

Intern News

"I've spent almost a year with Flawless and it has been incredibly rewarding. I've traveled all over the country for conferences, been introduced to the most inspiring people in the field, and learned things I never would in the classroom. I've also been able to apply what I've learned to make a positive impact on people's lives. What better job is there than that?" — Tre Gabriel

Tre, one of our Flawless interns, has consistently shown leadership and devotion to promoting mental health awareness. He joined our team in January of this year, and has been an important part of our work ever since.

Tre was born and raised in Florida. He brought his academic and athletic talents to Columbia University to play football, and he graduated in 2019 with a BA in Political Science. But his passion for psychology and mental health advocacy is where he has decided to pursue his career, which lead him to Flawless.



Team Flawless with basketball star Metta World Peace

Tre has written blog posts, assisted the team in social media coverage and content creation, and traveled from coast to coast attending events and conferences. Tre also serves as a mentor to young men and athletes in his community with brain health challenges.

Through Flawless, he has been given numerous opportunities to learn from experts in the field and supplement his graduate coursework. Tre has become certified in Mental Health First Aid, learned about neuroscience and neurodevelopment from Dr. Bruce Perry, studied the RULER

Approach at the Yale Center for Emotional Intelligence with Dr. Marc Brackett, and was immersed in the revolutionary Collaborative Problem Solving when he completed Tier One training with Dr. Stuart Ablon.

In the future, Tre plans to pursue a doctorate in psychology and work as a psychologist. We can't wait to see what he will accomplish, and are so grateful for all of his flawless contributions to our mission!

www.flawlessfoundation.org



@flawlessfoundation



@flawlessgrats



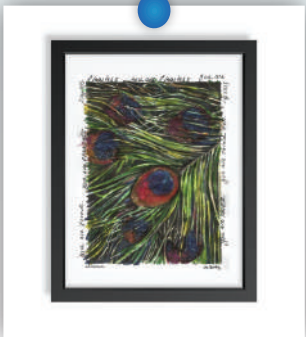
@FlawlessFoundation



Flawless Giving

As we celebrate this season of giving and light, please help us expand our reach!

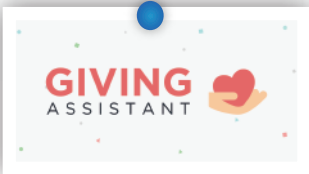
SHOP



Visit our website to shop Flawless necklaces, keychains and Alix Greenberg's original Peacock prints!

flawlessfoundation.org/shop

Complete your holiday shopping at thousands of stores and donate to Flawless to support our work!
givingassistant.com



Support mental health & make Flawless your preferred charity on Amazon Smile! When you shop, Amazon donates 0.5% of your purchase to support our mission!
smile.amazon.com



DONATE

All contributions made by 12/31 will be matched up to \$25,000 by one of our very generous board members!

flawlessfoundation.org/giving

The Flawless Foundation
PO Box 32024
Palm Beach Gardens, FL 33420

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email _____

☐ \$25 ☐ \$50 ☐ \$100 ☐ \$500 ☐ \$1000 ☐ Other _____

The Flawless Foundation is a 501 (c) 3 recognized charity. Contributions are tax deductible to the extent allowed by law.

Founder's Message

Dear Flawless Friends,

Perhaps more than any other year, I am deeply grateful for the knowledge and skills I have gained through my work with Flawless. Our mission played out in a very personal way this year, as I navigated the stress of my Mother's challenges with Alzheimer's and my son's process of applying to and starting college. I am certain that the tools in my "flawless toolkit" are the reason that I often see progress with my Mom despite her diagnosis, and why my son launched successfully into his freshman year. Throughout it all, I have relied on what I have learned not only about the medical side of things but also about advocating and providing support to others while also prioritizing my self-care.



In addition to my Flawless training, my other source of inspiration during this challenging year has been the energy, collaboration, and wisdom I have seen in our interns, our next generation of advocates. I am confident that our cause will continue to move forward in their enthusiastic and capable hands.

Our extensive travels took us to events that covered the full spectrum of brain health. At the Alzheimer's Summit, in particular, I was deeply moved by the poise and knowledge of the youth advocates as they discussed brain health with

Senators and Representatives on Capitol Hill and with Seth and Lauren Rogen. We are moving toward breakthroughs in brain health thanks in large part to the mobilization of a multi-generational group of changemakers.

On this note of hope, I wish you joy, peace and all good things in 2020!

With Gratitude,

Janine

Janine Francolini
Founder

Top 10 In 2019

10. SPREADING THE WORD

We provided digital media coverage at 25 events in 15 cities and 11 states for some of the most innovative, impactful organizations in the field. The peak was a week in June, which took us from the Kennedy Forum in Chicago to Washington, DC for the Mental Health America Conference. It was seven days of hope and advocacy across all spheres of the advocacy community.



9. SHARING OUR VOICE

Have you read our blog? We wrote 41 pieces this year on our website and on sites as guest blogs and the flawless message has been traveling far and wide on social media.

8. ADVOCACY ON CAPITOL HILL

We attended the National Alzheimer's Summit to help raise awareness for prevention, a cure, and overall brain health. Along with over 50 youth advocates and help from Lauren & Seth Rogen, we advocated for legislative change with politicians on Capitol Hill.



7. MENTAL HEALTH FOR US

We are proud sponsors of the Mental Health for US movement! In December, we will be at the Unite for Mental Health New Hampshire Town Hall where presidential candidates will discuss their mental health policy.

6. INTERNS, INTERNS, INTERNS!

Our internship program continues to grow, with interns from Columbia University and Princeton as well as HS students from 3 states! This program provides students with a strong foundation of knowledge in all areas of brain health, and comprehensive training in advocacy, Mental Health First Aid, emotional intelligence, Collaborative Problem Solving & digital media.



5. PARTNERS

We are thrilled about the work that Psych Hub is doing with mental health education and are grateful for our partnership. Along with our partners in our Twitter community, we raised awareness of an insensitive news headline and were able to incite a public apology from the media outlet with meaningful action to rectify an error.

4. FLAWLESS FLORIDA

The state of Florida got an extra-Flawless dose this year! Our founder gave a guest lecture on the criminal justice system to journalism students at Florida International University. When Boca Raton issued a proclamation for mental health awareness, Janine was there as one of the representatives of the advocacy community. She also continues to work on the education and mental health task force for the Action Alliance in Palm Beach County.



3. BRAIN HEALTH AND SPORTS

Athlete mental health was a big theme this year. Our team has been taking courses on mindfulness for athletes & neuroscience with Dr. Bruce Perry, and we've been collaborating on awareness efforts with the Southern Conference and our friends at Hillinski's Hope with a plan to launch some exciting programs in 2020!



2. FLAWLESS STORIES

We continue to be inspired by the power of social media to spread awareness and change public perceptions of brain health. We were especially excited when Katie Couric shared our story from the Connectivity Summit to her 744k followers.



1. GRATEFUL

For the 10th consecutive year, our board has covered all administrative expenses. This allows us to continue our advocacy efforts and travel to the most important lectures, trainings, and conferences in the field so that we can share our learnings far and wide through digital platforms. It also enables Flawless to continue to invest in the leaders of the future with our intern program.

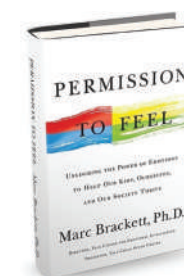
Flawless Updates

See what our Flawless family has been up to!



We are so proud of our intern graduates who are working in the field, especially one of our original interns from Oregon, **Francesca Bas**! Francesca worked with us in 2015 and was there when our founder was honored as a Mental Health Hero at the annual Keep Oregon Well Gala.

Fast forward to 2019 when Francesca received the same award for her advocacy work and for her event "We the Wild Youth," which aims to make all teens feel empowered, welcomed, and supported. Congrats, flawless Francesca!



We celebrated the launch of Flawless Advisory Board member and Director of the Yale Center for Emotional Intelligence **Dr. Marc Brackett's** new book, *Permission to Feel*. An immediate NY Times bestseller, this book combines rigorous research and the latest science on emotional intelligence with Marc's personal experience and passion for this work.

Flawless Board Secretary **Magnes Welsh** just completed a year long project with the Nobel Women's Initiative

Flawless Board Treasurer **Nathaniel Counts** became the Assistant Director for University Behavioral Associates, a subsidiary of Montefiore Health Systems that focuses on behavioral health in value-based contracts

Flawless Board Member **Mike Thompson** continues to be a leading voice in mental health advocacy being frequently quoted in the news including The New York Times and Forbes

FLAWLESS FOUNDATION BOARD

Board of Directors

Janine Francolini, MA *Board Chair*
Pierre Hauser, MA *Vice Chair*
Magnes Welsh, MBA *Secretary*
Nathaniel Counts, JD *Treasurer*
Barbara Boroza
Robin Janis
Ross Szabo
Michael Thompson
Cece Xie, JD

Advisory Board

Pamela Carter, JD
Bill Emmet
Chantel Garrett
Sheila Hamilton
Robert Klonoff, JD
Greg McGovern, MS
Elyn Saks, JD, PhD
Lisa Sharkey
John Snyder, EdD
Liz Stern
Freddi Wald, MBA
Claire Wurtzel, MS

Scientific Advisory Board

J. Stuart Ablon, PhD
Sigurd Ackerman, MD
Marc Brackett, PhD
James Gordon, MD
Stephen Hinshaw, PhD
Michael Jenike, MD
Owen Lewis, MD
Bruce Perry, MD, PhD
Jerrold Rosenbaum, MD