Professional Roles and Disclosures

Last updated August 21, 2026 by Jessica Schleider, Ph.D.

The Lab for Scalable Mental Health is committed to transparency about professional roles, research partnerships, and financial interests that may be relevant to our work. This page summarizes current relationships involving the Lab's Founding Director, Dr. Jessica Schleider. It is reviewed periodically and updated as these relationships change.

My role at Northwestern and the Lab for Scalable Mental Health

My primary professional role is as a Northwestern University faculty member and Founding Director of the Lab for Scalable Mental Health. Through the lab, our team of research faculty, staff, and graduate and postdoctoral trainees work with partner organizations to develop, adapt, rigorously evaluate, and implement scalable mental health interventions.

Our lab's commitment to open science is central to this work. The intervention contents, resources, tools, and frameworks developed through our lab's research are freely available and openly licensed for others to use and adapt. Our lab does not develop new technology to deliver the intervention materials we create; rather, external organizations frequently integrate our open materials into their own technology platforms or clinical offerings. We will continue to make future lab-developed resources openly available whenever possible. No individual, company, or external organization receives exclusive ownership of our lab's work.

Outside professional roles

Navi. Outside of my Northwestern role, I am also a co-founder and Chief Science Advisor to Navi, a technology company working to expand young people's access to evidence-based wellness support. I also hold equity in Navi. In my role with the company, I advise on integrating scientific evidence and clinical best practices into product design and development, including the design of proprietary intervention materials exclusive to Navi, and broader company strategy. Navi does not use intervention materials that have been developed through my lab's research.

Like my primary role at Northwestern, my role at Navi reflects the mission that has guided my career: Helping build a mental health ecosystem in which no young person goes without evidence based support in their moment of need. Navi represents a complementary pathway for bringing scientific insights into practice within a broader implementation ecosystem. Work conducted by or with our lab centers scientific research and evaluation, while many efforts to make mental health support broadly and sustainably available, such as those led by Navi, take place beyond the context of research studies.

Clear safeguards govern the relationship between these roles. I follow Northwestern University policies concerning outside professional activities and financial interests and disclose my Navi affiliation in relevant professional work, including presentations and publications. Any Northwestern research involving Navi will be conducted in accordance with conflict-management requirements established by Northwestern and the reviewing Institutional Review Board. If our lab contributes to an evaluation of Navi, I will not have access to study data or participate in data analysis or interpretation. Those responsibilities will be led by researchers without a financial relationship to the company.

Research partnerships and institutional support

Like many academic research groups, the Lab for Scalable Mental Health receives funding from a range of public, nonprofit, and private organizations. The relationships below (spanning the previous 36 months from this document date) are highlighted because each organization is supporting research that develops, studies, or evaluates a program, platform, or product that the same organization operates, distributes, or plans to use. Because each funder has a direct organizational interest in the subject of the research, we believe the source of support is important to disclose.

These grants are made to Northwestern University and support work led by the Lab for Scalable Mental Health. The funding relationships are also disclosed in relevant study materials, presentations, publications, and other professional work involving the supported projects.

Koko. Koko is a nonprofit technology partner that works with our lab to help make evidence-based digital mental health interventions available to young people. Northwestern University receives research funding from Koko to support research and pragmatic evaluation work involving interventions delivered through Koko's platform, developed in part with our research team. I also serve as an unpaid advisor to Koko and receive no personal compensation for this advisory role. These relationships are disclosed in all resulting presentations and publications.

Understood. Understood is a nonprofit organization that provides resources and support for people who learn and think differently. Understood provided Northwestern University with a grant for our lab to co-design and evaluate a single-session intervention intended for delivery through Understood's website. This relationship is disclosed in all resulting presentations and publications.

Kooth. Kooth is a digital mental health company that developed Soluna, a youth wellness app. Kooth provided Northwestern University with a research grant for our lab to formally evaluate Soluna. This funding relationship is disclosed in all resulting presentations and publications.

Alongside. Alongside is a company that provides digital wellness supports to students. Alongside provided Northwestern University with a research grant for our lab to formally evaluate Alongside's product. This funding relationship is disclosed in all resulting presentations and publications.

Book royalties

I receive royalties from books related to scalable, brief, and low-intensity mental health interventions:

1. *Little Treatments, Big Effects: How to Build Meaningful Moments That Can Transform Your Mental Health*
2. *The Growth Mindset Workbook for Teens: Say Yes to Challenges, Deal with Difficult Emotions, and Reach Your Full Potential*
3. *Oxford Guide to Brief and Low-Intensity Interventions for Children and Young People*

These publishing interests are disclosed in professional work when they are relevant to the subject being discussed or studied.

Scope and updates

This page includes current outside professional roles and financial interests, relevant unpaid advisory roles, publishing interests, and relevant relationships that concluded within the previous three years. It also identifies institutional funding relationships in which an organization supports our lab's work to develop, study, or evaluate that organization's own program, platform, or product. It is not intended to serve as a comprehensive list of all grants or research support received by the lab.

Additional disclosures are provided when required for particular research studies, publications, presentations, or professional activities. This page is reviewed periodically and updated when relevant relationships or safeguards change.