Roberts, Sarah Ford, and UCLA mental health experts Dr. John Piacentini and Dr. Galen McNeil. Together, they shared personal experiences and evidence-based tools for managing anxiety and building resilience. The event concluded with a special musical performance by Ayokay.

These events reflect AIM’s commitment to advancing the mental health movement by combining evidence-based insights with impactful, real-life stories.



AIM Ideas Lab

In addition to funding evidence-based interventions, we’re asking the youth themselves how to address the mental health crisis plaguing their generation. We created the AIM Ideas Lab to train high school students to design and conduct their own scientific Peer-To-Peer surveys. Teens are now learning from and listening to their peers and friends about emerging youth mental health issues and solutions.

Over the course of eight weeks, students dive into mental health topics, learn scientific research methods, and carry out their own research project from study design to data analysis. They develop evidence-based insights and recommendations aimed at informing community development, influencing policy, and raising awareness. By participating in the Ideas Lab, students play a crucial role in driving positive change and advancing mental health awareness and policies.



In 2023, the AIM Idea’s Lab engaged over 1,600 teens from 23 schools across California.

/ SPOTLIGHT

Gia Panetta and the Impact of the AIM Ideas Lab

Gia Panetta, now a freshman at Harvard, first became involved with AIM Youth Mental Health as a student at Carmel High School. Through the AIM Ideas Lab, she embraced the opportunity to address pressing mental health challenges among her peers.

“The idea of going out into the world and gathering this data from all these real people to form solutions, that just really appealed to me,” Gia recalls.

As part of the Monterey County study, Gia helped design and distribute surveys to her peers, recognizing the unique value of youth-led research: “It’s just really easier for me to find youth respondents compared to an adult. Knowing the survey comes from somebody their age makes it seem more approachable to other youth.”

Her work uncovered key findings, including that juniors face higher rates of depression and anxiety than other high school classes, and that many teens prefer in-person, anonymous mental health resources over hotlines.

Gia’s participation highlights the power of youth-driven research to bridge gaps in understanding between generations:

“It’s important to have youth working on this research, because adults are not mind readers. It’s so hard for other generations to understand what the current younger generation goes through because of what different worlds we grew up in.”

Gia’s journey with AIM Ideas Lab exemplifies how empowering young leaders can drive innovative solutions and inspire action in their communities.

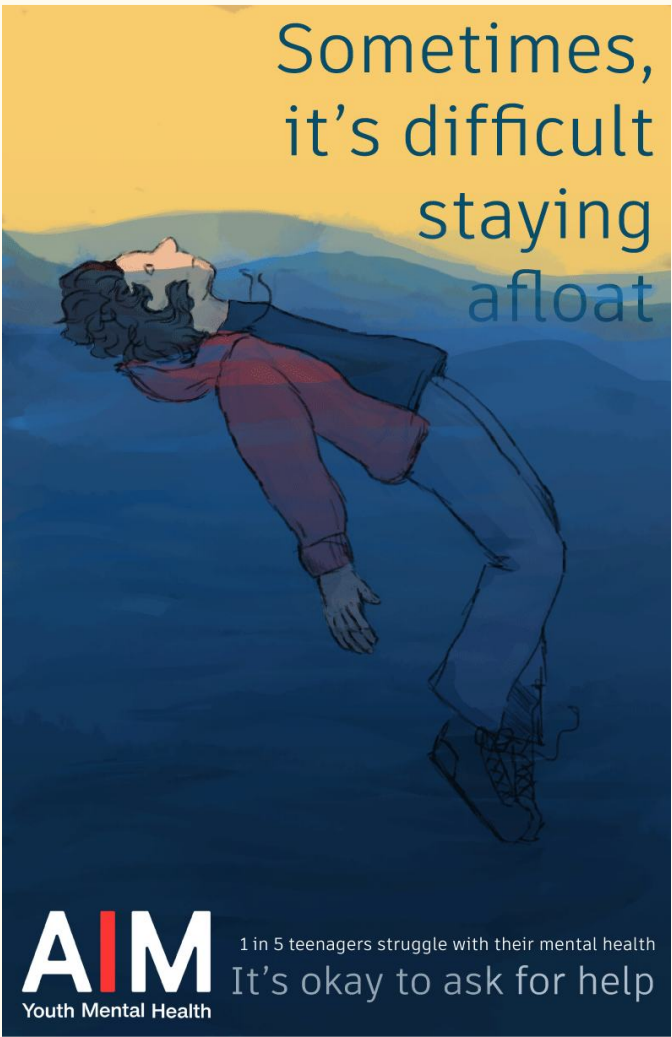


AIM for Awareness Design Challenge

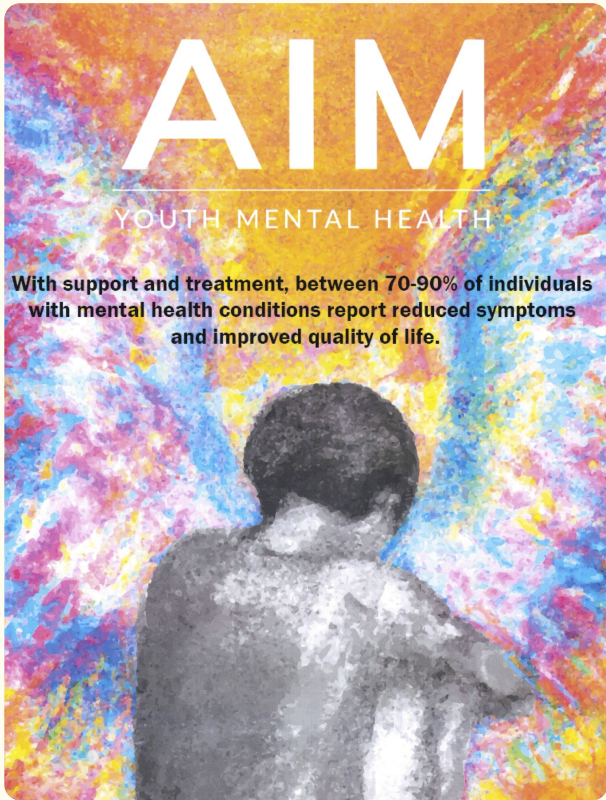
At AIM, we combine creativity and advocacy through our AIM Awareness Design Challenge, a call to all young advocates to bust stigma and build connection through art.

More than 400 middle and high school students from around the world participated in AIM’s 6th Annual Ad Contest, creating art to raise awareness for youth mental health.

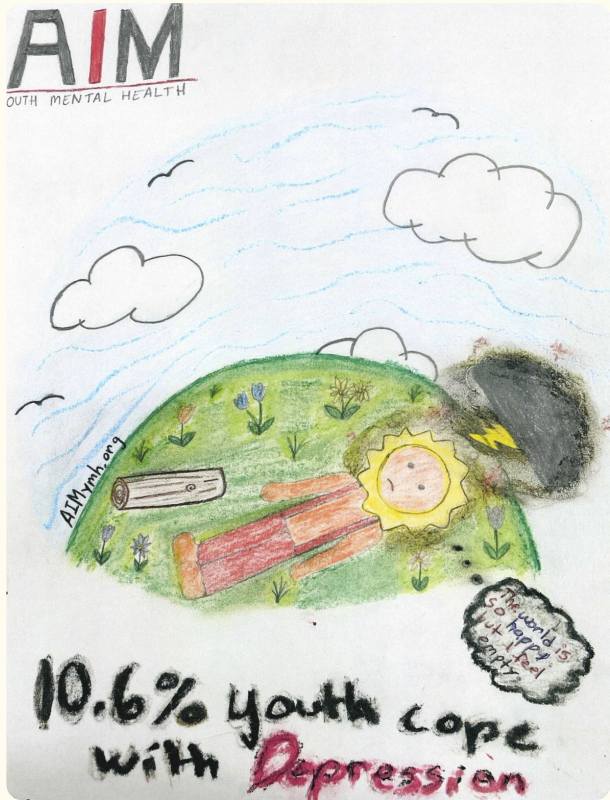
All entries were featured at AIM’s Scientific Symposium, with awards presented by Monterey County Superintendent of Schools, Dr. Deneen Guss. AIM’s Design Challenge provides a platform for teachers to spark important conversations with their students about youth mental health, furthering the mission to reduce stigma and promote connection.



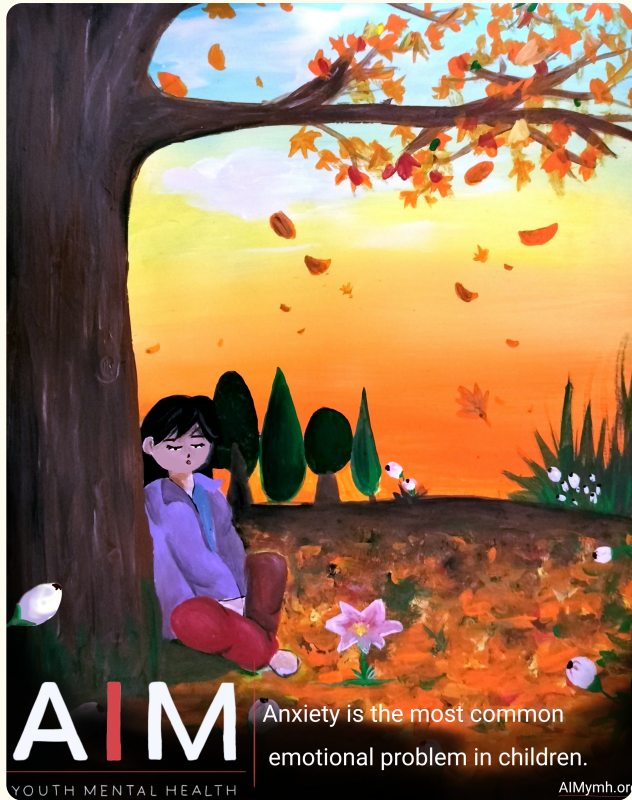
PHOEBE CAINE



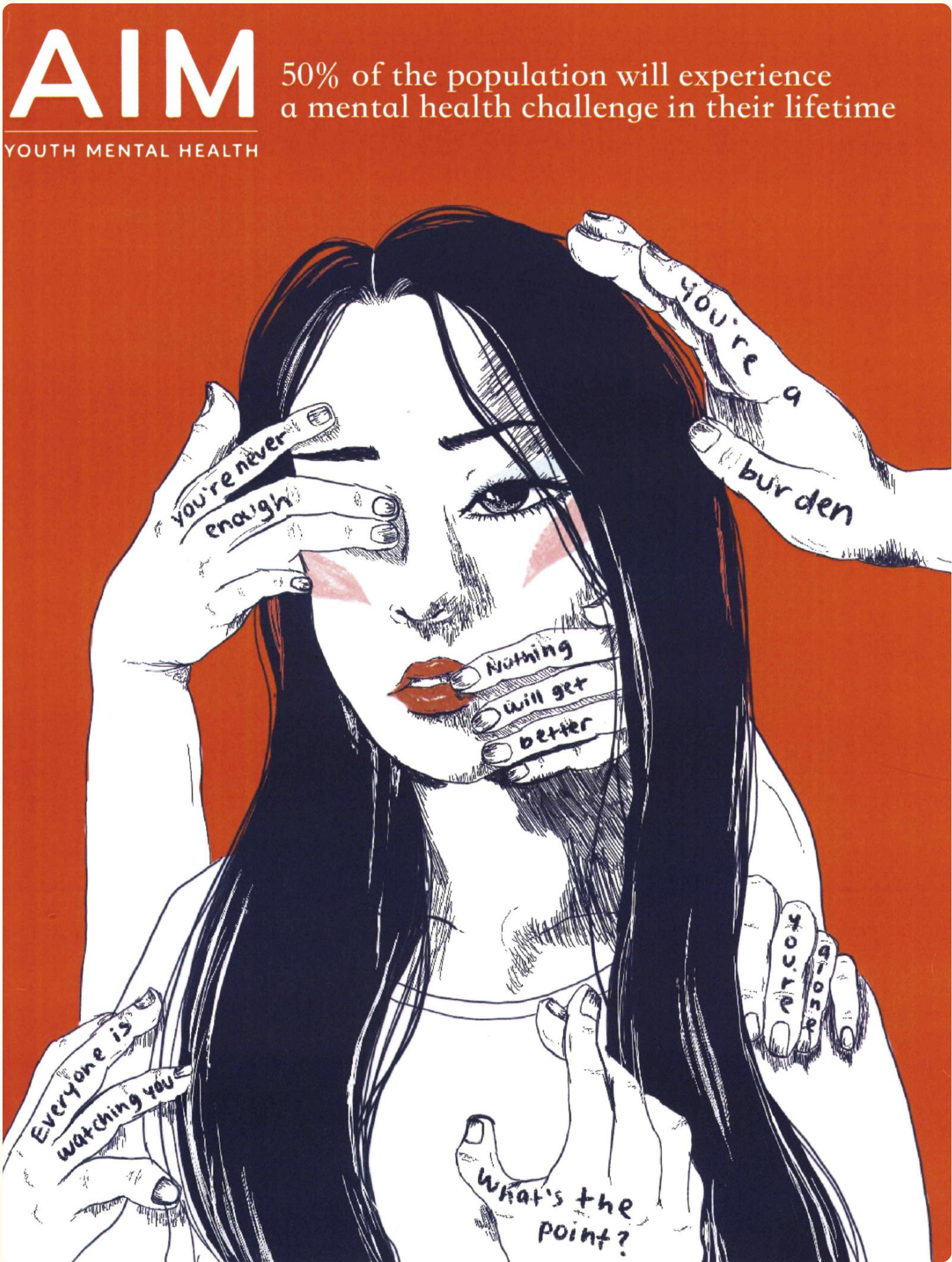
JEREMY PAJELA



EMILY OCHOA



ALEXANDRA TINOCO RIVERA



RACHEL VITA

More than 250 attendees gathered at in Pebble Beach for the 9th Annual AIM Youth Mental Health Gala, "A Hamilton Experience," on September 14, 2023.

The evening, hosted by Chris Harrison (formerly of The Bachelor) and Lauren Zima (Entertainment Tonight), centered on our collective hope for advanced mental health treatments and a brighter future for youth. The hosts also led an interview with high school student Gia Pannetta, who shared her experience participating in the AIM Ideas Lab, highlighting how youth voices are shaping mental health solutions.

Dr. Kate Fitzgerald, AIM Scientific Advisory Board member from Columbia University, spoke on AIM’s impact in the research space, including the vital role AIM plays in bridging scientific discovery and youth mental health care.

Guests ended their evening with an outstanding performance by the leads from the Broadway production of Hamilton, including Miguel Cervantes (Alexander Hamilton) and Tamar Greene (George Washington).

Proceeds from the event will support finding, funding, and implementing evidence-based treatments, empowering youth to discover their own mental health solutions, and training caring adults to create a safe holding place for children, teens, and young adults.

We extend a heartfelt thank you to our sponsors, guests and volunteers for making the evening memorable and impactful for youth struggling with their mental health.



Our Supporters



Our mission to bridge the gap between research and access to care, empower youth to discover their own mental health solutions, and foster safer communities through education and training is made possible by the generosity of our incredible community of donors. We are deeply grateful to our supporters for their unwavering dedication to advancing youth mental health and helping us in our vision for a world of mentally healthy youth.

?

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Rustique Wines
Scheid Family Vineyards
Shaman Raman

Sift Bakery
Signworks
The Caviar Co.
The French Laundry
The Macallan
Therabody
Thrive Market
Tira Nanza Wines

Join Us

AIM Youth Mental Health's impact is made possible by individuals who share our commitment to supporting youth struggling with mental health challenges. By funding evidence-based treatments, empowering young people to find their own solutions, and training caring adults to create safe communities, AIM is changing lives. You can support our mission by donating, participating in an AIM event or program, or connecting with us online.

Donate

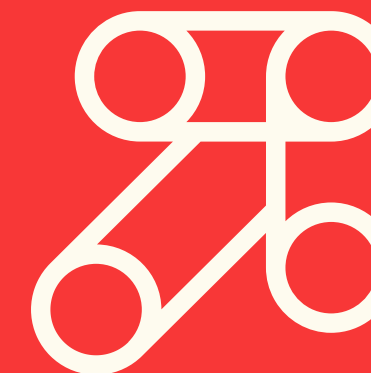


AIMymh.org/join-us/make-a-donation

We are changing lives for youth struggling with their mental health because of you. Scan the QR code to donate today.

Connect

Follow, subscribe, and share AIM Youth Mental Health's content to help spread awareness and learn about evidence-based solutions that support youth mental health. Together, we can make a difference!



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