

challenge

Locally **39%** of youth and **31%** of adults experience three or more poor mental health days per month. Research shows that poor mental health days can lead to an inability to perform usual activities such as going to school and work.*

strategy

Managing stress at an early age

With help from a \$92,165 United Way grant, the Community Early Learning Center is implementing a mindfulness-based kindness curriculum in preschool and four-year-old kindergarten classrooms. This curriculum was developed by Dr. Richard J. Davidson at the Center for Healthy Minds, associated with UW-Madison. The best time to teach the mindfulness and kindness skills that really change the way people approach stressful situations later in life, is when children are very young.

big picture

In 2017, we supported **10** programs with \$1,036,217 for mental health counseling and support services.

2021 target

We aim to foster a healthier community by decreasing by 20% each, the youth and adults struggling with three or more poor mental health days per month.



OUR GOAL

FOSTER A COMMUNITY OF MENTALLY HEALTHY CHILDREN, YOUTH & ADULTS

Cheryl Spindler,
Health & Healing
Impact Volunteer

*America's Health Rankings