

CELEBRATE!

- ANNIVERSARY EDITION -

CENTER FOR
15
YEARS
HEALTHY MINDS

HMI
10
years

Center for
healthyminds
UNIVERSITY OF WISCONSIN-MADISON

ANNUAL REPORT

2024

healthyminds
innovations®



You have been central to our success with your support as friends, donors and ambassadors of Healthy Minds.”

— RICHARD J. DAVIDSON

CELEBRATE

I am filled with awe as we conclude our 15th and 10th anniversary celebrations of the Center for Healthy Minds and Healthy Minds Innovations, respectively, and extend a deep bow of gratitude to each of you. You have been central to our success with your support as friends, donors and ambassadors of Healthy Minds.

Together, we are part of something very unique. Few if any partnerships like ours exist, where two organizations with a shared vision and collaborative missions, work together with the goal to make wellbeing truly accessible to everyone.

The Center for Healthy Minds focuses on rigorous science and programs to cultivate wellbeing and relieve suffering through a scientific understanding of the mind, while Healthy Minds Innovations takes insights from this science and translates them into tools and enterprise services to cultivate and measure wellbeing.

This strategic partnership gives Healthy Minds the authenticity that comes with investigating and creating science-backed solutions to the issues that plague our world, a competitive edge for funding and collaboration, and a greater potential to move ever closer to our vision of a kinder, wiser, more compassionate world.

Thank you for being part of our journey all along. Here's to many more years of Healthy Minds!

With gratitude,

RICHARD J. DAVIDSON
FOUNDER AND DIRECTOR,
CENTER FOR HEALTHY MINDS, UW—MADISON
FOUNDER, HEALTHY MINDS INNOVATIONS

SCIENCE

CENTER FOR HEALTHY MINDS MISSION:
To cultivate wellbeing and relieve suffering through a scientific understanding of the mind

Center for healthyminds
UNIVERSITY OF WISCONSIN—MADISON

A SHARED VISION

A KINDER, WISER, MORE COMPASSIONATE WORLD

INNOVATIONS

HEALTHY MINDS INNOVATIONS MISSION:
To translate our science into tools that can help people everywhere learn the skills for wellbeing

healthyminds innovations

YOUR IMPACT

Your contributions support the people, science, programs and innovations that make Healthy Minds possible. Here are some key CHM/HMI highlights from 2023/24, realized through your support.

TRANSFORMATIVE STRATEGIC PARTNERSHIPS

CHM DIRECTOR FUND



Now entering its third year, the CHM Center Director Award funding opportunity provides an annual award of \$25K-\$40K, to support mission-aligned projects and collaborations by CHM faculty, non-tenure-track professors, directors and trainees. This opportunity is possible due to the CHM Center Director Endowment Fund. The unique opportunity supports innovation, collaboration and professional development. In FY2024, **\$40K was awarded** to Postdoctoral Research Fellow **Sydney Tan, MD**, to adapt the Healthy Minds Program app, a mindfulness-based mobile intervention, to address the healthcare context surrounding burnout among health-care workers. Past awards went to CHM Research Assistant Professors, **Dr. Christy Wilson-Mendenhall** and **Dr. Dan Grupe** for their project “Modifying measures of well-being and mental health with justice-involved individuals,” as well as to **Dr. Melissa Rosenkranz** and **Dr. Simon Goldberg**, to study the effects of digital wellbeing training on inflammatory biomarkers in asthma.

TEMPLETON WORLD CHARITY FOUNDATION



This past year, the Templeton World Charity Foundation awarded CHM and HMI a prestigious grant to further investigate personalized interventions and the scaling of human flourishing. This recognition provides the resources to expand studies with at least two critical groups—educators and healthcare providers—in the next five years, and to advance personalization in product development efforts to deliver a more impactful user wellbeing learning experience through Healthy Minds tools. Measurable improvements in wellbeing in participating individuals and organizations are expected. It is also expected that the students taught by teachers with high levels of wellbeing will do better, and the patients treated by health care providers who have high levels of wellbeing will have better health outcomes. The insights and validations found within these groups will provide a significant means for advancing Healthy Minds’ mission to scale human flourishing.

Did you know that unrestricted gifts are a crucial complement to realizing grant-supported work?

When a major opportunity emerges, restricted funding doesn't always extend to the essential operational framework needed to efficiently and effectively carry the project to fruition. In addition, data has the potential to answer new questions after the original grant ends. Your gifts play a major role in realizing Healthy Minds’ most innovative projects, by supporting areas of greatest need!

RESEARCH STATUS SNAPSHOT

THE STRENGTHEN STUDY



Participant enrollment is well underway for the STRENGTHEN study, led by a multidisciplinary UW—Madison research team including CHM and the Wisconsin Institute for Sleep and Consciousness, with support from HMI. STRENGTHEN marks the completion of Phase One of a **highly novel, multi-phase study**, aiming to identify hybrid interventions based on neuroscience and clinical science to increase wellbeing, with an ultimate goal of suicide prevention. This study will combine painless electrical brain stimulation delivered during sleep with brief, daily wellbeing training, to see whether these activities can synergistically boost positive impact on the brain and behavior, with an intended outcome to increase the ability to think flexibly and regulate emotions. HMI is contributing through development and use of the Healthy Minds Research Platform. This will allow HMI to deploy algorithmic micro-supports, triggered by data collected multiple times per day via Ecological Momentary Assessments (EMA). The research is supported by a 30-month contract worth up to \$14 million from the Defense Advanced Research Projects Agency of the US Department of Defense (DARPA).

THE BEWELL STUDY



Data collection has wrapped for The Behavior, Biology and Well-Being (BeWell) Study, the first large-scale randomized control trial of the Healthy Minds Program in depressed participants, using highly novel biological and behavioral measures, including inflammatory markers and microbiome measures. Researchers hope to clarify how the body and brain communicate and contribute to the development of tools to increase wellbeing. This project is testing a version of the Healthy Minds Program app that has been adapted by CHM and HMI's collaborators for individuals with depression. This work is a unique collaboration between CHM, HMI, the Wisconsin Institute for Discovery and colleagues at both Northwestern University and MIT.

EDUCATOR WELLBEING STUDY



Education is a critical sector for Healthy Minds, where researchers have been able to demonstrate the effectiveness of the Healthy Minds Program, directly for educators and for the students they teach. The findings from this research provide a critical foundation for embedding and scaling these solutions within school districts across the country. [Dr. Matt Hirshberg](#) and team are writing up results from a major study in the Jefferson County Public School District in Louisville, KY, on the benefits of the Healthy Minds Program for educators and school system staff, which also included assessment of distal effects on student achievement. The team is also collaborating with colleagues at the University of Alabama on a study using the Healthy Minds Program app with preservice teachers for the first time.

THE EMOGO STUDY



National data collection has been completed for the EmoGo Study, a unique project to develop highly novel objective indicators of ongoing variations in wellbeing, using facial expression, tone of voice and natural language use as key signals. These signals will inform the delivery of algorithm-based micro-supports—short wellbeing practices—through a version of the Healthy Minds Program when people need it most. The research aims to address high rates of depression, anxiety, loneliness and lack of purpose that are taking a toll on mental and physical health. During the data collection period, over 70K brief, high-quality videos were captured of participants, who recorded their emotions in the moment. These videos are processed using an automated pipeline with computer vision and machine learning to detect patterns in the face, voice and language, that predict variations in wellbeing. This research aligns with Healthy Minds' vision to harness the power of technology for good and develop wellbeing interventions that can be scaled to reach many different individuals. This research was supported by a contract from DARPA for over \$3 million.

THE HEALTHY MINDS INDEX



Through funding from the Chan Zuckerberg Initiative, HMI completed a study of the [Healthy Minds Index \(HMIx\)](#)—the first available psychological wellbeing measurement tool that harnesses the insights from our four-pillar framework for understanding the plasticity of wellbeing to create a simple self-report measure for teens and adults, designed to be sensitive to change over time with wellbeing training. As traditional markers of wellbeing fail to capture two of the four critical elements in our framework - awareness and insight - there is a growing recognition of the need for a simple and more comprehensive approach that can be widely deployed. The HMIx fills a critical gap in this landscape, offering a nuanced understanding of wellbeing that goes beyond the standard indicators to encompass the core dimensions essential for flourishing that can be developed through training. This scientific validation will deeply enhance the tools and services HMI deploys.

GROWING COMMUNITY



THE WORLD WE MAKE 2024 EVENT



In September 2024, CHM celebrated 15 years with a very special version of the free, public, annual [The World We Make](#) event, in-person at the Wisconsin Masonic Center in downtown Madison and online. This year for in-person guests, the boundaries of the traditional lecture style

presentation were broken, with an interactive journey through the programs and people of the Healthy Minds community. Over 1,000 supporters either joined in-person, online or have since viewed the culminating online event, Collective Flourishing: A Discussion with Dr. Richard J. Davidson and Dr. Yuria Celidwen, moderated by Steve Paulson, with a special performance by Dr. Dalal Abu Amneh. The World We Make was generously supported by sponsors MGE, Jim & Judy Hirsch, Delta Properties, Marcy Heim, WCCN and program partner HMI.

OUR WORLD OF EMOTIONS CAMPAIGN



On October 10, 2024 for World Mental Health Day, HMI launched the Our World of Emotions campaign to help people navigate their emotions during difficult events unfolding across the world and the impact of the US presidential election. The campaign featured a journalistic-style program about mobile device usage and emotional wellbeing with Mashable, a community meditation on election eve featuring all of the Healthy Minds Program app guides, the launch of a new YouTube series called We Hear You, and an exclusive interview about the science behind emotions with Dr. Richard J. Davidson. This effort reached 220 million people with coverage in over 650 national and global publications, including CNN, ABC, and hundreds of regional affiliates.

BADGER TALKS



The UW-Madison Badger Talks program “reflects the tradition of the Wisconsin Idea—to extend the resources of the University to citizens of the state. The program connects faculty and staff from hundreds of different disciplines with communities throughout the state to spark conversations on important topics, engage residents on critical issues, and share the latest UW research.” [Dr. Tony Chambers](#) presented his Badger Talk on “belonging” at schools and community organizations throughout Wisconsin in 2024. His recorded Madison College presentation will be shown state-wide on PBS in early 2025.

COMMENTARY

A Call for Building the Science of Prosociality

In October 2023, a multidisciplinary team of national researchers, including Dr. Richard J. Davidson, [issued an urgent call](#) to funding agencies and public health organizations to support “building the science” of prosociality as a public health priority, in a new commentary published by [Nature Human Behaviour](#). Prosociality, the intent to benefit others, encompasses values like compassion, empathy and selfless acts of kindness. The team hopes that applying a public health lens to prosociality could generate novel and effective strategies to combat the dramatic rise of global mental health problems.

GLOBAL REACH IN TIMES OF NEED

Each year, stories about CHM and HMI science, people, programs and innovations reach millions of people around the world. From interviews and events to scientific publications and social media, the Healthy Minds community continues to grow with each new connection, creating a greater sense of shared humanity.

MEDIA HIGHLIGHTS



CONDÉ NAST WIRED

This fall, Dr. Richard J. Davidson wowed a global audience with [his appearance](#) on WIRED's popular video series Tech Support. There have been nearly two million views of the episode, where Davidson answered “the internet’s burning questions about our emotions:” Are men truly less emotional than women? Can stress cause your brain to shrink? What are chemical imbalances and what do they do to our emotions? Why do we have emotions at all? Check it out, and be sure to read the comments!

CNN

[Dr. Cortland Dahl](#), HMI Chief Contemplative Officer and contemplative scientist at CHM, was featured in a national CNN news story “[How to cope with post-Election day stress.](#)” He was also featured in local Madison [NBC](#) and [ABC](#) affiliate news interviews surrounding the election, focused on how to avoid post-election fatigue and anxiety. Prior to the election, Dahl wrote about “[How to Hold Your Beliefs in a Healthy Way](#)” for the Healthy Minds Psychology Today blog.

PSYCHOLOGY TODAY

The [Healthy Minds Psychology Today](#) blog puts a popular science spin on Healthy Minds work for general audiences. [Qiang Xie](#), doctoral student in the UW Department of Counseling Psychology and a research assistant in the Center for Healthy Minds, contributed the article “[How to Meditate Without a Formal Routine.](#)” which had over 50K views. HMI senior scientist Dr. Tammi Kral wrote the article “[Research Shows Racism May Influence Infant Brain Development.](#)” Both articles were elevated to “Essential Read” status. Visit the blog to read all of the posts from 2023/24.

FY REVIEW

The Center for Healthy Minds (CHM) at the University of Wisconsin-Madison is a global leader in conducting rigorous scientific research as well as higher education programs dedicated to student flourishing and faith-led environmental leadership capacity building. CHM works to cultivate wellbeing and relieve suffering through a scientific understanding of the mind, with a vision of a kinder, wiser, more compassionate world. To learn more, visit centerhealthyminds.org.

SCIENCE HIGHLIGHTS

New Funding to Develop Mindfulness-Based Reentry Curriculum

A community-academic team led by Dr. Dan Grupe received a 3-year intervention development grant from the National Institute of Mental Health to support mental health during reentry from prison and jail. In partnership with community-based reentry organizations and community members with lived experiences of incarceration, CHM researchers will develop and evaluate a mindfulness-based curriculum that is responsive to the unique needs and challenges of the reentry period.

International Research Collaboration On Cultural Practices Around Death and Dying

Led by Research Assistant Professor [Dr. Tawni Tidwell](#), a team from CHM, Russian Academy of Sciences, National Institute for Mental Health and Neuro Sciences in Bangalore, Tibetan medical experts and senior monastic scholars in the leading Buddhist monastic universities in India, [are working to document “tukdam,”](#) an ancient Tibetan Buddhist post-mortem meditation state, to gain a deeper understanding of its effects on postmortem physiology and its cultural significance. In their latest paper, published in [Forensic Science International: Reports](#), the researchers found scientific evidence of delayed postmortem decomposition associated with tukdam. These new insights will help the team continue to expand understanding of the physiological and microbial changes associated with death, with relevance to forensic methods and insights on healthy aging.

Research Collaboration Between CHM and Filipinx/a/o Community Partners

CHM researchers will work with community partners for research investigating how Filipinx/a/o Americans’ experience of U.S. politics can affect or factor into wellbeing. The research will be led by CHM Postdoctoral Trainee Dr. Hadley Rahrig and Research Assistant Professor [Dr. Christy Wilson-Mendenhall](#), with community partners at FilExcellence, a nonprofit organization that seeks to explore diverse pathways to address and elevate the unique needs of the Filipinx community. A grant for the project was awarded as part of the 2024 Reilly-Baldwin Wisconsin Idea Endowment awards.

Former Students Maintained Wellbeing Course’s Mental Health Benefits During COVID-19 Lockdown, New Results Suggest

[Earlier reported research](#) from CHM and collaborators at Pennsylvania State University and University of Virginia, found that students of the Art and Science of Human Flourishing (ASHF) course reported significantly improved mental health upon course completion, pointing to a potentially scalable curricular approach to promote flourishing in college students. [Additional research](#), led by CHM Research Assistant Professor [Dr. Matt Hirshberg](#), suggests that prior participation in the course was associated with continued positive mental health outcomes during the 2020 COVID-19 lockdown. Hirshberg says that future research is needed to understand whether the course benefits all students similarly, and to study longer-term impacts on things like graduation rates and quality of life post-graduation.

Research Shows How Racism May Influence Infant Brain Development

Research published in [Scientific Reports](#), revealed that the experience of racism among pregnant individuals may influence the brain development of their newborns. Led by CHM core faculty member [Dr. Sarah Short](#) and a team including former CHM

Scientist and current HMI Senior Scientist [Dr. Tammi Kral](#), the study is one of the first to show the impact of intergenerational trauma on the infant brain. The research adds to the growing understanding of how racism is not only a social issue but also a biological one, with tangible effects on the health and wellbeing of BIPOC families.

CHM Researchers Study the Emotional Impacts of Climate Change

An [online course](#) called “Psychology of Deep Resilience,” launched this summer by the [Loka Initiative](#), is also the center of a new study by CHM researchers. The study, led by CHM Research Assistant Professor [Dr. Christy Wilson-Mendenhall](#), seeks to understand the emotional impacts of the climate change crisis, and the ability to build resilience through completing the free, online course.

New MINDNET Project Will Create Meditation-based Research Database

A new collaborative project with Brown University, the Mindfulness and Integrative Health Data Network (MINDNET), will create an accessible database of all meditation-based randomized trials for the first time. [Dr. Simon Goldberg](#), CHM Core Faculty member, says “our hope is that this will be a publicly available resource that can be used efficiently to produce summaries and meta-analyses of this truly vast literature.” Ultimately, the team hopes that the project can expand in the future to include other forms of complementary and integrative health. This new project is supported by a grant of over \$3 million, from the NIH’s National Center for Complementary and Integrative Health.

PROGRAM UPDATES



CHM Welcomes New Scholars



[Dr. Virginia Medenilla](#), CHM Core Faculty Member and Assistant Professor in the Department of Psychiatry, first collaborated with CHM researchers to develop a meditation-based intervention for veterans with opioid use, as a UW-Madison Addiction Psychiatry Fellow. Virginia’s interests include the use of meditation and other contemplative approaches for the understanding and treatment of psychiatric illnesses, particularly substance use and other addictive disorders.



Research Assistant Professor [Dr. Ross Jacobucci](#) focuses on developing innovative approaches to assess suicide risk across different timescales, combining both self-reported data and passive monitoring technologies. He leads projects to develop a real-time assessment system that allows for responsive and personalized monitoring and also investigates the relationship between smartphone use patterns and suicide risk through high-frequency data collection.



Visiting scientist and artist [Dr. Dalal Abu Amneh](#) investigates the transformative potential of community music therapy and collective singing in reducing stress and fostering social cohesion. She was a featured performer at [The World We Make 2024](#), where she guided the audience in an interactive exploration of call-and-response singing, with a “citizen science” data collection element. She will launch a new interdisciplinary project in 2025 in an event on the UW-Madison campus.

LOKA INITIATIVE

The world is in the midst of an ecological and climate crisis; the impacts are both physical and psychological and especially devastating to marginalized communities. [The Loka Initiative](#) is committed to providing strategies that build inner and community resilience, while also reaching out to communities that are often left out of mainstream environmental and climate initiatives. As part of that work, Loka supports Evangelical preachers and church leaders, partners closely with Native elders and knowledge holders, and has built courses and other resources that help learners apply wellbeing and resilience building techniques in their own lives and communities.

'PSYCHOLOGY OF DEEP RESILIENCE' ONLINE COURSE LAUNCHED

A new online course called ['Psychology of Deep Resilience; Addressing Ecoanxiety and Climate Distress for Individual, Social and Ecological Well-being'](#) launched in Summer 2024 through the online learning platform edX. The 4-part program is designed to help participants meet environmental and climate crises with courage, determination and a fierce reclamation of communal joy. There are free and paid certificate options and the course is available on a rolling basis, in 70+ countries. To date over 1K people have registered for the course. Participants can also choose to share their course activities with CHM researchers. Through research, the team hopes to learn how the program is impacting course learners, to improve the course and other offerings.

"CREATION AT THE CROSSROADS" CELEBRATES 5 YEARS

September 2024 saw the fifth ["Creation at the Crossroads,"](#) a convening of a diverse group of Christian pastors, church leaders, experts, and scholars for a bridge-building conversation to examine creation care through theological and scientific lenses and develop creation care and climate action projects. The project was developed through a partnership between the [Loka Initiative](#), [A Rocha](#), [Care of Creation](#), and the World Evangelical Alliance's Lausanne group.

SACRED WISDOM SACRED EARTH DOCUMENTARY TO PREMIERE IN SUMMER 2025

[A new trailer](#) is available for the upcoming documentary *Sacred Wisdom Sacred Earth*, set to premiere in Summer 2025. "A love song to Mother Earth," the film delves deep into the Great Lakes' Indigenous communities and their relationship with the land and waters there. "It highlights the revitalization of Indigenous life-ways that bring us back to ourselves and connect us forwards and backwards in time, reminding us that we are part of a never-ending interconnected web of life, care and responsibility," says Loka director Dekila Chungyalpa.



PROGRAMS IN HIGHER EDUCATION - STUDENT FLOURISHING

THE ART AND SCIENCE OF HUMAN FLOURISHING (ASHF)

Your support has helped CHM respond to growing student demand for resources to cultivate lifelong flourishing skills and achieve greater wellbeing through the [Art & Science of Human Flourishing \(ASHF\) course](#). An innovative three credit, semester-long class that integrates the Healthy Minds mobile app to support college students in their mental health and overall wellbeing, ASHF participants [have reported](#) increases in attention regulation, meaning in life and happiness, as well as decreases in anxiety and a buffering effect against depression. Since 2017, when the ASHF course was first launched as a "pilot" at UW-Madison, nearly 1500 first-year students have taken the course, which has been offered every fall semester. The program expanded to the spring semester in 2025, and is being offered to all undergraduate students, not only first-years. The spring '25 course filled to capacity just days after registration opened.

HEALTHY MINDS ON CAMPUS

[Healthy Minds on Campus \(HMoC\)](#) evolved out of The Art and Science of Human Flourishing course. It is a student-led organization, advised by Susan Huber, CHM Director of Wellbeing in Higher Education. The organization is open to all UW-Madison students and provides opportunities for students to learn about and develop evidence-based practices and habits that support individual and community wellbeing.

STUDENT FLOURISHING TEACHING WORKSHOP

CHM hosted over 40 participants last summer at its fourth annual Student Flourishing Teaching Workshop on campus at UW-Madison. Since 2021, 170 people have attended the workshop from more than 60 universities, including internationally from Canada, Mexico, India, Spain and Germany. The summer workshop makes it possible for educators to learn more deeply about the [Art & Science of Human Flourishing](#) course, the effects it is having on students, and ideas for how they can further support student flourishing on their own campuses, both inside and outside the classroom. Given the demand for the workshop, the team is exploring adapting the content for the global online edX platform in 2025.

Left to right: Lamont Johnson (Student Flourishing Ambassador), Susan Huber (Director of Well-being in Higher Education), Stella Wickman (Ambassador), Tony Chambers (Director for Community Wellbeing), Teri Pipe (Core Faculty at the Center for Healthy Minds), Nick Shashko (Ambassador)



"The Art and Science of Human Flourishing course is an extraordinary gift for everyone in higher education. It has been transformative not only for my students, but also for me as an educator."

- Kate Mondloch, Professor, University of Oregon

NEW INITIATIVES

THE CULTIVATING JUSTICE COLABORATORY

[Nearly two million people](#) are incarcerated in United States prisons and jails, a globally unparalleled epidemic with destructive effects that ripple throughout society. A formal community-engaged research initiative launched in 2024, as a collaboration between CHM Research Assistant Professor [Dr. Dan Grupe](#), UW-Madison and community research partners, and a community advisory board of formerly incarcerated people. The [Cultivating Justice CoLaboratory](#) develops and implements interventions rooted in restorative and contemplative practices, and conducts rigorous research on the effects of these offerings for individuals and communities impacted by incarceration. The initiative is funded by the UW-Madison Institution for Clinical and Translational Research, Wisconsin Partnership Program, UW-Madison Morgridge Center, and National Institute of Mental Health.

ARTS FOR HEALTHY MINDS GRANT PARTNERSHIP

To support interdisciplinary creative arts research projects that explore belonging, well-being and flourishing on campus, CHM and the UW-Madison Division of the Arts, created a collaboration called "Arts for Healthy Minds," and [awarded \\$35K in mini-grants](#) to five UW faculty, staff and grad student grantees. Grant recipients included "Tactile mitosis" (Professor Ahna Skop, Department of Genetics), "The Art of Coping" (Claudia Guzmán, Director, Multicultural Student Center), "Odyssey Beyond Wars" (Erin Ceello, OBW Literacy Instructor and Director), "Rhythms of Community" (Lillian Smith, Graduate Student in Counseling Psychology & Katherine Kramer, Award-Winning Dancer & Choreographer) and "Imperative Stitches: Quilting to Mark Passages" (Christine Holm, Administrative Specialist, SMPH). The inaugural projects will conclude in 2025 and each project will impact a unique sector of the campus community. CHM seeks funding to offer the grant opportunity on a bi-annual basis.

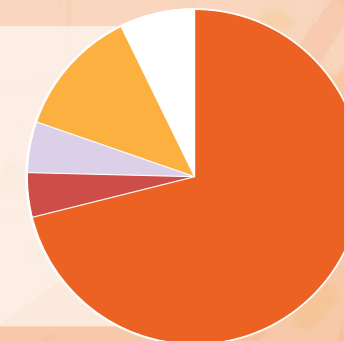
Current Projects:

- Developing a trauma-sensitive mindfulness curriculum for the reentry period and evaluating its impact on mental health and wellbeing, in collaboration with the [Nehemiah Center](#), [Just Mindfulness](#), and an advisory board of formerly incarcerated people.
- Evaluating an existing restorative justice offering for incarcerated individuals in the Wisconsin prison system, and expanding the impact and reach of this program, in partnership with the [Prison Ministry Project](#).
- Investigating the impact of a pre-arrest restorative justice program that diverts young adults from the traditional criminal justice system, in partnership with the [Dane County Community Restorative Court](#) and [New Blue](#).
- Co-hosted a Reentry Simulation for the campus community in November, in partnership with JustDane and other UW-Madison units.

CHM FINANCIALS FY2024

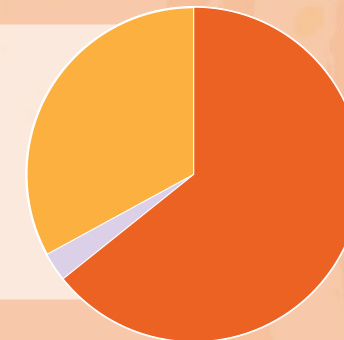
Use of Funds Total: \$9,565,671

- RESEARCH \$6,807,896 / 71%
- ADVANCEMENT \$412,414 / 4%
- FACULTY \$481,741 / 5%
- OPERATIONS \$1,183,364 / 12 %
- PROGRAMS \$680,256 / 7 %



Source of Funds Total: \$9,565,671

- GRANTS \$6,141,196 / 64% (restricted)
- UW-MADISON \$256,822 / 3% (restricted & unrestricted)
- DONORS \$3,167,653 / 33% (restricted & unrestricted)



healthyminds innovations[®]

FY REVIEW



Healthy Minds Innovations is a nonprofit organization driven by the mission to translate science into tools to cultivate wellbeing. HMI takes the discoveries and insights gleaned from Healthy Minds' team of neuroscience researchers and transforms them into products and services to help individuals and organizations learn, build, and apply the skills of wellbeing.

These tools include the award-winning **Healthy Minds Program free app**—ranked “best meditation app” by *The New York Times*, *Healthline*, *Vogue*, *Sports Illustrated*, and *Business Insider*, and the Emmy award-winning **Kindness Curriculum** that helped develop *Sesame Street's* season on kindness.

HMI's new signature enterprise work—**Wellbeing Science Services**—provides scientific support, expertise, and measurement capabilities for businesses of all sizes across the world. Its clients and partners are helping to scale wellbeing more efficiently to collectively realize the nonprofit's vision for a kinder, wiser, more compassionate world.

“This year, HMI has made significant strides in advancing our mission to enhance accessibility to wellbeing and amplify our impact. Through the development of world-class products for individuals, the expansion of programs for educators, and the provision of our new Wellbeing Science Services for organizations, we are committed to making a meaningful contribution to people's wellbeing. Our commitment to translating cutting-edge science into practical and scalable tools is unwavering, and we are poised to bring lasting change to global wellbeing next year and beyond.”

- Christina Glavas, Chief Executive Officer

community members who complete the quiz to explore their unique emotional style and begin to build their wellbeing practice with personalized results. This new product is free and will be shared globally through strategic media initiatives to allow people everywhere to measure and build their emotional wellbeing, while offering a thoughtful platform for new community members to discover HMI.

NEW THE SCIENCE OF FLOURISHING COURSE

HMI's first, online, self-paced, multimedia course—v.1 of **The Science of Flourishing**—was designed to help participants understand the skills for wellbeing, the science behind them, and how to apply those skills in daily life. With six modules, 29 videos, and four hours of instruction, this course is designed to support everyone on a path to human flourishing by learning how to cultivate a calm mind, a healthy sense of self, and a daily life anchored in meaning and purpose. This product generated \$70K in its pilot launch and will evolve to meet the needs of our communities.

HEALTHY MINDS LEARNING LABS

HMI delivered five new Healthy Minds Learning Labs this year, bringing over 5K people together to explore science and foster meaningful connections through interactive learning. Covering topics such as burnout, navigating workplace relationships, improving focus, creating meaning, and setting boundaries, these learning labs serve as tools for finding balance and resilience.

WEEKLY WISDOM SERIES

The HMI team curated and shared a 12-week email opt-in series that delivers bite-sized Healthy Minds tips to email inboxes every Monday morning. Crafted to bring community members into the present moment, these tips are designed to provide valuable insights and practical wisdom that fit seamlessly into weekly routines, and served as a pilot to explore similar light touch product development.

HEALTHY MINDS IN THE WORKPLACE

The team worked with Tecmilenio University, Hyatt Hotels, and the University of Virginia to provide support to employees through Masterclasses, Learning Labs, and app-based programming. In the second half of the year, HMI elevated its work with the business sector by establishing its new Wellbeing Science Services offering.

WELLBEING SCIENCE SERVICES FOR ORGANIZATIONS

Launched this year, HMI's new **Wellbeing Science Services** for organizations has already secured partnerships with leading organizations, including Hyatt Hotels and key entities within the education industry. These collaborations leverage HMI's strengths in science and measurement to embed wellbeing in corporate environments while supporting HMI's mission to scale impact.

ENHANCED SUPPORT FOR EDUCATORS

HMI is in its third year working with the Universities of Wisconsin to provide a custom Healthy Minds Program app experience as part of a semester-long Student Lab. In 2024, this offering was expanded to multiple UW campuses with automated weekly reporting for instructors to allow them to grade students based on their activity in the app. The program has consistently shown significant gains in wellbeing measures, before and after the lab intervention. HMI continued work with Tecmilenio University, providing an English and Spanish version of the Healthy Minds Program, reaching more than 5K incoming students. In addition, HMI developed a new online course for K12 educators and staff that will be piloted in January 2025.



KEY NEW ROLES FOR GROWTH LEADERSHIP & PERFORMANCE

This year, **Christina Glavas** joined HMI as its new Chief Executive Officer. Since joining HMI in a strategic advisory role in January of 2023, Christina has worked closely with the team to drive transformation and position HMI for the future. Her background spans global impact roles at Chopra Global and the United Nations, as well as strategic consulting, which has guided HMI's evolution.

HMI also welcomed **Ivan Hernandez** as Director of Marketing and Communications. With leadership experience at Abbott, Quest Nutrition, Muscle Milk/Pepsi, Red Bull, and a number of startups, Ivan has quickly revitalized HMI's brand presence and reach and will lead a comprehensive brand refresh in 2025 alongside continuing efforts to amplify the organization's impact.

HMI Board of Directors FY 2024

STEVE ARNOLD (CHAIR)

RICHARD J. DAVIDSON (VICE CHAIR)

GREGORY LYNCH (SECRETARY, TREASURER)

SHOBHINA CHHEDA

ISA DOLSKI (EX OFFICIO)

GREGG FERGUS

GOLBIE KAMAREI

DAVID LUBAR

NEAL RAJDEV

TONI SIKES

JULIAN F. THAYER

HIGHLIGHTS

A ROADMAP TO SCALE WELLBEING

HMI has set an ambitious goal to teach 150 million people in the next five years that wellbeing is a skill that can be learned, and has also articulated a goal to actively engage one million people in cultivating their wellbeing over the same period of time.

10TH ANNIVERSARY CAMPAIGNS

In May, HMI proudly celebrated its 10-year anniversary with a special live event on the Science of Wellbeing, featuring renowned experts **Dr. Richard J. Davidson**, **Dr. Raquel Tatar**, and **Dr. Cortland Dahl**. This effort raised over \$34K, while the campaigns that followed, raised an additional \$60K+ from community members and very generous donor matches. These individual contributions make an outstanding collective impact on HMI's mission.

PRODUCT AWARDS & RECOGNITION

This year, the **Healthy Minds Program app** continued to be recognized, named as one of the “Best Meditation Apps” by *Healthline*, *VOGUE*, and *Sports Illustrated*. *The New York Times Wirecutter* also named it one of the best meditation apps for the fourth year in a row, citing its free availability, scientific credibility, and goal-driven content.

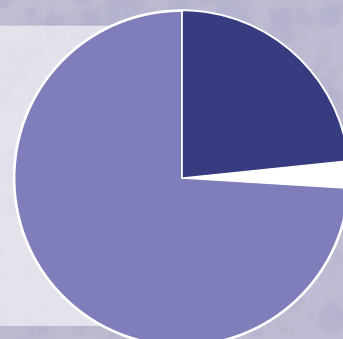
NEW EMOTIONAL STYLES QUIZ

HMI officially launched a v.1 **Emotional Styles Quiz**, a 24-question online survey that allows individuals to discover their unique emotional strengths. This scientifically validated tool, developed by neuroscientists, allows com-

HMI FINANCIALS FY2024

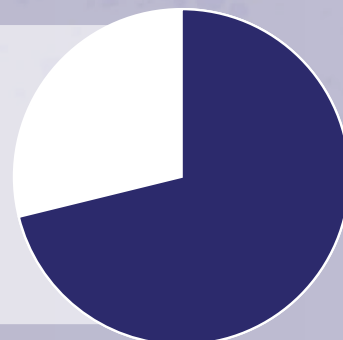
Use of Funds Total: \$3,903,438

- GENERAL OPERATIONS \$915,354 / 24%
- FUNDRAISING \$89,492 / 2%
- PROGRAMS & SERVICES \$2,898,592 / 74%



Source of Funds Total: \$4,659,371

- EARNED REVENUE \$3,318,260 / 71%
- RESTRICTED CONTRIBUTIONS \$0 / 0%
- UNRESTRICTED CONTRIBUTIONS \$1,341,111 / 29%



CELEBRATING 15 YEARS AND BEYOND

KEY MOMENTS IN THE HISTORY OF HEALTHY MINDS



Since the beginning of the Center for Healthy Minds, hundreds of researchers have produced over 1,000 publications in support of our vision of a kinder, wiser, more compassionate world. If each publication was a brick, stacked end-to-end, the stack would be more than 47 stories high - taller than the Space Needle in Seattle (604 ft)! [View the full list of publications here:](#)



1984

Dr. Richard J. Davidson joins the faculty at UW-Madison and establishes the University's first lab focused on emotion and the brain, called the Laboratory for Affective Neuroscience. Early research in the lab focuses on mood and emotion in children and adults, concentrating on how variations in mood and emotion relate to wellbeing and mental health disorders.

1992

In Dharamsala, India, Dr. Richard J. Davidson meets the Dalai Lama. "His Holiness challenged me and asked me why we were not using the tools of modern neuroscience to study qualities such as kindness and compassion rather than negative qualities of mind such as depression and anxiety. I had no good answer, and on that day, I made a commitment to His Holiness and to myself that I would do everything in my power to help place these positive qualities on the scientific map."

1995

The Birth of Affective Neuroscience: Along with colleague Steve Sutton, Dr. Richard J. Davidson publishes a review paper in the journal *Current Opinion in Neurobiology*, calling on the scientific community to support and increase collaborations in the growing field of affective neuroscience, an area that examines how the neural structure and activity in the brain influences a person's emotion and mood.

1996

The Roots of Emotion: Dr. Richard J. Davidson's lab and collaborators are the first to use MRI technology to show activation of the amygdala—the part of the brain linked to fear and anger—in response to emotional pictures and cues in the lab. Davidson receives the prestigious MERIT award from the National Institute of Mental Health, providing critical funding to continue work in the neuroscience of emotion, that same year.

2001

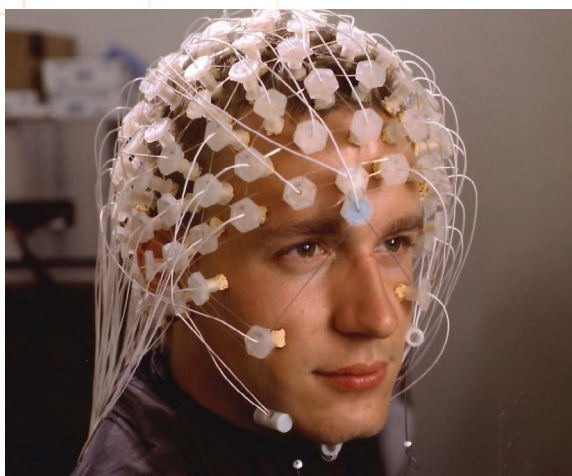
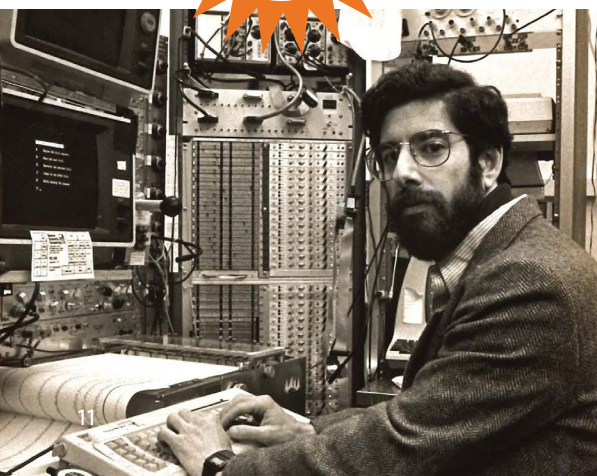
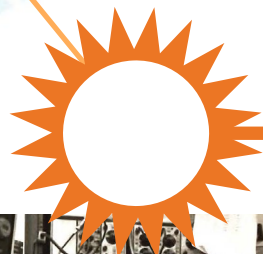
Mind of the Meditator: The lab welcomes Tibetan Buddhist monk and long-term meditator Matthieu Ricard and leads the first experiment in the world to use fMRI imaging and EEG techniques to look at meditation's impact on the brain in long-term meditation practitioners.

2006

Dr. Richard J. Davidson is named one of *TIME Magazine's* 100 most influential people in the world.

2009-10

The Center for Healthy Minds, first called The Center for Investigating Healthy Minds, is founded at UW—Madison's Waisman Center. With the support of generous donors and community members, the Center expands the Lab of Affective Neuroscience's scope to include applied research on wellbeing outside the lab in classrooms and the workplace.



2014

Healthy Minds Innovations is formed as the external affiliated nonprofit dedicated to extending the mission of the Center for Healthy Minds, taking the discoveries and insights gleaned from CHM research and transforming them into tools to help people learn the skills for wellbeing.

2015-17

In response to the crisis in college student mental health, faculty from UW—Madison, Penn State and University of Virginia came together in 2015 to develop The Art and Science of Human Flourishing (ASHF), a 3 credit, semester-long academic course, which combines the sciences and the humanities, and seeks to support university students in their mental health and overall flourishing. Since the pilot offering in 2017, nearly 1500 students have taken the course at UW—Madison, which is currently open to all undergrads.

2016

The Healthy Minds framework is conceived as part of Dr. Cortland Dahl's doctoral dissertation. In it, Dahl proposed four groups of trainable skills as crucial for wellbeing: awareness, connection, insight and purpose. This idea is foundational for wellbeing research at CHM as well as the innovation of wellbeing practices and tools at HMI.

2017

The Kindness Curriculum is created and released for free to the public. More than 25,000 people have signed up to receive it globally. The mindfulness-based curriculum was developed over two years by expert Laura Pinger, following a 2015 study by Dr. Lisa Flook. The study's findings, focusing on preschool students, suggested that positive qualities of mind can be taught at a young age and such training can yield increases in grades and pro-social behavior such as kindness and sharing. Also in this year, Dr. Richard J. Davidson was elected into the prestigious National Academy of Medicine.

2018

HMI launches the free Healthy Minds Program mobile app based on the Healthy Minds Framework, reaching people across 200 countries and earning multiple accolades for "best meditation app."

2019

CHM Launches the Loka Initiative to support faith-led environmental and climate efforts locally and around the world by helping build capacity of faith leaders and culture keepers of Indigenous traditions, and by creating new opportunities for projects, partnerships, and public outreach.

2020-21

Healthy Minds on Campus was created by students who took The Art & Science of Human Flourishing course. The organization is student-led, with the purpose of providing a space for all students to discuss and learn about evidence-based practices that support well-being and to integrate habits, behaviors and activities into their lives that promote flourishing. The student organization is open to all UW-Madison students.

2022-23

HMI completed its CZI Mobile Measures project to develop engaging games with validated measures, to assess adolescent wellbeing, achieving exceptional results that include five new games that reliably measure key wellbeing indicators across the Healthy Minds framework pillars. The games, including "Meteor Mission" and "Reflection Rings," have been implemented globally in research, with the potential to empower youth through meaningful self-reflection. They also provided a foundation for HMI to continue to develop engaging tools that help transform how adolescent wellbeing is understood and supported worldwide.

2023-24

HMI received prestigious grants from DARPA and the Templeton World Charity Foundation, driving wellbeing personalization, enhancing workforce-focused interventions, and exploring new populations to expand its research. These recognitions allow HMI to continue to partner with top universities for ground-breaking wellbeing academic research (e.g., Harvard, Johns Hopkins, University of Wisconsin), impacting a variety of populations from teachers, to autistic teenagers, to caregivers of elderly parents.

HMI expanded its product offerings with the launch of additional tools, including The Science of Flourishing Course, the free Emotional Styles Quiz, the Weekly Wisdom series and new monthly events and programming. The team also established strategic client partnerships by introducing its Wellbeing Science Services to industry-leading organizations.



FOUR SIMPLE WAYS TO GIVE

Your support is pivotal to Healthy Minds to create a kinder, wiser, more compassionate world.

1 UNLOCK THE CHALLENGE AND ESTABLISH YOUR LEGACY

Make a pledge for the future and have an impact today. The first 20 donors who include CHM or HMI as a beneficiary of their will, trust or other estate plan, will unlock an immediate gift of \$5,000 to CHM from our generous challenge gift donor. For more information www.centerhealthyminds.org/give/legacy-giving

2 GIVE FROM YOUR IRA

Satisfy your required minimum distribution with a gift to Healthy Minds. If you are age 70 1/2 or older, giving directly from your IRA is a simple way to contribute and can result in tax benefits even if you don't itemize. For more information, visit www.supportuw.org/how-to-give/give-from-ira

3 WORKPLACE MATCHING GIFTS

Double your impact! Making your gift through a Matching Gift Program with your employer is an easy way to double the impact of your support. Ask your HR representative about your company's matching gift program and the tax benefits of giving via payroll deduction.

4 SUSTAIN YOUR SUPPORT WITH RECURRING GIFTS

UW Foundation's online portal makes it easy to give a recurring monthly gift and provide Healthy Minds with sustained support! Simply use the QR code to visit Healthy Minds' "Support UW" page, select your desired fund from the "Support Your Cause" dropdown and follow the prompts to select your preferred gift type. You can even give on behalf of an organization, or make a gift in memory or honor of another.

Please Support Healthy Minds
With Your Gift Today



SUPPORTUW.ORG/GIVETO/HEALTHYMINDS

For more information on ways to give,
contact Taeli Turner, Development &
Communications Specialist



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