

Get Involved

Your support allows the Clay Center to advance the resilience and emotional wellbeing of young people everywhere.

Donate. Your gift is tax deductible.


Make a secure gift online:

www.mghclaycenter.org/your-support

Mail your check payable to:

Clay Center for Young Healthy Minds
c/o Dr. Gene Beresin, Executive Director
One Bowdoin Square, 9th Floor
Boston, MA 02114

Connect on social media. Thank you for engaging and helping to spread the word!

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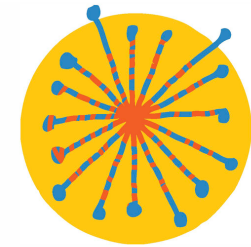
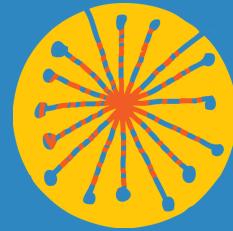
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Subscribe to our newsletter. Stay informed about our latest blog, podcast, and video content, as well as new initiatives! **Text** MGHCLAYCENTER to 22828 to get started.

Share your story. If someone in your family has struggled with or overcome a mental health or learning challenge, we welcome your story.

Write to us: contact@mghclaycenter.org



The Clay Center for Young Healthy Minds

Shining light on mental health through education.

A free, online educational resource to promote and support the mental, emotional, and behavioral wellbeing of young people.



MASSACHUSETTS
GENERAL HOSPITAL



HARVARD
MEDICAL SCHOOL

www.mghclaycenter.org

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Boston, MA 02114

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Our Team

Founded in 2013, the Clay Center is led by an outstanding team of Massachusetts General Hospital (MGH) faculty:

Dr. Gene Beresin, Executive Director, is a child psychiatrist and career clinical educator with a passion for composing music for creative connection.

Dr. Steve Schlozman, Co-Director, is a trained child and adult psychiatrist, and an accomplished creative writer.

Dr. Ellen Braaten, Co-Director, leads the Learning & Emotional Assessment Program (LEAP) at MGH, and is a widely acclaimed expert in neuropsychological assessment.

Deirdre Phillips, Managing Director, and **Sara Rattigan**, Communications Director, provide our core administration. They have combined expertise in strategic planning, relationship & financial management, public health practice, marketing, and event and project management. Our research assistant, **Eliza Abdu-Glass**, provides additional support to the entire team.

We are also supported by our close affiliations with the MGH Department of Psychiatry, and Harvard Medical School.



What We Offer

Free, Online Content

Through our website, we offer educational materials and resources on mental health topics. We use a narrative, multimedia approach to deliver practical, original content in multiple forms, including our blog, podcast, video series, and original music.

Our content is presented in an engaging and easy-to-understand manner, and regularly updated based on new research, current events, and user feedback.

Storytelling for Change

Real life stories make experiences relatable. Evidence shows that stories are critical to how we process and learn new information, and therefore can help to explain mental health questions and concerns. In addition, we often provide useful tips drawn from stories.

Impact on Real Lives

Building knowledge and greater understanding serves to:

- Open conversations and change the way families interact about mental health issues in young people's lives
- Increase awareness about and destigmatize mental health issues
- Provide a starting place for those who need help



Expertise on Key Topics

- Depression and anxiety
- Stress
- Learning and attention issues
- Social and societal concerns
- Psychosocial development
- Impact of social and digital media
- Navigating relationships
- Self-care, including mindfulness
- Parenting and family concerns

Partnerships & Influence

New York State's Project TEACH.

As part of an initiative by NY's Office of Mental Health, we produce content to support parents as their children access skillful, prompt, and compassionate care for mental health conditions.

Frequent Media Contributions.

We help to shape understanding about mental health issues among reporters and the public through outlets including *The New York Times*, *Business Insider*, *US News & World Report*, *ABC News*, *Understood.org*, and *WBUR's CommonHealth*.