

Report to the Community



30 YEARS
OF CULTIVATING
PEACE & HARMONY

Dear Friends,

As we celebrate the 30th anniversary of The Melissa Institute, we are filled with deep gratitude. We reflect on a journey that began after an unimaginable tragedy, rooted in the hope that no other family would have to endure such a loss. From that painful beginning, seeds of change were planted. With your support, those seeds have grown into a deeply rooted and thriving force for peace, prevention, and healing.

This year's theme, "30 Years of Cultivating Peace & Harmony," reflects the spirit of what we have built together. What began as a small, determined effort has blossomed into the highly respected Melissa Institute, serving tens of thousands of individuals, professionals, and organizations across 138 countries.

Over the past year, we launched Project REAL USA, a unique program which teaches young people how to spot misinformation and protect themselves, their friends, and their families online. We expanded the TMI Read More, Grow More Project, to promote early literacy and strengthen positive parent-child interactions. Our trauma-informed care training continues to support communities by providing the knowledge and skills to confront the root causes of violence with research-based solutions. At the request of the Miami-Dade Public Schools, we delivered specialized bullying prevention training for school counselors to implement effective strategies to foster safer school environments. This past May, our 29th Annual Conference—The Social Media Challenge: Research-Based Strategies to Protect Minds and Strengthen Communities—brought together national leaders from the United States and the United Kingdom to share critical insights on the effects of social media upon our students and others.

This report highlights only a fraction of the breadth and depth of our work. It stands as a testament to what can be accomplished when we unite around a shared goal of preventing violence through research-based solutions that keep our homes, schools, and communities safe. As we look ahead, we remain steadfast in our commitment to nurturing what we've built and planting new seeds that will bear fruit for years to come.

We have shown that violence is preventable. Thank you for believing in our mission and for helping us cultivate a safer, more compassionate world. Your continued support is essential to ensure that The Melissa Institute remains a vital resource for generations to come.

Please make a donation now by scanning the QR code below or visiting www.melissainstitute.org.

With heartfelt thanks,



Lynn Aptman



Michael Aptman, MD



Etiony Aldarondo, Ph. D.



30 Years of Cultivating Peace & Harmony

The Melissa Institute for Violence Prevention & Treatment (TMI) is a nonprofit 501(c) (3) organization committed to violence prevention through research, education, consultation, and community support.

Research

Founding member Dr. Don Meichenbaum had the unique idea to create TMI's all-volunteer Scientific Board. Its members are dedicated to sharing state-of-the-art knowledge through training sessions and conferences that address the evolving needs of our communities. They share evidence-based interventions to ensure that participants are equipped with the latest strategies in violence prevention.

Education

The Institute is a leading provider of research-based violence prevention measures. It offers a diverse range of training programs designed to bolster resilience; support parents and caregivers; provide tools to diffuse anger and conflict; and promote mental health treatment strategies.

Consultation

The Institute provides expert consultation and training locally, nationally, and internationally for community-based organizations, law enforcement and criminal justice leaders, schools, hospitals, the courts, and elected officials. We advance research policies and practices that promote violence prevention and community safety.

Community Support

The Institute provides leadership and support to key community violence-prevention initiatives. For example, we collaborate with the Miami-Dade Mayor's Office and the Miami-Dade State Attorney's Office. At the statewide level, we work closely with the Florida Department of Juvenile Justice through the Circuit 11 Community Advisory Board. Examples on the national level include our partnerships with the National Network of Abuse Intervention Programs and the National Resource Center on Domestic Violence.

Training

Since its inception, The Melissa Institute has helped make homes, schools, and communities safer by providing state-of-the-art education and professional development. By responding to the unique challenges faced by educators, mental health professionals, law enforcement, and social service providers, the Institute delivers impactful, research-based training on a wide range of critical topics. Our goal is to ensure that front line practitioners have the knowledge and skills they need to create lasting positive change.

The Melissa Institute Projects & Partnerships In Action

Read More, Grow More: An initiative that supports children's oral language and socio-emotional growth through children's literature

This innovative partnership sponsored by The Melissa Institute is led by Dr. Maria Carlo and her research team in the Department of Child & Family Studies at the University of South Florida. It is focused on empowering parents to use children's books as tools to build emotional regulation, empathy, and healthy relationships. Reading is a core skill set in promoting resilience and preventing future violent behavior.

Through a carefully curated selection of children's books, the project fosters early meaningful parent-child conversations about emotions, safety, and kindness. Each book is paired with vocabulary cards, guided discussion questions, and bookmarks that help families explore themes such as empathy, mindfulness, and conflict resolution in developmentally appropriate ways. Developing vocabulary in early childhood is a well-established indicator of academic success.

The program includes instructional kits that strengthen reading comprehension and promote responsive, interactive reading. We are working to partner with local libraries to make these resources easily accessible to the community. All materials will be available to the public at no cost through The Melissa Institute's website.

For information on sponsorship opportunities and how to become a Read More, Grow More Ambassador, contact us at info@melissainstitute.org.



Scan to view videos



Project REAL USA: Helping Young People Think Critically, Stay Safe, and Strengthen Their Digital Resilience

Project REAL USA is one of The Melissa Institute's most innovative initiatives. Its curriculum is designed to help adolescents navigate an increasingly complex digital world. It teaches students how to recognize misinformation, evaluate online content, and make safer, more informed choices on social media.

Through engaging lessons, real-world examples, and youth-friendly activities, Project REAL USA helps middle and high school students develop essential digital literacy skills. These skills serve to protect their emotional well-being and reduce the risks associated with online manipulation and misinformation. The curriculum also empowers students to support their peers, think critically before sharing content, and strengthen their sense of responsibility as digital citizens.

In our pilot programs, Project REAL USA has received very positive feedback from students and educators who have reported increased confidence in identifying misleading or inaccurate information, improved decision-making when engaging online, and greater awareness of how digital behavior affects personal and community safety. If you're interested in bringing Project REAL USA to your school or organization, please reach out to us at info@melissainstitute.org.

To further disseminate this resource, we developed Facing the Social Media Challenge: A Strategic, Practical Plan for Schools to Build Healthier Adolescent Minds and Stronger Communities. Drawing on insights shared at the May 2025 conference, including research related to Project REAL, this strategic plan serves as a valuable resource for school principals, teachers, parents, and policymakers working to address the impact of social media on adolescent mental health. Access the PDF of the plan here: <https://melissainstitute.org/project-real-usa/>, or by scanning the QR code below.



THE MELISSA INSTITUTE

30TH ANNIVERSARY

- Intimate Partner Violence and Domestic Abuse
- Bullying, Peer Victimization, and School Climate
- Trauma, PTSD, and Resilience Across the Lifespan
- Racial, Ethnic, and Cultural Protective Factors
- Intergenerational Transmission of Violence
- Youth Development and Prevention Science

A Look Back: 30 Years of Evidence-Based Innovation

Scan QR code below to access 30 years of research and literature on these and many other topics.



For three decades, The Melissa Institute has developed timely, evidence-based interventions to address urgent challenges impacting the safety and well-being of children, families, and communities across the nation. To the left is a selection of these initiatives, each grounded in rigorous research and designed for real-world impact. The digital edition of our 30-year report, accessible through the QR code below, includes additional details and links to the supporting literature. These programs are practical, user-friendly, and adaptable to a variety of settings. We invite all stakeholders including the general public to explore, implement, and share these resources. If you would like additional information or guidance, please contact us. We welcome the opportunity to support all efforts to build safer, healthier, and more resilient communities.

"It has been an incredible honor to be part of the Melissa Institute's Scientific Board – to share knowledge about violence prevention strategies, to work alongside extraordinary scientists such as Drs. Don Meichenbaum, Etiony Aldarondo, Debra Pepler, Alex Piquero, and so many others, and to contribute to research and community education that truly makes a difference. Together, we have worked to produce important resources, raise awareness, and support communities with the best evidence-based strategies available.

The Melissa Institute stands as a testament to the power of turning grief into action, despair into hope, and tragedy into a legacy of prevention and education. To be connected to this mission, and to the people who have carried it forward with such courage and vision, is both humbling and inspiring."

- Dr. Leena Augimeri, Scientific Board Member since 2019

30 Years of Expert Insights and Trainings on Violence Prevention



Continuing Education Programs for Providers:

Psychologists, Physicians, Nurse Practitioners, Nurses, Florida Educators, Social Workers, Mental Health Counselors, Florida Licensed Marriage & Family Therapists, Florida Attorneys, and Mediators.

Interested in scheduling training for your organization?

Contact us at info@melissainstitute.org.

Trauma & Human Trafficking Training of police officers with TMI partner, Victor Williams

FREE resources are available on our websites and YouTube channel:

<https://melissainstitute.org>: Scientific articles on a variety of topics; online clinical trainings, past community reports; informative blog posts and so much more.

<https://www.teachsafeschools.org>: A website designed for school personnel seeking to create supportive, safe, and inviting learning environments where students can thrive and succeed.

<https://www.litdiet.org>: An online hub offering insights on teaching essential literacy concepts, including over 800 brief videos.

<https://www.youtube.com/channel/UCIxx-ybpeCvnschivbms3FQ>: A rich repository of courses, conference presentations, and insightful conversations with leading violence prevention scholars and policy influencers. Starting in June, this will also include the Institute's new podcast episodes (see description of this exciting new initiative on page 18).

30 Years of Expert Insights & Trainings on Violence Prevention



Past Training Topics

- **Building Resilience Across the Lifespan**
- **Bullying Prevention & Active Bystandership**
- **Cyberbullying, Internet, and Social Media Safety**
- **Intimate Partner Violence: Prevention and Intervention**
- **Managing Aggressive Behavior in the Classroom**
- **Positive Parenting & Positive Youth Development**
- **School Safety and Gun Violence Prevention**
- **Self-Care for Social Service Providers**
- **Trauma-Informed Care for Social Service Providers and Law Enforcement**
- **Youth Mental Health Workshops for Schools and Community Settings**

The Melissa Institute's Annual Conferences

Each year, The Melissa Institute hosts a conference that explores complex issues affecting communities locally and worldwide. This brings together professionals from diverse fields to discuss evidence-based interventions and to engage conference attendees in real time dialogue. It also creates a unique opportunity to connect, collaborate, and strengthen their collective efforts in addressing urgent challenges in the field of violence prevention.

Scan the QR code to watch videos from our 2025 Annual May Conference. Information on the first 29 Annual Conferences can be accessed on our website www.melissainstitute.org



2025 ANNUAL MAY CONFERENCE: THE SOCIAL MEDIA CHALLENGE: RESEARCH-BASED STRATEGIES TO PROTECT MINDS AND STRENGTHEN COMMUNITIES"

Keynote Speakers & Lead Faculty:

- **Mitch Prinstein, Ph.D.:** University of North Carolina-Chapel Hill
- **Yvonne Skipper, Ph.D.:** University of Glasgow
- **Debra Pepler, Ph.D.:** York University, Toronto
- **Annette M. La Greca, Ph.D., ABPP:** University of Miami

Panelists:

- **Etiony Aldarondo, Ph.D.:** The Melissa Institute
- **Sherry Hamby, Ph.D.:** The University of the South
- **Scott Hunter:** Education Officer for Cyber Resilience and Internet Safety at Education Scotland
- **Donald Meichenbaum, Ph.D.:** The Melissa Institute
- **Alasdair Penny:** Cybercrime Harm Prevention lead at Police Scotland

Save the Date: May 1, 2026

The Melissa Institute 30th Annual Conference: From Prevention to Healing: Research-based solutions to address the youth mental health crisis in America

As The Melissa Institute celebrates its 30th Anniversary, this landmark conference will bring together leading scholars, clinicians, educators, and community partners to address one of the most urgent public health challenges in our nation: the youth mental health crisis.

The conference will focus on how to prevent and treat emotional disorders in children and adolescents, including anxiety and depression, trauma-related distress, suicide risk, and digital-age stressors. The role of risk and protective factors in shaping long-term well-being will be highlighted. This initiative will advance TMI's three-decade mission of translating research-based scientific knowledge into practical, compassionate strategies that strengthen families, schools, and communities.

Online Training: Innovations in Violence Prevention & Resilience Series

2025 Presentations

What Helps Kids & Teens Overcome Trauma? The Resilience Equation for Young People, presented by Dr. Sherry Hamby

Innocence Interrupted: How Gender-Based Violence Affects Youth Affects Children and Youth from Observation to Impact to Solutions, presented by Drs. Leena Augimeri & Debra Pepler

The Power of Youth Development Programs: Lessons from the 4-H Study of Positive Youth Development, presented by Drs. Richard Lerner, Jackie Lerner, & Mary Buckingham

Advances in Family-Based Therapies for Adolescents, presented by Dr. Daniel A. Santisteban

Choose Him Wisely: How to Identify A Safe Partner, presented by Dr. David B. Wexler & Dr. Donald Meichenbaum

THE BELFER-APTMAN SCHOLARSHIP AWARD

The Institute nurtures the next generation of violence prevention scholars by awarding Belfer-Aptman annual scholarships that support doctoral students' dissertation research in the field of violence prevention. It was established by a generous grant from the Belfer Foundation to support emerging scholars committed to advancing violence prevention. This Scholarship Award recognizes outstanding graduate students whose research addresses various aspects of violence prevention. Each year, the awards provide financial support to promising researchers which empowers them to pursue innovative, evidence-based work that aligns with The Melissa Institute's mission to create safer and more compassionate communities. We are honored to have awarded well over \$100,000 to these dedicated leaders of tomorrow.

For information about our Scholarships, scan code to access our website



2025 WINNERS

Aniruddh Ajith, MD/Ph.D. student, University of Pittsburgh

"The Impact of Social Networks and Activity Spaces on Substance Use Disparities Among Black Youth Exposed to Community Violence."

Shamika Raut, Ph.D. student in Social Work, The Ohio State University

"Exploring Technology-Facilitated Abuse and Mental Well-Being Among Bhutanese Refugee Women: A Mixed-Methods Study."

Katherine W. Bogen, Ph.D. student in Psychology, University of Nebraska-Lincoln

"The Cost of Telling: Sexual Violence Disclosure, Posttraumatic Stress, Alcohol Use, and Risk for Intimate Partner Violence in Bisexual Women's Romantic Relationships."

Collaborations with Emerging Leaders

Students Offering Support

We are grateful for our 13-year partnership with Students Offering Support. Through impactful fundraisers like Bowling Over Bullying, these outstanding high school leaders have generously contributed more than \$30,000 to The Melissa Institute. We deeply value the commitment of these emerging leaders to prevent violence, and we are honored to have their support.



enFamilia

We are also excited to continue strengthening our partnership with enFamilia's Youth Leadership Program in Homestead, FL. Together, we are training a new cohort of 20 high school students as Project Real USA youth facilitators. Through our programs, these inspiring youth leaders have been given the tools of social media safety. They teach their peers to become smarter, safer, and more informed consumers of information and social media.



Suzanne L. Keeley, Ph.D. Community Service Award

This annual Award is provided by a generous donation in honor of Co-Founder and President Emeritus of The Melissa Institute, Dr. Suzanne Keeley. It recognizes individuals and/or organizations that have made significant contributions to their communities by addressing and preventing violence. It celebrates efforts that promote safety, resilience, and well-being through community service, advocacy, education, research, or direct service in violence prevention and treatment.

The 2025 Winner, Julie Weil, is the founder and director of the Not Just Me Foundation. Their mission is to prevent sexual assault through awareness and education. They empower survivors to reclaim their lives by connecting them with trained advocacy networks. Thank you, Julie, for all you do to make this world safer and kinder for everyone!



Highlighting the local, national and international reach of The Melissa Institute's Scientific Board Members

The strength of The Melissa Institute is rooted in the expertise, dedication, and global leadership of our volunteer Scientific Board. This extraordinary group of researchers and clinicians is at the forefront of advancing impactful work in trauma, violence prevention, mental health, resilience, education, and community well-being. Their guidance shapes every aspect of our mission. Their knowledge translates into meaningful, evidence-based programs that directly benefit the communities we serve. The work of The Melissa Institute is only possible because of their leadership and their ongoing commitment to using science to help create safer, healthier, and more resilient communities for all.

WELCOME



Dr. Yvonne Skipper

Senior Lecturer in Psychology at the University of Glasgow, Scotland, has authored numerous publications in educational psychology. Dr. Skipper developed the successful Project Real

in Great Britain to help 11–16-year-olds identify and respond to the increasingly important challenges of online misinformation. The program resources are available at www.projectreal.co.uk. Her original work has been modified for TMI's Project Real USA and is being introduced locally in Miami. More information about can be found on our website at www.melissainstitute.org/project-real-usa/.

Dr. Mitch Prinstein

Chief Science Officer of the American Psychological Association and Distinguished Professor of Psychology and Neuroscience at the University of North Carolina at Chapel Hill. Dr. Prinstein

is recognized worldwide for his work on adolescent development, peer relations, and the impact of digital technology on youth mental health. His groundbreaking research has shaped how educators, clinicians, and lawmakers understand the challenges young people face in a rapidly changing world. As a trusted voice on youth's well-being, he brings exceptional expertise, vision, and passion to our mission.



Meet the newest member of our Board of Directors

Dr. Annette La Greca

Having served for many years on our Scientific Board, Dr. Annette La Greca now joins our Board of Directors. A Distinguished Professor of Psychology and Pediatrics at the University of Miami, Dr. La Greca is an internationally recognized expert on trauma in youth and on the role of peer relationships in mental and physical health. Access many of her presentations and courses on our YouTube channel: <https://www.youtube.com/channel/UCIxx-ybpeCvnschivbms3FQ>,

or by scanning the QR code below. We look forward to having her leadership help shape the course of the Institute for years to come.



Dr. Annette La Greca

We are deeply honored to have these scholars join The Melissa Institute family!

Trauma-Informed Care: Strengthening the Capacity of Those Who Serve Our Communities



Pictured above: Trauma-Informed Care Network training with the Miami-Dade Department of Corrections and Rehabilitation featuring Victor Williams, Ivon Mesa, & The Melissa Institute's Executive Director, Dr. Etiony Aldarondo.



THE MELISSA INSTITUTE
PREVENTING VIOLENCE THROUGH EDUCATION



Learn more about Trauma Informed Care



The Melissa Institute has long been recognized as a leader in trauma-informed care training. Over the past year, the Institute took a major step forward by partnering to create the Trauma-Informed Care Network of Miami-Dade County. This initiative is designed to strengthen the capacity of agencies and professionals who support our community's most vulnerable populations.

This collaborative effort unites stakeholders to operate on a shared understanding of trauma and its profound impact on behavior, safety, and long-term well-being. The Network provides ongoing training, consultations, and practical tools that help professionals create safe, compassionate environments throughout the community. Participants learn to recognize

signs of trauma and to effectively respond with compassion and empathy. It reduces the risk of re-traumatization and supports healthier pathways for healing and growth.

It enhances collaboration, strengthens community responses to trauma, and helps break the cycles of violence and adversity. This Countywide effort demonstrates how partnership, science, and compassion can transform systems and improve lives. It is being shared nationally to help extend its universal impact.

If your organization is interested in joining the Trauma-Informed Care Network, please contact us at info@melissainstitute.org.



Voices of Impact

REFLECTIONS FROM OUR COMMUNITY



David Lawrence

"I have believed in, cared about, and worked on Melissa Institute's issues for literally decades now. I have seen the difference it makes for so many people. The Melissa Institute was born out of a great tragedy, and from that tragedy--from really good people--has come something so special, so meaningful in the life of my own community and many other communities. It deserves my support. It deserves everyone's support.

The joy of life is the difference you make in other people's lives, and the Melissa Institute is as good an example as I can think of."

-David Lawrence, Founder of the Children's Movement and Honorary Board Member since 1999



Holly Zwerling

"The greatest contribution of the Melissa Institute has been their imparting valuable and timely information to understand the dynamics of violence and how to prevent it. The yearly educational programs have been invaluable to increase our understanding of the etiology of violence and ways to curtail it in families, in schools and in communities... congratulations on your upcoming 30th Anniversary. We are grateful to all involved in pursuing a safer tomorrow for all. Thank you to Melissa's family for sharing the love and high regard for their daughter and her life with us."

-Holly Zwerling, LCSW, LMFT, Founder, President, and CEO of the Fatherhood Task Force of South Florida



Dr. Ron Slaby

"There are many reasons for The Melissa Institute's proven success during its first 30 years, and its promise of continued success into the future. One of the most important was the original decision of the Co-Founders Lynn and Michael Aptman to refuse to accept violence as an inevitable and unchangeable aspect of our society. Instead, they wisely created TMI based on their firm conviction that violence can be effectively prevented and treated by applying the best strategies, tools, and practices derived from the latest science-based evidence.

Now led by internationally renowned scientists, Drs. Donald Meichenbaum and Etiony Aldarondo, and fully supported by its Founders, Board of Directors, Scientific Advisors, and generous donors, TMI continues to serve as a national leader in developing, identifying, and disseminating to all concerned people, the most reliable and effective science-based methods. Today, TMI's mission continues to be vitally important in light of our nation's unprecedented challenges to science, public health, and violence prevention."

-Ron Slaby, Senior Scientist, Education Development Center; Faculty Associate, Harvard Graduate School of Education



Looking Ahead



Advancing violence prevention and strengthening communities worldwide

In a rapidly changing world, our mission to prevent violence requires constant adaptation and forward thinking. We embrace new technologies and expand research and training initiatives to stay at the forefront of the field. By listening to communities, learning from emerging data, and testing bold ideas, we make sure our strategies are effective and timely.

To mark 30 years of impact, The Melissa Institute is launching *Voices for Prevention & Resilience*, a new, public-facing podcast designed to extend our mission of violence prevention far beyond traditional academic and professional circles. Launching in June 2026, the series will expand our reach to families, educators, and policymakers around the world.

For three decades, the Institute has served as a trusted source of research-based knowledge for educators, practitioners, policymakers, and community leaders. This podcast initiative will build on that legacy by translating cutting-edge science into clear, actionable insights, shared through compelling stories and conversations that bring to life prevention and inspire change.



WHY THIS MATTERS

“At a time when families, educators, and communities are facing a crisis in youth mental health, rising violence, and an urgent need for safety, *Voices for Prevention & Resilience* will offer something powerful: evidence-based hope and guidance. This podcast series will turn science into action, making it easier for everyday people to create safer, more compassionate spaces where healing and resilience can thrive.” - Dr. Etiony Aldarondo, TMI Executive Director

Support the Launch of “Voices for Prevention & Resilience”

Hosted by Institute leaders and featuring members of our Scientific Board, community partners, educators, and frontline practitioners, each episode will bridge science, compassion, and community action. Listeners will discover not only what works in preventing violence, but also why it matters and how it can be applied in real-world settings.

Your contribution can help bring trusted voices and cutting-edge science to the public through The Melissa Institute’s Podcast Series. With your support, we will reach thousands of listeners, providing educators, families, and leaders with real-world tools to prevent violence and foster resilience. Help us make prevention go viral.

Visit www.melissainstitute.org/donate or contact us to become a founding podcast partner.



The Melissa Institute

Preventing violence and promoting safer communities through research-based solutions.

30 Years Of Impact By The Numbers



\$6.2M

Total donations received



37+

Community Partnerships



878

YouTube video resources

Scholarships



64 Belfer-Aptman Scholarships

Awarded to support doctoral students' dissertation research in the field of violence prevention

3 Belfer-Aptman Scholarships Awarded Each Year

\$175K+

Belfer-Aptman Scholarship Funds Awarded

Trainings

8000+

Professionals Trained

3500+

Parents & Youth Trained

Scope of Impact

More than 100,000 people from over 138 countries have benefited from the Institute's educational resources and its trainings

1996

Founding of The Melissa Institute

2006

Initiative:
Created Website for Educators
(www.teachsafeschools.org)

Community Service Awards

Award Categories

- Suzanne L. Keeley Award
- Educator Recognition Award
- Norma Bossard Award

2016

Areas of focus:
gun violence prevention,
human trafficking,
cyber bullying, literacy

2026

Initiatives:
Project Real USA, Read More
Grow More, Podcast



2025 Year in Review



\$246K

Total donations received



\$91,051.04

Give Miami Day Donation Funds

We've Moved!

After many years located on the University of Miami Campus, we relocated our base of operations on January 1, 2025.

Please note our new address:

5275 Sunset Drive
Miami, Florida 33143

Dr. Etiony Aldarondo, our Executive Director, showing off his many talents building desks in the new office space.



Innovation



New Initiatives



On May 5, 1995, Melissa Aptman was murdered in St. Louis. A Miami native, she was just two weeks away from graduating with her bachelor's degree from Washington University. One year after her death, Melissa's family, friends, and leading violence-prevention experts established The Melissa Institute for Violence Prevention to honor her memory and make a lasting difference by working to prevent violence and support victims.

The Institute's work would not be possible without the participation, expertise, leadership, and generosity of our Board of Directors, Scientific Board, Honorary Board, and dedicated donors. Their commitment fuels our mission and strengthens every initiative we pursue.

Thank you for your enduring and inspiring support!



Dr. Donald Meichenbaum

Founding Scientific Director and TMI Co-Founder

Donald Meichenbaum is an internationally renowned psychologist, educator, and one of the most impactful psychologists of our time. As co-founder and Founding Scientific Director of The Melissa Institute, he has both shaped and embodied the Institute's mission: translating cutting-edge research into compassionate, evidence-based practices that help make our world safer, healthier, and kinder for all. At The Melissa Institute, Dr. Meichenbaum has led the development of a wide array of educational resources, toolkits, conferences, and professional trainings, many of which are highlighted in this report. His efforts have brought psychological science and The Melissa Institute's programs into the hands of thousands of educators, clinicians, and community leaders around the world

After 55 years of clinical research and practice, including three decades as the Institute's Scientific Director, his work continues to shape generations of practitioners and influence the fields of violence prevention and mental health worldwide.

Through his lifelong commitment to prevention science, healing, and hope, Dr. Meichenbaum has inspired The Melissa Institute's work for decades, leaving an enduring legacy of knowledge in action.

Thank you, Don, for your leadership, your commitment to excellence, and your generosity of spirit.

To better appreciate the breadth and depth of Dr. Meichenbaum's extraordinary contributions to The Melissa Institute and to society, we encourage you to visit:

<https://melissainstitute.org/dr-meichenbaum/>.

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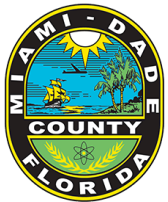
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