

SINGULA 1 INSTITUTE

Dear Singula Community,

The emotional deprivation of 2020 and part of 2021 was incredibly real and terribly painful. However, as spring sprung and summer blazed, we hope that these last few months have brought all of you more social connection, togetherness, and a return to feeling whole once again.

For the Singula Team, we have remained steadfast in our mission and goals of bringing our clinic and social impact community into a new phase. We are proud to share with you our work!

Big News & Announcements

Newly Elected Board of Directors Officers:

We have been able to elect our first set of board officers and bring on a couple of new board members. Please see below:

Barry Peek, Chair

Joshua Rubin, Vice Chair

Caroline Lee, Treasurer

Bill Langdon, Secretary

New Members of The Board of Directors:

Randall Lee, M.D. (Medicine, Healthcare Entrepreneurship)

Jamie Serino (Marketing, Brand & Content, Mental Health)

New Advisor:

We appreciate the hard work and commitment by **Patricia (Pat) Donini**, who has helped to assemble, coordinate, and develop our tremendous Board of Directors. In this new stage of our growth, Pat will remain a part of the organization as an Advisor and continue to support the organization in this capacity.

New Development & Fundraising Consultant:

Kim McCall will be joining us as our new Fundraising and Development Consultant. Kim has worked in the non-profit philanthropy space for over 20 years and has her **Masters in Public Policy and Non-Profit Management** from *Georgetown University* and she is currently working on her **PhD in Global Leadership and Ethics** at *Pepperdine University*. We look forward to working with Kim on our Capital Campaign fundraising efforts.

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 created a final report that will be used to develop other marketing and communications work. We have also begun working with [Great Believer](#) on our new logo --> **Stay Tuned!!!**

Educational Content:

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

On August 27th, Dr. Lener provided a talk for [Fusion Academy's](#) Lunch & Learn Series entitled: "[ADHD and its Risk for Anxiety & Depression](#)". This talk engaged a community of 148 registrants, one third of whom were school community parents and the other two thirds being community professionals from the DC/MD/VA area. Click on the link above to view the recording of this talk.

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 by the end of this year--> **Stay tuned!!!**

Clinical Research Projects

Our **Clinical Research Team** is currently completing a couple of projects that will bring Singula Institute into the academic realm and increase our public presence. Our first project examined biological, psychological, and social themes within current academic research on treatments for Depression. We aim to submit this manuscript for publication this fall. 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 as well. 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 into the fall, many of us feel an elevated guardedness and trepidation that we will need to live the life of 2020 again. However, 2020 is very much behind us. We've learned to live with less excess, adapting to our emotional needs in creative ways. And, thanks to medical science, vaccinations have done a great job of protecting us. As we move around this next corner, let's stay in touch and remain connected!

Please contact me with any questions about this information or about giving to Singula. You may also contact Kim McCall, Singula's Philanthropy and Business Development Advisor, at kim.mccall@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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