



Group for the Advancement of Psychiatry

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CIRCULAR LETTER #610

MAY 2009

POST-MEETING SPRING

GAP is, and always has been, about the team effort. No GAP product is ever solo authored. We take collective pride in listing all committee members when we publish our manuscripts and distribute our scholarly works. This is completely appropriate, as we conduct all of our business, including adding new members, through a group process in which we are all equals. No individual or committee is more important or powerful than the next. Fairness, and respect for all opinions are organizational traits which make GAP unique and something very special to us all. At no time in the 25 years I have been a GAP member has the spirit been more evident than at our recent spring meeting, we came together as a group to problem solve a dire financial situation which potentially threatened our ongoing existence. We selflessly voted, near unanimously, to authorize a one-time \$300.00 assessment to avoid dipping into our shrinking reserves and make budget. By approving this higher amount, we were able to maintain the travel reimbursement for the 30 or so members who request it. By the way, thank you to all those members who do not request travel funds, especially GAPers who must pay more for long distance travel or who must fly from small market airports which are traditionally more expensive. The fact that we always meet in NY is not fair to members outside the Mid Atlantic region. We cannot change this till 2015 at the earliest, due to our contract with the Renaissance Hotel. For those of you who are not aware of it, the Renaissance Hotel gives us a very good deal, including giving us the juice bar and hors d'oeuvres at the Friday evening cocktail party. The assessment is earmarked to cover the unanticipated shortfall resulting from loss of corporate sponsorship for the Fellowship and the effects of a sliding market. I will do all I can, and follow-up with the many excellent ideas, to replace these funds with other revenue sources. Nothing would make me happier than to repeat the words of the immortal Ruth Buzzi, "Never Mind", but I can't promise it.



Many are likely thinking, "this will cover this year, but what about the future?" A fair question. We considered long term cost savings measures such as only meeting once a year or cutting back our Fellowship program. A large majority voted this down, feeling it would fundamentally change GAP. I have already seen a fundamental change, the willingness of Committees and members to actively engage in sharing this financial crisis by being more entrepreneurial and engaging in money making activities appropriate to the GAP mission and philosophy. In addition, a few members opened up their check books on the spot and made four figure donations to support the Fellowship. A challenge was issued by Jeffrey Hamblin from the Psychiatry and Religion Committee to all former Fellows to become patrons of the Fellows, as he so generously did. For the record, neither Steve nor I plan on our financial survival through contributions from our own members (not to discourage anyone). We are actively seeking large (or not so large) benefactors to help secure our financial future. This is one of many strategies we are working on. I am focused on revenue generation to solve this problem. If we come up short, cost cutting measures will be considered. In the end, we will NOT be turning out the lights, as Steve warned in his treasurer's report. My goal is to join Justin and

Knight and be a productive member beyond my 100th GAP meeting. I wish this for us all.

To conclude, I save the best for last. What an excellent meeting we all enjoyed; a wonderfully talented new class of Fellows (no doubt future GAP leaders and significant contributors), (Larry, you and your committee did a great job), a heartfelt tribute to Justin McCarthy at his 100th GAP meeting, seeing Knight Aldrich arising from the near dead, the beginning of our newest 31st committee on Neuroscience, a new Committee on Human Aggression approved, a provocative plenary by Paul Appelbaum, scholarly productivity by our committees and last but not least, the collegiality and friendship that define GAP. Lois, thank you for your leadership the past 2 years. You did a great job!

I look forward to seeing you all in the fall. Have a healthy, happy, productive summer and let's not lose the momentum we generated. In the spirit of transparency, I will keep you up to date on financial matters,

Warmest regards,



Dave Baron

ANNOUNCEMENTS:

The Board thanks all of the members who do not request travel reimbursement. Also, the Board wants to make the finances of the organization as available and transparent as possible, if you have any question about any cost to the organization, particularly, any meeting cost, please feel free to contact the Central Office at: 972-613-0985 for further information.

Bylaws Amendment Proposed:

Current Article III Members. Section 3 (a) Ordinarily, nominations to membership in this Corporation shall be made by any Operating Committee Chairperson; however, nominations may be made by any member of this Corporation to any Operating Committee Chairperson. The nominee must be considered by the Committee for which the individual is nominated. If accepted by a Committee, the name of the nominee shall be presented to the Steering Committee for final approval. No person shall be accepted for membership by an Operating Committee unless and until such person shall at the invitation of such Committee, have attended at least two (2) meetings of such Committee.

Proposed Bylaws Amendment:

Article III Members. Section 3 (a) Ordinarily, nominations to membership in this Corporation shall be made by any Operating Committee Chairperson; however, nominations may be made by any member of this Corporation to any Operating Committee Chairperson. The nominee must be considered by the Committee for which the individual is nominated. If accepted by a Committee, the name of the nominee shall be presented to the Steering Committee for final approval. No person shall be accepted for membership by an Operating Committee unless and until such person shall at the invitation of such Committee, have attended at least one (1) meeting of such Committee.

This will be voted on at the Membership Breakfast on Friday, November 13, 2009.

ADMINISTRATIVE COMMITTEES FELLOWSHIP:

Present: Larry Gross, M.D., Alison Heru, M.D., Nyapati Rao, M.D., Jules Ranz, M.D.

All 15 Fellows are in attendance at this meeting for their first meeting with their committees. The orientation is taking place at this meeting along with matching the Fellows with their mentors. The mentor relationships should be in place by the time of the next meeting.

They will begin immediately selecting a topic and developing materials for their presentation.

Fred Langheim was selected to be the Fellow Representative to the Board of Directors. A representative to the Publications Board will be selected before the next meeting.

PUBLICATIONS BOARD MEETING MINUTES:

Present: Drs. Adler, Aldrich, Baron, Copans, Fink, Friedman, Nadelson, Notman, Robinson, Schreiber

1. Update on Reports:
 - a. The Child Committee's manuscript entitled "Meeting the mental health needs of all children through pediatrics/child psychiatry collaborations" was approved for submission for publication.
 - b. The Prevention Committee wrote the first chapter of a book edited by Michael Compton entitled "Prevention in Mental Health: An Introduction" that was approved for publication and will be published by APPI.
 - c. The Psychopathology Committee manuscript "Rational Protection of Subjects in Research and Quality Improvement Activities" was approved and submitted for publication.
 - d. Cost Effectiveness of Psychotherapy from the Committee on Therapy that was approved several years ago will be published by APPI.
 - e. The approved Psychopathology Committee manuscript, "Implementing Standardized Assessments in Clinical Care" was accepted by Psychiatric Services.
 - f. The Committee on Medical Education manuscript, "Recruiting Researchers in Psychiatry: The Influence of Early Motivation vs. Training" received feedback and is being revised.
 - g. The Committee on Human Sexuality received feedback from the Publications Board on their manuscript, "Hypersexuality as a Symptom of Bipolar Disorder in Children and Adolescents" and needs further revision and Board re-review.
2. The Mental Health Services Committee reviewed their proposed questionnaire which was approved.
3. The LGBT committee is committed to publishing a series of Op Ed rapid response pieces and a 2-3 day ultra fast Board mechanism was put in place to respond to such requests. The first such request came in after the meeting from the Committee on Community Psychiatry for a "Taking Issues" editorial for Psychiatric Services.
4. Given the financial crisis facing GAP the Publications Board reviewed realistic publication possibilities potentially yielding monies to GAP. The Board supported a proposal that David Baron pursue CME organizations that need paid content experts for online CME programs to which either GAP committees or individuals would commit to undertake with the proceeds going to GAP.

David Adler, MD
Chair, Publications Board

OPERATING COMMITTEE UPDATES

Adolescence

Present: Copans, Flaherty, Harper, Onesti

Fellow: Aaron Krasner

Guests: Jean Wittenberg

The Committee has an article accepted by Pediatric Journal, “Engaging the Help-Rejecting Depressed Adolescent.”

The Committee is working on an article, “The Nature of Clinical Evidence Revisited.” This article will be completed by Fall 2009 aimed at mental health providers.

The Committee has met with the Committee on Child Psychiatry brainstorming on a new topic.

Aging

Present: Liptzin, Sakauye

Fellow: Steve Koh

The Committee is working on a fast track article on public perception of geriatric mental health (Dear Abby Project). The first draft is near completion scheduled for Fall 2009 target audience of mental health providers, psychiatrists and the general public.

The article will be submitted to Psychiatric Services. The Committee requests a rapid response from the Publications Board.

The Committee will be finalizing the draft and circulating it to the entire committee. The Committee will be looking for a new topic.

Child

Present: Jensen, Pfeffer, Schowalter, Shapiro, Stubbe, Walkup

Fellow: David Cochran

The Committee is in discussion of the next topic. This project is anticipated to be completed in Spring 2010 targeted to mental health providers and parents.

The Child Committee submitted a manuscript “Meeting the Mental Health Needs of America’s Children through Pediatric/Child Psychiatry Collaboration” to the American Journal of Psychiatry. It was rejected as an opinion piece – accepted for web publication of a resident. The group will discuss with Hanna Stevens, the committee’s former Fellow, about submitting to another journal vs. the web based for AJC.

The Publications Board had been extremely helpful in this process.

The Child Committee will be discussing a new topic with two major considerations; a possible book for Guilford Press on child psychiatric treatments and psychopharmacology. Additionally, the group met with the Committee on Adolescence and discussed a systems of care joint piece.

The Committee will work between meetings to explore both options for the next project and have an initial action plan.

The Committee is considering inviting a family and wrap around service person to the meeting with the Committee on Adolescence.

College Student

Present: Backus, Barriera, Girard, Miner, Notman, Schwartz

Guest: Michelle Goldsmith, Former Fellow

The Committee is working on a fast track article and will be responding to feedback and revising the article. The target audience is mental health providers and higher education administrators.

The article will be submitted to the Journal of American College Health Association or Psychiatric Services.

The Committee will be revising the paper rejected from NASPA Journal and discussing new projects.

The Committee will be working on making contact with the JED Foundation in addition to developing an outline for a new project.

Cultural

Present: Desai, Lewis-Fernandez, Like, Lu, Primm

Fellow: Mandy Garber

The Committee is working on two fast track articles: 1. Training in cultural psychiatry to be submitted to Academic Psychiatry, 2. The use of race, ethnicity and culture variables in psychiatric research to be submitted to American Journal of Psychiatry. The first draft of both manuscripts is in process.

The Committee had an editorial accepted in Journal of Nervous and Mental Disease on culture and DSM V.

The anticipate date for completion for these articles is Fall 2009 and the target audience is mental health providers.

The Publications Board will be asked to review drafts and comment.

The Committee will be working between meetings reviewing the drafts and analyses of both papers.

Disasters and Terrorism

Present: Aldrich, Holzman, Jones, Katz, Merlino, Stoddard

Fellow: Chad Lemaire

Guest: a Sirini Pillay

The Committee is working on two monographs:

1. Self Care in Disasters, 100 Questions and Answers. Editor, Joe Merlino, to be completed in one year to be submitted to Jones & Barlett
2. Stories from the Great Depression. Editors, Aldrich and Stoddard, to be completed in two years

The Committee will be following up on the previous publications and working on these books.

Family

Present: Heru, Josephson, Rolland, Sargent

Fellow: Gwyn Harvey

Guest: Gregory Miller

The Committee is working on two manuscripts, “Children of Mentally Ill Parents” and “Engagement of Families in Care (psychiatric and medical).” Work on these two projects will continue.

Human Sexuality

Present: Adelson, Bell, Downey, Friedman, Goldenberg, Haase, Schore, Wharton

The Committee is working on a fast track article. The Committee has two articles on hypersexuality in youth with bipolar disorders. One of the articles has been reviewed by the Publications Board and the other is near completion to be completed. The anticipated date for completion is July 2009. The target audience is psychiatrists. These articles will be submitted to major psychiatry journals.

The Committee will continue to work on revisions of two manuscripts and one talk. The final draft will be ready by the Fall GAP Meeting.

International Relations

Present: Twentyman, Rogers

The Committee is working on an intermediate length manuscript with a topic chosen targeted to the general public. The Committee will be conducting the literature survey and recruiting new members.

LGBT

Present: Ashley, Barber, Drescher, McAfee, McCommon, Volpp

Guests: David McDowell

The Committee is working on a fast track article concerning the mental health benefits of marriage, “How Gay Marriage Helps Children I’m Getting Married: A New Way to Come Out.” The article is being completed at the Spring Meeting and will be submitted to the New York Times, Albany Times Vision, and Huffington Post.

The Committee will be working to solicit funding for future meetings and plan to bring a media trainer to the Fall Meeting.

Mental Health Services

Present: Lippincott, McQuiston, Ranz, Sethi, Skiandos, Vergare

Fellow: Ben Brody

Guest: Glen Davis, Former Fellow, Anthony Carino, Melissa Arbuckle, John Encadela, Wes Sowers, Michael Weinberg

The Committee is working on a fast track article, “Field Testing , Validation, and Reliability of a SBP Instrument for psychiatric residents. The first draft is in preparation to be completed by Spring 2010. The instrument will be targeted to the Directors of Residency Training Programs and psychiatric residents and supervisors.

The article will be submitted to Psychiatric Services for publication.

The Committee will be working a review of the data from the pilot project at Columbia and plan to test at ten other sites.

The Committee will be working on IRB approval at other sites. The progress report on IRB application and review of data from other sites.

Preventive

Present: Compton, Koplan, Pruitt

Guests: Chris Oleskey, Former Fellow, Ruth Shim

Fellow: Fred Langheim

The Committee is working on a fast track article on barriers to incorporating prevention into mental health care. The targeted date is Spring 2010. The article will be submitted to Psychiatric Services with the target audience mental health care providers and policy makers.

The Committee will be brainstorming on the next manuscript and developing an outline.

Psychiatry and the Community

Present: Cournos, Lamb, Minkoff, Munetz, Talbott

Fellow: Rose Julius

Guest: Stephanie LeMelle, William Nunley

The Committee continues to work on the article on mental illness in Prisons and Jails. The final draft to be completed at this meeting for submission to Psychiatric Services.

The Committee will begin a new project from the Dear Abby letters.

Psychiatry and the Law

Present: Ash, Giorgi-Guarnieri, Pinals, Resnick

Fellow: Megan Testa

Guest: Andrea Stolar

The Committee is working on completing the screen play and looking for a new topic. The screen play will be finalized at this meeting and the target audience is the general public.

The GAP membership could be helpful in suggesting actors, producers and reviewing the scripts. Please submit information to the Central Office or Committee Chair, Debbie Giorgi-Guarnieri.

Psychiatry and Neuroscience

Present: Braun, Jacobsen

Guests: Daniel Dickstein

Consultants: Copans, Leah Dickstein, Gardner, Kramer, Lippincott

The Committee is working on two manuscripts.

1. "Psychiatrists: The Biopsychosocial Model Meets Neuroscience: A Blueprint for Integration" near final copy to be submitted to American Journal of Psychiatry, Review Article. This manuscript is a finished final draft of review article by writing vignette.
2. "Primary Care Docs: 5 Principles From Neuroscience that can Improve Communication in Primary Care" to

be submitted to Primary Psychiatry. This manuscript is planned and outlined completion of second article for PCP's.

The Committee has asked Richard Restak to read and comment on the articles.

The Committee has three goals for the Fall Meeting:

Solicit new members

Write diagnosis – specific vignette with neuroscience relevant commentary for a Psychiatric News type audience.

The Publications Board will discuss the practicality of Psychiatric News type column.

Psychiatry and Religion

Present: Hamblin, Lewis, Snyder

The Committee is working on a fast track article with the article nearing completion. The target audience will be mental health providers to be submitted to Journal of Community Mental Health or Journal of Psychiatry and Christianity. The Publications Board might suggest other publications for submission. The Committee is finishing the final draft at this meeting.

Psychopathology

Present: Adler, Berlant, Dulit, Goldman, Hackman, Sirus

Fellow: Rebecca Lewis

The Committee is working on a fast track article with a new topic under discussion.

Psychotherapy

Present: Bauer, Kay, Lazar, Plakun, Rockland, Sledge, Viederman,

Guests: Beth Brodsky, Lisa Mellman

Fellow: Stephanie Giannandrea

The Committee has an expert in DBT and other behavioral therapies in the process of completing an intermediate length manuscript. The topics are psychotherapy of suicide and motivational interviewing for difficult medical decisions.

The Committee will be working on the finishing touches on the motivational interviewing manuscript. The first draft of the psychotherapy of suicide is midway through the project.

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The GAP membership could be helpful in suggesting actors, producers and reviewing the scripts. Please submit information to the Central Office or Committee Chair, Debbie Giorgi-Guarnieri.

Research

Present: Gardner, Keith, Kramer, Swann, Sutton

The Committee is working on three topics: 1. Overview of EBM, the draft is near completion by Fall 2009 to be targeted to psychiatrists and mental health providers. 2. Social Brain, ready to be submitted to the Publications Board, target audience is psychiatrists and to be submitted to American Journal of Psychiatry. 3. Curriculum of Social Brain, to be targeted to medical students and psychiatry residents and submitted to Academic Psychiatry.

The basic tasks have been completed and the material is being assembled for final editing.

Terrorism and Political Violence

Present: Henderson, Shanfield, Post, Victoroff

Fellow: Neil Aggrawal

Guests: Jarmid Marvasti, Farhana Ali

The Committee is working on a manuscript on individual trauma, collective suffering, and the narrative of extremism. The anticipated date for the manuscript is Spring 2010 to be submitted to Journal of Social Psychiatry, Terrorism and Political Violence. The Publications Board might suggest possible venues for publication. The Committee is working to develop, outline and assign sections.

Therapeutic Care

Present: Fidler, Finkenbine, Gruenberg, Weiss

Guests: Christi Cooper-Lehki

The Committee appointed Alan Gruenberg as the new Chair. The Committee is interested in changing their name to the History of Psychiatry. Their current project, "The History of Psychiatry" to be completed Spring 2010. The manuscript will be targeted to residency training directors and residents.

The work product will be submitted to the Publications Board. The Committee will be working on the script writing and filming. The narrative film documentary on the history of psychiatry will continue through to the next meeting.

Work and Organizations

Present: Gibson, Greiff, Heidel, Larsen, Long, Morrison

The Committee is working on a monograph on a new topic to be targeted to the general public. The Committee reviewed the pilot interviews, analyzed the information and set up a plan for work. Before the next meeting, additional data will be collected and the writing will begin.

Committee on Planning, Marketing and Communications
April 17, 2009
Minutes

Present: Paul Fink, Chair, Bonner, Looney, Powsner, Rubin, Sharfstein, Jack Bonner and Consultant, Justin McCarthy.

The major topic of discussion was how to raise new money for the organization, what steps should be taken to help in getting some of the work we do paid for or finding avenues for funding that will make up the deficit, which was discussed at the Board of Trustees.

A number of topics came from the Board Meeting which were discussed at length which included on-line products, products in general, benefactors – corporations, foundations, government, advocacy groups and, perhaps, publisher.

Foundations. The Kenworthy Foundation had been mentioned by Lois as something that the Committee on Child Psychiatry might go after. It was felt by the committee that cold calling is no good and that we have to have a contact within either the administration or the board of a foundation in order to expect to get any funds. There is a need for personal contacts. The request can be either topical or support for fellows. There was a brief discussion about rewards for either the person or committee who brings in funds for the organization.

Products. This was the area that we felt might be most productive. Who would pay us for products developed? We mentioned our booklet which was requested by Lily for which we received a significant amount of money and there is some hope that we might be able to get other such funding if committees determined what they might be able to provide for whom. We need to take a good look at who are the customers that might be able to pay for something.

One of the other products discussed was the possibility of becoming national consultants for topics. The Virginia Tech massacre was raised as an example and the idea that a couple of our committees might serve as technical assistants to colleges and universities in the US. We could work on prevention of similar events or identification of people who might do something similar. Since after the event almost every college and university formed a committee to determine policies for such events, it was felt we might be able to serve as a review committee for these policies. It would take some internal changes as members would have to be willing to do the consulting, but it could be beneficial for GAP.

We discussed other things being done in GAP. There is a screen play being developed by the Law Committee. There was a PowerPoint presentation being put together on compliance by the Committee on Psychopharmacology and there are other such developments we should encourage to try to earn the money we used to budget for contributions.

Benefactors. We discussed families with personal problems at length and how to identify these people. Of course, it cannot be patient related. The JED Foundation was raised and we discovered that the College Student Committee is going to contact this foundation. It is run by two people who lost a child to suicide and that's the kind of person we are looking for – people who have the money and who might give it to an organization like GAP, who will be furthering an effort on their part to fulfill their mission as well as ours.

There were other foundations raised. One of the issues was related to the Gates Foundation. If we were to apply to them, we would have to have a grant-writing system to seek funds for specific purposes. It was also suggested

that we approach the American Psychiatric Foundation for a small grant to perhaps work on our website.

The committee felt we should put together a focus group of about 30 members who feel they can raise money for GAP, but who also have conflicts of interest with their own medical school, hospital or other institution for which they work. It could help us think through how we would deal with agencies that are now being approached by their own universities, but which we might be able to do in a parallel fashion. The Scattergood Foundation is another one we could approach. We need to harness the intellectual capital of GAP for the organization.

It was also suggested we think about hiring a part time fund raiser for GAP who would work on a commission basis. We discovered pretty quickly that they don't work on a commission basis, that they take a commission after they have taken their salary up front. Nevertheless, it might be a good idea to have someone who knows how to do this. Names were mentioned of psychiatrists or people close to psychiatry who have either owned or operated managed care companies and who might be approachable, but not necessarily by any member of GAP. These include:

1. Ron Dezoritz
2. Gene Garfield
3. Henry Harbin
4. Richard Tredaway
5. Alex Axelson
6. John Meeks
7. Lane Amin
8. Jack Schoenholtz
9. Harry Jerecki

Some of these names are known to me, but others are not. They may be known to other board members and if there is someone who you think could or should be approached, we need to know how to do it.

Government. We felt SAMSHA was one of the few government agencies to whom we might go. Steve Sharfstein and I plan to visit with Ken Thompson, who is the lead psychiatrist at SAMSHA, to see if he can give us any direction or leads about how to move the organization forward.

We also thought that in government, the VA in terms of PTSD and other issues our committees are studying might be good to approach in terms of intellectual information to be transferred from GAP to the VA.

Miscellaneous Funding Sources. Another idea was that we have a way of using our website to collect funds through Pay Pal. It may bring in something.

Another suggestion was speaker's donations. Two people in the past have sent their honoraria as speakers to GAP which resulted in a total of \$10,000.

This raised the issued of GAP sponsoring, creating or putting on CME activities, not unlike the congresses John Schwartz used to put on through the Psychiatric Times. Unfortunately, he's out of that business, but he raised a lot of money from that effort. He did have his own marketing machine that allowed him to let everyone in psychiatry know about his CME courses. The idea was raised that we could put on such a symposia using our own talent on the Saturday of our meetings and invite people from Connecticut, New York, New Jersey and other close locations.

It was also suggested we partner with a CME organization if we do this, even though we will get less money, as they are knowledgeable about how to do this and will be able to get appropriate CME credits and ICEU credits.

The question was also raised about whether law firms and lawyers might be a good group to approach and whether they might be able to help us or whether we can help them with experts, literature reviews, legal search engines, etc. Once again, the members would have to be willing to respond.

I will be writing letters to a number of people who chair committees which we thought might be logical committees for us to approach and find out what they are doing and how they anticipate making it work.

New Website. All that was available to us was the home page, which we saw, and the menu. We think it's going to be better than our current one and we hope it will be up and running shortly. The committee endorses the idea of moving this forward.

Long Range Planning. The committee should, in fact, be in the process of long range planning, particularly since nothing moves that kind of process along like a crisis does. We will be addressing this as our major task over the next several meetings including the question of what makes GAP attractive, raising our visibility and who are the scholars, heroes and leaders in psychiatry and are they in GAP.

We had a retreat a number of years ago and we need to review the report from that to see what we said then and how we want to move forward. One of our members asked, "Why are we not answering the burning questions in psychiatry?" "Why is there not a mechanism for which a committee can study something that's currently hot?" That would be an important step for us to take in perhaps changing the mission of GAP. Another question posed was, "What do we do about the non-functional committees and how do we end them or find a way to make them operate?" These are questions that will be taken up at our next meeting.

Respectfully submitted,
Paul Jay Fink, MD

Career Development Meeting with Female Fellows

In response to a request by the female fellows, female GAP members met with some of them on Thursday evening to discuss various career issues. Those members present included, Carol Nadelson, Malkah Notman, Lois Flaherty, Gail Robinson and two newer members, Orit Avni-Barron and Mallay Ochiogrosso (a former GAP fellow). We were able to have a lively discussion and share some wisdom and experiences re such topics as finding mentors, career/family balance, and self-promotion. We would encourage other fellows and senior women to join us at the next meeting for this kind of discussion.

Gail Robinson, M.D.

GRANT WRITING SAMPLE
How to get foundation support
Mary Barber, LGBT Committee

This is just a brief introduction to the world of grantseeking. Hopefully this will demystify the process a little and get you started.

1. Identify one or more foundations to approach.

Think of the mission of your committee, or the focus of your committee's current project. Then think of foundations or advocacy groups with foundation arms that have that same mission or priority.

You can search on the web under foundationcenter.org/ and others, or you can go to the site of an organization that you know and look at their grant requirements.

2. Once you have identified a foundation, look at their requirements.

Some foundations target certain types of projects, or specifically do not fund certain things (for example, meetings or travel to meetings). Most foundations will prefer to fund a project rather than general operating expenses. This makes the committees the best requesters of funds. Look at the format for submitting a request, whether it's a general letter of inquiry or a specific application form.

3. If you have a personal contact at the foundation, by all means use it.

4. Apply. Most foundations will want to see in the application:

- a concise statement about what/who GAP is
- a clear and concise statement about the project and why it is important an example of work from the project if it is already in progress
- a track record of previous grants. this would include ALL previous GAP grants, including pharma, Dear Abby, and the Gill Foundation. that way we can build upon our success.

You can build committee member expenses into the request, and then donate those to GAP. You can also ask for specific items for your project – equipment, consultant fees, etc. In this way you can both benefit your project and GAP.

5. If at first you don't succeed, try, try again.

You can reapply to the same foundation later when you have sample work to show, or a tighter application. You may have to wait to do so until the application cycle comes around, or if the foundation only allows one application a year. You can also look for another funder and apply to them. It is not unusual to be turned down one or more times, but once you start to build a track record, you will experience more and more success.

Below is a sample letter of inquiry which is currently in consideration. Feel free to use any part of it or the structure if you find it helpful for your purposes.

Good Luck!!

**Group for Advancement of Psychiatry (GAP)
Grant Proposal for Gill Foundation
Developing Media Experts in LGBT Mental Health**

Proposed Grant Amount: \$14,440

Who we are:

The Group for the Advancement of Psychiatry (GAP) is an organization of nationally respected and prominent psychiatrists dedicated to shaping psychiatric thinking, public programs and clinical practice in mental health. Founded in 1946, GAP has functioned as a think tank exerting its influence in shaping psychiatric thinking, public programs, and clinical practice in mental health.

Past work:

The GAP Committee on LGBT issues has published a web-based curriculum on LGBT mental health. The curriculum, freely available to training programs and individuals at www.aglp.org/gap, is geared towards psychiatry residents and other mental health professionals in training, but could also be useful to mental health professionals in areas where there is little to no expertise in LGBT-sensitive mental health care, and little supervision around those issues available.

The GAP LGBT curriculum was developed with the help of a \$10,000 grant from the Gill Foundation (2007).

Proposed project:

GAP's LGBT Committee is now moving on to a new project: educating the media and general public about LGBT mental health issues by training psychiatrists to speak to the media and to write opinion pieces for new and old media outlets. Several issues pertinent to LGBT mental health have been in the news recently. These include ex-gay "therapies," marriage equality, same-sex parenting and adoption, and the needs of transgender adults and gender atypical kids. Discussions of the "don't ask, don't tell" military policy are likely to come up again with the start of a new administration. While some of our committee members have become media spokespersons on these issues, more psychiatrists are needed to publicly speak on these issues, particularly, as is often the case, when mental health expert opinion may be central to these debates.

In pursuit of this goal, at the GAP Committee on LGBT Issues' November, 2008 meeting, we invited Cathy Renna of Renna Communications (www.rennacommunications.com), a highly respected media expert who also specializes in presenting LGBT issues to the public through the media. She provided an introductory media training with the Committee, which included on-camera interviews. This initial meeting was funded both by GAP, which paid the Committee's and Ms. Renna's expenses, and by Ms. Renna, who volunteered to do the training at no cost (Total cost= \$350 x 11 committee members and 1 consultant plus \$3000 waived consultant fee = \$7200).

This grant would allow the committee to continue media training, meet as a group to write opinion pieces, and use Renna Communications to place the op-eds and make ourselves available for expert consultation to the media.

Budget:

Travel and lodging for 2 meetings, For 11 committee members (\$350 per meeting)	\$7,700
Travel and lodging for media consultant	\$700
Training fees for consultant (\$3,000 per day, includes between-meeting consultations)	\$6,000
(All video and other technical support equipment Will be provided by GAP)	0
TOTAL	<hr/> \$14,440

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DATES OF FUTURE GAP MEETINGS

2009
November 12-14

2010
April 15-17
November 11-13

2011
April 7-9
November 10-12

2012
March 29-31
November 15-17

2013
April 4-6
November 14-16

2014
April 10-12
November 13-15

2015
April 16-18
November 12-14