



ACCESS INSTITUTE

+415-861-5449

getinvolved@accessinst.org

www.accessinstitute.org

ANNUAL REPORT



2022

JULY 1, 2022 - JUNE 30, 2023

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A MESSAGE FROM OUR FOUNDER

Dear community members,

For the past two decades, Access Institute has been at the forefront of ensuring that access to mental healthcare is a fundamental right for all. In the past year, the need for our programs and services has become even more evident.

Last year made it crystal clear: **mental health is absolutely vital**. It's something we often take for granted, but without it everything else falters. Serious depression and anxiety, which are among the most prevalent issues, can cripple your ability to function at work or school. Socializing and maintaining relationships become overwhelming. Your judgment, decision-making, and self-perception are altered and impaired. Mental illness not only affects your mind but also damages your physical health and hinders self-care. It can make you feel incredibly isolated. **In 2022, we became acutely aware that the mental health of the US, California, the Bay Area, and specifically San Francisco is in a critical state.** People are suffering. At Access Institute, we confront this ongoing crisis daily, tirelessly expanding our networks of care. (continued)



Last year made it crystal clear: **mental health is absolutely vital**. It's something we often take for granted, but without it, everything else falters.

Bart Magee, Ph.D.

Founder and Executive Director

How we address the mental health crisis speaks volumes about who we are as a society. Whom do we prioritize? How do we meet the needs of the most vulnerable? We answer these questions by serving children and families in greatest need through our In-School Mental Health program. We support senior citizens grappling with chronic health issues through our partnership with the Bayview Hunters Point Adult Day Health Center. We connect with and advocate for all San Franciscans who lack resources and a voice.

This year, we dedicated ourselves to developing and expanding our training programs, aiming to address the shortage of mental health providers. We ensure that our interns and fellows receive top-tier training, placing emphasis on understanding the impact of the external world on individuals alongside their deep-rooted emotions and past experiences. By integrating these internal and external aspects, we support a healing journey where lasting change can occur.

None of our accomplishments would have been possible without the tremendous support we received from our community. **Being an independent grassroots organization means relying on a broad base of support—from individual donors, foundations, and corporations to volunteers, board members, and our teaching and supervising faculty.** It is through this collective effort that our dedicated staff, doctoral interns, and postgraduate fellows engage in the transformative work of community mental healthcare.

Thank you for being a vital part of our journey. Together, we can continue making mental healthcare accessible, promoting healing, and bringing positive change to the lives of countless individuals.

With gratitude,

A handwritten signature in black ink that reads "Bart Magee". The signature is written in a cursive, flowing style.

Bart Magee, Ph.D.
Founder and Executive Director

WHO WE ARE

ACCESS INSTITUTE IS A MENTAL HEALTH SAFETY NET AND A DIFFERENT KIND OF COMMUNITY MENTAL HEALTH CLINIC



Access Institute's Team

Our main goal is to make high-quality mental health services affordable and accessible to those with the greatest needs.

We provide affordable and accessible care to people of all ages who lack resources and often fall through the cracks. We help them cultivate healthier behaviors and relationships that promote their overall well-being, helping them grow and thrive.

Access Institute offers rigorous clinical training to mental health professionals who share a commitment to providing exceptional care.

OUR MODEL

Our approach revolves around intensive psychotherapy and embraces a wide array of treatment modalities. In line with our commitment to comprehensive care, we offer flexible scheduling options to accommodate individuals who may require multiple therapy sessions per week. Our services encompass diverse therapy modalities, including individual, marital/couple, and group therapy. We also provide crucial mental health interventions, such as psychological testing and medication evaluation/management. By actively collaborating with other community providers such as primary care doctors, social workers, teachers, and guidance counselors, our inclusive and comprehensive model enables us to extend assistance to anyone in need of support.



OUR SERVICES

HAYES VALLEY CLINIC

Our centrally-located clinic in Hayes Valley is open to all and serves people throughout the lifespan. Here we provide a broad range of mental health services tailored to individual needs. Services are provided on an income-based sliding-scale.

THERAPY

Psychotherapy services are offered to individuals, couples, children and families. Therapy follows an assessment of individual needs and goals. Sessions are scheduled weekly or more frequently as needed.

PSYCHIATRY

We provide medication evaluations and follow-up consultation to adults ages 18 and up. Psychiatry services are coordinated with psychotherapy to provide comprehensive care.

ASSESSMENT

Psycho-Educational Testing for Children and Adolescents

We provide assessments for children of all ages to understand their emotional, learning, and/or neurological strengths and weaknesses in order to develop a plan for success. As part of the assessment process, our assessors collaborate with the child's academic team at school, the family and all of those that are involved in the child's life to help support them and create a fostering environment that will lead to success.

Diagnostic Testing for Adults, Children and Adolescents

Psychological diagnostic assessment examines a person's cognitive, academic, social-emotional and executive functions in order to deliver critical information necessary for accurate diagnosis and treatment planning. By using reliable testing instruments and employing a comprehensive approach, we answer difficult diagnostic questions and provide recommendations for treatment.

SPANISH LANGUAGE SERVICES

Access Institute provides therapy and psychiatry services in both English and Spanish. Our bilingual capacity is a key component of our mission to provide access to care.



There is a big need in our community for Spanish speaking services. I think that is a neglected population in community mental health within California. I am glad that Access Institute has the reach and resources to provide services here. The people are here and ready to receive these services.

Laura Rivera Rodriguez, AMFT APCC

Post-Graduate Fellow



Therapy at Access Institute was a transformative experience for me. Right from the start, I felt a deep sense of acceptance and belonging, allowing me to dive into the depths of my struggles. My therapist played a pivotal role in my journey by creating a safe space where I could open up and unravel the complexities that had plagued me for so long. We opened doors I didn't know were there and I gained a profound understanding of myself. Through therapy, I not only discovered the impact of my anxiety and possibly ADHD on my life but also experienced tangible changes. It was an incredibly beneficial process that empowered me to make positive transformations in my life.

JANE, 44

CLIENT, HAYES VALLEY CLINIC



COMMUNITY PARTNERSHIPS

We take our work to community locations because we know that the barriers to getting help are often not just financial. **Our community programs enable us to serve those with additional barriers and provide care to young children in schools and older adults with limited mobility in the communities where they live.** We work hard everyday to help reduce the stigma of living with mental health issues.

IN-SCHOOL MENTAL HEALTH PROGRAM

Our In-school Mental Health Program provides **no-cost mental healthcare services directly at seven public elementary schools located in San Francisco.** Our in-school therapists not only provide services on site to children with the greatest mental health needs, but they also become integrated into the school community. This multi-level engagement enhances their ability to make a positive difference in the lives of students, teachers, and the wider community.

ELDER MENTAL HEALTH PROGRAM

The distinguishing feature of this program lies in its commitment to offering culturally sensitive, psychoanalytically-informed psychotherapy to a marginalized community of seniors. **Within the Elder Program, our therapists deliver essential services directly to seniors who are served by the Bayview-Hunters Point Adult Day Health Center.** These dedicated clinicians provide individual, group, and milieu therapy to a community primarily composed of African-American seniors, ensuring their therapeutic interventions are attuned to the unique needs and experiences of this population.



STAFF & TRAINEE REFLECTIONS

“

I am working with a woman in her 60's who has felt alone most of her life. I see her two times a week. It feels like it is a huge responsibility and high honor to be one of the most important relationships in someone's life. In a world where she, like many people, is struggling with loneliness and isolation and has fewer connections, it feels really vital for her to be able to afford to come for an additional weekly session. A lot of people feel the same and have similar needs.

Lila Zimmerman, AMFT
Post Graduate Fellow



“

The Bayview Adult Day Health Center offers something really important for the elders and their families - a safe place for them to go in the community. Within that space we provide an opportunity for seniors to be heard and supported emotionally within a larger group context.

Simone Steinberg, ASW
Post Graduate Fellow



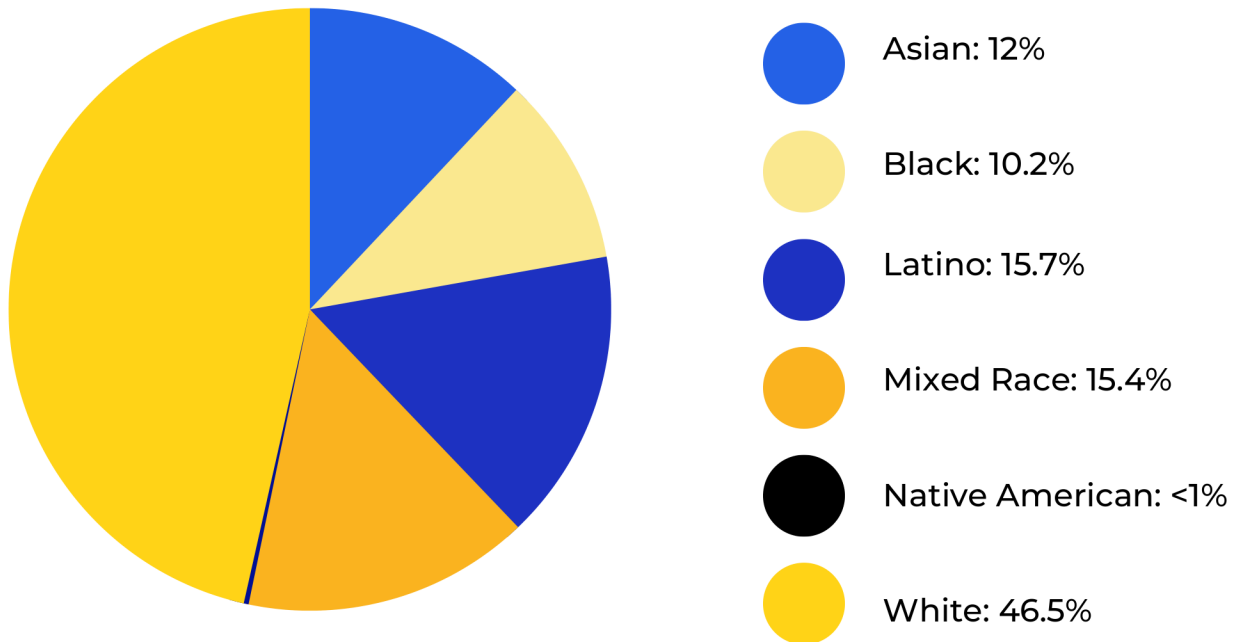
“

Our impact is happening on multiple levels. When I think locally about the city of San Francisco, there are so few places where people can find free, affordable and effective care. I think the low-fee therapy we are providing has a major impact on the city. And with training a whole new generation of providers the impact will endure.

Molly Russo, Psy.D.
Director of Internship Training



THE PEOPLE WE SERVE REFLECT THE DIVERSITY OF SAN FRANCISCO



IN THE PAST YEAR WE PROVIDED OVER 13,000 SESSIONS OF FREE AND LOW-FEE MENTAL HEALTH CARE TO OVER 700 INDIVIDUALS AND FAMILIES.

5 to 95

Age range

37

Median age

14%

Are uninsured

75%

of people who seek our services have incomes below the poverty line.

TRAINING AT ACCESS INSTITUTE

Access Institute addresses the shortage of mental health providers by offering rigorous and immersive clinical training programs. Our Doctoral Internship provides intensive training in a psychodynamic model of care, equipping students to excel in psychotherapy and psychological assessment across various settings. With a focus on diverse patient populations and multidisciplinary collaboration, interns develop the skills to address individual functioning from intrapsychic, interpersonal, and systemic perspectives. The program has received the first level of accreditation by the American Psychological Association and is expected to achieve full accreditation this fall.

Our Post-graduate Fellowship offers advanced training in contemporary psychoanalytic treatment approaches, emphasizing sociocultural perspectives and community service. They provide outpatient therapy at the Hayes Valley Clinic and deliver clinical services on-site in the community, including the Elder Mental Health Program and In-school Mental Health Program. The Fellowship is certified for post-doctoral membership in the California Psychology Internship Council, meeting all state licensing requirements.



Halleli Toder, Psy.D., Stephanie Young, Ph.D., Molly Russo, Psy.D., Todd Troutman Psy.D.

DOCTORAL INTERNSHIP

This year, our Internship Program trained a cohort of four doctoral interns over the course of 12 months. During this period, interns delivered clinical services while receiving guidance and mentorship from esteemed clinicians in the Bay Area. Their training activities encompassed didactic sessions, case conferences, community and cohort meetings, ensuring a well-rounded and enriching educational experience for our interns. The doctoral internship program at Access Institute offers a stimulating, intellectual environment and an immersive experience in the field of clinical psychology.



2023 Doctoral Interns and Molly Russo, Psy.D.

POST GRADUATE FELLOWSHIP

This year, a group of eight postmasters and postdoctoral fellows participated in Access Institute's Community Mental Health Post-Graduate Fellowship where they received advanced training in contemporary psychoanalytic treatment approaches while integrating sociocultural perspectives. Fellows developed mastery in clinical practice and professional responsibilities, with a deep understanding of the connections between mental health, community service, and social justice. Upon graduation, we expect them to continue to contribute to diverse community-based institutions and initiatives.



2023 Post Graduate Fellows



I feel so much support from everyone here who wants to help me learn and grow. I think training here has shaped me to be a clinician that I am proud to be. I am grateful. It has been challenging but very fruitful. The work we do here and how we are taught to think is very unique. And even more special is the service we provide to our community partners.

Simone Steinberg, ASW
Post Graduate Fellow



As trainees we participate in multiple discussion groups throughout the week where we get to talk about our work and share our impressions, feelings and concerns - even our insecurities about the work that we do with patients in a way that feels open and nonjudgemental. This has helped me gain a great deal of insight on how I can continue to improve as a therapist.

Laura Rivera Rodriguez, AMFT APCC
Senior Post Graduate Fellow



It's the framework I got from Access Institute that I keep going back to. Whether I am meeting someone in an office, one on one or in a psych hospital, or in the community with our partners, it's going back to the way I was trained to think - the way we were trained to really look at clients from the perspective of what they are facing and what's going on inside and being able to utilize those to really help and support folks.

Corey Datz-Greenberg, LCSW
UCSF Citywide Case Management
Access Institute Graduate



EVENTS

01

Spectrum Gala & Art Auction

Over 300 community members, civic leaders, artists, mental health professionals, and our honorees, Sheryl Lee Ralph and Senator Vincent Hughes, came together at Pier 27 on the beautiful San Francisco waterfront on March 16, 2023. The transformative evening featured art, live and silent auctions, fine wine and gourmet food. This year's event met its fundraising goal of \$575,000 to support the psychological health and well-being of our community.



02

Catalyst

Access Institute and Saint Joseph's Arts Foundation jointly sponsor, Catalyst, a series of interactive community events where the arts and psychology come together to spark inspiration and connection. Bart Magee, PhD, facilitates conversations and experiences with leading artists exploring the intersections between the arts, mental health, human development, and culture. We held two Catalyst events in 2022 and one in spring 2023.



03

The State of Altered States

Access Institute hosted a panel discussion and community-building event on September 16, 2022, with experts in the field; Jason Butler, Ph.D., Genesee Herzberg, Psy.D., Karen Peoples, Ph.D., and Evan Sola, Psy.D., exploring the current research, emerging clinical practice, and future trends in psychedelics medicine.



04

In Conversation with Monica Ghandi, M.D.

Access Institute hosted an intimate evening of conversation and connection at Prospect Restaurant on October 6, 2022. The goal of the evening's conversation was to help foster connection and renewal in a city and community still recovering from the social and emotional impacts of the pandemic. Bart Magee, Ph.D. and Monica Ghandi, MD (UCSF Professor of Medicine and Associate Chief, Division of HIV, Infectious Diseases and Global Medicine) explored those impacts, offered pathways toward healing, and engaged the audience in a lively discussion.

05

Author Event: Mark & Giulia Lukash

On November 10, 2022, Access Institute board member Stephanie Young, Ph.D. hosted an evening at her home featuring an intimate conversation with Mark and Giulia Lukach and Access Institute Founder, Bart Magee, Ph.D. Mark and Giulia bravely discussed how they navigated Giulia's bipolar diagnosis, hospitalizations and road to recovery. Mark's book "My Lovely Wife in the Psych Ward" illuminates the realities of caring for someone with a mental illness, finding support and creating a family environment that fosters healing.



06

Mental Healthcare in the Age of AI

On June 7, 2023, at Lyon & Swan in San Francisco, Access Institute hosted an engaging discussion on the advances in Artificial Intelligence that are poised to reshape mental healthcare. The panel of experts included Sahir Ali, Ph.D. (Biomedical Scientist, Precision Medicine & A.I.), Michael Tan (Author, "The Death of Uncertainty: a Story of AI and Free Will"), Amber Trotter, Psy.D. (Clinical Psychologist, Psychotherapist, Writer at Damage Magazine). Bart Magee, Ph.D. facilitated a conversation regarding the technology's potential benefits, risks, and ethical challenges and discussed how to manage this revolutionary technology's impact on society and our collective mental health.



ACCESS INSTITUTE COMMUNITY

LEADERSHIP TEAM



Bart Magee, Ph.D.
Founder &
Executive Director



Molly Russo, Psy.D.
Director of
Internship Training



Halleli Toder, Psy.D.
Director of
Fellowship Training



Paulina Gavilanez
Director of
Operations

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Associate Director of Post Graduate Training
Rachel Krellenstein, LCSW
Staff Psychotherapist
Valanette Amie
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Emily Aviles, LCSW
In-School Therapist
Sam Tucker, M.D.
Volunteer Psychiatrist

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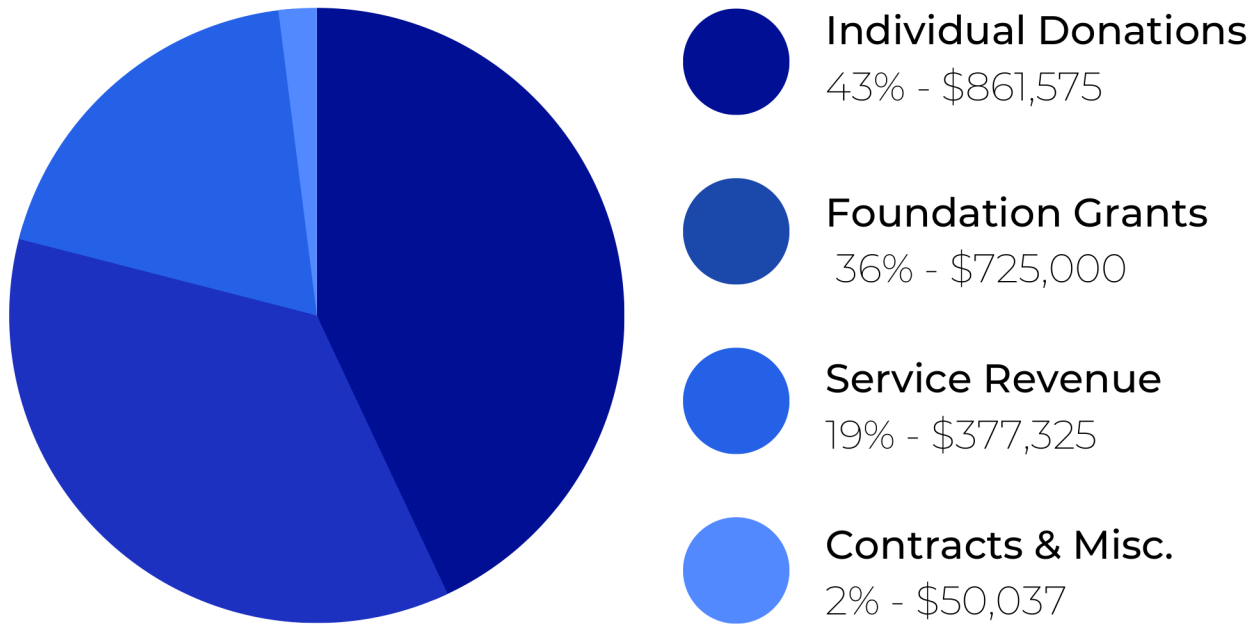
SPECIAL THANKS

Alto
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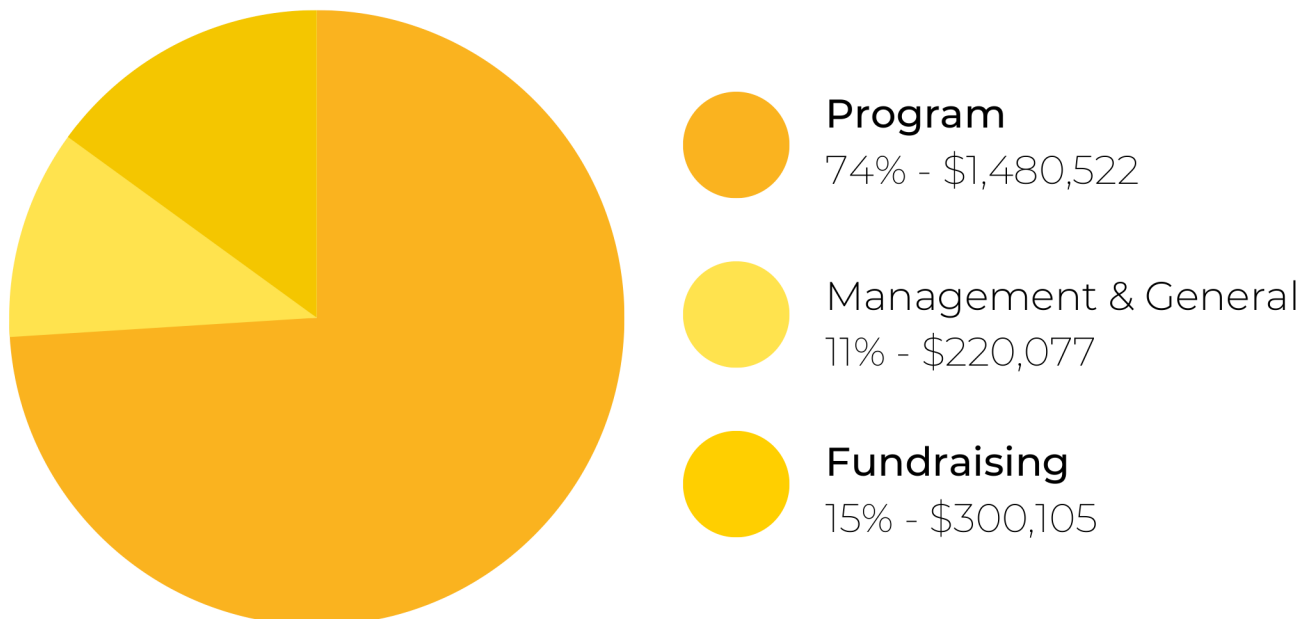
Revenue FY July 2022-June 2023

Total Revenue: \$2,013,937



Expenses FY July 2022- June 2023

Total Expenses: \$2,000,704



THANK YOU FOR YOUR SUPPORT

DONATIONS RECEIVED JULY 1, 2022 - JUNE 30, 2023

\$100,000+

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Virginia McFerran
Vivian Dent, Ph.D.
Vivian Walz
Wendy Von Wiederhold
Whitney Roher

JOIN OUR CAUSE

Access Institute has established a unique framework that brings healing to our community every day.

YOU CAN HELP SUPPORT ACCESS TO MENTAL HEALTH CARE

We have immense potential for greater achievements. A rising number of individuals are seeking the accessible and exceptional services provided by Access Institute. Our educational initiatives in our training programs play a crucial role in tackling the increasing scarcity of mental health practitioners.

With our innovative strategy, streamlined operations, and growing programs, Access Institute is the perfect choice for donors, philanthropists and foundations aiming to support organizational expansion and drive significant, meaningful change in San Francisco and beyond.

FOR MORE INFORMATION



+415-861-5449



getinvolved@accessinst.org



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