

SINGULA 1 INSTITUTE

Dear Singula Community,

We hope that you and your loved ones are doing well during these challenging times. It's hard to believe it's been more than a year since our **Friends and Family** event last June. We had planned to schedule another gathering this summer but we will need to find other ways to connect as a community due to COVID-19.

As we reflect on the past year, we'd like to share updates and details about our accomplishments to date. We ask that you please read through the summary and think about how you can support Singula and its important work.

Over the past year, we have made great strides in our work! Singula is now even closer to transforming mental health care so that no one suffers needlessly from anxiety and depression.

Big News & Announcements

A Growing Roster: Our team continues to grow in size, experience, and talent. We added one new individual to our Board of Directors and two to our group of Advisors. Please see their incredible biographies by clicking on their profiles on our [team page](#):

1. **Desmond Dodd**, Board of Directors

2. **Brendan Middleton**, PR & Communications Advisor
3. **Sonia Canzater, J.D., M.P.H.**, Community Health Advisor

Our Working Committees: As our team has grown in size, we thought it was best to organize our group into a set of working committees. Our committees meet weekly to cover all aspects of the institute, including **Healthcare & Business Strategy, Marketing & Communications, Clinical Research, and Non-profit Governance.**

Our Specialized Legal Team: We continue our work with **Ms. Stephanie Rodin, Esq.** as our legal counsel specific to **Singula Medical, PLLC**, the clinical care entity. After careful vetting, we have hired **Mr. John Devine** and **Mr. Christopher Jones** from **Ballard Spahr** to work with **Singula Institute** on the careful formation of our legal bridge between the two entities (**Singula Institute** and **Singula Medical, PLLC**) as well as oversight for the governance of **Singula Institute**. We are greatly enthusiastic about the collaboration between the representative legal counsel who will allow for **Singula Institute** and its partners to build and grow.

Our Data Analytics Workshop: We worked again with **Kalorama Solutions** through a day-long workshop led by **Reid Simon and Nathan Hotaling** resulting in a detailed analysis and a set of recommendations for building our data analytic pipeline. This will also provide us with our budgetary needs and strategic plan to hiring necessary data science personnel.

Our Website: As our work through the spring, summer, and early fall has progressed, we have added some new features to our website, such as information about our [Learning Health System](#), [Mental Health Resources](#), [Singula Institute in the Press](#), and [Events](#). We are also looking into news ways of donating, which will be added [here](#). Please bookmark our website and share with whomever you think would benefit from our work!

Fundraising & Development

Our recruitment process of building Singula's Board of Directors has been successful and will allow us to form a more structured organization. Governance policies are in place and officer posts will be instituted in January 2021. In addition to Board Development, we have dedicated time and resources to cultivating **Singula**

Institute's current network of supporters. We focused on establishing and strengthening relationships with organizations, such as the *University of Pennsylvania*, and initiated new ones with communities such as *Asphalt Green*, the *92nd Street Y*, *The Bedford Playhouse*, *The Boys Club of NY*, and *Tiger 21*. We were also invited to apply for a Capacity Building Grant through a highly regarded New York Area Foundation to support our educational, clinical and research operations.

Marketing & Communications

With the help from our **Marketing & Communications Committee** led by **Angela Stelle**, **Brendan Middleton**, **Desmond Dodd**, **Patricia Donini**, and **Caroline Lee**, as well as with aid from our dynamic intern, **Diana Sieh**, we have honed our messages and recalibrated our materials. The website has been updated with streamlined information about our work and community. And, we have begun to put out the word in different online media venues, such as **Psychology Today** where our CEO, **Dr. Marc Lener** will host a [blog post](#), the online media site- **Medium**, where Dr. Lener published an [article about Suicide risk and prevention](#), and on the **TalkSpace** website, where he wrote an [article about the psychological phenomenon called repression](#).

Social Impact Community

In addition to our online media presence, we have made great strides in developing Singula's **Social Impact Community** and promoting Dr. Marc Lener as the spokesperson of **Singula Institute**. **Dr. Marc Lener** gave an invited talk that was free and open to the community through *The Bedford Playhouse* on the topic of *Grief and Loss during the Pandemic*, on Wednesday, October 7th ([Link to recording here](#)). **Dr. Marc Lener** is also scheduled to lead a discussion for the *Boys and Girls Club of NY (BCNY)* <https://www.bcnny.org> for a **Parent Workshop** in November, on the topic of *Mental Health Needs During the Pandemic*.

The Clinic

On the business side of building our clinic, we continue to refine our business plan to fit **Singula Institute's** mission to transform mental health diagnostics and treatment.

With the help from our **Healthcare Business Strategy Committee** led by **Bill Langdon**, **Aminah West**, and **Caroline Lee**, as well as with aid from **Diana Sieh**, we have begun to create and form our business structure that will allow growth and reach to our community. We look forward to working closely with the **Ballard Spahr** Team on this front. We will also extend upon the recommendations made from **Kalorama Solutions** to form our budget, personnel plan, data infrastructure strategy, and to select an appropriate Electronic Health Record (EHR) that aligns with our clinical and research goals.

Clinical Research Projects

Our **Clinical Research Team** is currently working on projects that will bring Singula Institute into the academic realm and increase our public presence. We are in final stages of one of our papers to be published in an academic journal. Our **Clinical Research Committee**, led by **Drs. Marc Lener, Zhi Deng, Shiwen Yuan**, and **Amicia Elliott**, with aid from our interns **Tanya Verghese** and **Anirudh Bikmal**, are in the midst of a second part of our analysis of a research project that will provide a stepping stone to the research we wish to perform when the Clinical Research operations are in full swing.

Mental Health & Society

We will continue to keep you posted on articles of interest to **Singula Institute** via **Facebook**, **Linkedin**, and **Instagram**. These articles are reviewed, filtered, and provided commentary by our Singula Institute clinicians and highlight some of the issues that Singula Institute will tackle through our clinical research!

You can begin to pledge your support for Singula vision of transforming Mental Health by liking us on [Facebook](#), following us on [Instagram](#), [Psychology Today](#), [Medium](#), and [LinkedIn](#) and sharing our [page](#) with your friends and colleagues.

Closing Message from Founder & CEO

Symptoms of anxiety and depression have skyrocketed in recent months due to the global COVID-19 pandemic and period of nationwide social unrest. Now is the time to focus on access to quality mental health care and its critical importance to our perseverance as a society. We need your support now as we continue our important work to move Singula from a concept to a reality.

Thank you for your interest in and support of Singula. Please contact me with any questions about this information or about giving to Singula. You may also contact Patricia Donini, Singula's Philanthropy and Business Development Advisor, at patricia.donini@singulainstitute.org, for more information about supporting Singula. Or you may visit our online giving page to make a gift at <https://secure.givelively.org/donate/singula-institute>

Sincerely,

-Dr. Marc Lener & The Singula Team





Copyright © 2021 Singula Institute, All rights reserved.
You are receiving this email because you opted in via our website.

Our mailing address is:
Singula Institute
108 East 91st Street, Suite 1B
New York, NY 10128

[Add us to your address book](#)

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

