



December 2025

Dear Friend of the Selective Mutism Association,

Each year, individuals living with SM walk into classrooms, workplaces, clinics, and social settings unable to speak—not because they *won't*, but because they *can't*. Selective Mutism is often misunderstood, underestimated, and overlooked. But for the individuals living with SM—along with their families who face it alongside them—its impact is profound and life-shaping.

At the Selective Mutism Association (SMA), we know that early understanding, accurate information, and compassionate support can change the trajectory of a person's life. Rachel Ling Gordon is one powerful example. With an early diagnosis and effective treatment for SM, she found the courage and tools to work through her challenges with SM. Today, the once-silent young girl has achieved remarkable dreams — from performing in Broadway shows to making history as the youngest magician to appear on national television in Penn & Teller: Fool Us.

Watch A Story of Hope: [Rachel's video](#)

We are deeply grateful for the generous support SMA received this past year. It is because of you that we have been able to expand our outreach and resources for families like Rachel's, elevate the voices of those living with SM, and continue building a community anchored in hope and connection.

2025 Highlights

Virtual International Conference: We welcomed 355 registrants from across 24 countries for a weekend of connection and learning at our annual conference.

Scholarships: SMA provided 16 training/conference scholarships to families/professionals in financial need or who support underserved communities.

Training: SMA trained 27 professionals, 14 caregivers, and 47 educators in the treatment of SM.

Connection: SMA's virtual parent support group met monthly to spread ideas, hope, and support

Expanded Awareness: SMA exhibited at major conferences—including the American Academy of Pediatrics (AAP), the National Association for the Education of Young Children (NAEYC) and the American Speech-Language-Hearing Association (ASHA). We reached over 1200 pediatricians, early educators, and speech-language pathologists to educate about SM.

Elevating Youth Voices: SMA launched the Student Advisory Board—a group of high school and college students who have either overcome symptoms of SM themselves and are passionately committed to raising awareness in their local communities and beyond.

We are proud of the work accomplished on behalf of children, teens, and adults with SM. And yet, we know there is much more to do. This season, we invite you to stand with us once again in our mission to bring hope, support, knowledge, and expert guidance to the families and professionals who need it most.

In 2026, your gift makes a direct and meaningful impact:

- **Educating parents, teachers, clinicians and the community** so that youth and adults living with SM are supported—not pressured or misunderstood.
- **Providing evidence-based resources** to help navigate diagnosis, treatment, and daily challenges.
- **Advocating for awareness** so silence is not misinterpreted as defiance or disinterest.
- **Expanding access to trained professionals** to deliver effective, compassionate care.

Everyone deserves a voice. Every family deserves support. And every community benefits when we better understand anxiety-based communication challenges.

But we cannot do this work alone.

Can you help us reach and support more children, adults, and families this year?

A tax-deductible donation of any size strengthens the bridge from silence to confidence. Your support ensures that more individuals and families discover they are not alone—and that it is possible to break through the barriers created by anxiety. In this season of generosity, we hope you will choose to uplift voices that have been silent for far too long.

Thank you for your kindness, your advocacy, and your belief in every person's potential.

Sincerely,

Ms. Katelyn Reed, SMA President
Dr. Taylor Hicks-Hoste, SMA President-Elect
Dr. Lisa Kovac, SMA Executive Director