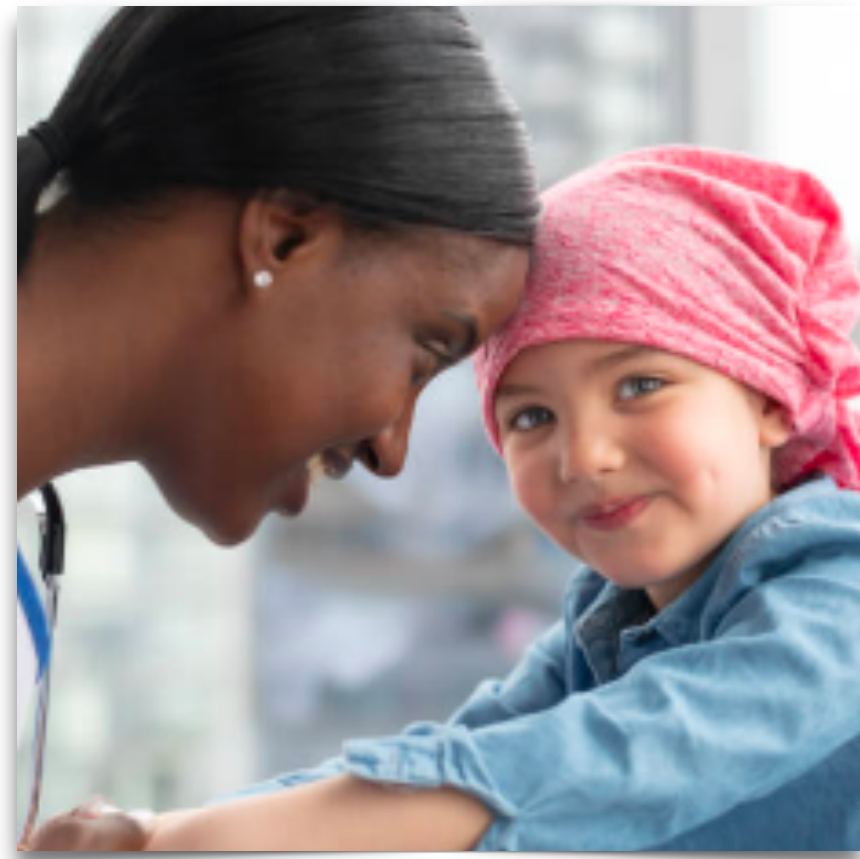


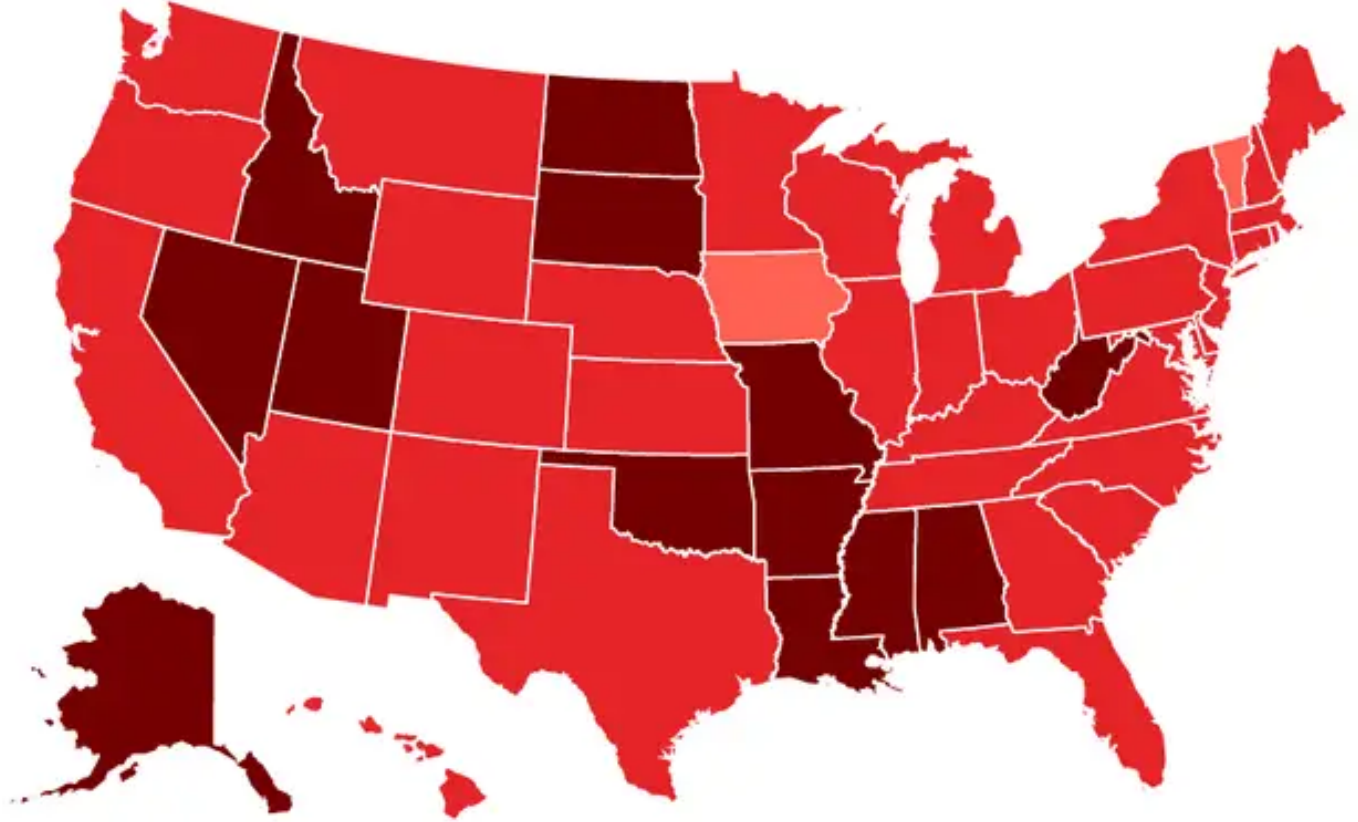


PROJECT ONE: **One Community. One Family.**



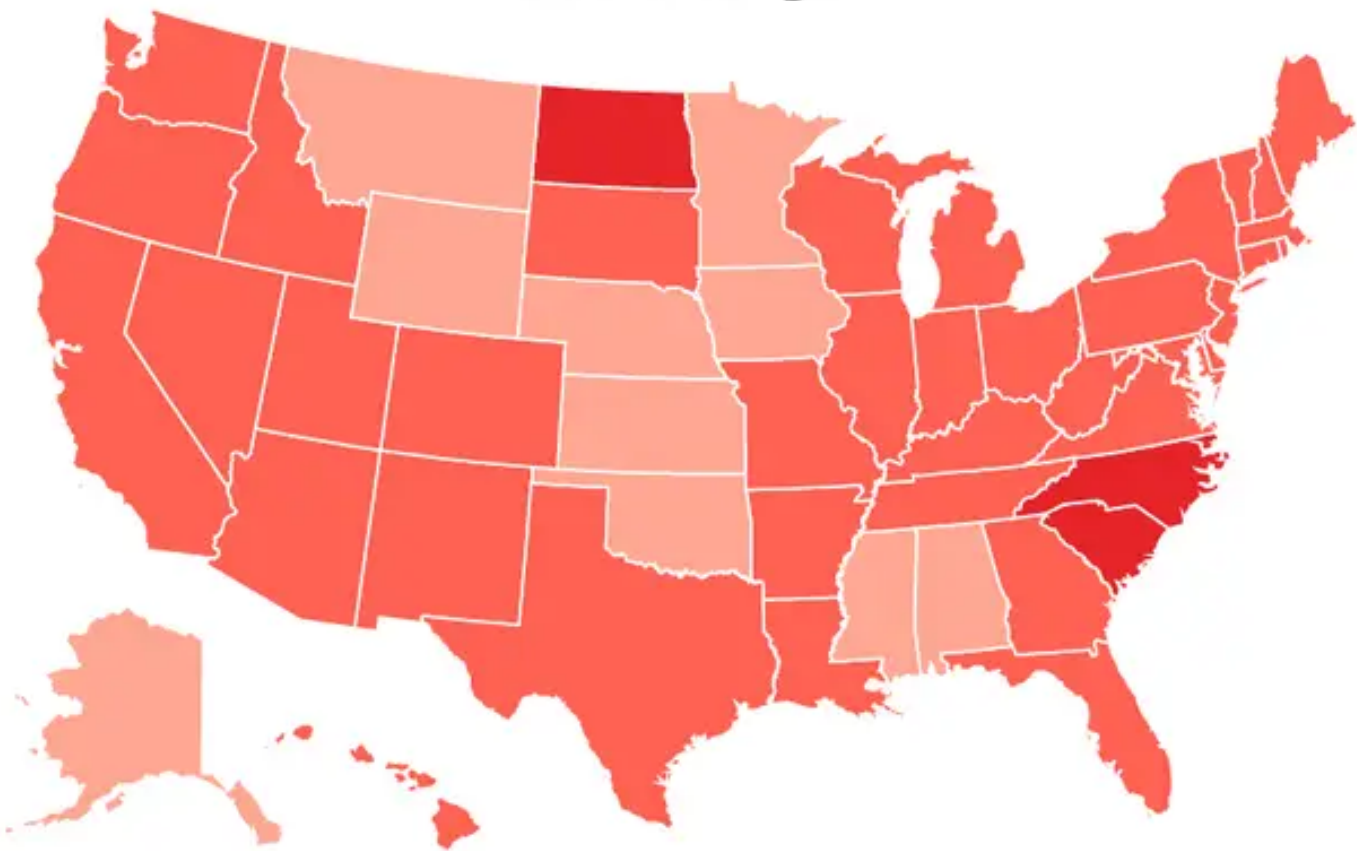
Many of us are struggling...

Depression



Source: Crisis Text Line

Anxiety

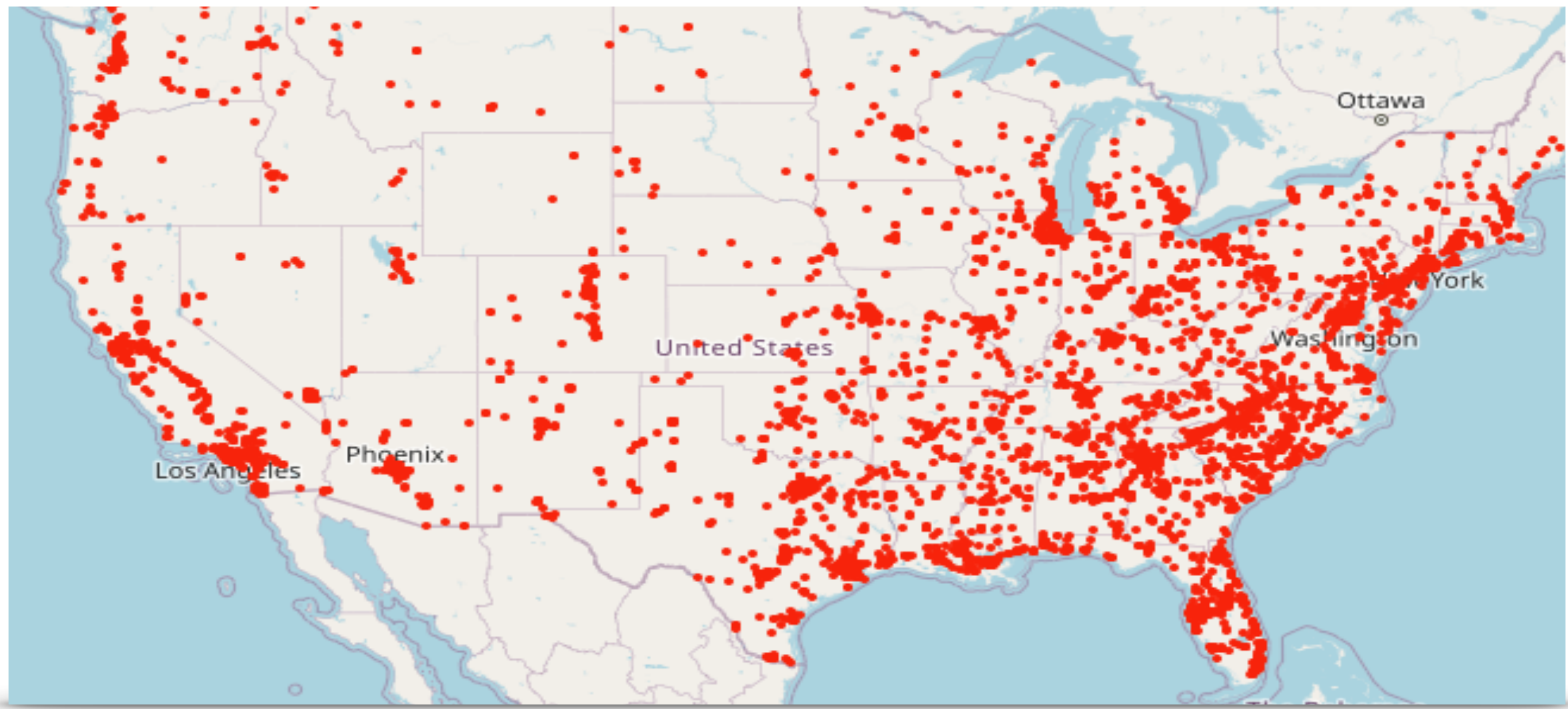


INSIDER



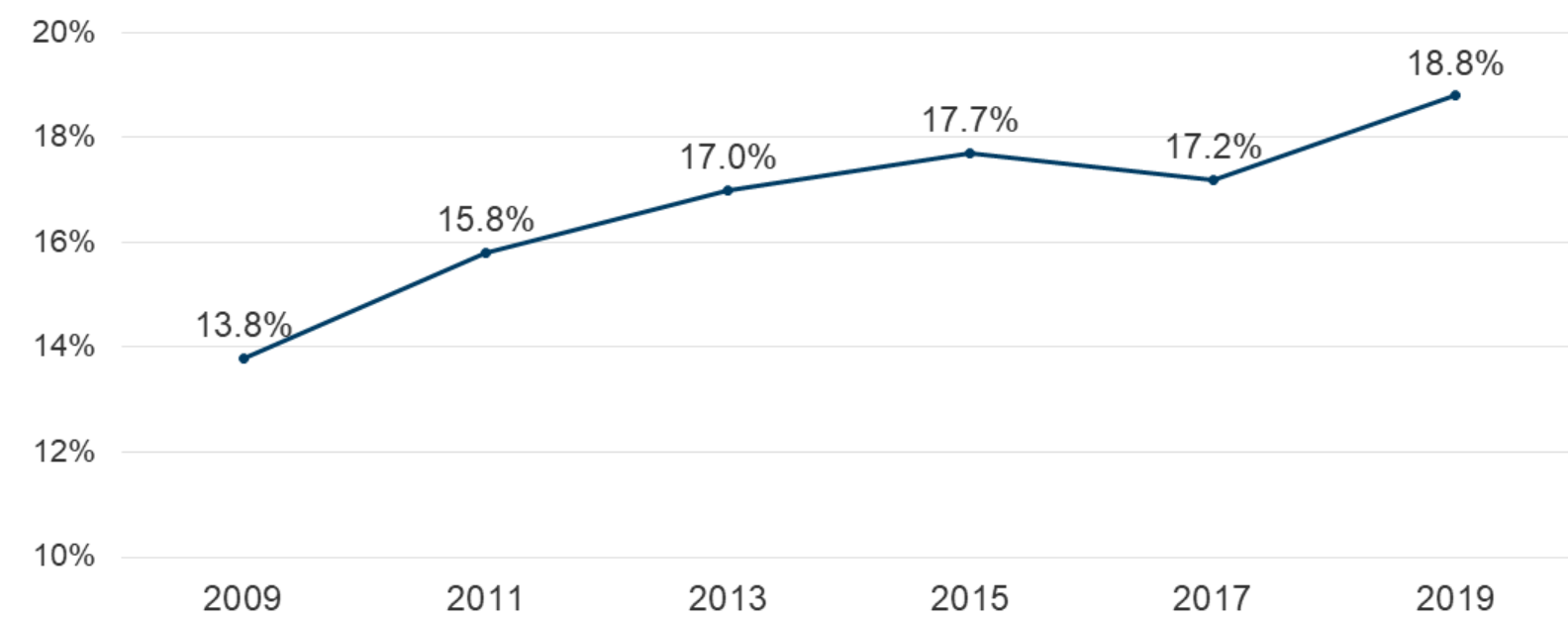
Shocked by recent events...

Number of deaths in 2022 (JAN 1 - JUN 25)



And our students are especially vulnerable...

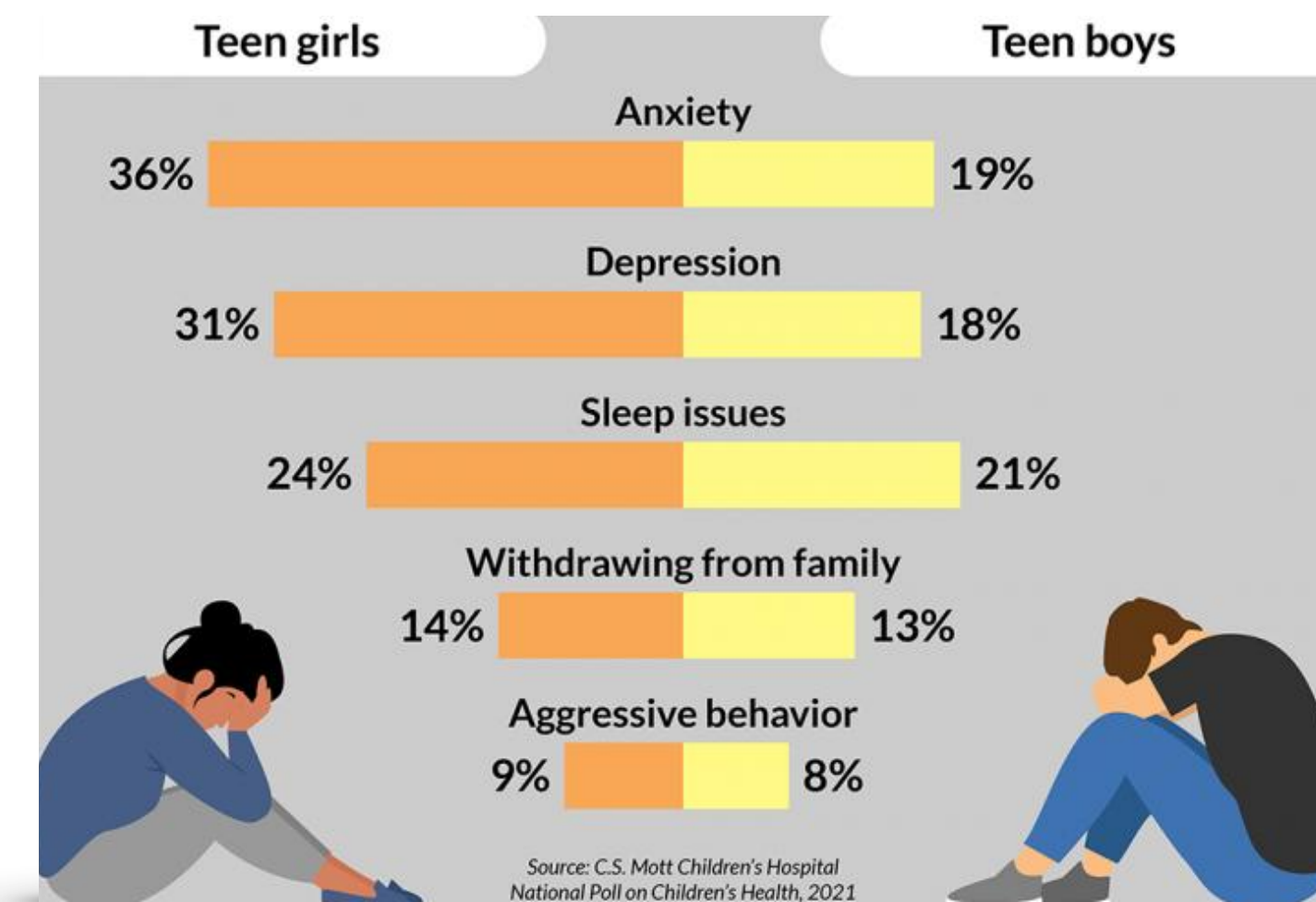
Percent of High School Students Who Seriously Considered Attempting Suicide in the Past Year, 2009-2019



SOURCE: Youth Risk Behavior Survey, 2009-2019.



Percent of parents noticing a new problem or worsening of an existing problem since the pandemic



Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2021

Our communities deserve comprehensive,
sustained support for mental wellness



**Foundation for
Mental Health**

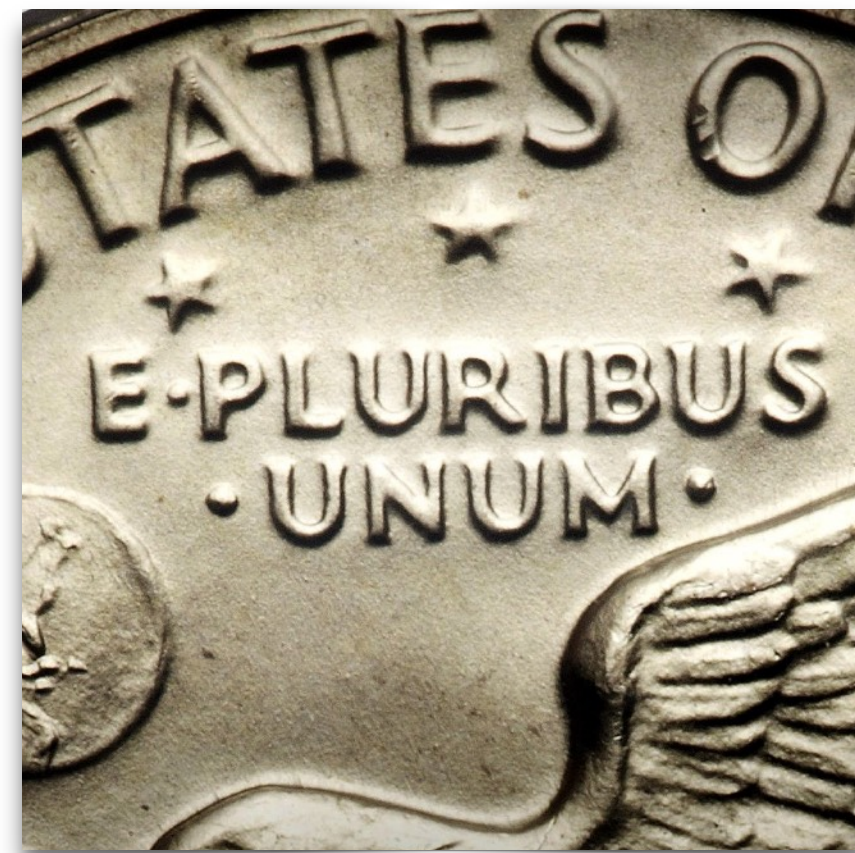
PROJECT ONE: **One Community, One Family**

● A coordinated ecosystem of clinical, educational and community partners

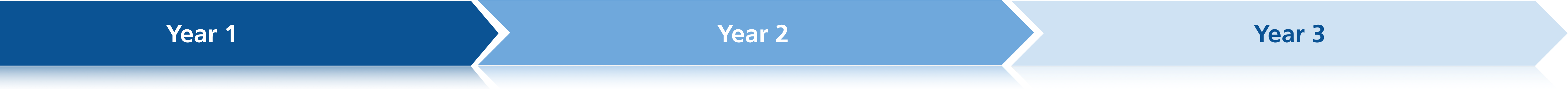
● Acute Interventions




● Multi-year programming for students, educators, and families

● Institutional capacity building with professional development, training, and funding for local resources






We commit to our communities for the long-term



-  24 Hour Live Emergency Mental Health Line
-  Group Sessions
-  1-1 Psych Evals & Counseling

-  Professional Dev Workshops, Curriculum Tools
-  Internships, Supervision, Training
-  Support Groups

-  Psych First Aid
-  Tier 2 & 3 Interventions
-  Resilience, Social, Emotional Skills Development

To meet the entire community's needs and build for tomorrow

	ACUTE INTERVENTIONS	CAPACITY BUILDING	SUSTAINED PROGRAMMING
CHILDREN & TEENS	<ul style="list-style-type: none">  1-1 Psych Evals & Counseling  24 Hour Live Emergency Line 	<ul style="list-style-type: none">  Resilience and Mental Health Skills Development  Peer to Peer Support Groups 	<ul style="list-style-type: none">  Curriculum, experiential learning and digital tools  Access to additional counseling and clinical resources (Tier 2 & 3)
EDUCATORS	<ul style="list-style-type: none">  Self Care, Trauma, & Burnout Workshops/Retreats  1-1 Psych Evals & Counseling  24 Hour Live Emergency Line 	<ul style="list-style-type: none">  Professional and Curriculum Development Workshops  Hiring and Training of additional School Counseling Resources 	<ul style="list-style-type: none">  Access to Live/Online Speakers, Digital Curriculum & Tools  Hiring and Training of additional School Counseling Resources
FAMILIES & COMMUNITY	<ul style="list-style-type: none">  Group Support & Counseling  1-1 Psych Evals & Counseling  24 Hour Live Emergency Line 	<ul style="list-style-type: none">  Parent Support Groups  Psychological First Aid Training 	<ul style="list-style-type: none">  Community events, speakers  Locally generated online information hub

We're defined by a core philosophy...

Our adversities, the cracks and seemingly broken pieces of our lives, are part of what makes us human.

Finding something beautiful in those moments and putting ourselves back together is too.

To heal as ONE COMMUNITY,
it will take all of us as ONE FAMILY.



Never the Same, but Never Broken



And Always Better and Stronger TOGETHER



Foundation for
Mental Health



join PROJECT ONE

Engaging and Collaborating With:



R3 CONTINUUM



 AMERICAN PSYCHOLOGICAL ASSOCIATION



Mental Health Partnership