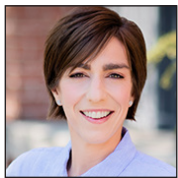


**\$3.7 million raised of \$5 million
Campaign for CHAAMP goal**

The Foundation of Hope Child and Adolescent Anxiety and Mood Disorders Program (CHAAMP) has demonstrated remarkable growth and success under the leadership of Director Danielle Roubinov, PhD. Your investment made this progress possible, so we're thrilled to share these exciting updates from CHAAMP.

Research Studies Underway

CHAAMP has attracted external funding already - over \$12.3 million in research grants is ongoing!



Dr. Danielle Roubinov • \$2,100,000

Funding Source: Duke Endowment

Examining stress factors in children with childhood adversity exposure

Early childhood trauma impacts health and development, causing “wear and tear” that can persist across the life. This study uses an evidence-based intervention for children and families exposed to adversity, and data will be collected on the children’s stress responsivity and how the treatments “repair” the biological harms.



Dr. Danielle Roubinov • \$9,000,000

Funding Source: Patient-Centered Outcomes Research Institute

Comparing suicide prevention approaches and effectiveness among autistic youth

Suicide is the 2nd leading cause of death among young people, and autistic individuals are at even higher risk. This study, which includes a multi-disciplinary and community-based team, compares the effectiveness of two tailored “Safety Planning Interventions” as approaches to suicide prevention among autistic youth.

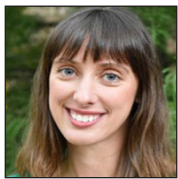


Dr. Nate Sowa • \$90,000

Funding Source: UNC Behavioral Health Workforce Research Center

Exploring the scope of school-based behavioral health across the US

School-based behavioral health (SBBH) is a potential strategy to address the inadequate supply of youth mental health services, but little is known about the feasibility of instituting statewide programs. This project explores various defined characteristics of SBBH, such as workforce capability, across 10 regions of the US.

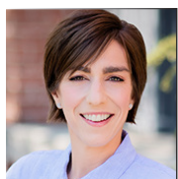


Dr. Andrea Baldelli • \$925,000

Funding Source: National Institute of Mental Health

Identifying how social motivation and childhood threat exposure affects teenage suicidality

This study will identify how childhood exposure to family or community violence affects adolescents’ risk levels for suicidal thoughts and behaviors. By measuring social desire, drive, and motivation levels in these teens, the resulting associations can help improve early intervention with targeted treatments.



Dr. Danielle Roubinov • \$199,000

Funding Source: Foundation of Hope

Tracking PTSD symptoms and frequency in children and mothers after trauma

This project is designed to Support Healthy Individuals through Nurturing Environments (SHINE) by examining family, risk, and protective factors in children with elevated potential for PTSD due to their mother’s trauma experience. Studying these mother-child dyads is a novel approach and bridges a research gap on PTSD risk.



Dr. Danielle Roubinov • Pilot support

Funding Source: UNC Pediatrics

Evaluating an evidence-based treatment for youth anxiety & depression in primary care clinics

There is a shortage of trained mental health providers to treat youth, so brief stand-alone interventions that can be delivered accessibly in primary care settings are desperately needed. This pilot study tests feasibility, effects, and scalability of modified First Approach Skills Trainings for pediatric anxiety and depression.

Growing Research Team

The research team also includes 5 graduate and undergraduate trainees, and is currently recruiting an adolescent anxiety and mood disorders expert as well as two research coordinators.

Gabrielle Hodgins, MD

Child & Adolescent Psychiatrist

Research focus: Improving quality & equity of care and treatment; developing research at UNC Youth Behavioral Health Hospital

Natalie O'Brien, MS

Clinical Psychologist & Program Manager

Research focus: Youth injury prevention and intervention; overall management of CHAMP research studies portfolio

Andrea Pelletier-Baldelli, PhD

Clinical Psychologist

Research focus: Social & neurobiological risk factors for onset and development of mental illnesses throughout adolescence

Cope Feurer, PhD

Clinical Psychologist

Research focus: Integrating behavior, physiology, & cognitive neuroscience to determine youth depressive risk factors

Collaborative Initiatives

CHAAMP is engaging across the University to innovate the field of child and adolescent psychiatry.

Social Media & Youth Mental Health Working Group

A group of researchers, clinicians, and staff led by Dr. Roubinov to address social media challenges among children and adolescents, including developing a recommendation/resource guide for providers and families on promoting healthy online behaviors, digital literacy, and social media interventions.

Other Research Study Collaborations

CHAAMP collaborates on 3 additional research studies: two with UNC Psychiatry and one with NC TraCS (clinical and translational science). The studies include designing wearable technology to gather real-time physiological and psychological data, evaluating supportive services outcomes on children's behavioral health, and testing a phone app to improve emotion regulation and coping skills in adolescents.



Thanks to you, hope is happening.

Let's keep going.

campaignforCHAAMP.org

Scan here to learn more!

