

SINGULA 1 INSTITUTE

Dear Singula Community,

Spring has sprung and change is upon us. We are incredibly grateful to have you with us throughout these important changing seasons. I'd like to share with you our work that we accomplished so far this spring!

Big News & Announcements

A Growing Roster: Our team continues to grow in size, experience, and talent. We welcome **Dr. Randall Lee** to our Board of Directors. Dr. Lee is an Emergency Medicine Physician and Entrepreneur. Please see his impressive bio here on our [team page](#)!

We have also brought in a collection of new interns and said farewell to older ones. We bid farewell to **Ms. Aarushi Parikh, Ms. Amanda Yao, and Camila Bonchristiano**, who were with us from January until the middle of May. Aarushi will be studying for the MCAT this summer, Amanda will be working for a bank, and Camila will be returning to the UK this summer and working with another start-up group. We are excited that **Ms. Shirley Li** has decided to stay on as an intern for the summer! Shirley's work has led to increasing our social presence and allowed her to be a co-writer on an article [published here](#) on Healthline/PsychCentral.

We welcome our excellent team of new interns from **UPENN, Ms. Amanda**

Shen and Mr. Jonathan Zou. Amanda will continue to work on increasing our social media presence, and Jonathan is assisting us on our healthcare business strategy and our data analytic strategy.

Our Brand Strategy and Visual Identity: We held two very successful workshops on April 17th and April 24th that were co-led and facilitated by **Desmond Dodd** and **Angela Stelle** and attended by an incredible group of Board members, Advisors, and Supporters. We worked on [Tronvig](#) Group's Brand Pyramid exercise that will become the platform for our brand and our messaging. From this work, Tronvig will help us create the final report that will be sent to [Great Believer](#) who will work with us on our Visual Identity.

Our Educational Content:

Fundraising & Development

We continue on our recruitment process of building Singula's Board of Directors. We will be holding elections for our first set of officer positions for the Board in June. In addition to Board Development, we have dedicated time and resources to cultivating **Singula Institute's** current network of supporters.

Marketing & Communications

With the help from our **Marketing & Communications Committee** we have honed our messages and recalibrated our materials. Dr. Marc Lener was honored to be invited as a medical expert on mental health and illness [HealthiNation](#), an Emmy-winning organization that provides videos to the public to help inspire people all over the globe to start living healthier and happier lives. Dr. Marc Lener was also invited to be a part of the [Medical Network](#) of Clinical Experts for [PsychCentral](#), a division of [Healthline](#). We continue to put out the word in different online media venues, such as our **Psychology Today** [blog post](#).

Social Impact Community

In addition to our online media presence, we have made great strides in developing Singula's **Social Impact Community** and promoting **Dr. Marc Lener** as the spokesperson of **Singula Institute**. On April 10th, **Dr. Marc Lener** gave an invited

talk for [Grid 202 Partners](#) on the basics of mental health concepts and how marginalized communities can better engage in mental health services. On April 27th, **Dr. Marc Lener** gave a talk to [Americans United for Separation of Church and State](#) focused on managing mental health at the work environment during the pandemic.

The Clinic

With the help from our **Healthcare Business Strategy Committee** we continue to create and form our business structure that will allow growth and reach to our community. We have been working closely with the **Ballard Spahr** Team on developing the legal relationship between the non-profit organization and the clinic and the way in which the data and the data process is protected. This work has allowed us to visualize a model for **Singula's *Learning Mental Health Clinic 1.0*** that we will implement in the near future. **Stay tuned!!!**

Clinical Research Projects

Our **Clinical Research Team** is currently working on projects that will bring Singula Institute into the academic realm and increase our public presence. Our **Clinical Research Committee**, led by **Drs. Marc Lener, Zhi Deng**, and **Shiwen Yuan**, with aid from our interns **Tanya Verghese, Anirudh Bikmal, and Camila Bonchristiano**, are in the midst of writing a manuscript to be submitted to an academic journal. This research project examined biological, psychological, and social themes within current academic research on treatments for Depression. We have also begun another analysis that will look at a core symptom of depression called "*Negative Affect*" that is shared amongst several other mental health conditions. These analyses will be an important basis for our future clinical and research goals for our clinic.

Mental Health & Society

We will continue to keep you posted on articles of interest to **Singula Institute** via **Facebook, LinkedIn**, and **Instagram**. These articles are reviewed, filtered, and provided commentary by our Singula Institute clinicians and highlight some of the issues that Singula Institute will tackle through our clinical research!

You can begin to pledge your support for Singula vision of transforming Mental

Health by liking us on [Facebook](#), following us on [Instagram](#), [Psychology Today](#), [Medium](#), and [LinkedIn](#) and sharing our [page](#) with your friends and colleagues.

Closing Message from Founder & CEO

As we move to the summer, I wanted to thank everyone who has committed their time, talent, and treasure to improving mental health in this country. We are setting the groundwork for serving those who continue to struggle with anxiety and depression.

Please contact me with any questions about this information or about giving to Singula. You may also contact Patricia Donini, Singula's Philanthropy and Business Development Advisor, at patricia.donini@singulainstitute.org, for more information about supporting Singula. Or you may visit our online giving page to make a gift at <https://secure.givelively.org/donate/singula-institute>

Sincerely,

-Dr. Marc Lener & The Singula Team





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