



MINDING YOUR MIND

A YEAR IN REVIEW

MINDING YOUR MIND FY2021-2022

Mission Statement

Minding Your Mind's primary objective is to provide mental health education to adolescents, teens and young adults, their parents, teachers and school administrators. Our goal is to reduce the stigma and destructive behaviors often associated with mental health challenges and conditions. Minding Your Mind programs move away from crisis-based response to prevention through education.



1 IN 3 HIGH SCHOOL STUDENTS EXPERIENCED POOR MENTAL HEALTH SINCE THE PANDEMIC. (CDC)



1 IN 5 CHILDREN HAVE OR WILL DEVELOP A MENTAL HEALTH DISORDER. (CDC)



50 PERCENT OF MENTAL ILLNESSES THAT OCCUR IN A LIFETIME BEGIN BY AGE 14. (WHO)

THE AVERAGE DELAY BETWEEN ONSET OF SYMPTOMS AND INTERVENTION IS 11 YEARS. (NAMI)



THE PREVALENCE OF ANXIETY AND DEPRESSION HAS INCREASED BY **25 PERCENT** SINCE THE PANDEMIC. (WHO)

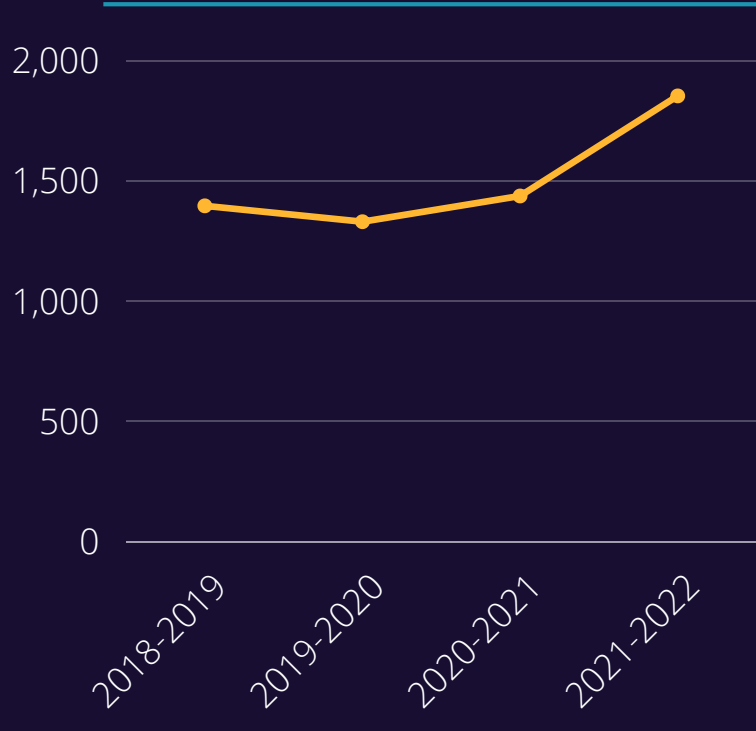


SUICIDE IS THE SECOND LEADING CAUSE OF DEATH FOR YOUTH AGE 10-24. (CDC)

A YEAR

PROGRESS OVER TIME

LIKE NONE BEFORE



EXPANDED PROGRAMMING: VIRTUAL AND IN-PERSON

This year, MYM delivered 30% more programs meeting the needs of schools and the community through flexible and high-quality mental health education.

MEETING THE MISSION

MENTAL HEALTH EDUCATION

STAYING THE COURSE



NUMBER OF PRESENTATIONS



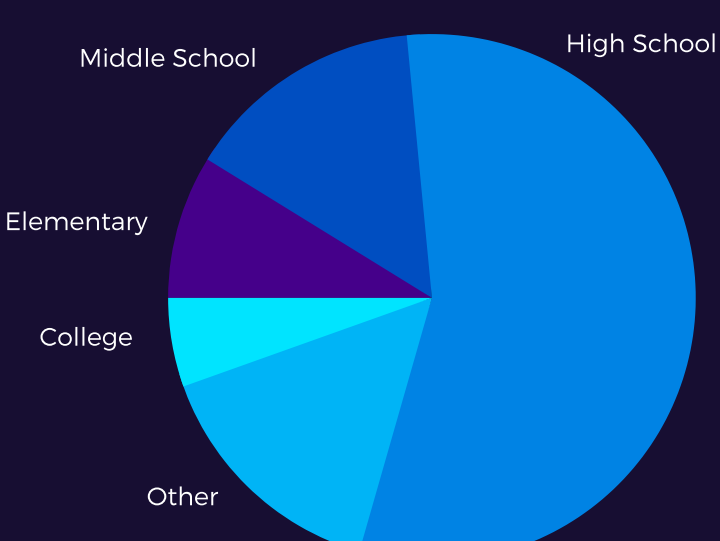
NUMBER OF PERSONS REACHED THIS YEAR

PUTTING YOUTH FIRST

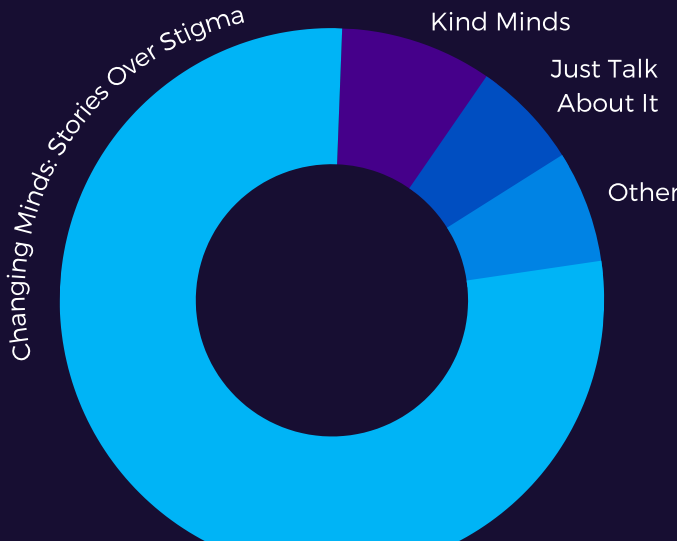
PROGRAM BREAKDOWN

KINDERGARTEN AND BEYOND

PRESENTATIONS BY AUDIENCE



PRESENTATIONS BY PROGRAM



175,470



4 IN 5 AUDIENCE MEMBERS ARE STUDENTS

1 CHANGING MINDS: STORIES OVER STIGMA

2 KIND MINDS

3 JUST TALK ABOUT IT

NUMBER OF STUDENTS REACHED

TOP 3 PROGRAMS DELIVERED

EXPERTISE IN ACTION

IMPACT AND OUTCOMES

ACHIEVING THE MISSION



WELCOME TO THE TEAM
MYM welcomed 11 new staff: Seven clinicians, three Changing Minds speakers and one mindfulness instructor!



A HOMERUN FOR MENTAL HEALTH
Founded in PA, MYM partnered with the Philadelphia Phillies to raise awareness through virtual and in-person panel discussions for the community.



HIGH SCORES
Survey feedback shows that MYM programs are rated 4.9 on a 1-5 scale annually.



STUDENT FEEDBACK
"My students loved Wes and felt they could really relate to his story. I received many parent emails telling me their kids came home and talked about the presentation and how much they enjoyed it, so it really sparked conversations at home!"
- Hingham High School (MA)



SUCCESS IN PARADISE
Our newest regional office in Florida quickly gained traction supporting students in the Sunshine State.



MINDING TRAUMA
In response to educators and the community, MYM developed new programming about the impact of trauma.



SPANISH PROGRAMS
MYM expanded access to mental health education by providing programming in Spanish to children and adults.



KIND MINDS
Proof that it's never too early to begin the conversation on mental health. Reaching over 11,000 K-4 students, Kind Minds has quickly become our second most popular program.



CORPORATE WELLNESS
MYM continued to support workplaces through mindfulness, mental health education, suicide prevention, and managing the impact of COVID-19.

THANK YOU FOR YOUR UNWAVERING SUPPORT

WWW.MINDINGYOURMIND.ORG