



[www.thesophiefund.org](http://www.thesophiefund.org)    [thesophiefund2016@gmail.com](mailto:thesophiefund2016@gmail.com)

### **Fact Sheet (October 2017)**

The Sophie Fund, a nonprofit organization and a donor-advised fund under the umbrella of the Community Foundation of Tompkins County, works to improve and support the mental health of young people in the community.

### **The Sophie Fund Strategic Plan**

*To support mental health initiatives with tangible impact aiding young people in the Greater Ithaca community;*

*To raise awareness and end the stigma around mental illness and treatment;*

*To advance a zero suicide ethos in the community; and*

*To serve as a community advocate for young people struggling with mental illness.*

### **The Sophie Fund Projects**

#### ***The Sophie Fund Media***

The Sophie Fund operates a website platform at [www.thesophiefund.org](http://www.thesophiefund.org) and related social media platforms on Facebook, Twitter, and Instagram to host blogging, curate media reports about mental health issues, and provide information on mental health resources.

#### ***Annual Ithaca Cupcake Baking Contest***

The Sophie Fund organizes the Annual Ithaca Cupcake Baking Contest in the Ithaca Commons each October. The contest is sponsored by local businesses such as GreenStar Natural Foods Market, Alternatives Federal Credit Union, La Tourelle Hotel, Bistro and Spa, and Waffle Frolic. It is also supported by many student organizations, including Active Minds of Ithaca College, and Alpha Phi Omega, Phi Sigma Pi and Cornell Minds Matter of Cornell University. The aims of the contest are to raise awareness about mental health and to raise funds aiding mental health programs.

#### ***The Sophie Fund Author Series***

The Sophie Fund provides a grant to sponsor an annual author series at Buffalo Street Books, "Readings on Mental Health." The events are sponsored and organized by the Mental Health Association in Tompkins County.

### ***Proposal to Support Students on Health Leaves of Absence***

The Sophie Fund issued a proposal on August 21, 2017 to establish a support system for students in the Greater Ithaca area who may be considering taking a Health Leave of Absence for mental health reasons, are currently on a Leave of Absence, or are returning from a Leave of Absence. The proposal was drafted in consultation with local stakeholders and distributed to community healthcare providers and administrators at Cornell University, Ithaca College, and Tompkins Cortland Community College.

### ***The Watershed Declaration***

At a meeting hosted by The Sophie Fund on April 17, 2017, 18 community mental health organizations adopted The Watershed Declaration pledging to intensify suicide prevention efforts in Ithaca and Tompkins County. Ithaca Mayor Svante Myrick issued a proclamation supporting The Watershed Declaration on June 7, 2017. The Tompkins County Legislature issued a proclamation on September 5, 2017 declaring September 2017 “The Watershed Declaration Month.”

### ***Tompkins County Suicide Prevention Coalition***

The Sophie Fund was one of 32 organizations that established the Tompkins County Suicide Prevention Coalition at a meeting on July 31, 2017.

### ***Zero Suicide Initiative***

The Sophie Fund organized an October 16, 2017 briefing on the Zero Suicide Initiative for 15 local healthcare leaders by Michael Hogan, former New York State commissioner of mental health, and Sigrid Pechenik, associate director of the New York State Suicide Prevention Office.

## **The Sophie Fund Leadership**

### ***Donor Advisors (Sophie’s parents)***

**Scott MacLeod** is a professor at the American University in Cairo. He served as founding managing editor of *The Cairo Review of Global Affairs* between 2010–17 and as a foreign correspondent and bureau chief for 25 years for *TIME* and for 10 years for United Press International.

**Susan Hack** worked as a writer and contributing editor for 25 years for *Condé Nast Traveler*. She previously was a reporter for *Newsday*, *People*, and *ABC News*.

### ***Community Advisory Group***

**David Evelyn, MD**, is vice president for Medical Affairs at Cayuga Medical Center in Ithaca, New York. He is a member of the American Association of Family Physicians, American College of Physician Executives, and the Statewide Steering Committee on Quality Initiatives of the Healthcare Association of New York State.

**Aliana Heffernan** is a New York City-based marketing associate for Condeco Software, an international workspace technology company, and a freelance writer and social media consultant. She is the Class of 2014 Facebook manager for the Cornell Alumni Association, a member of the NYC Cornellians Board, and a Cornell Alumni Admissions Ambassador.

**James (“Jim”) Johnston** served for 40 years as president and chief executive officer of Family & Children’s Service of Ithaca, which supports, promotes, and strengthens the wellbeing of individuals and families by providing high-quality, accessible mental health care and related social services with a particular sensitivity toward the needs of children.

**Nicole LaFave** is the program coordinator for Community Service and Leadership Development at the Cornell University Public Service Center. She is a member of the Ithaca Board of Education and the Ithaca City Community Police Review Board. She holds a BA degree from Ithaca College in Sociology with a concentration in juvenile criminal studies and race and ethnic relations.