

How to Support Culturally Informed Mental Health Programs

Black, Indigenous, and People of Color experience disproportionately high rates of mental health and substance use disorders. Yet, they often have less access to treatment and supportive services than other groups, due to higher levels of racism, systemic oppression, and trauma. Additional factors such as a lack of Black, Latinx, Asian, and Indigenous providers in the workforce, misdiagnosis due to unconscious bias, language barriers, and uninsurance also disproportionately keep communities of color from receiving high quality mental health care.

Culturally informed models developed for and by the communities they intend to serve are key to improving mental health outcomes for communities of color. Yet, these programs can be hard to find and do not have the resources necessary to expand and scale, or evaluate their impact. Philanthropy is uniquely positioned to come together and support what have been traditionally viewed as risky models to reap outsized rewards in this area of urgent need.

To read the full article, including ways that funders can identify and promote these models, [click here](#).



Mindful Philanthropy recently launched [Thriving in Schools](#), a new initiative for funders to support youth mental health. This collection of resources and events will help funders integrate mental health into their youth and education strategies to help all young people thrive, both in and outside of the classroom.

Webinar Recording: Philanthropy's Role in Supporting Young & Healthy Minds



On Thursday, February 17th, Mindful Philanthropy hosted the first webinar in our series on how funders can help young people thrive. Included are a few of many highlights from the event, which featured a panel discussion of funders and experts in youth mental health, followed by Q&A.

"Philanthropy best serves when it approaches districts and organizations as a thought partner and learning partner, instead of only as an accountability partner."

-Dr. Tony Walker, Meadows Mental Health Policy Institute

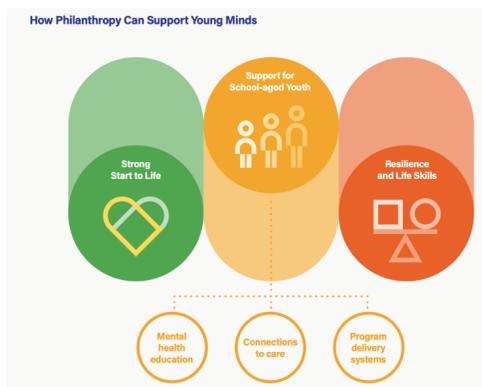
To watch a full recording of the webinar, [click here](#).

Coming Soon: A Funding Roadmap for How Philanthropy Can Support Young Minds

Launching in early March, *Thriving in Schools: How Philanthropy Can Support Young Minds* is a funding roadmap for identifying high impact opportunities in youth mental health. Funders will find key strategies and considerations for maximizing impact when investing in this area.

Follow our initiative to stay informed on upcoming resources around education and youth.

[Visit Thriving in Schools](#)



Registration Open: Funders' Collaborative for Young Minds

Education, youth, and early childhood funders interested in mental health are encouraged to register for Mindful Philanthropy's inaugural **Funders' Collaborative for Young Minds**. For more information, please contact info@mindfulphilanthropy.org.

Save the Date: Philanthropy's Role in Supporting Youth Experiencing Trauma

Save the Date for our next *Thriving in Schools* webinar, focused on youth trauma, on April 12th from 2:00-3:00 PM EST. Co-hosted with the American Academy of Pediatrics, this session will explore the experience of youth during the COVID-19 pandemic, demystify trauma and its relationship with educational outcomes, and highlight ways to best support youth with experiences of trauma in school settings.

America's School Mental Health Report Card Recently Released



Mindful Philanthropy is proud to partner with Inseparable and the [Hopeful Futures Campaign](#) on the release of "America's School Mental Health Report Card," which launched on February 16th, 2022. This national report grades all 50 states and Washington D.C. on their school mental health policies, where each mental health report card also includes a range of policy solutions that states can take to have a positive impact on their students. To see how your state scores, and to download the report card, [click here](#).

A New Report from The Upswing Fund

The Upswing Fund for Adolescent Mental Health recently released its latest report with recommendations for supporting the expansion of culturally responsive mental health care to adolescents of color and LGBTQ+ youth. "[Addressing the Adolescent Mental Health Emergency: Community-Based Recommendations for Key Stakeholder Groups](#)" was developed through in-depth interviews with Upswing grant recipients and explores: 1) Funding Community-Based Programs, 2) Building Community Partnerships, 3) Building and Sustaining a Mental Health Workforce, and 4) Measuring the Mental Health and Well-Being of Adolescents.

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