Armed with APF Visionary Grants of between $9,000 and $20,000, five psychologists will seek solutions to some of society’s most troubling problems:

What can we do to prevent suicide in Native American youth?
Native American young people have the highest suicide rate of any cultural or ethnic group in the United States. Thao Le, PhD, of Colorado State University, wants to stop this trend. He is developing and testing a mindfulness program—one that is consistent with Native American values, principles and spirituality—to help reduce suicide among Native American young people in a Montana community.

How do we break the cycle of violence among victims of persecution?
Victims of violence in countries as diverse as Israel, Northern Ireland, and Rwanda have gone on to perpetrate continued violence. Johanna Vollhardt, PhD, of Clark University will study the psychological needs of persecuted individuals and communities who continue to commit violence.

How do we help young people cope with the aftermath of the violence and hatred fostered by civil wars?
E. Mark Cummings, PhD, of the University of Notre Dame is conducting a pilot study to better understand how tensions between Croatian and Serbian youth influence maladaptive youth behaviors. He hopes to use this data as the basis for a longitudinal project that has the potential to change attitudes and stop destructive, often lethal behaviors.

What are the physiological responses to discrimination and how can we understand them to help people?
Lisa Kiang, PhD, of Wake Forest University, is connecting physiological responses to social and emotional experiences of discrimination among African Americans, Asian Americans, and Latin Americans to uncover individual differences in reactions. Her findings have the potential to moderate people’s responses to the prejudice they experience.

How do we help incarcerated teen fathers bond with their children?
Rachel Barr, PhD, of Georgetown University will use her APF Drs. Raymond A. and Rosalee G. Weiss Program and Innovation Grant to start a structured visitation and parent-training program for imprisoned teen fathers, which will enable them to interact with their children, strengthen their attachment to their children, and help with their recidivism.

Donors who make visionary or unrestricted gifts to the Foundation are making it possible for these talented psychologists to make discoveries with outsized potential for health and society’s wellbeing. APF is truly grateful and proud to be a part of this work.
Giving Through Your Dues Statement
Giving has never been easier. Please consider supporting talented young psychologists by making a gift to APF by checking off the box on your dues statement.

“We make a living by what we get, we make a life by what we give.”
Sir Winston Churchill’s words exemplify the kind of commitment members of APF’s Visionary Circle have made to the future of psychology. During the 2011 Friends of the Foundation reception, APF unveiled a testament to their generosity in the APA Building Lobby.

The wall bears the names of both Visionary Partners, who have given at least $50,000, and Visionary Leaders, who have given at least $100,000 in cumulative unrestricted support for innovative research and scholarships.

These donors are the backbone of APF’s future. Their support will sustain APF’s ability to seed innovation and launch careers now, and in the future.

Spielbergers Pledge $100,000
Dr. Charles Spielberger, Distinguished Research Professor Emeritus and Director of the Center for Research in Behavioral Medicine and Health Psychology at the University of South Florida, and Mrs. Carol Spielberger pledged $100,000 to APF’s Visionary Fund. This gift brings the Spielbergers total gifts to more than $280,000! Pioneers such as the Spielbergers are the driving force behind APF’s ability to support talented students and scholars who work to develop solutions to issues such as violence prevention, post-disaster recovery, eradicating stigma and prejudice, and connecting mental and physical health.

New Fund Advances Group Psychology and Psychotherapy
APA Division 49 – Society of Group Psychology and Group Psychotherapy – has pledged $100,000 to start a fund at APF to support research and scholarly works, clinical practice, supervision, mentoring, and service activities that further the advancement of group psychology and psychotherapy.

To learn more about starting a fund for your Division, contact Kim Palmer Rowsome, Senior Development Officer, at krowsome@apa.org.
Pay tribute to colleagues, mentors, and loved ones by making a gift to APA. Your generosity ensures the future of psychology and honors the people who have helped make a difference in your life.
Reducing Stress and Depression in New African American Mothers
Huaiyu Zhang, a PhD student in the Clinical Psychology Department of Psychology at Emory University, will utilize a Randy Gerson Memorial Grant in order to initiate a pilot study on the efficacy of mindfulness-based maternal stress programs on alleviating stress and preventing postpartum depression in pregnant African American women.

Understanding Human Reproductive Behavior
Dr. Tamsen Rochat, a Senior Clinical Psychologist at the Africa Centre for Health and Population Studies, University of KwaZulu-Natal, South Africa, received a Henry David Travel Grant to present her research on the manifestation of depression in pregnant mothers.

A Henry David Travel Grant will enable Heather Adams, from California State University, to present her findings on the impact of fertility on women’s mating behavior at the 2012 Society for Personality and Social Psychology conference.

Michelle Leve, a PhD candidate at The New School for Social Research, was awarded a Henry David Research Grant to examine how factors such as feelings of agency, anonymity vs. identity release, and the role of compensation impact decisions related to egg donation.

Angela Pirlott, a graduate student at Arizona State University, was also awarded a Henry David Research Grant to determine the impact of sex ratio on sexual behavior.

Sending Students to the 2011 APA Convention
APF’s travel grants enable graduate students to attend the annual APA Convention.

- Paul Henkin Travel Grant: Gregory Moy, Loyola University
- Ungerleider/Zimbardo Travel Scholarships:
  - Natalie Anumba, Drexel University
  - Jenay Beer, Georgia Institute of Technology
  - David Kille, University of Waterloo
  - Sylvia Morelli, University of California, Los Angeles
  - Cynthia Najdowski, University of Illinois at Chicago
  - Erin Quasney, Marquette University
  - Zhen Wu, University of Iowa

Encouraging Future Psychologists
APF’s Pre-College Grant program advances psychological science in high schools.

Pamela Ansburg PhD, Associate Professor of Psychology at Metropolitan State College of Denver (MSCD), was awarded a Pre-College Grant to implement Aviation Psychology for Pilot Training, a summer program to introduce high school students to applying psychology to the field of exciting aviation.

Spoon River Valley High School was awarded funding to create a duel credit psychology, sociology, and development program for high school students.

Helping Veterans
Benjamin Dickstein, a doctoral candidate in the clinical psychology program at Boston University, will use his Violet and Cyril Franks Scholarship to try to reduce self-stigma among military veterans with drinking problems and encourage them to seek mental health services to help them address their issues with alcohol.

Expanding the Understanding of the Mind
Anna Docherty of the University of Missouri-Columbia is this year’s recipient of the F.J. McGuigan Dissertation Award and will examine endophenotype-genotype associations in first-degree relatives of people with schizophrenia.
**PEARSON AND APF HELP MOTHERS WITH SERIOUS MENTAL ILLNESS**

Raising a child is hard enough, but low-income mothers with serious mental illness (SMI), often face additional challenges: poverty, lack of social support, substance abuse, and homelessness. Daryn David, PhD, of Yale University’s School of Medicine, is hoping to help these mothers. With the aid of a $12,000 Pearson Early Career Grant, David will launch a pilot study that will develop and test the usefulness of a supported parenting pamphlet to enhance low-income mothers’ knowledge, attitudes, beliefs, and sense of empowerment about their ability to parent with severe mental illness.

David will host focus groups with mothers who have voiced concerns about their parenting. Based on their input, she will create and distribute pamphlets on parenting throughout several local mental health centers in Connecticut. She hopes to increase access to parenting support materials for low-income mothers with SMI, which will reduce their stress, boost their confidence in parenting, and encourage them to ask questions about child rearing to their regular treatment providers.

As the world’s leading education company, Pearson partnered with APF to offer an annual grant to support early career psychologists who devote their careers to underserved populations. Funding early career research epitomizes Pearson’s commitment to be “always learning.”

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**OKURA FOUNDATION AND APF SUPPORT IMPROVED MENTAL HEALTH SERVICES FOR ASIAN-AMERICANS**

As the Asian American population in New York City has increased, so has the need for bilingual Asian clinicians to serve their mental and behavioral health needs.

Hamilton-Madison House psychologists Pei-Chen Hsu, PhD, and Pei-Wen Winnie Ma, PhD, received a $20,000 grant from the Asian American Psychological Association (AAPA)/APF Okura Mental Health Leadership Fellowship to expand the number of mental health professionals who are qualified to help the city’s growing Asian American community.

The AAPA-APF Okura Mental Health Leadership Foundation Fellowship provides grants to support psychology’s efforts to benefit the Asian American and Pacific Islander (AAPI) community through research, training, and service/practice. The grant to Hamilton-Madison House is the second of three $20,000 awards that rotate among proposals that emphasize training, service and research.

The Okura Mental Health Leadership Foundation was founded by Pat and Lily Okura in 1988 with the $20,000 they each received from the U.S. government as reparations for their internment during World War II. The Okuras, lifelong advocates for civil rights and improved mental health services, contributed their estates to the foundation when they passed away in 2005.

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**HOW CAN YOU GIVE TO APF?**

**OUTRIGHT GIFTS:** APF accepts donations through the mail, online, and by phone (202-336-5843).

**STOCK GIFTS:** In addition to receiving a tax deduction for the gift, the current values of the securities can be deducted regardless of how much they have appreciated, and there is no capital gains tax on the profit.

**GIFTS OF ROYALTIES:** Donating royalties from books, films, psychological tests, and other published materials is a quick and easy way to give back.

**BEQUESTS:** Planned giving is an excellent way to allow you to make larger contributions than are often possible through outright gifts. By making a planned gift to APF, you can make a commitment for the future and often receive cost-savings, including tax benefits, today.

For more information about making a gift to the Foundation, contact Claire Meaney at 202-336-5843, or cmeaney@apa.org.

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**Using Your IRA to Launch Careers**

If you are 70½ and older, the IRA Rollover allows you to donate up to $100,000 from your Individual Retirement Account (IRA) to charity without having to count the distributions as taxable income. Talk to your accountant or financial advisor to learn more.

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**Launching Careers**
APF VISIONARY CIRCLE

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