FOUNDER’S MESSAGE

Dear Flawless Friends,

Our Thanksgiving letter rounds out another remarkable year for us at the Flawless Foundation. We have had a tremendous burst of growth in our communications efforts with over 5,000 followers and one million impressions on Twitter and a blog on the Huffington Post that routinely trends to tens of thousands of readers. We are celebrating because our reach is now bigger than ever!

But you might wonder: what impact do social media and communications have? How do our actions help people or change the face of mental health in this country?

At Flawless, we see the perfection and light in every person: We believe that all people are flawless. To accomplish our mission — of changing the way we view individuals with brain disorders and of countering negative perceptions of mental health issues — we must stand up, we must define the discussion. Changing the language around these issues is an important step in building a society that respects and acts on behalf of mental health. In order to change our policies at the top, we need to start at the bottom — we need to transform our language and attitudes.

WE CAN ALREADY SEE THE CHANGE.

This year, as we’ve gone on to share on social media, the response has been overwhelming. Not only are we shaping the conversation by discussing mental health openly, but also we are encouraging others to share their stories. After I wrote a recent Huffington Post blog that detailed my own challenges at an early age, many people reached out to me, and feeling empowered, shared the stories that they’d kept buried inside for far too long.

We’re having an effect even beyond that as we are beginning to shift the language around mental health. When you read the quotes from our wonderful interns in this newsletter, you’ll see how accurate, respectful language and a deeper understanding about brain health are becoming the norm for the young people who work with us. We were recently pleased when Dr. Oz launched the Healthy Mind campaign as we hope that our open letters to him on the Huffington Post about his misguided depictions of mental health on his show have helped to shape his new efforts.

We are changing the face of this cause, bringing light, educated awareness, and an end to the shame by taking control of the discussion, and by connecting and collaborating with the best organizations and thought leaders in the field. We are empowering, changing, and inspiring people to look at themselves, and their communities, through a kind and flawless light.

As we count our gratitude this Thanksgiving, we are thankful for all that you do to make this possible, from sharing our blogs and engaging with us via social media, to making generous financial gifts and contributions of your time. We feel the love and thank you everyday.

Wishing you a holiday filled with warmth and a grateful heart,

Janine Francolini
Founder

www.FlawlessFoundation.org

FLAWLESS TOP 10 IN 2015

Flawless founder Janine was invited to attend the CEO Summit on Workplace Mental Health at the New York Stock Exchange, where Mike Thompson (our vice chair) was a panelist!

Our new consulting service, Flawless Strategies launched in July, specializing in social media and communications.

Our yoga program for students with behavioral challenges entered its eighth year in New York City and Portland, Oregon. During a special visit with our NYC kids we practiced yoga with them and heard their amazing stories of success and resiliency.

We attended the 31st Annual Rosalynn Carter Symposium on Mental Health Policy entitled ‘Help Wanted: Reshaping the Behavioral Health Workforce’ in Atlanta, Georgia.

We are so grateful that we received a six-figure gift from a flawlessy generous board member for the fourth year in a row, as well as 100% board giving!

A FLAWLESS SYMPOSIUM ON MENTAL HEALTH FOR OUR CHILDREN & THEIR FAMILIES

We hosted a symposium in memory of Mary Guest, a special educator from Oregon who died from suicide. Over 100 parents, mental health professionals, and educators attended. We are currently producing educational videos from this inspiring event.

We launched a YouAreFlawless campaign on social media to spread the message of flawlessness & to inspire everyone to see the perfection in each other!

This year, our Huffington Posts blogs began trending on the front page of Yahoo and Google news as soon as they were published! We also more than doubled the number of blogs we wrote.

We were thrilled to cover two important events as members of the digital media teams at The Kennedy Forum 2015 and The 21st Annual Music Festival for Brain Health at One Mind Institute (IMHRO).

We were one of the sponsors of the Emotion Revolution Summit at Yale co-hosted by Lady Gaga. We came together with educators, students and other organizations to transform the social & emotional culture of schools—so that every child can feel Flawless.

JOIN THE CONVERSATION ON SOCIAL MEDIA

#FlawlessGrats
#FlawlessFoundation
#FlawlessFoundation

SAV E THE DATE

A Symposium on Emotional Intelligence in Children with Dr. Marc Brackett
Director of the Yale Center for Emotional Intelligence

Sponsored by the Flawless Foundation and The Meeting House
Hosted by The Churchill School in NYC

APRIL 12, 2016

FLAWLESS SPOTLIGHT

Congratulations to our board and advisory board members who have made important contributions to the mental health field in 2015:

Mike Thompson was a panelist at the CEO Summit on Workplace Mental Health at the New York Stock Exchange; he also served on a panel at the Kennedy Forum in Boston and was interviewed on Al-Jazeera.

Sheila Hamilton’s book, All The Things We Never Knew: Chasing The Cans of Mental Illness was published this fall.

Ross Szabo won the 2015 Campus Activities Magazine’s Hottest College Act for his advocacy for mental health on college campuses across the country.

Chantel Garrett presented at the NAMI National Conference and launched the Partners 4 Strong Minds psychosis prevention and awareness platform with One Mind Institute (IMHRO).

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dr marc brackett
YOUNG ACTIVISTS

One of our most rewarding accomplishments this year was engaging teenagers in our work. They volunteered at events, traveled to Yale with us for the #EmotionRevolution Summit with Lady Gaga, hosted fund-raising events, and most importantly, they advised us on so many aspects of our work, especially around messaging and social media. In this newsletter, we celebrate a few of our interns, and thank them for their commitment to our mission.

"Seeing and hearing so many stories from everyone we meet while volunteering opened my eyes that mental health really is becoming a topic of conversation. It overjoyed me to see that the mind is finally being treated with the same importance and respect as the body. The Flawless Foundation has inspired me to be proud of who I am because I’m flawless just like everyone else."

"Flawless has made me discover who I am as a person and what I want to be when I grow up. When I grow up, I want to help people. I want to make the world a better place. I want people to see the perfection in everyone. And I am so thankful to be able to say that I’m already getting to start to help people with the flawless movement. The Flawless Foundation started from nothing, and look at where we are now: we are inspiring people all over the world one person at a time."

"My favorite experience at Flawless was having the opportunity to visit The Pioneer Special School. Although this day was upsetting it was also extremely special and eye-opening to me. I was a girl who had such a blessed life and still do. When I was told about these topics, I thought I knew everything, but when I actually experienced what was going on in my own city, a whole new world of opportunities to make a difference opened up in front of me."

A MIRACLE WITHIN REACH

As we launch into this season of giving and light, please help us create many more miracles for many more people!

There are several ways to support our mission:

1. DONATE
   Make a one-time or monthly donation

2. AMAZON SMILE
   Shop using Amazon Smile to have 0.5% of your purchase price donated to Flawless

3. SHOP FLAWLESS
   Shop Flawless necklace and keychains, with 100% of the proceeds going to benefit our work

$25,000 match until December 31!
When you give to Flawless through 12/31, your gift will be matched! Thank you for your generous support!

FLAWLESSFOUNDATION.ORG/GIVE

Visit our website to purchase a “Flawless” necklace or keychain for yourself or a loved one to remind them how flawless they are! 100% of the proceeds go to benefit our work.

Looking for another way to give? Choose Flawless as your charitable organization when you visit Smile.Amazon.com and 0.5% of the price of all eligible purchases you make on Amazon will be donated to us.

FLAWLESSFOUNDATION.ORG/SHOP

Please detach and send this form with your check to:

The Flawless Foundation
PO Box 5183
Portland, OR 97208

Name___________________________
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$25 $50 $100 $250 $500 $1000 Other _____

The Flawless Foundation is a 501c3 recognized charity. Contributions are tax deductible to the extent allowed by law.