



HOPE

NAMI WESTSIDE LOS ANGELES 2021 IMPACT REPORT



nami
National Alliance on Mental Illness

Westside
Los Angeles



Table of Contents

3 LETTER FROM OUR EXECUTIVE DIRECTOR

4 LETTER FROM OUR BOARD PRESIDENT

5 BOARD OF DIRECTORS

6 STAFF

7 SUPPORTING OUR COMMUNITY

SUPPORTING PEERS AND FAMILIES

SUPPORTING STUDENTS

CALHOPE

12 ENGAGING OUR COMMUNITY

JANIS BLACK WARNER SPEAKER SERIES

SELF-CARE SESSIONS AND CONVERSATIONS ON IG LIVE

MENTAL HEALTH AWARENESS MONTH

FREE YOUR ME: ANTI-STIGMA CAMPAIGN

16 IN THE COMMUNITY

18 IMPACT STATEMENT

20 DONORS AND SPONSORS



Letter from our Executive Director, Erin Raftery Ryan

2021 was an exceptional year of growth for our affiliate and I am proud of our work to expand and deepen our connections in the community. As we continued to ride the waves of the pandemic together, we stepped up with compassion to serve the ever-growing needs of those impacted by mental health conditions.

We connected with and supported more community members than ever before by increasing our free education and support programs and services and expanding efforts to support youth, with more Ending the Silence presentations in schools and by beginning to support NAMI on Campus high school clubs. We extended our reach beyond our expectations with our month-long series of wellness events for May's Mental Health Awareness Month, our Free Your Me anti-stigma social media campaign, and our participation in the CalHOPE program to support those impacted by the pandemic.

None of our work could have been successful without the support and dedication of our team, including staff and board members, counselors, teachers, support group facilitators, volunteers, and interns. We are also grateful for support from our donors and partners, including the Lowell Milken Family Foundation, the Lanetta Wahlgren Fund, Janis Black Warner, Pure Edge Inc., the Los Angeles County Department of Mental Health, Los Angeles Unified School District, Santa Monica-Malibu Unified School District, and NAMI California.

We look forward to continuing to rise to the challenges and connect with community members and partners, to ensure that our members get the mental health support and services they need to thrive.

A handwritten signature in black ink that reads "Erin Raftery Ryan". The signature is fluid and cursive.

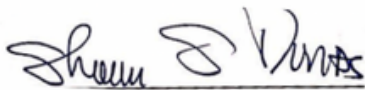
Erin Raftery Ryan
Executive Director
NAMI Westside LA



President's Letter by Sharon Dunas

In my 20 years working with our NAMI WLA community, I have had the privilege of supporting—and offering hope to—several hundred members. While we urge all those impacted by mental health conditions to accept limits and have realistic expectations, we never give up hope. We learn all we can about mental health conditions in our free classes, we share our experiences, and we lean on one another for support. We meet in our free support groups and classes and at our events, including the Janis Black Warner Speaker Series, where we listen to mental health professionals and individuals who understand the challenges we face.

Together, we have faced enormous challenges exacerbated by the pandemic and have shared stories unique to this challenging time. In all of this, none of us is alone. Being part of this NAMI WLA community helps all of us give up guilt and shame that we may have caused the brain biology problems our relatives face. We are more effective mental health advocates for our relatives when we are not dragged down by guilt and shame. Special thanks to my fellow board members and to the NAMI Westside LA staff for their commitment to helping our community members survive and thrive.



Sharon Dunas, LMFT
President
NAMI Westside LA

Board of Directors



Adaline Fagen
Secretary

Mental health advocate, Entrepreneur/CEO, trained Family-to-Family teacher, Annual Gala fundraising chair



Dr. Karen Wilson

Clinical Neuropsychologist, Director of West LA Neuropsychology, Founder of ChildNEXUS.com



Cheryl Cohn

Mental health advocate, business woman, trained Family-to-Family Teacher



Sarah Haufrect

Mental health advocate, communications director, and writer featured in Psychology Today, trained Family-to-Family Teacher



Sharon Dunas
President and Founder

LMFT, served NAMI WLA for over 20 years, taught various NAMI courses and provided support to hundreds of community members



Payal Patel
Treasurer

Mental health advocate, MBA, trained Family-to-Family Teacher



Dorit Haroni

Top fundraiser for Mental Health Awareness Month, helped establish our Instagram of over 20,000 followers, and network with community stake holders



Lanetta Wahlgren

Mental health advocate and Founder of the NAMI WLA UCLA Lanetta Wahlgren Internship program, supporter of students and future mental health advocates



Lauren Reynaldo

Trained Family-to-Family teacher and Ending the Silence Presenter, combines her passion for mental health advocacy and professional career in the music industry

NAMI WLA Staff



Erin Raftery Ryan

Erin is honored to be of service to NAMI WLA as the Executive Director. She leads the organization's mission to offer free education programs along with support, guidance, and hope for the growing number of Angelenos affected by mental health conditions. In 2021, she continued to find innovative ways to reduce the shame and stigma associated with mental health conditions through the Free Your Me Campaign and expanding supportive services to the Military community by teaching the first Homefront class.



Elizabeth Stephens

As NAMI WLA's Program Director, Elizabeth supervises our Peer Programs & Services and the LWF Internship and Volunteer programs. She is passionate about mental health advocacy and ensuring that the appropriate mental health services are accessible to all. Coming from a place of lived experience, Elizabeth understands first hand the importance of addressing the stigma surrounding mental health and building a community of hope for all of those affected by mental health conditions.

Supporting our Community

Support for Peers and Families

Support Groups for Peers and Families

NAMI WLA offers weekly and biweekly support groups for adults who are living with mental health condition and support groups for family members and loved ones. Our support groups provide an opportunity for people living with mental health conditions and their loved ones to share their stories, learn from one another, and give and receive support to others facing similar challenges, in a safe and confidential setting.

"These groups are wonderful! The leaders made the space feel safe and open for participation and sharing."

- Family Support Group Attendee

Educational Classes for Peers and Families

The NAMI Peer-to-Peer class is a free class for those living with mental health conditions, and the NAMI Family-to-Family class is a free class for their family members and loved ones. Our classes are 8 weeks long and are taught in a progressive manner by a team of trained mentors who have personal experience on the matter. Our classes are for adults (18+) who are looking to better understand themselves and their own recovery or their family members' recovery.

"I learned I am not a burden on those around me and that my loved ones love to support me the way I love to support them. I can reach out to those around me in healthy and productive ways!"

- P2P Class Student

Supporting CA Department of State Hospitals

Our affiliate supported NAMI California's partnership with the DSH Conditional Release Program (CONREP), to provide NAMI Signature Peer-to-Peer and Family-to-Family Classes to Peers that have been released from DSH and are starting outpatient treatment. Our programs can improve their road to recovery and offer great knowledge about their Behavioral Health for them and their families. NAMI CA was able to launch this program Statewide and partnered with our office to bring this program to the LA Area. We delivered one successful 8 week class with CONREP participants, and in the new year will continue to expand this program and involve CONREP participants in training to become leaders and advocates in the community.

HomeFront Program

NAMI WLA launched our first Homefront course, offering a free, 6-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions. Led by Erin and Randy Ryan, this class was a great success and will be continued in the New Year.



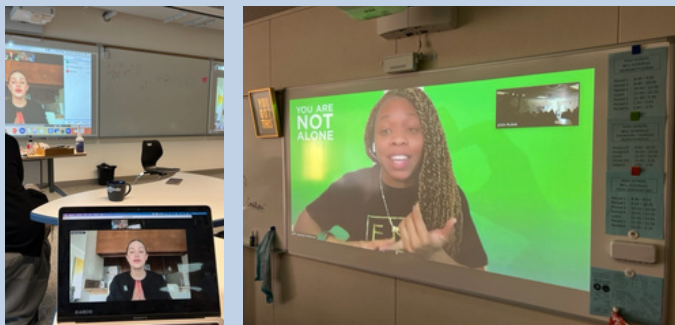
"What a comprehensive class! Super-accessible breakdown of mental health."

- Homefront Class Student

Supporting Students

Ending the Silence

This past year we expanded our Ending the Silence (ETS) presentations into 16 schools, and gave over 140 presentations. These presentations, given by a family member of a loved one with a mental health condition, cover warning signs, facts, statistics, and share how students can get help for themselves or a friend. This is followed by a Young Adult, who shares their experience living with a mental health condition. These presentations provide students with the tools and language to start conversations about mental health with their parents, teachers, and peers- and we have plans to expand into new schools and communities in 2022!



Above Left: Britt Turpack gave an ETS presentation to a student group called Empowered Voices. Above right: Angelique Henderson gave an ETS presentation in Malibu.



Left: Senior Program Director and ETS Lead Presenter with Youth Presenter Priscilla Molina



Left: Senior Program Director and ETS Lead Presenter, Tim Davis, with Brooke Johnson, Brenda Zuniga, and Ryder Davis.

NAMI on Campus

NAMI Westside Los Angeles has a presence at UCLA and on high school campuses, sharing information and resources with students, faculty, and staff. We currently have 4 clubs and 60 student club members.



The student members and leaders of NAMI on Campus clubs strive to raise mental health awareness and help end stigma on their campuses by

promoting self-care practices, expressing gratitude, and sharing their Free Your Me videos as part of our Free Your Me: Anti-Stigma Mental Health Awareness Campaign.



Britt Turpack
NAMI on Campus
Club Outreach
Ambassador

"I love this program because it promotes local youth mental health advocates to create community within their individual schools and allows them to develop leadership skills while being of service to their fellow students. From my personal perspective, it's been incredible to bring various self-care practices to the students including yoga, meditation, and journaling exercises. I can't wait to see how this program grows!"

Supporting Students



Lanetta Wahlgren Internship Program

We are proud of the growth with our Lanetta Wahlgren UCLA Internship Program. This program combines Lanetta's strong interests in academia and the mental health field as it paves the way for the next generation of mental health advocacy. It has also introduced us to amazing college students who have infused the office with their energy and fresh ideas!

Current Interns



Eden Breslauer-Friedman
UCLA Junior, Human Biology and Society

I interned with NAMI because I am passionate about making sure that every person is aware of all the ways they can take care of their mental health, and knows that they are not alone. In my free time, I love to paint, read, and go to the beach.



Yuwen Wang
Johns Hopkins Junior, Public Health and Sociology

I am from Orange County but prefer to tell people that I'm from LA. Outside of school, I like to dance and compete with my Model United Nations Team. I am currently missing my dog.



Celina Reyes
UCLA Senior, Psychology

I am so excited to work with NAMI and have the opportunity to learn from their amazing resources directly in the mental health field. I love reading and with a busy college schedule I find it much easier if I have a measurable goal to reach.

From Interns to Current Staff



Elizabeth Stephens
Program Director

This program not only transformed my UCLA undergrad experience, but also tremendously shaped the trajectory of my career path. The internship gave me the space to engage in self advocacy and find a community of mental health advocates. Now one of the favorite parts of my job as Program Director is supervising the interns and helping them pursue their passion for mental health advocacy.



Marian Alino
Communications and Database Coordinator

I joined NAMI WLA as an intern in my senior year hoping to have a better understanding of lived mental health experiences to bring to my future career in clinical healthcare. I now recognize the importance of truly understanding those affected by mental health conditions and hope to treat future patients with the same care that NAMI WLA gives their community.



Ruby Lake
CalHOPE Administrator

I began my NAMI WLA internship as a UCLA senior during the peak of the pandemic, where I spent much of my time talking to community members about isolation, heightened anxiety, and the shut-down of resources during COVID-19. My internship provided a pathway for continuing to work in mental health and shaped my entire understanding of Public Health efforts in LA.



Who We Are

For the past 9 months, our CalHope Crisis Counseling team has worked to support the Los Angeles Community and provide disaster relief services during the Covid-19 pandemic.

CalHOPE Administrators and Coordinators



Ruby Lake



Marian Alino



Gigi de Pourtales

"I am so grateful to have been a part of the CalHOPE team since March of 2021. This team of counselors inspires me daily with their commitment to providing compassionate support to callers, their dedication to sharing resources, and their capacity for maintaining hope. I am confident that each member of this team will continue on past this program as powerful advocates for accessible care."

"My work as a CalHOPE coordinator involved creating a positive community for our new CalHOPE counselors, who identify as one living with a mental health condition or a family member. To recruit a group of passionate people was an enriching experience to learn about everyone's strengths and how we can work as a unit to reach a broader community."

"As a Project Manager for CalHOPE, I forged partnerships with City entities, community nonprofits, and social service agencies. I also built relationships to find community outreach events, vaccine and testing clinics, and food giveaways where our Counselors could connect with the English and Spanish-speaking community."



Cynthia Sirota



Garrett Shaw



Chayla Munoz



Maraisa Glass



Montse Castel



Lea Collins



Rosa Alvarez



Ryder Davis



Debbie Brazil



Celia Oppong



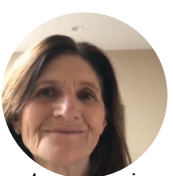
Julia MacLaughlin



Kate Montanez



Max Fagen



Miriam Negri



Leticia Munoz



Jada Newkirk

"My time working as a CCP Counselor had taught me the importance and weight that roles and programs like this can carry. It is so necessary for communities to have a free, accessible resource where they can hear a real person's voice and a space where they can learn about and get connected to resources in their community."

- Julia MacLaughlin

CalHOPE

What We Do

Our team of 18 counselors run a warm-line service in both Spanish, and attend remote and in-person outreach events during which they listen with compassion and refer community members to supportive resources. Our team additionally offers Resource Navigation Sessions, in which counselors provide individualized support navigating Covid-19 resources such as rental relief, food assistance, and other community programs. Through their extensive outreach and peer support, the CalHope counselors empower community members to become advocates for their own mental health in the midst of the pandemic.

How We Help - Warm Line Support



Helping Someone Who Was Grieving

"I listened to [a caller], I gave him empathy and compassion and just kept letting him talk and share. I suggest going to his community church and joining their bereavement support group since he feels so connected to his church. I told him my hours if he needs to reach out again. I shared CalHOPE wellness, grief and loss, and meditation and readings."

- Cynthia Sirota



Engaging our Community



JANIS BLACK WARNER SPEAKER SERIES

REAL TALK ABOUT MENTAL HEALTH



Every month, we invite mental health professionals, advocates, and others with lived experiences with a mental health condition to share information and insights with our community. We thank Janis Black Warner for her support in allowing us to produce this monthly event and invite speakers to speak on so many important topics.

Thank You to our 2021 Speakers!



January 2021

Kartar Diamond, author of Noah's Memoir: A Mother's Search For Truth"



February 2021

Baron L. Miller, author of "Laws We Need to Know: Understanding Rules and Programs for Persons with Mental Illness"



March 2021

Peer Panel: Priscilla Molina, Janice Cho, Brenda Zuniga, Jared Bendifallah, and Ryder Davis



Hannah Liddell
OPRABA

April 2021

Hannah Liddell from the Office of Payee Review & Beneficiary Assistance (OPRABA).



May 2021

Dr. Steven Marder, attending psychiatrist at UCLA's Psychosis Clinic; Garrett Shaw and Cynthia Sirota



June 2021

LGBTQ+ Panel: Elizabeth Stephens, Leigh Wakeford, Torri Shack, and Juan Acosta



September 2021

Dr. Waguih William IsHak, Professor of Psychiatry at Cedars Sinai and author of "The Handbook of Wellness Medicine"



October 2021

Jon Tatelman, MFT, Antioch University on the topic of narrative phototherapy



November 2021

Rabbi Guzik of Sinai Temple on how to manage stress during the holiday season



December 2021

Dr. Karen Wilson, discussing the mental health needs of our youth during the pandemic

Self-Care Sessions



NAMI WLA ambassador, Britt Turpack, has been leading weekly Self-Care Sessions with our community on social media every Monday as well as sessions with our internal team. We value the time to take a

a breath and be mindful of our work and inner peace, all the while doing it as a team.

Britt's Monday Self-Care Sessions on via Instagram or Zoom start off the week with a range of topics from mindfulness practices, self-care tips, or mental health education. Here is a Self-Care Session with our team via Zoom.

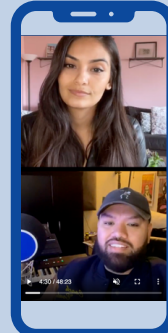


Conversations on Instagram Live



A few times a month, we hold discussions on Instagram Live with our community. To the left, we have NAMI WLA Executive Director Erin Ryan and CalHOPE counselor Debbie Brazil having a discussion

about parenting during the pandemic and youth mental health.

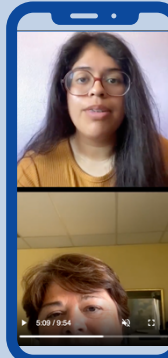


Free Your Me Ambassadors, Brenda Sarai-Zuniga and Jhny Wzdm discussed their participation in our anti-stigma mental health awareness campaign, creating music, positive coping strategies, and how to practice Pure Edge

Inc's mindfulness strategies for students and teachers.



CalHOPE counselors Lea Collins and Jada Newkirk had a conversation about mental health in the Black community and their in-person outreach at Leimert Park for the Let's Be Whole Food Pantry.



CalHOPE counselors Montse Castel and Leticia Munoz had a conversation about mental health in Spanish-speaking communities, receiving calls on our Spanish warm line, and in-person outreach.

Mental Health Awareness Month and Wellness Weekend



NAMI Westside Los Angeles Wellness Weekend took place on May 1st and 2nd and featured a series of engaging and empowering events (both virtual and in-person) that continued throughout the month of May to celebrate Mental Health Awareness Month. Wellness Weekend kicked off with the first annual Youth Wellness Rally, co-produced with The Shift Los Angeles, featuring the voices of young mental health advocates and a Listening Session with high school and college students from all over Los Angeles. Events were held on the Wellness Stage at the 3rd Street Promenade including a wellness class with Purposeful Pixie, performance by X. ARI, and music from myndstream. The weekend also

included virtual events with Dr. Xavier Amador; Andrew Solomon, Juan Acosta, and Paul Gilmartin; and workshops on How To Be An Everyday Advocate. We held a panel of wellness influencers hosted by IGNTD Podcast's power couple Sophie and Adi Jaffe, interactive Vision Board and creative writing workshops, a Tech Panel on the Future of Work, and a special partnership with MTV Mental Health Action Day. We concluded the end of the month with a Celebration of Service, an award ceremony



honoring Sharon and Ralph Dunas, other mental health advocates and professionals and the staff of UCLA Resnick Neuropsychiatric Hospital.

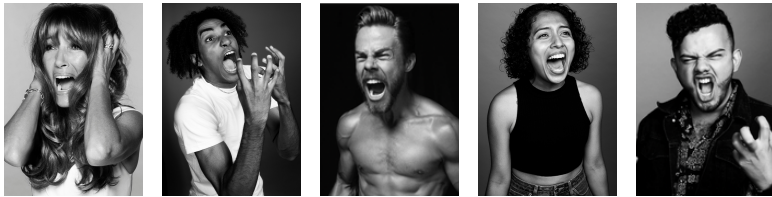


FREE YOUR ME™ - Anti-Stigma Mental Health Awareness Campaign



Our #FreeYourMe campaign launched on World Mental Health Day (Sunday, October 10)

More than 100 #FreeYourMe posts were shared by ambassadors, including actors, athletes, musicians and influencers. The powerful images were seen by over 17 million people across various social media platforms.



Pictured above: NAMI WLA Executive Director, Erin Ryan, and Senator Anthony Portantino.

One of our esteemed ambassadors was California State Senator Anthony Portantino, whose bill to bring mental education to all middle and high school students, SB224, was signed into law by Governor Gavin Newsom in the same week!



The launch of the #FreeYourMe campaign would not be possible without our dedicated team who gave life to the campaign's vision.

Thank you to NAMI WLA Executive Director Erin Ryan, photographer Jennifer Cawley, William Cawley from Two Feet South, communications coordinator Marian Alino along with Julia MacLaughlin and Jada Newkirk, and a very special thanks to our financial donor, Pure Edge Inc.



We worked with NAMI California to engage with students and encourage them to #FreeYourMe. We also had our first in-person presentation in schools since COVID began;

we provided a #FreeYourMe Vision Board Workshop, developed by Ella Bridge of R.A.W., at Palisades Charter High School. We also worked with Pure Edge Inc. to create toolkits for students and mental health advocates on breathing exercises and how to talk about mental health with their friends.

In The Community

Big Red Sunday

NAMI WLA was present at the Big Red Sun venue for this community event with live music, local vendors, food, and art. CalHOPE counselors, Maraisa and Chayla, shared mental health resources to the community. The Free Your Me team, NAMI WLA



Executive Director Erin Raftery Ryan and Photographer Jennifer Cawley, were also in attendance to promote the campaign.

SoundMind App Launch at the Grammy Museum

Our NAMI WLA and CalHOPE team tabled and provided resources at the Launch of the SoundMind App, designed to improve mood and promote relaxation through audio and visual therapy tailored to each users' needs. Our Executive Director Erin Raftery Ryan was also a part of a powerful panel among other mental health activists.



Cut Out The Stigma

We worked with local hairstylist, Jenny Tanzilli from Lighten Up Hair and Beauty to provide free haircuts to our NAMI WLA community. CalHOPE counselor Gigi was also there to share mental health resources.



Proud and Loud Concert

We celebrated a night of unity, pride, and empowerment at the LGBTQIA+ Proud & Loud Show at El Cid with NAMI WLA ambassadors, X. ARI and Juan Acosta! The NAMI WLA team was also in attendance with a table of our mental health resources and services.



In The Community

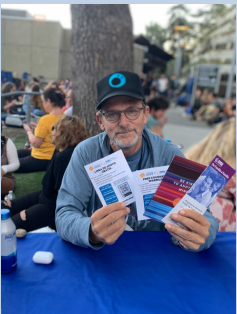
Cars for Mental Health

We joined forces with the local community of car enthusiasts to share our free resources



and services. NAMI WLA Senior Program Director Tim Davis and CalHOPE counselor Max Fagen were present to represent the team and our work.

Alanis Morissette Concert at the Hollywood Bowl



We had a table and share mental health resources at Alanis Morissette's concert at the Hollywood Bowl. This partnership was made possible by board member Lauren Reynaldo.

Peer Game Nights



We host weekly game nights with our peer community outside our support groups and classes.

CalHOPE Counselors with Chance the Rapper

CalHOPE counselors Lea Collins and Celia Oppong had a chance to speak with Chance the Rapper at Leimert Park while doing outreach in the community.



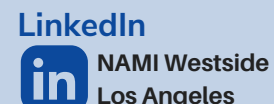
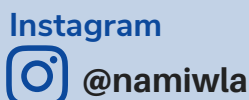
Outreach to the Santa Monica Fire Department

Former Co-President Ralph Fagen, Current Board Member Adeline Fagen, and their son who is also a CalHOPE counselor, Max



Fagen, shared resources with the local fire department in order to broaden our reach in communities.

To see more of us in the community, follow us on social media



For the latest news and updates, visit www.namila.org or call us at 310-889-7200

2021 IMPACT



FAMILY-TO-FAMILY CLASS
56 SESSIONS OFFERED
103 INDIVIDUALS SERVED



FAMILY SUPPORT GROUP
160 SESSIONS OFFERED
1720 INDIVIDUALS SERVED

PEER-TO-PEER CLASS
32 SESSIONS OFFERED
63 INDIVIDUALS SERVED



PEER SUPPORT GROUP
196 SESSIONS OFFERED
2744 INDIVIDUALS SERVED

IN 2021, WE WERE ABLE TO
DIVERSIFY OUR REACH AND
OFFER SPANISH SUPPORT GROUPS
AND A SPANISH WARM LINE



SPANISH PEER SUPPORT GROUP
10 SESSIONS OFFERED
SPANISH FAMILY SUPPORT GROUP
20 SESSIONS OFFERED

ENDING THE SILENCE PRESENTATIONS
OVER 3700 STUDENTS SERVED
NAMI ON CAMPUS CLUBS
4 NEW CLUBS
60 STUDENTS SERVED



LANETTA WAHLGREN INTERNSHIP
5 NEW INTERNS
FROM
6 UCLA ACADEMIC DEPARTMENTS

VIRTUAL AND IN-PERSON OUTREACH
INCLUDING JANIS BLACK WARNER SPEAKER
SERIES AND MENTAL HEALTH AWARENESS
MONTH EVENTS
OVER 7500 INDIVIDUALS SERVED



SOCIAL MEDIA, WEBSITE, AND
NEWSLETTER REACH
**OVER 750,000 INDIVIDUALS
REACHED**

2021 IMPACT



921 Westwood Blvd, Ste 236
Los Angeles, CA 90024
310-889-7200 | namila.org



NAMI Westside Los Angeles envisions a world where all persons affected by mental health conditions experience resiliency, recovery and wellness.

FREE YOUR ME

OVER 100 FREE YOUR ME AMBASSADORS

OVER 1 MILLION SOCIAL MEDIA IMPRESSIONS

OVER 17 MILLION PEOPLE REACHED

All made possible by Pure Edge Inc.

PROVIDED COVID RELIEF SUPPORT TO OVER 35,000 COMMUNITY MEMBERS IN LA COUNTY THROUGH THE CALHOPE FEMA GRANT

WHERE WE'VE BEEN:

- via warm line
- via in-person outreach
- via flyer distribution

Resource Distribution Events

Event Type	Percentage
Cultural Events	3%
Community Events	14.2%
COVID Testing and Vax Clinics	42%
Parks and Libraries	27.2%
Other	13.6%

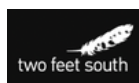
outreach by our growing team of resource navigators and our vast social media outreach. We continue to offer our free programs and services to distinct communities, including veterans, LGBTQ+, homeless, academic research communities, and low income/underserved individuals. We continue to reach individuals affected by mental health conditions, families and peers, as well as students and youth mental health advocates to achieve our mission.

NAMI Westside Los Angeles is dedicated to improving the lives of everyone impacted by mental health conditions, by providing hope, mental health education, support, and advocacy. Our service area comprises all of the Westside of Los Angeles from Vine Street to the Pacific Palisades. In 2021, with the addition of our CalHOPE program and launch of the Free Your Me campaign, we have extended our reach across Los Angeles County and beyond, through in-person

Thank You to our Donors and Partners



LANETTA WAHLGREN FUND JANIS BLACK WARNER



Adaline Fagen
Alison Edwards
AvidXchange Inc.
Caroline Kuperstock
Cedars Sinai
Celia McDonald
Cynthia Sampson
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Impact Fund
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Family Foundation
UCLA Medical Center
UCLA Revolving Fund
Whitney Phillips

Thank you to all our donors and members for their contributions and support.