

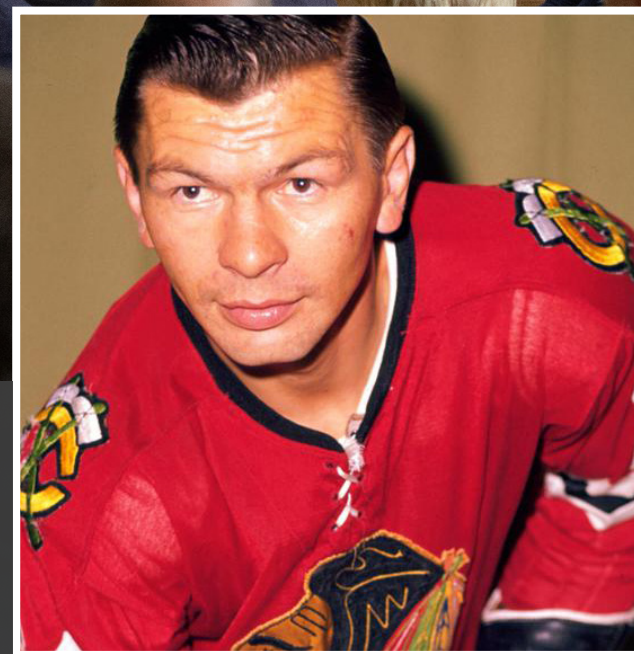


2019 ANNUAL REPORT

CONCUSSION
↑ Legacy Foundation



The 2019 Chicago Honors dinner celebrated Chicago Blackhawks legend and Hockey Hall of Famer Stan Mikita and his family for donating his brain to our research. Mikita was diagnosed with Stage 3 (of 4) CTE.





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LETTER FROM LEADERSHIP

Through more than a decade of education, research, and advocacy, **the Concussion Legacy Foundation has changed the global conversation on the problems of concussion and CTE.** In that time, achievable solutions for both patient health and public health have become clearer.

In 2019, we updated our mission statement to capture the three areas of focus that will create the sustainable change needed.

First, **our mission is to “support athletes, Veterans, and all affected by concussions and CTE.”**

Concussions and CTE can be overwhelming to fight alone. We launched the CLF HelpLine (pgs. 22-23) to provide urgently needed one-on-one support, resources, peer-to-peer mentors, and medical referrals to patients and families.

Project Enlist (pgs. 34-35), our program to accelerate the study of CTE, TBI, and PTSD in military Veterans by increasing the rate of brain donations, recruited a record number of Veteran brain donations and pledges.

Second, **our mission is to “achieve smarter sports and safer athletes through education and innovation.”**

Our award-winning Tackle Can Wait (pgs. 10-13) campaign and PSA, built on data from our groundbreaking brain bank study (pg. 27), was seen more than 1 billion times and delivered a lifesaving message for parents: wait to enroll your children in tackle football until age 14 and you should dramatically decrease their odds of developing CTE.

Third, **our mission is to “End CTE through prevention and research.”**

Our 2018 investment in the CLF Global Brain Bank paid off in just one year by changing the conversation on CTE in Australia (pgs. 28-29). In December we welcomed our newest member, the University of Auckland in New Zealand, which we anticipate will change the global rugby conversation.

Thank you for helping the Concussion Legacy Foundation. With your support, we will continue to make progress toward smarter sports, safer kids, and a world without CTE.

Sincerely,



Christopher Nowinski
Co-founder and CEO



Robert Cantu
Co-founder & Medical Director



John Corcoran
President, Board of Directors



MISSION STATEMENT

The Concussion Legacy Foundation's mission is to support athletes, Veterans, and all affected by concussions and CTE; achieve smarter sports and safer athletes through education and innovation; and to End CTE through prevention and research.

VISION STATEMENT

Our vision is a world without CTE, and concussion safety without compromise.



EDUCATION & ADVOCACY

Our viral "Tackle Can Wait" PSA compared youth tackle football to smoking to illustrate new VA-BU-CLF Brain Bank data on how CTE risk increases for each year of play.

TURBOS



The Team Up Speak Up Speech:

1. “We’re a team and teammates look out for each other.
2. A teammate with a concussion needs your help.
3. I expect you to **SPEAK UP** to a coach or an athletic trainer if you think a teammate has a concussion.”



TEAM UP SPEAK UP

Team Up Speak Up is our national concussion awareness program designed to mobilize athletes in the fight against concussions.

This unique and innovative program was launched in response to studies revealing that standard concussion education, which asks players to self-diagnose their concussion and remove themselves from the game, is ineffective in changing behaviors. **Team Up Speak Up, built on the bystander intervention model, uses a train-the-trainer approach to teach coaches how to give an effective speech to their team that reframes concussion awareness as being a good teammate.** Players are told that a player with a concussion needs help, and a good teammate will speak up to the coach or athletic trainer if they suspect a concussion in a teammate.

2019 Highlights:

Participation from 300+ organizations representing 6.25M athletes

Participation in all 50 U.S. states and 21 NFHS state high school associations

2019 Major Participating Organizations:



NFLPA



2019 National Governing Body Partnerships

Team Up Speak Up Weeks



US Lacrosse
Mar. 3-9

“Coaches and trainers can’t see everything that happens on the field. We rely on players to tell the coaches or medical staff if they suspect a teammate has a concussion.”




-JENNY LEVY
HEAD COACH OF THE U.S. WOMEN'S NATIONAL LACROSSE TEAM

#TeamUpSpeakUp



USA RUGBY
USA Rugby
Sept. 8-14

“If you want to play this sport in the long-term, you need to take your brain health seriously.”



-MADISON HUGHES
CAPTAIN, MEN'S EAGLES SEVENS

CONNISSON FOUNDATION
TEAMUP SPEAKUP



USA Hockey
Oct. 20-26



#TeamUpSpeakUp



FLAG FOOTBALL UNDER 14

The Concussion Legacy Foundation is leading a global conversation about reforming youth sports to remove repetitive head impacts. In January 2018, we launched Flag Football Under 14, a multi-year campaign to educate parents on the risks of tackle football before 14 and suggesting they choose flag football instead.

In October 2019, we timed the release of our “Tackle Can Wait” campaign with a major new study from the VA-BU-CLF Brain Bank (pg. 26). “Tackle Can Wait” consisted of a **Telly-Award-winning 30-second public service announcement (PSA)** and **Webby-Award-nominated microsite** (pg.11).

A special thanks to marketing agency Fingerpaint, who created and executed the campaign pro bono. Angela Campigotto-Harrison was the lead creative from the Fingerpaint team. Her father, Joe Campigotto, was diagnosed with CTE after his death in 2016.

The study revealed that **the link between tackle football and CTE may be stronger than the link between smoking and lung cancer.** That comparison inspired the viral hook of the PSA that shows youth tackle football players – with smiling encouragement from coaches and parents – smoking cigarettes while playing. The video’s voiceover, narrated by a child, leaves adult viewers with a compelling question: **“You wouldn’t let me smoke. When should I start tackle?”**



The PSA was directed by award-winning filmmaker Rebecca Carpenter (left), who lost her father Lew Carpenter to CTE in 2010. It received over 700 million impressions in the first week and inspired feature segments the **TODAY Show**, **The Doctors**, and **three separate Fox News debate segments**. It was also covered by CNN, NBC News, and hundreds of local news outlets (pg. 12).

fingerpaint



**Youth tackle football is a lot like smoking.
The longer you do it, the greater the danger.**

Over time, a child's risk of **developing CTE from tackle** may add up faster than a smoker's risk of developing lung cancer.

Starting younger only increases the risk.



TackleCanWait.com

Parents are hearing the message. Primarily due to our CTE awareness efforts, **over the past five years, youth tackle football participation is down 17.4% while flag football is up 38.9%**. In 2017, flag football became more popular than tackle football for children, and the gap continues to grow every year.

Tackle Can Wait PSA Highlights

>1 Billion Impressions
from television, print,
and digital reach

Two Telly Awards
Gold, Promotional Video, Sports
Silver, Promotional Video, Nonprofit



 NBC


Concussion PSA compares youth football dangers to smoking

Everybody seems to be having fun when the kids are playing football in the PSA, until one boy is thrown to the ground. Then, the coach starts handing out cigarettes.


 AP

Concussion PSA compares youth football dangers to smoking

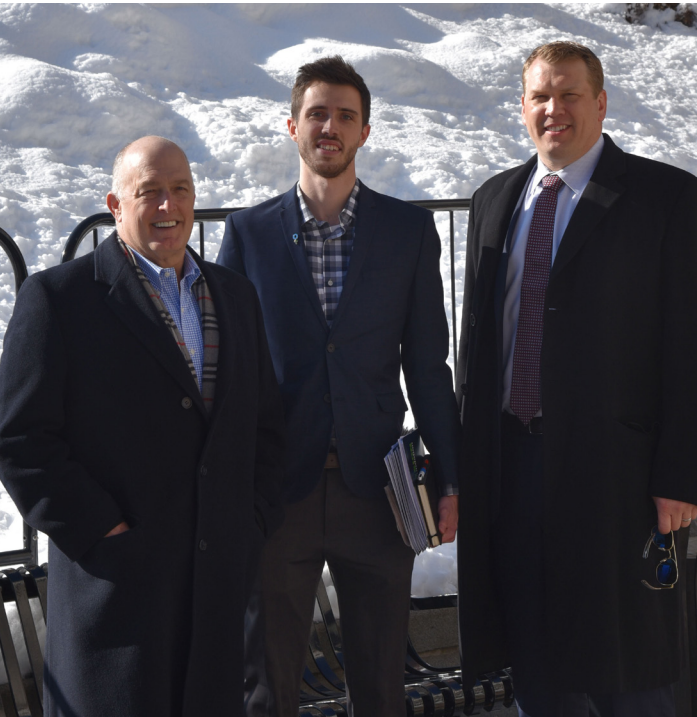
By JIMMY GOLEN October 10, 2019

 YAHOO!
LIFESTYLE

Kids shown smoking cigarettes in shocking new PSA

 CNN

New PSA warns parents to avoid youth tackle football by comparing it to smoking



Tackle Can Wait bolstered CLF-supported legislative efforts to ban tackle football for children. **Legislation has been introduced in California, Illinois, Maryland, Massachusetts, New Jersey and New York.**

Former NFL player Pete Cronan joined CLF Program Coordinator Brandon Boyd and CEO Chris Nowinski, Ph.D. (top left, L-R) to educate Massachusetts state lawmakers on the risks of youth tackle football. **CLF Board of Directors member Angela Campigotto-Harrison** (top right), the creative vision behind Tackle Can Wait, testified in favor of a youth tackle football ban in New York, telling legislators the impact of her father's battle with CTE on his family.



"This disease destroys families from nearly every angle you can think of," she said.

New York Advisory Board (NYAB) member Dr. Erich Anderer (bottom left), Chief of Neurosurgery at NYU Langone Hospital in Brooklyn, testified in favor of the legislation in New York, saying the data we now have on tackle football and risk of CTE should spur action to protect children. **NYAB member and former Harvard University football captain Brendan Bibro** argued that a youth ban was good for tackle football and would increase high school participation.

You never want to see your child get hurt



You never want to see your child get hurt. But what if they're getting hurt in ways you can't see?

That's the question we asked parents in our second captivating PSA of 2019. The video, developed pro bono by the creative minds at PJA Advertising, showed a familiar scene in a youth tackle football game: a child takes a hard hit and lies prone on the ground as parents and coaches holler a mix of concern and encouragement for him to get up.

A child's voiceover gives parents the facts: youth tackle football players can take 500 hits to the head in a season. Research suggests these repetitive hits – even if they don't lead to concussions – can cause the brain disease CTE. **More than 60,000 people watched the video and learned through the eyes of a child why Flag Football Under 14 is the best choice.**



Concussion Legacy Foundation co-founders Dr. Robert Cantu and Chris Nowinski, Ph.D. are proud to serve as advisors to more professional and collegiate sports organizations than any concussion-focused nonprofit in the world. By working with professional and collegiate sports to educate stakeholders and set policy, CLF sets the example for high school and youth sports to follow.

ADVISORY ROLES



NFLPA



MEDIA PROJECT

The CLF Media Project is the **first and only concussion education program designed specifically for people in sports media**. By training journalists on 22 lessons such as knowing their league's concussion protocols, accurately reporting on concussion signs, and retiring terms like "ding" and "bell-ringer", the Media Project gives sports media members the tools to inform their massive and hard-to-reach audiences about proper standards for concussion management.

The Media Project is divided into two parts: the **Concussion Reporting Workshop**, a curriculum for sports journalism programs at colleges across the country, and the **Concussion Reporting Certification**, a quiz for working journalists to get them up to speed on evolving concussion guidelines.



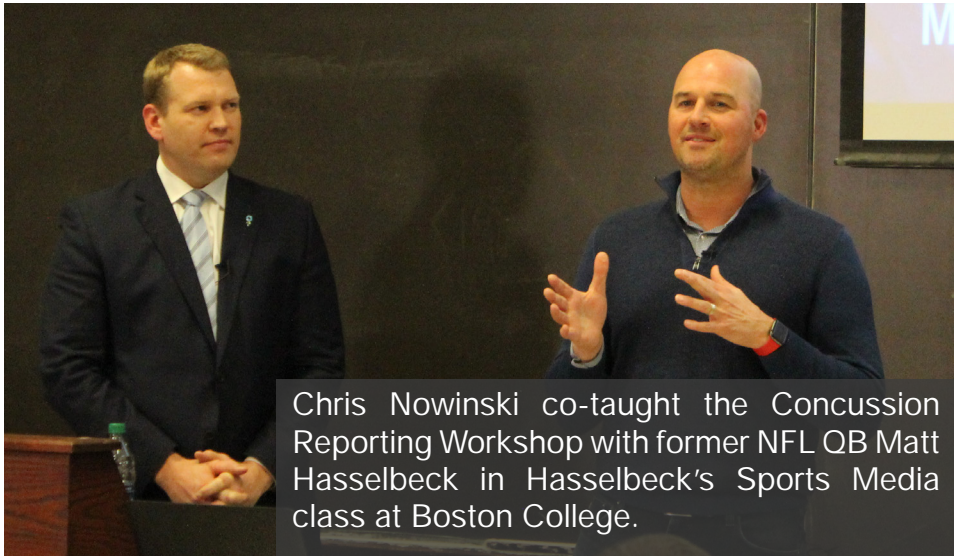
2019 Highlights

Concussion Reporting Workshop expanded to five new colleges

Taught at five of the top 10 journalism programs:
ASU, BU, Mizzou, Northwestern, Syracuse

Doubled the number of Concussion Reporting Certified Fellows (70)

CONCUSSION REPORTING WORKSHOP



Chris Nowinski co-taught the Concussion Reporting Workshop with former NFL QB Matt Hasselbeck in Hasselbeck's Sports Media class at Boston College.

The Concussion Reporting Workshop was taught in **12 different classes at eight colleges** in 2019.

Pilot Schools:



New Schools in 2019:



CONCUSSION REPORTING CERTIFICATION

Sports media professionals from some of the most recognized broadcast and print outlets are Concussion Reporting Certified:



THE ATHLETIC



More than 70 sports media professionals are Concussion Reporting Certified. Our new Certified Fellows cover football, basketball, baseball, hockey, and international sports.



AJ Mieczko Griswold
Commentator
NBC Sports



Michael Holley
Host
NBC Sports Boston



Mike Couzens
Play-by-Play
ESPN

PATIENT & FAMILY SERVICES



Mike and Kim Adamle's public battle with Mike's probable CTE provides hope and resources for families affected by CTE.



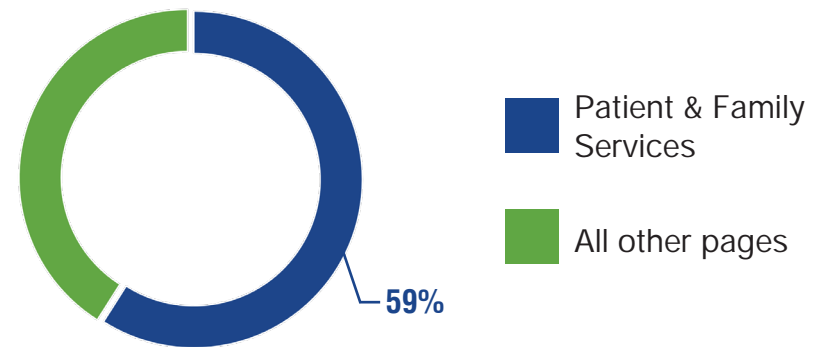
DIGITAL RESOURCES



The Concussion Legacy Foundation is leading the fight against concussions and CTE and is dedicated to improving the lives of those impacted.

We have built an unprecedented web-based resource to help patients and families recover, cope, and maintain hope that better days lie ahead. Our Post-Concussion Syndrome (PCS) and Chronic Traumatic Encephalopathy (CTE) Resources pages account for the majority of our website visitors. When patients and families come to us looking for help, they find videos from experts, peer advice, explanations of treatments, coping strategies, and inspiring stories of recovery.

CLF Website Traffic in 2019



2019 Highlights

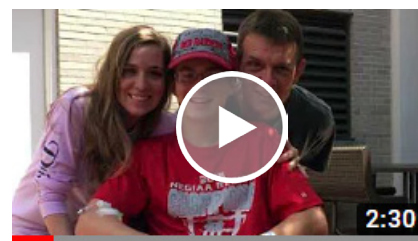
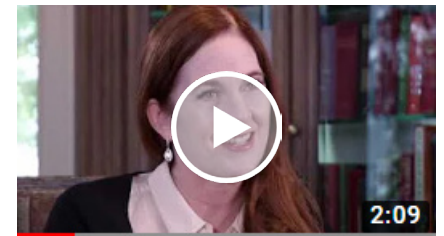
150,000 views on Patient & Family Services videos


Top search rankings for:
*Chronic Traumatic Encephalopathy (1st),
CTE (1st), Post-Concussion Syndrome (2nd)*



We also provide patient and family resources through social media, and we surpassed **70,000 social followers in 2019**. For those who depend on us during their recovery from long-term symptoms, we publish patient and family-focused PCS and CTE Resources newsletters. These **targeted newsletter lists are now nearing a combined 10,000 subscribers and grew more in 2019 than in the previous three years combined**.

Video content remains a feature of our digital resources, **and in 2019 our audience averaged nearly 4,000 minutes of viewing per week**. New videos in 2019 included tips from medical experts on diet and exercise, advice for wives and families experiencing intimate partner violence, strategies for parents of children suffering from PCS, and advice on living with possible CTE from Mike and Kim Adamle (pictured left).





“I am very pleased that I found this resource. Truly, I think it was a lifesaver.”

CLF HELPLINE

CLF HelpLine

CLF has always provided one-on-one support to patients and families who reach out for help. But in 2019, as our web traffic continued to climb, inquiries began to outpace capacity. To ensure we could match demand, we created the CLF HelpLine, **which provides personalized, one-on-one guidance and resources to those struggling with the outcomes of brain injury.** Lingering concussion symptoms or possible CTE can be isolating, frightening and frustrating. With the CLF HelpLine, we have created a service to specifically support these individuals and families in their time of need.

The CLF HelpLine provides doctor and medical provider referrals, online and printed collateral resources for concussion, PCS and CTE, and a peer-to-peer mentor network to help struggling patients and caregivers maintain hope.

Due to the success of the HelpLine, we will grow this service in 2020 by hiring a full-time Resource Coordinator, investing in digital promotion to reach more patients, expanding the referral network, increasing our mentor capacity, and expanding our video library.

“Thank you so much for all your help... this has given me the most hope.”

-HelpLine User from Atlanta, GA
November 2019

“You were the only one that reached out to try and help me and I can’t thank you enough for that.”

-HelpLine User from Chicago, IL,
December 2019

“After all these years of struggling, it’s nice to finally have someone that understands.”

-HelpLine User from Santa Barbara, CA
August 2019



Former gymnast Erin Payne (right) was a CLF Help recipient and has excelled in her recovery from PCS. Now, she’s a HelpLine mentor for Kylie, who is also battling PCS symptoms.

HelpLine By the Numbers

80 Help requests per month since launch

At least one Help request in all 50 states

62% request help with
long-term concussion symptoms

40% of inquiries looking for help for a
loved one



We expanded the CLF Global Brain Bank to New Zealand in 2019, partnering with the University of Auckland. The scientists were joined at the launch by legendary All Black player Sir Brian Williams (far right).



RESEARCH

N
Mark Easton
Research



The VA-BU-CLF Brain Bank, led by Dr. Ann McKee, remains the leading CTE research program in the world. CLF co-founded the brain bank in 2008 and continues to lead outreach and recruiting efforts. **In 2018, the brain bank grew by 24%, adding 159 new donations to end the year with 825 total. The brain bank holds an astounding 70% of the CTE cases ever diagnosed worldwide.**

From those donations, the research team has published **more than 70 publications** and made dozens of unique discoveries. The prestige and success of the VA-BU-CLF Brain Bank would not be possible without the generous gift of brain donation made by our Legacy Families, pictured above at our most recent Family Huddle, where we invite our families to meet the research team and learn how their donation has advanced science.

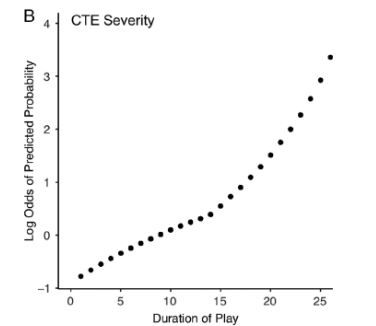
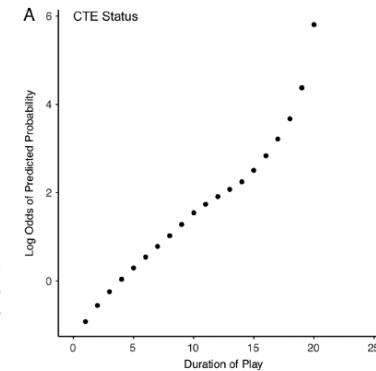
Duration of American Football Play and Chronic Traumatic Encephalopathy

Jesse Mez, MD, MS^{1,2,3} Daniel H. Daneshvar, MD, PhD,^{1,4}
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Patrick T. Kiernan, BA,^{1,2,6} Laney Evers, BA,^{1,2} Laura Marshall, BA,^{1,2} Brett M. Martin, MS,^{1,7}
Joseph N. Palmisano, MS,^{1,7} Christopher J. Nowinski, PhD,^{1,8} Ian Mahar, PhD,^{1,2}
Jonathan D. Cherry, PhD,^{1,9,10} Victor E. Alvarez, MD,^{1,9,10} Brigid Dwyer, MD,^{2,11}
Bertrand R. Huber, MD, PhD,^{1,2,9,10} Thor D. Stein, MD, PhD,^{1,3,9,10,12}
Lee E. Goldstein, MD, PhD,^{1,2,12,13,14} Douglas I. Katz, MD,^{2,11} Robert C. Cantu, MD,^{1,2,8,15,16}
Rhoda Au, PhD,^{1,3,17,18} Neil W. Kowall, MD,^{1,2,9,12} Robert A. Stern, PhD,^{1,2,15,17}
Michael D. McClean, MS, ScD,^{1,9} Jennifer Weuve, MPH, ScD,¹⁸ Yorghos Tripodis, PhD,^{1,5}
and Ann C. McKee, MD^{1,2,3,9,10,12}

Objective: Chronic traumatic encephalopathy (CTE) is a neurodegenerative disease associated with exposure to contact and collision sports, including American football. We hypothesized a dose-response relationship between duration of football played and CTE risk and severity.

Methods: In a convenience sample of 266 deceased American football players from the Veterans Affairs–Boston University–Concussion Legacy Foundation and Framingham Heart Study Brain Banks, we estimated the association of years of football played with CTE pathological status and severity. We evaluated the ability of years played to classify CTE status using receiver operating characteristic curve analysis. Simulation analyses quantified conditions that might lead to selection bias.

Results: In total, 223 of 266 participants met neuropathological diagnostic criteria for CTE. More years of football played were associated with having CTE (odds ratio [OR] = 1.30 per year played, 95% confidence interval [CI] = 1.19–1.41; $p = 3.8 \times 10^{-5}$) and with CTE severity (severe vs mild, OR = 1.14 per year played, 95% CI = 1.07–1.22; $p = 3.1 \times 10^{-5}$). Participants with CTE were 1/10th as likely to have played <4.5 years (negative likelihood ratio [LR] = 0.102, 95% CI = 0.100–0.105) and were 10 times as likely to have played >14.5 years (positive LR = 10.2, 95% CI = 9.8–10.7) compared with participants without CTE. Sensitivity and specificity were maximized at 11 years played. Simulation demonstrated that years played remained adversely associated with CTE status when years played and CTE status were both related to brain bank selection across widely ranging scenarios.



In October, lead author Dr. Jesse Mez, senior author Dr. Ann McKee, and the brain bank team published a game-changing study that investigated the correlation between years of play of American football and the odds of developing CTE.

While we don't yet know a football player's absolute risk of developing CTE, we are beginning to understand relative risks.

The study of the brains of 266 football players revealed that the odds of developing CTE increase by 30% per year of play.

That means the odds for CTE double every 2.5 years and increase tenfold after nine years. To put it another way, any future high school, college, or NFL player who starts tackle football at age 5 will have 10 times the odds of developing CTE than if they started at age 14.

This data informed our "Tackle Can Wait" campaign (pgs. 10-12). CLF is committed to educating football parents and coaches how delaying the introduction of tackle football by just three years would be expected to prevent more than 50% of future CTE cases.



GLOBAL BRAIN BANK

Chronic Traumatic Encephalopathy in Two Former Australian National Rugby League Players

Michael E Buckland^{1,2}, Joanne Sy³, Istvan Szentmariay⁴, Alexandra Kullen⁴, Maggie Lee³, Antony Harding³, Glenda Halliday⁵, Catherine M Suter^{3,6}

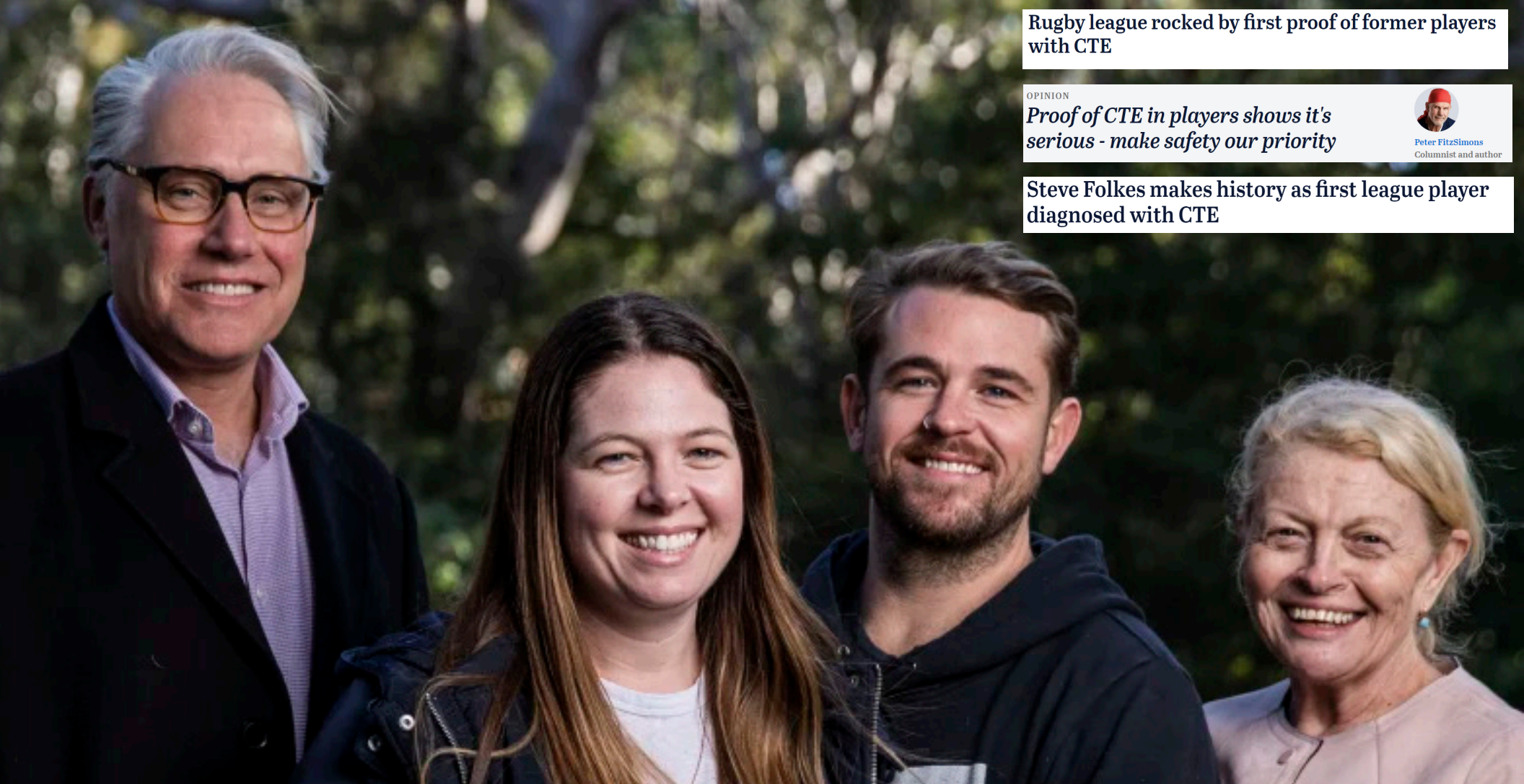
Affiliations + expand

PMID: 31242928 PMID: PMC6595631 DOI: 10.1186/s40478-019-0751-1

[Free PMC article](#)

In 2018, CLF created the Global Brain Bank to recreate our successful partnership with Boston University in other countries. **The mission of the CLF Global Brain Bank is to accelerate research by collaborating with leading scientists at brain banks around the globe to understand, prevent, treat, and eventually cure CTE and other consequences of brain trauma.**

Our first collaboration was with Dr. Michael Buckland (above, center) and the Australian Sports Brain Bank at the University of Sydney's Brain and Mind Centre and Royal Prince Alfred Hospital, soon followed by the University of São Paulo Biobank for Aging Studies in Brazil.



Rugby league rocked by first proof of former players with CTE

OPINION

Proof of CTE in players shows it's serious - make safety our priority



Peter FitzSimons
Columnist and author

Steve Folkes makes history as first league player diagnosed with CTE

The Global Brain Bank has paid immediate dividends. In June, Dr. Michael Buckland (above, left) **published the first two CTE cases in Australian National Rugby League (NRL) history**. The discovery quickly created a national conversation on the consequences of head impacts in Australian sports and sparked reforms to contact sports.

One of the diagnoses was of former NRL star Steve Folkes.

Folkes' family (above) met with Dr. Buckland and chose to share their story publicly.

"If his story can help some of his mates and then help more research then that's what we want out of it," said his daughter, Hayley Shaw.



GLOBAL BRAIN BANK

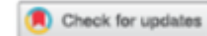
In December we announced the **University of Auckland in New Zealand as the newest member of the CLF Global Brain Bank**. The New Zealand Sports Human Brain Bank Initiative will be part of the University of Auckland's Centre for Brain Research, led by internationally recognized neuroscientist Distinguished Professor Sir Richard Faull (third from right). Former members of the iconic All Blacks, New Zealand's national rugby union team, pledged their brains as part of the launch, garnering front page coverage in the New Zealand Herald.

"This is a massive chance to try to understand what is happening with me. Our age group, if we don't start now they'll have no research to study, that's why I pledged."

– JJ Williams
Former New Zealand All-Black



REVIEW



Management of chronic traumatic encephalopathy

Robert Cantu^{ab} and Andrew Budson^b

^aDepartment of Neurosurgery, Emerson Hospital, Concord, MA, USA; ^bDepartment of Neurology, Boston University School of Medicine, Boston, MA, USA

ABSTRACT

Introduction: Chronic Traumatic Encephalopathy (CTE) is a neuropathological disease defined by perivascular hyperphosphorylated tau protein depositions in a patchy distribution at the depths of cortical sulci in the brain. Presently, in living individuals, it cannot be precisely diagnosed or differentiated from other neurodegenerative diseases nor are there treatments for the underlying disease process. There are non-pharmacologic and pharmacologic treatments for the symptoms of CTE that improve the quality of daily life. That is the primary focus of this review article that used Pub Med and other standard databases but drew heavily from the author's personal experience managing patients at risk for CTE.

Areas covered: The history and pathology of CTE, aiding the clinician diagnosing CTE as unlikely, possible, or probable in the living, and symptom treatment are the major areas discussed.

Expert opinion: Diagnosing CTE during life with sensitive and specific biomarkers is the next critical step and only then will its incidence and prevalence, risk factors, and clinical features due to tauopathy versus axonopathy or other features be known.

ARTICLE HISTORY

Received 1 April 2019
Accepted 17 June 2019

KEYWORDS

Chronic traumatic encephalopathy (CTE); cognitive; behavior/mood; ocular; vestibular; motor and exercise therapy; pharmacologic treatment of agitation; apathy; attention

Our medical director Dr. Robert Cantu co-authored the first publication on the *Management of Chronic Traumatic Encephalopathy*. While we cannot definitively diagnose CTE in living people, more doctors are recognizing patients with possible or probable CTE. **This publication provides the first guidelines for medical professionals for how to treat CTE symptoms.**





MY LEGACY



My Legacy promotes the CLF brain donation registry by acknowledging contributions to concussion and CTE research and ensures a bright future for the VA-BU-CLF Brain Bank. 2019 saw a record number of people from all walks of life pledge to donate their brain.


More than **6,000 people** have taken the **#MyLegacyPledge** to donate their brain. Each pledge receives their own customized brain donor card to acknowledge their contribution to accelerating concussion and CTE research at the VA-BU-CLF Brain Bank.

2019 Highlights

- Record 1,678 pledges
- Record 635 pledges from females
- Record 354 Brain Pledge Month pledges
- USWNT legend Michelle Akers' pledge covered in national news

"I'm donating my brain to the Brain Bank, and I hope that something good can come out of y'all having my brain."

– Mark Henry
WWE Superstar
CLF National Advisory Board





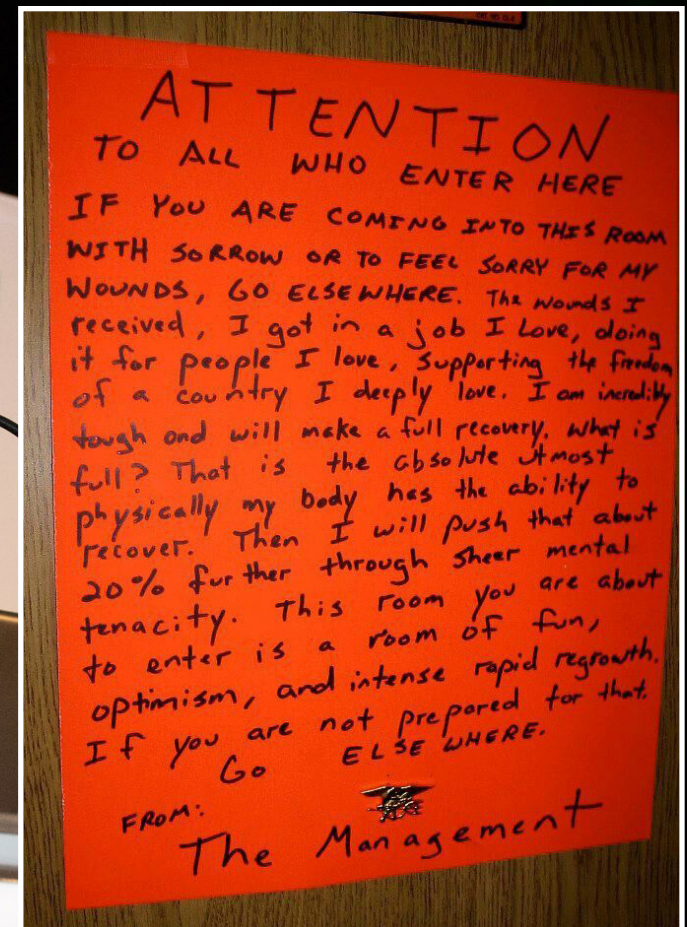
(L-R) Dr. Robert Stern, Michelle Akers, and Chris Nowinski, Ph.D., got together for a USWNT World Cup Watch Party in June. Dr. Stern is leading the S.H.I.N.E. study of Akers and her former U.S. Soccer teammates.

S.H.I.N.E. STUDY

In June, we helped launch the **first-ever study on the long-term effects of brain trauma in women's sports**. In an exclusive story we placed with CBS News, we announced we were teaming up with U.S. Soccer icons **Michelle Akers** and **Brandi Chastain** for the S.H.I.N.E. (Soccer, Head Impacts and Neurological Effects) Study. Led by Dr. Robert Stern and Dr. Jesse Mez at Boston University Alzheimer's Disease and CTE Centers, the study will investigate the long-term neurological effects of playing soccer in 20 former elite U.S. women's soccer players.

As part of our dedication to shining a spotlight on female athletes, **CLF was proud to commit \$100,000 to help fund the study** alongside the National Institute on Aging. We are also leading recruiting efforts for the study with Akers and Chastain pro bono to enlist members of the legendary 1990s U.S. Women's National Teams. The study will evaluate their brain health as they age into their 50s. The former members of the U.S. Women's National Teams have been remarkably supportive and we recruited most of the study's cohort in just one month.

PROJECT ENLIST



Project Enlist is our program to expand investment and research on TBI (Traumatic Brain Injury), CTE and PTSD (Post-Traumatic Stress Disorder) in military Veterans. This program acknowledges the incredible sacrifices made by those who have suffered injuries while in service to our country. These heroes deserve special attention for their service. Through Project Enlist, **we are recruiting brain pledges from the military community to raise awareness of the need for additional investments in Veteran support services.**

One of our military pledges is retired **U.S. Navy SEAL Lt. Jason Redman** (above). In 2007, Lt. Redman was severely wounded by machine gun fire outside of Fallujah, Iraq. While in the hospital, he posted a sign outside his door (above) that gained national attention for its inspirational message. Lt. Redman was the keynote speaker at our 2019 Concussion Legacy Gala, where he powerfully highlighted the challenges faced by our Veterans with brain injuries and voiced his support for Project Enlist so we can help our country's heroes.



A record **436 members of the military community pledged their brain to CLF in 2019 as part of Project Enlist**. In June, we traveled to Virginia Beach for USO Warrior Week (above left), where we spoke with military Veterans about brain health and signed up new pledges for Project Enlist.

In December, **we placed a cover story in The American Legion Magazine about one of our military brain donors**. Nicole Condrey (left in photo on right) lost her husband, U.S. Navy Special Warfare Veteran Ron Condrey (pictured with

Nicole), to suicide in September 2018 after a three-year battle with depression, anger and impulsiveness. Nicole made the decision to donate Ron's brain to the VA-BU-CLF Brain Bank to support research that will help other Veterans. "Ron wanted to give back to Veterans in every way he could, so it was just a clear fit, something that could last," Condrey said.

The article sparked more than 200 military brain pledges to Project Enlist in the first two weeks after its publication.

COMMUNITY EVENTS



Chicago sports legends joined Rob Johnson, Dr. Ann McKee, and Chris Nowinski, Ph.D., to honor Jane Mikita Gneiser and the Mikita Family with our Courage Award at the 2019 Chicago Honors. Mikita Gneiser is the daughter of Blackhawks legend Stan Mikita, who was diagnosed with CTE by Dr. McKee at the VA-BU-CLF Brain Bank.



(L-R) Tyler Maland, Brandon Drummond, Brandon Boyd, and Michael Burke participated in the Positive Coaching Alliance Stadium Stampedo to raise awareness for Team Up Speak Up in July.



CLF co-founders Chris Nowinski, Ph.D. and Dr. Robert Cantu helped U.S. diplomat Mark Lenzi announce his brain pledge at our Boston Investment Community Breakfast in May. Lenzi suffered an unexplained brain injury linked to a mysterious weapons attack while working in China and has become an advocate for CLF Project Enlist (pgs. 34-35).



CLF Director of Family Relations Lisa McHale addresses the crowd at our 2019 Chicago Honors dinner.



WWE Superstars Mark Henry and Lacey Evans joined Chris Nowinski, Ph.D. at our 12th Annual Concussion Legacy Gala. Henry, who was named the World's Strongest Man in 2001, took the #MyLegacyPledge to donate his brain.



CLF Board member and Army Veteran Matthew S. Collier (left) and CLF Family Advisory Board member and former Army engineer Nicole Condrey joined Chris Nowinski, Ph.D. at USO Warrior Week in Virginia Beach to promote Project Enlist (pgs. 34-35).



Chris Nowinski, Ph.D. poses with NFL superagent Leigh Steinberg (center) and J.A. Adande. Adande is an advisor for the CLF Media Project (pgs. 16-17) and brought the Media Project's Concussion Reporting Workshop to his alma mater, Northwestern University.



Kim and Mike Adamle continue to provide hope for people living with possible CTE through the Mike Adamle Project: Rise Above. In June they helped raise over \$10,000 with a dance competition in Chicago.



From New Zealand, Chris Nowinski, Ph.D. reads headlines of new international brain pledges with Dr. Michael Buckland (pgs. 28-30).



Boston University lecturer and Pro Football Hall of Fame broadcaster Andrea Kremer co-taught the Concussion Reporting Workshop with Tyler Maland, CLF's Chief Impact Officer, in her class at BU. Kremer is an advisor for the CLF Media Project.



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Clark Rasmussen
Kathleen Raya
Karen Rednor
Mary Ann Reese
Maria Regina
Deborah Reichle

Kevin Reilly
Arthur Rendak
Marian Rennert
Magdalena Retelewski
Rita Reynolds
Tom Reynolds
Joey Reynolds
Jean Rich
Lori Richards
Ted Riche
Sharon Richie
Michael Richman
Nancy Riding
Jackie Riggio
Clayton Riley
Elisabeth Ring
Cynthia Risen
Debbie Riveros
Christine Rivo
Scott Robbins
Jennifer Roberts
Pat Roberts
Clinton Roberts
Julia Roberts
Elizabeth Robins
Elizabeth Rocci
Martin Rochlin
Barbara Rodriguez
Eric Rodriguez
Wayne Rodriguez
Dixie Roe
Jeffrey Roebuck
Neil Rogers
Judy Rogers
Paul Romano

Kathleen Romano
Kristina Ross
Lisa Rossi
Nicholas Roth
Korry Roth
Timothy Rounce
Jonathan Ruch
Ronald Rumohr
Teresa Rundell
Ingrid Rushford
Betty Rutherford
Valentin Rutz
Melanie Ryals
James Ryan
Meredith Ryan
Terri Rybacki
Scott Sacco
Renee Sackerman
Cynthia Saenz
John Sales
Joan Samonisky
Jenna Sampson
Mark Sanderson
Eileen Sarter
Aaron Sarver
Jacqueline C Sasfai
Robert Scali
Sheila Scarim
Louis Scesa
Sara Schmidt
Jessica Schmitz
Michelle Schneider
Bonnie Schoenberg
Jennifer Schoppmann
Natalie Schrage

Margaret Schuit
Robin Schwarz
Hadley Scully
John Scully
Stephanie Seacord
Garrett Seeger
John Seguin
Adam Semer
Salomon Serfati
Abbe Serphos
Joe Severino
Theresa Sgroi
David Shafer
Alexander Shahidi
Sara Shake
Dianauda Shallop
Janet Sharma
Donald Shields
Sharon Shiflet
Jamie Shock
Nicklas Shores
Mark Sibley
Jesse Sierks
Jay Silverman
Marcia Silverman
Jamie Simpson
Peter Simshauser
Cecilia Sirico
Sangram Sisodia
Megan Skinner
Drew Slager
Thomas Slane
Christopher Smith
Jackie & Scott Smith
Kenneth Smith

Kenny Smith
Curtice Smith
Travis Smith
Joseph Smith
Kiel Smith
Cooper Smith
Noel Smyth
Jamil Soriano
Gerard Soucy
Amy Southern
Debra Spachman
Sharon Speedwell
Nolan Speer
Thomas Spell
Gus Spelman
Gary Sperka
Robert Splitt
Karen Spooner
Scott Spradling
David Sprinkle
Erik Sproat
Monica Stahl
Brett Stalcup
Mark Stallings
Caroline Stangle
Betty Stanke
Christopher Stark
William Stark
Thor Stein
Cynthia Stein
Louanne Steph
Russell Stephenson
Mark Sternberg
Jodie Sternberg
Diana Stiles

John & Cheryl Stites
Joshua Stockwell
Gail Stone
Mark Strabo
Dwight Strayer
Keith Striga
Karen Strong
Dayren Suarez
Marty Sullivan
Traci Sullivan
Shash Sundar
Alyce Sutherland
Drew Swarts
Miriam Swartz
Derek Swinford
Brad Symcox
Lisa Taffe
Laleh Taheri
Debra Tallman
Melinda Taylor
Lynn Jennings Taylor
Rayshida Taylor
Cooper Taylor
Nicole Taylor
The Philadelphia Foundation Grant
Distribution
Amelia Thilmont
Samantha Thomason
Bill Thompson
Hunter Thompson
Andrea Thompson
Lori Thomson
Amy Thomure
Glenn Thoren
Suzanne Tlffany

Colleen Tighe
Chet & Heather Tomala
Lori Toth
Taylor Towles
TM Holding, Inc.
Timothy Tracy
Anthony Trafficante
Christoph Trappe
Nina Trasoff
David Traster
Tammy Travis
Gil & Michelle Trenum
Michael Trethewey
Richard Trevathan
Lisa Tringali
Linda Trubiano
Stephanie Tucker
Susan Tuckey
Andrew Tummons
Jennifer Turner
Hayley Turpen
Florentino Ugalde
Veterans United
United Health Group
United Way of West Central Connecticut,
Inc.
Mike Vahl
Courtney Van Shura
Angelo Vecchio
Luis Ventoza
Peter Vescuso
Viking Global Foundation
Aric Vinacke
Elizabeth Vinson
Diane Walker

Samuel Walker
Cynthia Walko
Steve Wall
Greg Wallace
Patrick Walshe
Scott Walters
David Waltz
Ben Warner
June Wathen
Josephine Wathen
Tyler Watterson
Josh Webb
Kevin Weigand
Michael Weiler
Barbara Weingarten
Brendan Welch
David Wells
George Wenger
Deborah Wenger
Tanner Westberg
Alan Westfield
John Wetzel
Joseph Wheeler
Jennifer Whitcomb
Angela White
Sheila White
Carrie Whiteside Smalling
Barbara Whittenton
Mildred Whittier
Laura Whittingham
Susan Wilbanks
Garrett Williams
Randall Williamson
Janis Wilson
Jeffery Wilson

Brandi Winans
Wendy Winchel
Joan Witt
Denis Wittman
David Wohlhueter
Theresa Woike
Jordan Wolf
Joe Woller
James Woodford
Robert Woodring
Benjamin Woodring
Thomas Woods
Jim Wright
Jeffrey Wu
Sharon Wushensky
Svetlana Yanishevski
Susan & Will Yano
Nathan Yarnell
John Yates
Jonathan Yoon
Carl Yorio
Jill Young
John Young
Linda Young
Junho Yun
Larissa Yurko
Rosemary Zabcki
Elaine Zagarola
Jacob Zahn
Michael S Zambito
Nicole Zaso
Doug & Karen Zegel
Bradley Ziff
Mark Zimmerman
Desiree Zirolli

Marissa Zoladz
Kathryn Zordich
Sharon Kerr Zygmunt

STATEMENT OF ACTIVITIES*

FINANCIALS

PUBLIC SUPPORT & OTHER REVENUE

Contributions	\$2,569,050
Program Revenue	\$125,580
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Total Revenue	\$2,694,630

EXPENSES

Programs	\$2,182,202
Administration	\$203,178
Fundraising	\$267,697
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Total Expenses	\$2,653,077

STATEMENT OF FINANCIAL POSITION

Cash, Cash Equivalents and Investments	\$1,479,681
Property and Equipment	\$2,436
Other Assets	\$18,825
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Total Assets	\$1,500,942

**Unaudited*



CONCUSSION
↑ Legacy Foundation