

DANIELLE BYRON HENRY
MIGRAINE FOUNDATION

The Legacy of Support



Danielle Byron Henry
MIGRAINE FOUNDATION

To Our Community

Thank you for your generous support and encouragement of the Danielle Byron Henry Migraine Foundation since our establishment in March 2016. Your support has provided headache and migraine disease education, support, and resources through our free virtual programs including Headache School, Resources for Migraine Management, and Virtual Yoga. Your support has also ensured better access to headache and migraine disease education for healthcare providers through our support of the Migraine Toolbox and HeadEd.

Migraine at School, created in partnership with the Coalition of Headache and Migraine Patients and piloted in Utah in 2021, is the only program in the United States dedicated to reaching and providing migraine diagnosis and treatment information to families on a national scale through school-based education and programming. With nearly 1 in 4 families being impacted with migraine disease in the United States, the effects of this program reach beyond school age children and impact the health of entire families.

As we move into 2024, we are honored to announce that Migraine at School will be solely supported by the Danielle Byron Henry Migraine Foundation. Amy Graham, Creative Director of CHAMP and Co-Director of Migraine at School, will be joining the Danielle Foundation team to ensure a seamless transition and strengthen the initiative and our Foundation overall.

The Danielle Foundation is now a beautiful legacy in memory and honor of Danielle, allowing us to Shine Her Light and improve the lives of those battling migraine disease, impacting generations for years to come. We are profoundly grateful for your generous support and welcome the opportunity to continue our growth in 2024.



Dan Henry, MD
Founder



Diane Henry
Founder

2023 Foundation Growth

The Danielle Byron Henry Migraine Foundation is dedicated to enhancing the quality of life for people living with migraine. Our mission revolves around providing steadfast support for a range of programs and initiatives designed to alleviate the burdens associated with this debilitating disease. Through advocacy and education, we aim to empower those living with migraine to lead more fulfilling lives. Our Foundation stands as a beacon of hope and assistance in the fight against this often invisible and misunderstood disorder.

Virtual Yoga

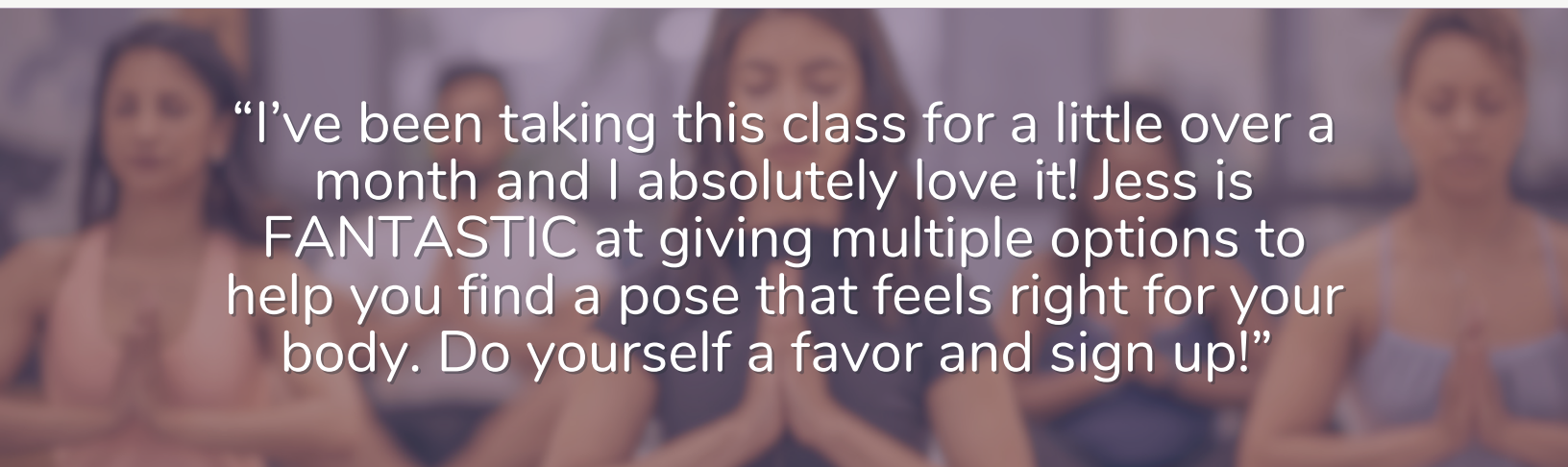
- Over 750 participants worldwide
- Over 40 live virtual yoga sessions in 2023
- On demand Yoga Collection with over 60 videos available anytime

Resources for Migraine Management

- 800 participants worldwide
- Resources for Migraine Management includes 6 weeks with 10 hours of live instruction, as well as unlimited access to recordings, materials and resources.
- Advanced Courses, including Autogenic Training and Biofeedback, have provided 36 hours of instruction on advanced skills, as well as unlimited access to recordings, materials and resources.

Community Growth

- Subscribers: +24.4%
- Yoga: +63.5%
- Resources: +46.4%



“I’ve been taking this class for a little over a month and I absolutely love it! Jess is FANTASTIC at giving multiple options to help you find a pose that feels right for your body. Do yourself a favor and sign up!”

Dear Supporter

We extend our sincere appreciation for your generous support of Migraine at School. We are pleased to provide you with an overview of the achievements of this initiative in 2023, which has been made possible through your invaluable contributions. Your support has facilitated access to comprehensive migraine and headache education for students, parents, and educators, implemented through a range of strategic avenues, such as our accessible educational materials, a nationwide Public Service Announcement, and our Ambassador program.

The impact of Migraine at School has been substantial, benefiting thousands of children across the nation, enabling them to better manage their journey with migraine. This initiative has demonstrated remarkable growth, with an expanding reach into additional states and a consistent increase in the number of children reached each month. With your continued support, Migraine at School is poised to maintain its critical role in positively affecting the lives of even more children and families in the future. We are profoundly grateful for your partnership and look forward to the ongoing success of this endeavor.



Elizabeth Henry Weyher
Director Migraine at School



Amy Graham
Director Migraine at School

MIGRAINE AT SCHOOL

2023 Impact Report



A year of growth and connection

Dedicated leadership of strategy and program organization

As part of the 2023 Utah strategy, foundational work has been done to complete our goal of reaching 50% of Utah schools by the end of 2023, including:

- Database of schools both public and private
- Creation of outreach messaging
- Creation of new toolkit for school nurses/counselors

Partnership with the School District of Philadelphia

- Over 200,000 students
- Student population 50% BiPOC
- Presentation to over 200 school nurses
- They will screen students for migraine

Partnership with Utah Board of Education

- Presented to school nurses at annual conference
- 8,500 materials sent out as result of partnership
- Communications sent to all Utah school nurses via Board of Education


Volunteer ambassador training and materials

- Staff outreach/grassroots and engagement
- Development of online training to streamline certification for our grassroots outreach team (Migraine at School Ambassadors)
- Over 100+ trained volunteers in 36 states, as well as Australia, Brazil, Canada and Ireland
- Dedicated leadership team for Ambassador engagement to increase outreach



“We are so grateful for these materials! Thank you so much for all you do to educate people about migraine!”

Sara Nay, RN, Washington County School District Nurse

A photograph of a classroom with students' hands raised. A white card is held in the center by a gold paperclip. The card contains a testimonial from a parent.

“I could not have done this without you! I know you have an understanding of how important it is to support those who suffer from this debilitating disease. You helped make my sweet daughter's life more manageable.”

Cheri Gibbs, parent

Community Communication

Website & E-Newsletter

Our website and e-newsletter exist so we can keep our community informed with the most up to date information

- Website Growth
 - Users: +73.5%
 - Views: +75.6%
 - Event Count: +68.2%
- E-Newsletter Growth
 - Subscribers: 121.2%

Social Media

- Strategy, creations and community engagement
- Followers: +117%
- See posts at [@migraineatschool](#)

**OVER
20,000
materials distributed**

Grassroots Organization

Outreach and Education

These strategies exist to widen the Migraine at School mission, including webinars and materials used at conferences

- Collaborative webinar series in partnership with the U.S. Pain Foundation
- Material printing and distribution: over **20,000 materials distributed**
- PSA on thousands of screens in collaboration with F.Y. Eye throughout the all NYC burrows
 - Over **48 million impressions**
 - 400% spike in website views
- National Public Service Announcement
 - Authored, recorded, and arranged dissemination of a national PSA for Migraine at School.
 - Over **20 million impressions**
- Salt Lake City Poster and Digital Billboard Campaigns
 - Over **79 million poster impressions**
 - 445,549 digital impressions

Migraine at School Presentations

- School District of Philadelphia, June
- Utah State Board of Education, August
- Utah Catholic Schools, September (over 2,000 materials distributed)
- Washington School Nurses Conference, October (Over 8,000 materials distributed)

Migraine at School Exhibits

- Wisconsin School Nurses Conference, April
- Utah Pediatricians Conference, June
- Utah State Board of Education, August
- Washington School Nurses Conference, October

Migraine at School in the News

Salt Lake Tribune,

December 22, 2022 “Why this Utah family is trying to find solutions to this invisible, stigmatized disease.”

Ladue News,

December 8, 2022 “St. Louis area students learn about migraine disease through school program.”

Fox13 Utah,

December 7, 2022 “Migraine education makes its way into Utah public schools.”

KUTV 2 Utah,

August 3, 2023 “Migraine symptoms to watch for in children.”



Our F.Y. Eye PSA

YESTERDAY 5:18 PM

Hi, I just wanted to send you guys a message to personally thank you for everything you do. Your account, website, and just all of the resources you provide are truly life changing for me. I'm super excited to continue exploring the website and I'm really looking forward to the Resources for Migraine Management program!!



Teamwork and Community

A GROWING MOVEMENT THANKS TO INSPIRING GENEROSITY IN 2023

Benefactor (\$10,000+)

RLC Family Foundation
Dave and Wendy Morgan Foundation
Dan and Diane Henry
Huntsman Foundation
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Vern and Marva Wolcott Charitable Foundation

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Kelsey Niemann
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Monica Berrios
Sofie Strodthoff
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Christine Reinicke
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Ryan Spicer
Megan Wilson
Mallory Wright
Mike and Jessica Nance
Peter Taussig
Sarah Bowlden
Amy Newson
London Jackson
Mallory Poole
MaryAnn Ferrin

We thank you for your
ongoing support of our
programs



Danielle Byron Henry
MIGRAINE FOUNDATION



**MIGRAINE
AT SCHOOL**

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Migraine At School is an initiative of the Danielle Byron Henry Migraine Foundation (DBHMF) in partnership with the Coalition For Headache And Migraine Patients (CHAMP). DBHMF is a 501(c)(3) charitable organization, EIN 82-3689521. Donations are tax deductible to the extent allowed by law.