



GPF FOUNDATION

ANNUAL REPORT

2021



Saving Lives through Awareness.

The GPF Foundation is committed to saving lives by supporting education, appropriate treatment and overall awareness of the dangers related to recreational drug use.

GPF FOUNDATION

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Outreach & Research Intern

Emily Wachter
Doc Film Internship

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Uche Okeke
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GPF Foundation Fellows
Rosalind Franklin University of Medicine and Science

Alaa Hajeissa - Psychiatry - 2021-2022

Jeremy Foreman - Medicine - 2021-2022

Aayush Boddu - Medicine - 2021-2022

Hamed Shafiuddin - Psychiatry - 2021-2022

Marianne Chirica - Psychology - 2020-2021

Taylor Macaulay - Psychology - 2020-2021

Sam Vincent - Psychology - 2020-2021

Dagmara Zajac - Pharmacology - 2020-2021

Lexie Kessler - Medicine - 2019-2020

Hamad Hussain - Medicine - 2019-2020

Alex Woods - Medicine - 2019-2020

MEDICAL

Dr. James Dolan
GPF Foundation Board Advisor
& Medical Initiative Architect

Dr. Jerrold B. Leikin

Emergency Medicine Physician; NorthShore University Health System and Ann and Robert H. Lurie Children's Hospital of Chicago; Senior Editor of Disease-A-Month; Dual Professorship at Northwestern Memorial Hospital and Rush Presbyterian St. Lukes

Dr. Lisa Rosenthal

Chief of the Division of Consultation Psychiatry and Associate Vice Chair for Clinical Affairs in the Department of Psychiatry and Behavioral Sciences at Northwestern University; Director of the Northwestern University Fellowship in Consultation Liaison Psychiatry; Psychiatry at Northwestern Hospital

Dr. Kaitlyn Kunstman

Psychiatry & Chief Resident of Education at Northwestern Hospital

Dr. Michelle Sergel

Emergency Medicine Physician at John H. Stroger Hospital; Simulation Fellowship Director, Site Director at John H. Stroger, Jr. Hospital of Cook County

Dr. Ashlea Winfield

Emergency Medicine Physician at John H. Stroger, Jr. Hospital of Cook County

Jim Carlson

Vice President for Interprofessional Education and Simulation at Rosalind Franklin University of Medicine and Science

Dr. Robin Dyer

Internal Medicine Specialist and Clinical Instructor at Rosalind Franklin University of Medicine and Science

Dr. Michael Witkovsky

GPF Foundation Board Advisor; Psychiatry and Emergency Medicine Advisor; Mendota Mental Health Institute, University of Wisconsin

Dr. Steven Aks

Emergency Medicine Physician at John H. Stroger, Jr. Hospital of Cook County; Toxicology Director, Department of Emergency Medicine

Dr. Joseph Kennedy

Medical Toxicology Specialist at University of Illinois Medical Center

Dr. Michael Nelson

Emergency Medicine Physician at John H. Stroger, Jr. Hospital of Cook County

Dr. Marit Tweet

Emergency Medicine Physician at University of Illinois Hospital & Health Sciences System; Assistant Professor of Emergency Medicine at SIU School of Medicine

MEDICAL ADVISORS

Dr. Ronald Himmelman

GPF Foundation Board Advisor; Internal and Emergency Medicine Specialist at Northshore University Healthsystem and Evanston Hospital

Dr. Leslie S. Zun

Emergency Medicine Physician at Mount Sinai Hospital-Chicago and Holy Cross Hospital-Chicago; Medical Director at Lake County Health Department and Community Health Center

Dr. Michael S. Wahl

Emergency Medicine Physician at Northshore University Health System-Metro Chicago

Dr. Ernie Wang

Chief of Emergency Medicine at Northshore University Healthsystem

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2021
ACCOMPLISHMENTS

&
GPF FOUNDATION

2022
GOALS

2021

EDUCATIONAL INITIATIVE

2022



“With the adulteration of recreational drugs, today’s youth are unaware that they are playing modern-day Russian roulette.”

- Phil Hood, former Vice President for External Relations and Secretary of Lake Forest College

EDUCATIONAL INITIATIVE EXPANDS TO HIGH SCHOOL & RECEIVES COMMUNITY FUNDING

From the inception of the Foundation's efforts to provide education about adulteration, unintended adverse effects, and unforeseen long-term consequences associated with recreational drug use, it was clear the value of this information extended beyond the initial target audience of 18-35 year olds. Although this age group comprises the single largest age-cohort of recreational drug ingestion and exposure, they are by no means unique.

Specifically, it has long been known that high-school-age individuals, and younger, often have significant opportunities to engage in recreational drug use. Nonetheless, because of their status as legal minors, and the widespread proliferation of social taboos and qualms related to addressing this age-group's drug usage frankly and directly, there are often institutional barriers to instituting public health measures and harm reduction education related to their recreational drug use.

Against this background, the Foundation strategically determined not to pursue reaching individuals aged 18 and younger until our Educational Initiative had achieved a durable body of experience with providing education to and with individuals, institutions, and outside partners for those aged 18 and older. In 2021, having achieved this stage of organizational and operational maturity, we began to cautiously pursue opportunities for working with high school students.

Our efforts have gratifyingly been met with an excellent record of support, encouragement, funding, and partnership during this past year. We've received grants and assistance in

outreach for working with and educating high school students in Highland Park from the Grainger Foundation, Healthcare Foundation of Highland Park, and the Community Foundation of Highland Park. Their material assistance, institutional heft, and votes of confidence will allow us for the first time to bring lifesaving education to those aged 18 and younger.

Likewise, through a partnership with Steve Douglass and the New Media Program at Lake Forest High School (Greg's alma mater) we've seen overwhelming enthusiasm for the Foundation's real-world approach to recreational drug education from high school students themselves. When given the opportunity to create media and video messaging on the Foundation's behalf, using original footage provided by the Foundation, the extent of the voluntary response to participate happily surprised all involved. Against expectations that a small percentage totaling perhaps three to five students would elect to get involved we were thrilled when nearly the entire class of more than twenty five students decided to dedicate themselves to the project.

With these encouraging beginnings we're very much looking forward to continuing to educate and engage with this vital age group.

THE GRAINGER FOUNDATION



INTERNSHIP PROGRAM

BLOSSOMS & GROWS

After 2020's excellent first year of working with interns, 2021 demonstrated the ongoing appeal and strength of the GPF Foundation as an environment for advanced college students to learn, grow, and contribute wholeheartedly to the achievement of our mission. First and foremost in this regard is the fact that over 90% of our interns have remained engaged and contributing to the Foundation's activities after the completion of their designated internship. They have also found their work and experience with the Foundation to provide an excellent launching pad for the next stages of their careers in healthcare, law, human resources, communications, design and film.

Interns in 2021-22 include:

Alec Casey - Peer Outreach & Research Intern

Emily Wachter - Documentary Film Intern

Hira Sadiq - Graphic Design & Illustration Intern

Madison Stevens - Project Coordinator & Research Intern

Nell Burgener - Data Analyst Intern

Imani Downer - Peer Outreach & Research Intern

Haley Bryant - Peer Outreach Intern

Kaity Mueller - Project Coordinator



Alec Casey



Emily Wachter



Hira Sadiq



Madison Stevens



Nell Burgener



Imani Downer



Haley Bryant



Kaity Mueller

THIRD CLASS OF FELLOWS

The GPF Foundation welcomed its third class of fellows from Rosalind Franklin University of Medicine and Science in 2021. This program gives these Chicago Medical School graduate students in medicine, pharmacology, psychology and psychiatry opportunities to interact with advanced practitioners in their fields while furthering the mission of the GPF Foundation.

This year's group is comprised of four medical students who are concentrating on psychiatry and other non-psychiatric specializations. They all share a strong interest in reaching and educating college age and younger individuals about how to navigate encounters with recreational substances. This common goal has lead them, and GPF Intern Alec Casey, to take the lead on researching and assessing the full-range of programmatic options available to the Foundation.

In line with the Foundation's commitment to evidence-based programming they are reviewing not only the core programs for recreational drug safety and education, but also multiple studies of these programs' efficacy as they help identify options for the future of the Foundation's work.



Jeremy Foreman - 2021 Fellow

Jeremy Foreman is a third year medical student at the Chicago Medical School. As an undergraduate at UCLA, he conducted research on chronic pain and opioid use. In addition to his interest in pharmacology and drug research, Jeremy was drawn to the foundation's non-judgmental, comprehensive approach to drug education. He hopes to one day incorporate education, advocacy, and mentorship into his medical career. For fun, Jeremy enjoys creating music, playing ping pong, and taking his dogs for walks.



Hamed Shafiuddin - 2021 Fellow

Hamed is a fourth year medical student at the Chicago Medical School. He received his undergraduate degrees in Psychology and Biochemistry at University of Illinois at Chicago. He is going through medical school with a passion in Psychiatry and the potential of pursuing Adolescent Psychiatry. Hamed passionately helped his community gain health education concerning sex and common drugs with Peer Health Exchange so that students could make thoughtful decisions and prevent harm. The GPF Foundation allows Hamed to use his experience in his studies and his work with Peer Health Exchange to further promote healthy decision making.



Aayush Boddu - 2020/21 Fellow

Aayush is a third year medical student at the Chicago Medical School. Growing up on the west coast, many of his peers struggled with drug use and he noticed the physical and mental toll it took on them. He majored in biochemistry at UCSD and became fascinated with understanding the mechanisms of how these drugs affect their biological, social, and psychological function. Joining the GPF Foundation was a natural progression of sharing this knowledge with the larger community in a way that addresses these concerns. In his free time he likes playing soccer, rock climbing, and listening to music.



Alaa Hajeissa - 2021 Fellow

Alaa is a fourth year medical student at the Chicago Medical School who will be working within psychiatry with the goal of sub-specializing in Child-Adolescent Psych. Since college Alaa has had a fascination with how drugs affect individuals and communities. He would like to learn how he can help young people who may feel like they have no one to turn to as they struggle with substance use and other psychological issues. The GPF Foundation allows Alaa to get some early hands-on experience in an area he's passionate about.

IRB STUDY OF EDUCATIONAL PROGRAM ENTERS PHASE 2

The longitudinal study of the GPF Foundation's educational programming completed its first phase in 2021. This initial part of the study focused on the efficacy of the programming as delivered via a remote online format. Although this modality was a practical necessity due to the constraints of the pandemic, this method of distribution has broad applicability for the Foundation's ability to deliver programming across the country and world.

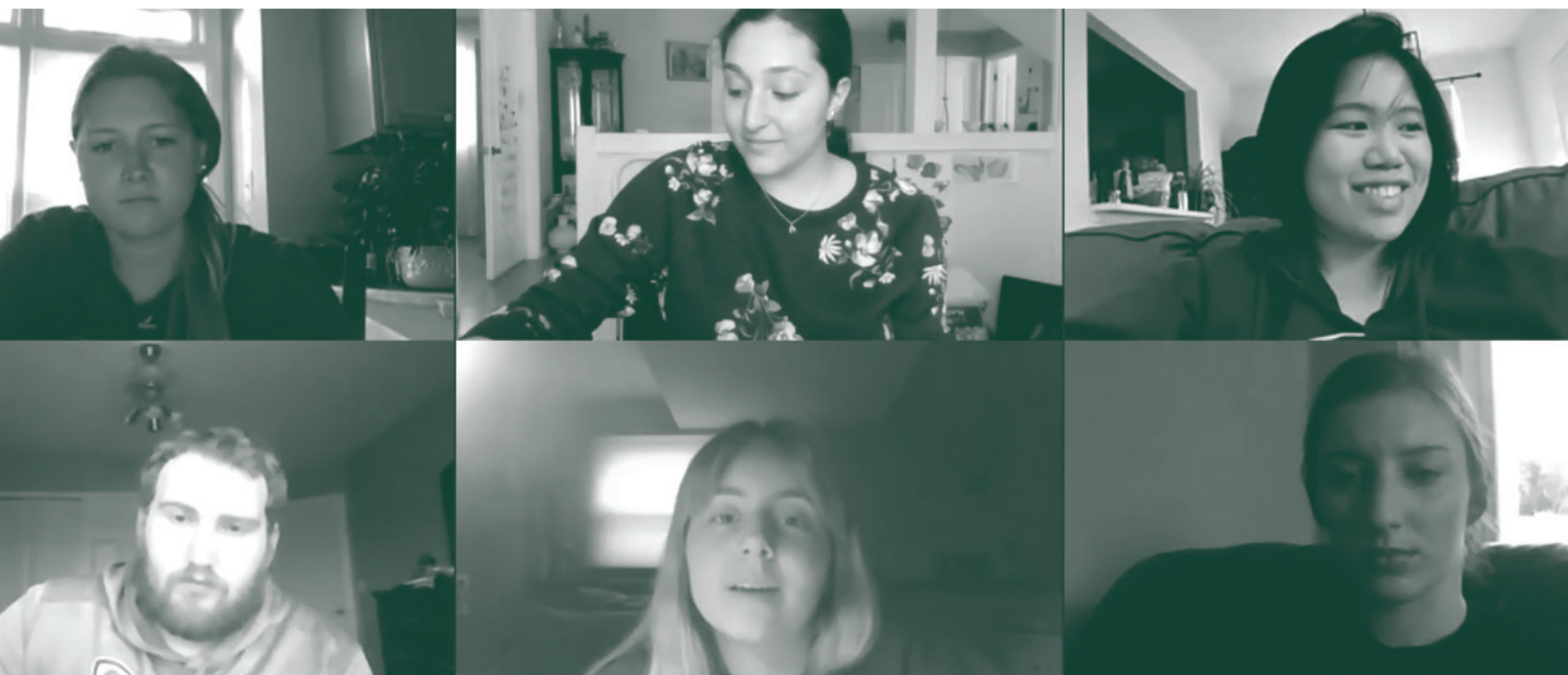
The second phase of the study will assess the performance of the educational program in an in-person setting. The insights delivered from this phase will directly strengthen our ability to educate program participants in high schools, colleges, libraries, athletic organizations and other groups in and around Lake and Cook

County and geographies further afield as the Foundation's capacity grows.

Presentation of the findings from both phases, and a comparison of the two methods of presentation, will be submitted to national and international conferences and papers of psychology, behavioral science and emergency medicine. We look forward to the results of this study and the opportunity to engage with educators and scientists from around the world to share findings and learn from their related bodies of work.



Dr. Steven Miller



GPF FOUNDATION MEDIA & COMMUNICATIONS

As an organization dedicated to spreading awareness the use of media to achieve our mission is central to our activities. Accordingly, we utilized a variety of mediums and channels in 2021 including documentary video, digital graphic design, illustration, motion graphics, photography, print, web, television and social media.

Having developed a good-sized media library since our inception we created a searchable catalog this year. The value of these assets has been highlighted as we re-purposed footage and interviews filmed in years past in new and unique ways for engaging high school students, our annual event, orienting new interns and fellows and making presentations to funders.

We look forward to continuing to draw upon this catalog in 2022, to creating new content, and to using the power of media to engage with broader audiences than ever before.

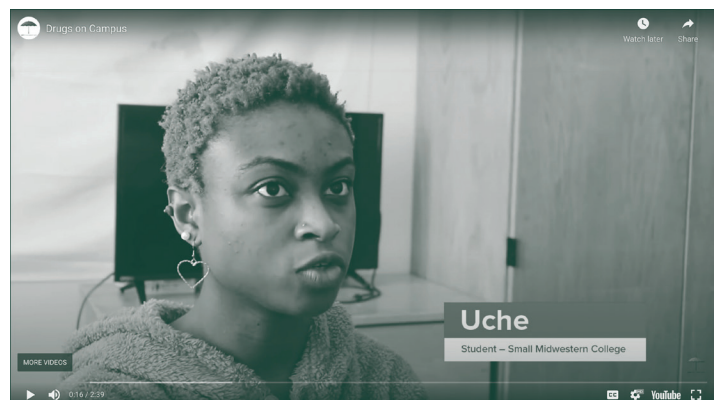


Comic book about the risks and dangers of encounters with MDMA by Graphic Design Intern Hira Sadiq

Some notable examples of media projects from the past year include:



WGN Interview of Ross Friedman and Dr. Michelle Sergel reaching more 250,000 viewers.



Documentary video featuring peer-to-peer interviews about recreational drug use with midwestern college students by Video Interns Uche Okeke & Emily Wachter

2021

MEDICAL INITIATIVE

2022



“Lack of knowledge around treating patients under the influence of adulterated recreational drugs is a major blind spot in the medical community.”

- Dr. Steven Aks, John H. Stroger Hospital of Cook County

DISEASE-A-MONTH TEAM GROWS - WILL FORM BASIS FOR CLINICAL DECISION-MAKING TOOL

With Disease-A-Month now ranking in the top 25% of all medical journals in the world in terms of impact score the opportunity for the GPF Foundation to globally inform and influence the



Dr. Michael Witkovsky - Disease-A-Month Author with more than 20 years of clinical experience in treating drug-related psychiatric conditions.

practice of medicine related to MDMA-induced emergencies has grown significantly. The potential that comes from being part of a highly respected reference tool for primary care practitioners has lead us to bring on-board additional authors and reviewers who can help ensure this edition starts filling in the “blind spot” in medicine.

Specifically, given that even for seasoned professionals awareness of the signs, symptoms and sequelae related to MDMA-induced psychosis may not be widespread, or salient, we’ve found it vital to bring onto the authorship and review team doctors and psychiatrists who do have specific clinical experience with these patients. Their input will help relate to their global colleagues not only the clinical characteristics to watch for but also how these relate to the basic science underlying what they may experience.

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Dr. Jerrold Leikin (Editor-In-Chief) has emphasized the unique and important role of Disease-A-Month in conveying to practitioners the fundamental bases of medical and scientific knowledge in which all evidence-based clinical practices have their origin. Especially when treating relatively novel, or not-often-seen, conditions this basic understanding is essential and can make the difference between a correct or incorrect differential diagnosis.



Dr. Jim Dolan - Architect of the GPF Foundation’s Medical Initiative

The comprehensive review of literature necessary to provide this essential information and perspective has also been identified by the GPF Foundation’s Medical Initiative Architect, Dr. Jim Dolan, as the necessary pre-requisite for building of an evidence-based clinical decision making tool to likewise help inform and guide clinical practice. With this in mind, as work proceeds on this edition of Disease-A-Month, we are excited to be developing a thorough compendium and reference for the treatment of MDMA-related outcomes that bring patients into contact with their primary care and other medical providers.

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MEDICAL SIMULATIONS ARE POISED TO SUPPORT CRITICAL CARE CLOSE TO HOME & EDUCATE DOCTORS INTERNATIONALLY



ROSALIND FRANKLIN
UNIVERSITY
of MEDICINE AND SCIENCE

This year has seen remarkable development of our medical simulations. First, for context, at this point last year we had completed a single script that was peer-reviewed and had excellent promise but was yet to be put into a format for teaching medical students and professionals. One year later we have two complete interactive simulations, with each addressing a different part of patient care related to adverse effects from MDMA or adulterated MDMA.

In addition to these we also have a third completed script with immense promise for in-depth learning about managing the partnership between primary care and psychiatry in long-term treatment of drug-induced psychosis, including good possibilities for providing CME accreditation.

With funding from the Healthcare Foundation of Highland Park, Illinois and guidance from ER Dr. Ron Himmelman and ER Chief Doctor Ernie Wang, both at NorthShore University HealthCare, we are working on implementing the ER script as a quality-improvement tool and as part of an IRB-approved study at Highland Park Hospital.

Likewise, under the guidance of Vice President for Interprofessional Education and Simulation at Rosalind Franklin University, Jim Carlson and with Dr. Robin Dyer as the case author based roughly on Greg Friedman's experience with a primary care practitioner, we are also now preparing to launch a primary care treatment simulation on the internationally used medical teaching application Full Code.



The multi-disciplinary teams and platforms involved with these simulations are as follows:

Emergency Room Treatment of MDMA Patient

- **Cook County Hospital & Rush Medical Center Simulation Labs** - Dr. Ashlea Winfield, Dr. Michelle Sergel
- **GPF Foundation Media Team** - Frey Hoffman, Chris Collins
- **NorthShore University HealthCare Highland Park Hospital** - Dr. Ernie Wang, Dr. Ron Himmelman
- **Healthcare Foundation of Highland Park** - Sandra McCraren
- **Interactive Choose-Your-Own-Adventure** - Unity Platform for web, mobile

Primary Care Treatment of MDMA Patient

- **Rosalind Franklin University Simulation Lab** - Jim Carlson PhD, PA-C, CHSE, Dr. Robin Dyer
- **GPF Foundation** - Nancy Friedman, Ross Friedman, Frey Hoffman
- **Interactive App for Google Play & App Store** - Full Code

Long-term Psychiatric and Primary Care of MDMA-induced Psychosis

- **Northwestern Medicine** - Dr. Kaitlyn Kunstman, Dr. Lisa Rosenthal
- **GPF Foundation** - Nancy Friedman, Ross Friedman, Frey Hoffman
- **Continuing Education & Interactive Platform** - TBD

2021

INVESTMENT & GROWTH

2022

AN EVENING OF EXPLORATION

An Evening of Exploration welcomed 150 live and approximately 300 virtual guests to Northmoor Country Club in Highland Park to enjoy the evening, update supporters, and raise funds relating to the GPF Foundation's (GPF) mission.

Emceed by WGN Morning News anchor Larry Potash, the event provided the crowd with an overview of the Foundation's current initiatives and an opportunity to hear from a range of GPF stakeholders, including its founders, interns, fellows, board of directors, and medical professionals involved in its work, most notably Dr. Jerrold B. Leiken, the recipient of the GPF Foundation Harm Reduction Award. The highlight of the evening was the keynote address given by acclaimed astronaut, astrophysicist, former NASA Chief Scientist and Highland Park native son John Grunsfeld. Dr. Grunsfeld shared with the audience anecdotes and photos of his amazing career, which included five missions, eight spacewalks and groundbreaking work on the Hubble telescope.

Representing Chicago School of Medicine at Rosalind Franklin University, Lexie Kessler (a fourth-

year medical student), Alex Woods (a fourth-year medical student) and Dagmara Zajac (a third-year pharmacy student) spoke about their experiences developing, piloting and now studying the efficacy of the peer-to-peer presentation model that forms the core of the GPF Foundation's Education Initiative. GPF is proud to facilitate opportunities for collaborative practice among this next generation of medical professionals.

Master illusionist and Foundation friend Dan White (Magician at the Nomad) brought the night to a close with a magical revelation of one simple and meaningful word: "Thanks." With the 2021 event now ended and preparations for programmatic growth in 2022 underway, the GPF Foundation takes this opportunity to repeat its message again, simply, powerfully, and directly to every person who supported An Evening of Exploration: Thank you!

All funds raised through An Evening of Exploration will be utilized for GPF's mission to support education, appropriate treatment and overall awareness of the dangers related to recreational drug use.



Nancy & Ross Friedman from a distance at the in-person/virtual event



Nancy & Ross Friedman



Dr. John Grunsfeld

ONGOING SUPPORT & GROWTH OF NEW RELATIONSHIPS

The GPF Foundation has been fortunate to have a strong and consistent base of individual and institutional supporters who have remained dedicated to the realization of our mission for many years. 2021 maintained this pattern of support while adding new partners and funders who believe in the Foundation's work as an important contribution to public health and safety.

The Grainger Foundation, Healthcare Foundation of Highland Park, and numerous individuals and businesses repeated their votes of confidence in our activities with ongoing donations. New to our group of supporters this year were The Networking Group, Highland Park Community Foundation and members of the Chicagoland legal, media, medical, philanthropic and educational communities.

A significant new member of our grant writing team is an experienced non-profit professional grant-writer Mary Visconti. With her input and guidance we have submitted applications to the Highland Park Community Foundation, COF Barclay-Giel Seed Grants, The Grainger

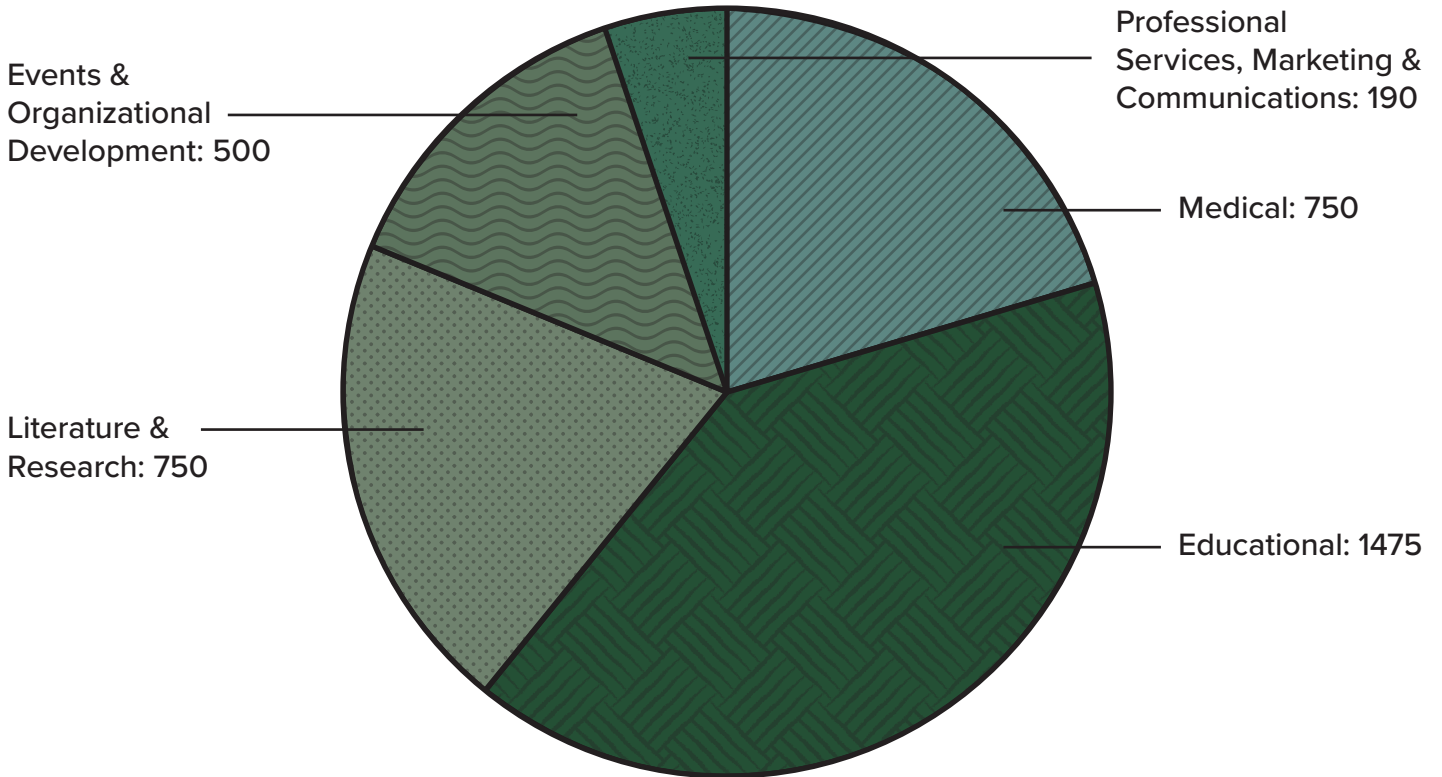
Foundation, Healthcare Foundation of Highland Park and identified other funders in Lake County who we will be sending applications in 2022.

Another major new contributor to the Foundation's ability to garner support and form partnerships is Sheila King Public Relations (SKPR). Michele Rabenda and Sheila King have been donating significant time and effort to establishing partnerships with the Society of Human Resource Management and the Lake County Chiefs of Police along with identifying corporate sponsors who might allow these partnerships to reach full potential. In addition, SKPR has also become a direct supporter of the Foundation.

With approximately \$200,000 in Gross Revenue in 2021 the Foundation remains in a strong fiscal position to continue realizing its mission to save lives. The broad range of organizations, businesses, individuals and foundations that constitute the essence of this support exemplifies the diverse appeal and recognized significance of our work as we look forward to 2022.

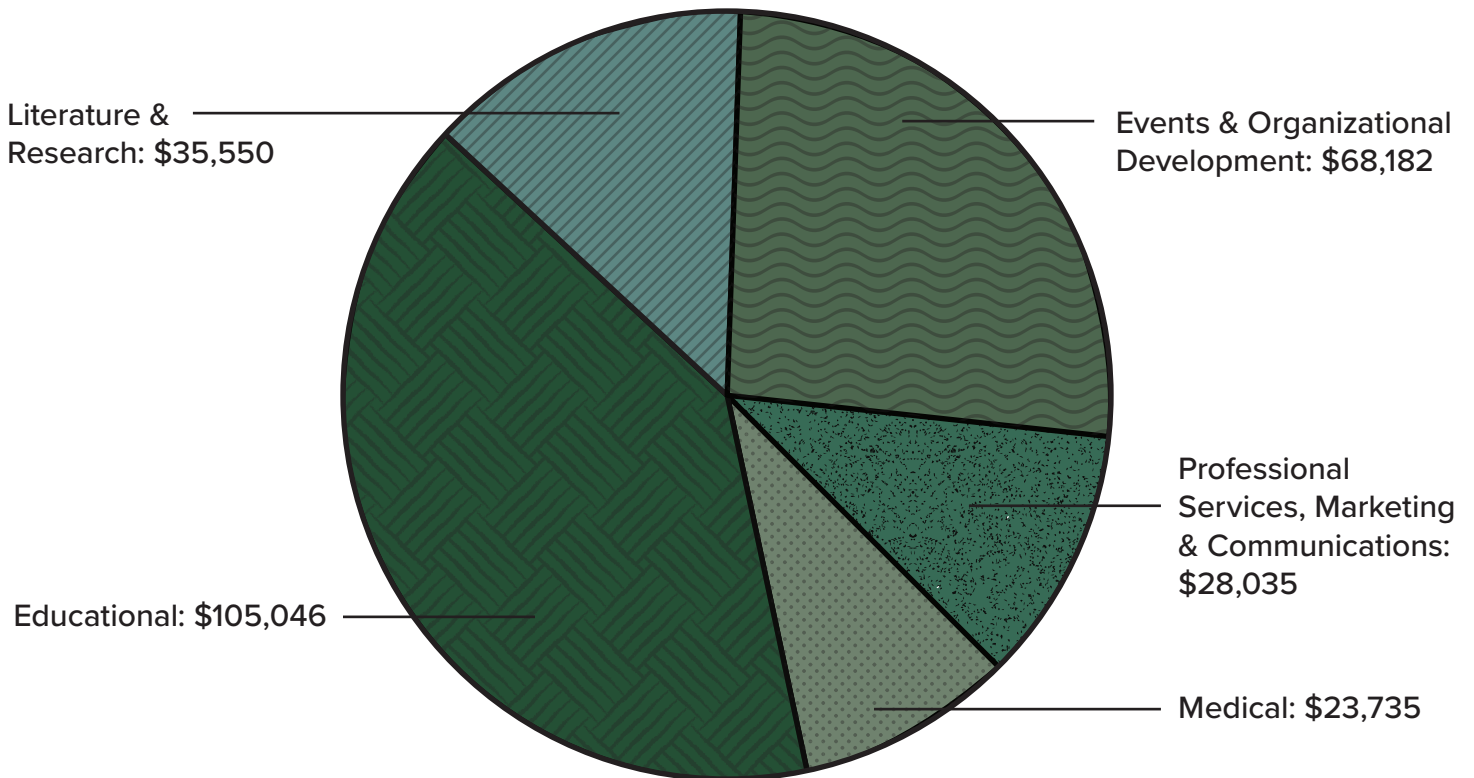


IN-KIND HOURS (Approximate)



Board of Directors and the Advisory Board In-Kind contributions are not included above.

COST EXPENDITURES



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