

GIVING INSIGHTS

Youth Mental Health



The interests of our funding community inform the choice of issues we cover in each Giving Insights publication.

Overview

The United States Surgeon General, the American Academy of Pediatrics, and the American Academy of Child and Adolescent Psychiatry all agree: The challenges faced by today's youth – exacerbated by the global COVID-19 pandemic – are having a devastating effect on their mental health. Twenty percent of children between the ages of 3 and 17 experience some type of mental, emotional, developmental, or behavioral disorder. High school students reporting persistent hopelessness or sadness increased 40% between 2009 and 2019; and those considering suicide increased 28%. Suicide rates for 10- to 24-year-olds increased by 57% between 2007 and 2018, making it the second leading cause of death for this age group¹. These soaring rates of depression, anxiety, trauma, loneliness, and suicidality will have lasting impacts on youth, their families, and their communities².

According to the Talmud (Sanhedrin 37a) whoever saves a single life is considered to have saved the whole world. The Rabbis also taught that each human is created in God's image (*b'tzelem elohim*) making each life as important as the entire world. Helping children and teens through mental health crises is often a matter of ultimately saving a life.

Using Your Donor-Advised Fund

We highly recommend the organizations listed in this guide, which focus on one or more of four general approaches to youth and teen mental health. These organizations were curated by our professional philanthropic advisors and informed by the organizations our donor-advised funds support. We encourage you to consider giving to these organizations as part of your giving strategy.

- **Reduce Stigma (RS):**

Efforts to reduce the stigma of mental illness focus on demystifying it, normalizing conversations about it and acknowledging that it's not less important than physical health. Reducing stigma makes it easier for youth and teens to disclose needs, access care, and support each other.

- **At-risk Populations (AP):**

Programs serving at-risk populations aim to ensure that every child has access to high-quality, affordable, and culturally competent mental health care. At-risk populations include youth and teens that struggle to access care due to race, ethnicity, income, sexuality, or gender.

- **Policy Change (PC):**

Organizations focus on policy issues affecting people living with mental illness. These programs identify strategies at the state, local, and national level to improve access to and quality of care for the prevention and treatment of mental illness.












- **Local Treatment (LT):**










Local treatment efforts deliver mental health services directly in our communities., i.e., in a school setting. Getting to a clinic or agency is a barrier to treatment for the very individuals who have the greatest need for mental health care.

¹ United States. Public Health Service. Office of the Surgeon General. (2021). *Protecting Youth Mental Health*. U.S. Department of Health and Human Services, Public Health Service, Office of the Surgeon General.

² American Academy of Pediatrics. (2021). *AAP, AACAP, CHA Declare National Emergency in Children's Mental Health*.



<p><u>Federation's Mental Health and Wellness Initiative</u></p>	<p>Pandemic-related mental health trauma continues to affect many across the entire Jewish community, and it's anticipated these challenges will remain for years to come.</p> <p>The Federation is devising solutions that span social services agencies and organizations, creating deliberate collaboration, and setting region-specific goals to reach more people in need of mental health and wellness services. EIN: 94-1156533</p>	 
<p><u>Bring Change to Mind (BC2M)</u></p>	<p>Works to end the stigma and discrimination around mental illness through multimedia public information campaigns and developing youth programs to encourage conversations around mental illness. Actress Glenn Close started the organization in 2010 after her sister was diagnosed with bipolar disorder. BC2M high school programs are student-led clubs that provide space for educated conversations demystifying mental illness. BC2M High School Clubs network spans 25 states, 400 schools, and 12,000 students. BC2M has reached more than 2 billion people through their advocacy efforts. EIN: 01-0974537</p>	 
<p><u>National Association on Mental Illness (NAMI)</u></p>	<p>Started in 1979, NAMI is a national alliance of over 600 local affiliates who work to educate, advocate, listen and lead to improve the lives of individuals and families dealing with mental illness. Programs educate families, caregivers, youth and teens about the signs and symptoms of mental illness. NAMI leads public awareness events like Mental Illness Awareness Week and NAMIWalks to encourage understanding and fight stigma. NAMI FaithNet is an interfaith resource network of NAMI who encourage all faith communities to welcome and support persons and families living with mental illness. EIN: 43-1201653</p>	  
<p><u>A Home Within</u></p>	<p>A network of 20 chapters with over 1,800 licensed volunteer mental health clinicians that have worked with over 1,500 teens and young adults. The organization's mission is to create lasting, caring relationships for children and youth in foster care by providing free, one-to-one therapy to a single foster youth "for as long as it takes" to help their patients develop the inner tools they need to become healthy adults. Volunteer clinicians provide about 16,000 hours of therapy per year. The organization also provides education and training for foster care systems, family courts, and families. EIN: 94-3402610</p>	 
<p><u>Child Mind Institute</u></p>	<p>Dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Child Mind Institute strives for greater impact in three areas of mental health: care, education, and science. The California Healthy Minds, Thriving Kids Project offers free, evidenced-based video and print resources for caregivers and educators to teach kids essential mental health and coping skills. Since 2012, their school and community programs have reached over 50,000 students, parents, educators, and mental providers across 570 schools in New York City and the San Francisco Bay Area. EIN: 80-0478843</p>	 

<p><u>Access Institute for Psychological Services</u></p>	<p>Provides psychological care to individuals with the greatest need and the least access to mental health care. Their In-School Mental Health Program provides free mental health care in communities that face barriers to treatment such as the children and families at Glen Park, Grattan, Harvey Milk, Hillcrest, John Muir, Sanchez, and Tenderloin Elementary School in San Francisco. Access Institute performs a thorough evaluation to understand each client's history, culture, environment, and school experience. Interventions are created with parents, teachers, and school staff to support the child. EIN: 01-0595862</p>	 
<p><u>UCSF Child Trauma Research Program (CTRP)</u></p>	<p>Provides mental health services to families; trains mental health professionals locally, nationally, and internationally; and conducts research to examine the effect of trauma on young children and their families. CTRP's treatment approach improves children's physical stress symptoms, learning and IQ scores, emotional and behavioral health. CTRP partners with the Early Trauma Treatment Network of the National Child Traumatic Stress Network, Zero to Three: National Center for Infants, Toddlers and Families, and Tipping Point. EIN: 94-2829914</p>	 
<p><u>Jewish Family & Community Services East Bay</u></p>	<p>Promotes the well-being of individuals and families by providing essential mental health and social services to Alameda and Contra Costa County residents of all ages, races, and religions. JFCS East Bay, rooted in Jewish values and historical experiences, provides consultation and guidance to East Bay Jewish teen learning programs; brings together single parents of teens (SPOT) to offer support around the challenges of raising a teen alone; and offers therapy for youth, teens, and their families. Services are offered in English, Spanish, and Hebrew. EIN: 94-3250304</p>	 
<p><u>JFCS Center for Children and Youth</u></p>	<p>Provides children and teens with support and practical strategies to become mentally healthy adults. Programs include diagnostic testing, evaluation, and clinical services for a broad range of issues delivered by an interdisciplinary care team. JFCS offers counseling and support, as well as broader community workshops to reduce stigma and provide practical strategies for children and families. JFCS also advocates at the state and federal level for policy change. EIN: 94-1156528</p>	  

Have Questions or Suggestions?

If you have additional suggestions or questions on this topic, or would like information on other causes and ways to give, contact your philanthropy advisor or email us at philanthropy@sfjcf.org.

Federation Philanthropy Partners connects impact and meaning by helping others view the world through the lens of Jewish values. Our 100-year history at the center of Bay Area generosity—supporting both those who give and those who benefit—grants us a unique ability to amplify results and create moments of transformation in the world, our community, and ourselves.