

Join our youth mental health study!

- Get a diagnostic mental health consultation for your child at no cost
- Discuss results with a licensed clinician
- Receive a referral for followup care
- Be compensated for your time



Sign up today!

healthybrainnetwork.org



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healthy brain network

(347) 934-2880
hbn@childmind.org

Are you worried about your child?

Our mental health study can help.

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Healthy Brain Network

The Healthy Brain Network is a landmark community-based research initiative that seeks to discover the biological roots of childhood mental illness. Using a Big Data and Open Science approach, it will provide the scientific community with a large-scale, online database of information from 10,000 young people ages 5–21 in the New York City metropolitan area. This database can be used to identify diagnostic markers, develop relevant tests and refine the boundaries between psychiatric disorders from a biological perspective.

The first Healthy Brain Network Research Center opened in May 2015, and is currently providing diagnostic consultations at no cost on Staten Island.

Our Team

The HBN team is a multidisciplinary team of research scientists, psychologists and social workers. We work closely with our research participants and their families to ensure that everyone gets a detailed feedback report and local referrals if necessary. Learn more about our clinical team at healthybrainnetwork.org/about/our-team/.

Evaluations

Our participants complete a variety of tests as part of their comprehensive diagnostic consultation. Participants give a blood sample, take a brief fitness test and complete questionnaires about emotions and behaviors, a computerized neuropsychological test, an IQ and achievement test, and an EEG. Some participants will also have the opportunity to participate in a magnetic resonance imaging (MRI) scan. An MRI is a safe way of taking detailed pictures of the brain. There is no known medical risk associated with an MRI.

Feedback

In addition to receiving \$100 (\$75 for you and \$25 for your child) for participating, a trained clinician will discuss the results of your child's evaluation with you. Those participants who complete the MRI scan will receive an additional \$50.

A few weeks after participation, you will have the option of receiving a detailed feedback session with a clinician. The clinician will review the results of the participant's evaluation and provide advice, treatment recommendations and local referrals for treatment if necessary.

About Child Mind Institute

The Child Mind Institute is an independent nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. We share all of our resources freely and do not accept any funding from the pharmaceutical industry. Learn more at childmind.org.

To learn more, visit us at
healthybrainnetwork.org

Sign up for our newsletter at childmind.org to learn more about our groundbreaking research and public education initiatives.



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Healthy Brain Network FAQ for Parents

Who are we?

The Child Mind Institute (CMI) is the only independent non-profit organization exclusively dedicated to improving child and adolescent mental health care and research. In addition to providing evidence-based clinical care and conducting research, CMI strives to empower families, teachers, and communities by providing them with the best mental health information.

What is the purpose of the study?

CMI launched the Healthy Brain Network (HBN) initiative to provide the scientific community with a large online database of health information that can be used to better understand the science of healthy, developing brains and improve the diagnosis of psychiatric disorders from an objective, biological perspective. To this end, the database will bring together brain imaging, genetics, and biological samples with standardized psychiatric, behavioral, cognitive, and lifestyle information. This work will form the foundation for future efforts and will allow for possible long-term follow up to help predict risk and outcome.

Why is this important?

One of the biggest hurdles to identifying and treating mental illness in children and adolescents is that doctors and clinicians must rely on children to report their feelings and thoughts. Children's communication skills are still developing—and it can be difficult for a clinician to get a clear idea of what exactly a child is experiencing. The field of child psychiatry would benefit tremendously from biological diagnostic tests, similar to ones used in other branches of medicine. The Healthy Brain Network is a step in the right direction, and a model for how community-supported research efforts can have outsized effects.

Who can participate?

Children ages 5-21 in the New York City metropolitan area. Healthy children, in addition to those with a broad range of disorders, are encouraged to participate in order to identify subtle differences within healthy populations and between healthy and clinical populations.

Where does the study take place?

Our research center is located on Staten Island at 1 Teleport Drive (off of South Avenue), which is easily accessible using the S46 and S96 buses. We also have our mobile research vehicle traveling to various locations throughout all five boroughs. Over the next few years, we hope to open additional research centers throughout the city.

What is involved for my child?

This phase of the study consists of an evaluation of your child's physical and mental health. You will complete an initial screening questionnaire to rule out anything that might disqualify your child from participating. After your child has been cleared to participate, we will schedule an appointment for your child to give a blood sample, take a brief fitness test, and complete questionnaires about their emotions and behaviors, a computerized neuropsychological test, an IQ and achievement test, and an EEG. All of this information is also detailed in the consent packet.

Feelings, Thoughts, and Behavior: You and your child will fill out a few questionnaires to give us a well-rounded picture of who your child is. We use internationally recognized questionnaires on habits, self-perception, and feelings.



Genetics: Genes are just a part of the factors that make up who you are, how you appear, and how you act. Genes are segments of DNA, the molecule that coordinates development and function in all living organisms. We are interested in investigating the relationship between subtle individual genetic variations and behavior.

What is involved for the parents?

You will complete a few brief questionnaires about family health history and your child. You will also need to provide informed consent on the first day of your child's visit, which a member of our research team will walk you through.

What is the time commitment for the study?

Although each individual is different, we expect that the evaluation process will take approximately 10 hours to complete. There is flexibility with the schedule and although it can be completed in two sessions, we strongly recommend that most participants schedule their participation over three sessions. To accommodate busy family schedules, we are able to see participants in the evenings and on weekends.

What will my family receive for participating?

In addition to receiving up to \$150 in compensation – up to \$125 for you and \$25 for your child - a trained clinician will discuss the results of your child's evaluation with you (see below). Lunch is provided on visits that last most of the day.

Feedback Session

A few weeks after participation, you will have the option of receiving a detailed feedback session with a clinician in our offices. The clinician will review the results of your child's evaluation and provide advice and treatment recommendations, if applicable. The clinician will also provide you with a referral for treatment in your community if necessary.

Is the information you collect about my child confidential?

All personal health information, including all test results, will be kept completely confidential and stored securely. All information collected during the study will be separated from participants' identifying information such as name, birth date, and address. Data that are shared with research scientists are anonymous and will have none of your child's identifying information included.

How do I sign my child up to participate?

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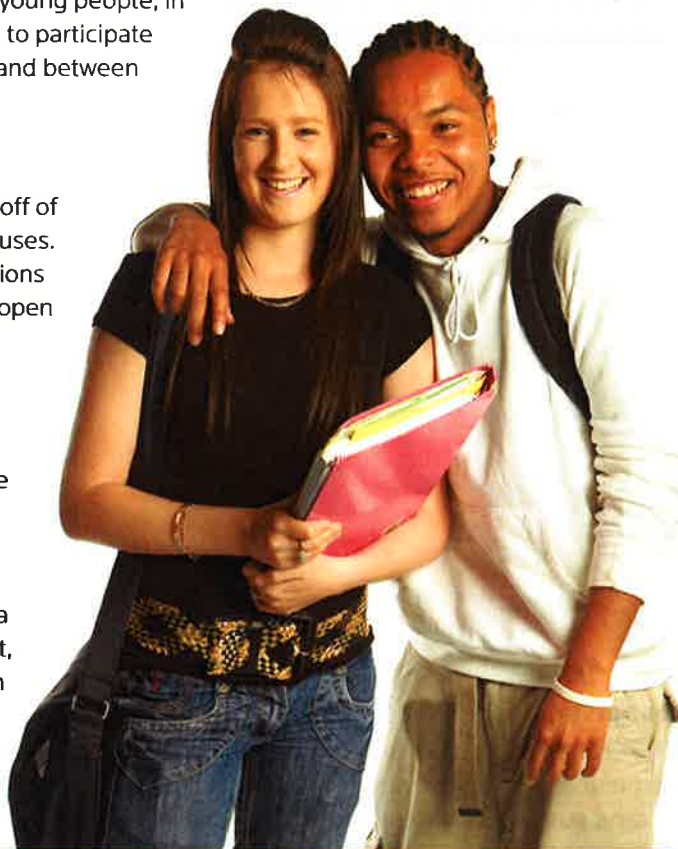
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