MISSION: To eliminate the stigma and encourage safe and caring conversations about mental health issues and emotional pain in our youth.

DONATE  SPONSORSHIP  DMAX CLUBS

DMAX’S EVERYBODY HAS STRESS SURVEY

Each summer, DMAX Foundation hosts our Summer Awareness Campaign. Last year’s campaign asked our friends and followers to tell us their favorite Conversation Starter. This year, we want to know what stresses you out, what you do to relieve stress, and who you talk to about stress. Starting July 15th through September 3rd, visit our website to participate in DMAX’s Everybody Has Stress Survey.

YOU CAN WIN!

DMAX Foundation will award prizes to the 3 people who share our survey the most. To enter, simply provide your name and email when you take the survey. When you share it, be sure to ask your friends and family to give us your name so we can award you credit for the referral.

SPONSORS WANTED!

DMAX is seeking sponsors for our exciting survey. Benefits include web exposure and many logo placement opportunities. Head on over to our Sponsorship Page to view available levels and benefits.

DMAX CLUB IMPACT RESULTS

DMAX Club members and Officers complete a series of annual surveys to measure the DMAX Club’s impact on the students and their level of satisfaction. Students that completed the 2018 survey reported that as a result of their DMAX Club, they experienced increased confidence about their academic experience, an improved social life, greater engagement in extracurriculars, and a better feeling about themselves. These results show that DMAX is having a positive impact on college campuses!

COURAGEOUS CONVERSATIONS TAKE TEAMWORK

Thank you to everyone who attended and supported Courageous Conversations Take Teamwork on April 4, 2018. The event was a big success! Visit our website for event photos, videos, and reviews.

Special thanks to our Moderator, Blair Thomas and our panelists; Charlene Morett, Olympian and Penn State Field Hockey Coach; Brady Kramer, Montreal Canadiens, Athletic Director and Coach; Betsy Dougherty, Penn State Lacrosse star, All American athlete and Lacrosse Coach; and Greg Ambrogi, UPenn Football and co-founder, Kyle Ambrogi Foundation.

We are also grateful for the wonderful presentations given by our DMAX Club Leaders; Stephanie Milovic (Elon), Cindy Fox (Drexel), Heather DeSalvo (Temple) and AJ Rodriguez, via video (Penn State).

CONGRATULATIONS to Paul Hendry (pictured right), Vice President HSE at Jacobs Engineering for receiving the DMAX Foundation’s 2018 Leadership Award for his visionary work as a champion of positive mental health awareness.

We are grateful to all our generous supporters including 2018 Foundation Partners Booz Allen Hamilton and Janssen Research and Development, and Platinum Reception Sponsor, Jacobs. Bronze sponsors included Evolve IP, High Lantern Group, HLS Therapeutics, JV O'Rourke Consulting, LLC, Kyle Ambrogi Foundation, Lurio and Associates, Lundbeck, Main Line Health Systems, and Montgomery McCracken. Thank you to The Shipley School for all they have done for DMAX Foundation.
**DMAX FOUNDATION HOSTS EXECUTIVE NETWORKING FORUM**

From left to right: Paul Hendry, Dr. Laurie Burstein-Maxwell, Robert O'Brien, Bob Pragada, Michelle Dickinson-Moravek, Dr. Carla Canuso, Gary Mandel, and Joseph Sifer. Photo by Madeline Meirs

In conjunction with Courageous Conversations Take Teamwork, DMAX created and launched an Executive Networking Forum to foster discussion about corporate mental health initiatives for employee well-being, bringing DMAX’s culture of honest everyday conversations about mental health from college to the workplace, and helping companies become “employers of choice” for members of DMAX’s college campus based DMAX Clubs.

In this inaugural meeting, Executives from Jacobs, Janssen Research & Development (Johnson and Johnson), Booz Allen Hamilton, and the One Mind Initiative at Work discussed their own workplace mental health strategy, and the learnings from implementation. The group shared their programs ranging from structured wellness programs addressing emotional, physical, spiritual and financial health, to voluntary mental health diplomats who leverage internal social channels to share their stories, and even a network of positive mental health champions trained to listen, observe and direct employees in need of professional resources.

DMAX focused on the need for these inclusive work environments so that college students can move into them as they begin their careers. The conversation was a lively exchange of ideas and a sobering discussion around how much work is ahead to fully recognize and adequately address mental health issues in the workplace.

The participants unanimously agreed to meet on a regular basis to continue their discussions. If your corporation is interested in learning more about the Executive Forum on Mental Health in the Workplace, please contact Lee Maxwell, Board Chair, DMAX Foundation, at lee@dmaxfoundation.org.

**DMAX FOUNDATION SEEKING INTERNS**

DMAX Foundation is seeking interns for the Summer and Fall. This is an exciting opportunity to help a startup grow, and get real, hands-on experience. For more information, please visit our Internship page: [http://www.dmaxfoundation.org/internships/](http://www.dmaxfoundation.org/internships/) If you or a student you know is interested in making a difference with DMAX Foundation, please contact us at internships@dmaxfoundation.org

**HELP DMAX GROW OUR NETWORK**

DMAX Foundation is working to grow our network of students, supporters, and followers. Please Like, Follow, and Share DMAX Foundation’s pages and posts to help us increase our followers.

Facebook: [https://www.facebook.com/DMAXfoundation/](https://www.facebook.com/DMAXfoundation/)
Twitter: [https://twitter.com/DMAXFoundation](https://twitter.com/DMAXFoundation)
Instagram: [https://www.instagram.com/dmaxfoundation](https://www.instagram.com/dmaxfoundation)
Linkedin: [https://www.linkedin.com/dmaxfoundation](https://www.linkedin.com/dmaxfoundation)

DMAX Foundation has a number of outreach tools available to help make sharing easy! Visit our Outreach page for more information.

**DMAX FOUNDATION NOW THE “GO-TO” ORGANIZATION THAT’S CHANGING THE MENTAL HEALTH EQUATION**

Longtime supporters Claudia McBride and Ken Sklar with Laurie Burstein-Maxwell at Courageous Conversations Take teamwork. Photo by Joan Bang

DMAX is in the news again! We were honored to be featured in the Philadelphia Inquirer in March, and a number of great articles have been written in response to Courageous Conversations Take Teamwork. Joan Bang of Digital First Media wrote a feature for Mainline Media News, naming DMAX Foundation as the “go-to organization that’s changing the mental health equation and equilibrium for Main Line families and beyond when it comes to championing the causes of emotional wellness, options and outcomes.” Check out the full article.

**DMAX FOUNDATION’S NEW INTERN**

Megan Krol is DMAX Foundation’s summer intern. A rising senior at Temple University, Megan is majoring in psychology. With experience interning at Therapy for Success, Megan has a passion for helping individuals who struggle with mental illness, as well as for bringing awareness to mental health issues to end stigma. She hopes to become a therapist specializing in the treatment of eating disorders. Megan believes that conversations about mental health can make all the difference, and is proud to work with an organization which fosters everyday conversations about mental health.
STUDENT LEADERS TALK ABOUT IMPORTANCE OF DMAX CLUB

Click the video to hear DMAX Club Leaders talk about their experiences starting Clubs on their campuses.

FOUNDERS CORNER

Our society has made it difficult for many people to accept or talk about their mental health challenges. We are making strides at changing that, but we still have a long way to go! If you are in the group of one in four who has a mental health challenge, please realize you are one of many. You are not alone and there is help for you. Acknowledging that you have a mental health challenge is not a sign of weakness. Rather, it is a sign of strength.

Accepting your mental health struggle, rather than running from it, will allow you to take care of yourself, and begin taking steps toward receiving the help you need. Reach out and talk to a friend, a parent, a teacher, a counselor, a partner or spouse, anyone you trust.

For college students, it is not always easy to seek professional help. Schools do not always have enough mental health professionals for students to get the adequate mental health care they need. If you can seek therapy off campus, that is a great. However seeking therapy can be costly, and may not work with your busy schedule. Luckily, there are other options. Look for clubs, like DMAX Club on your campus that promote conversations about mental health. Seek support groups, local community centers or get a group of friends together. Never struggle in silence. Though there are many people living with mental health issues, those who do often times feel very alone. The more you talk with people, the more they will realize that it is okay for them to talk. You will find company. Accept that you are giving the best effort you can on some days, and be okay with taking a mental health day too. (Everybody needs those from time to time!) Having a mental illness does not define you. And most importantly, always accept yourself.

Pass this message on to those you love. Together we light the darkness.

We welcome any thoughts on this important subject

Lee Maxwell and Laurie Burstein-Maxwell

DMAX FOUNDATION SUPPORTERS

DMAX Foundation is tremendously grateful for the generous support from individuals, corporations, and foundations that make it possible for us to create DMAX Clubs for young people to talk about how they’re doing, how their friends are doing, and how they can help each other.