

The background of the page is a photograph of a group of hikers on a dirt trail. The hikers are wearing large, colorful backpacks and are walking away from the camera. The trail is surrounded by dense green trees and foliage. In the foreground, a hiker with a large green backpack is seen from behind, walking towards the group. The overall scene is a natural, outdoor setting.

CHARTING OUR PATH

A Strategic Compass for 2023-2026

CONTENTS



How has the Jewish people survived for millennia? It's an age-old question, asked by Jews and non-Jews alike ... One answer is that a capacity for resilience has been woven into the fabric of Judaism over thousands of years. Judaism's focus, both spiritual and practical, on helping people get on with living in the face of challenges, pain and tragedy has helped the Jewish people to survive."

RABBI DEBORAH WAXMAN

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INTRODUCTION

BaMidbar was born from the Jewish camping movement and founded on the belief that Jewish tradition provides tremendous opportunities for growth and self-discovery.

We know that young people are struggling with mental health. We also know that they exhibit incredible resilience and potential. BaMidbar was born from the Jewish camping movement and founded on the power of experiential education and the belief that Jewish tradition provides tremendous opportunities for growth and self-discovery. We combine the wisdom, strength, and support inherent in Jewish tradition, with a clinically sophisticated, evidence-based model. By doing so, BaMidbar provides the framework for Jewish youth and young adults to navigate life's challenges, find their voice and agency, and rediscover their capacity for a brighter tomorrow.

BaMidbar was founded in 2016 as a program of Ramah in the Rockies, and became an independent 501(c)3 in 2021. In the six years since its founding, BaMidbar has seen young people experience immense personal transformation through adventure-based therapy, professionals gain skills and confidence to better support the young people they serve, and a strong demand for increased programming for young people, parents, and Jewish communal professionals.

This bold, achievable, and inspiring plan solidifies the position that BaMidbar plays as a top direct service provider and educator supporting youth mental health in the Jewish community. The plan strengthens the foundation from which BaMidbar will continue to grow and extend its impact.



OUR IMPACT

2016

Ramah in the Rockies hires Jory Hanselman Mayschak to lead the program development for the nation's first Jewish wilderness therapy program

2018

BaMidbar Wilderness Therapy launches, supporting Jewish young adults struggling with mental health and wellness on wilderness-based journeys of self-discovery, hope, and healing

Participants see an average 42% decrease in symptoms of depression, anxiety, and stress, as measured by the DASS-21¹

2020

Wilderness therapy programs pause in face of pandemic, and BaMidbar shifts attention to mental health education for youth and Jewish communal professionals

Pilots first Mental, Emotional, and Social Health for Experiential Educator (MESH-EE) course, a cohort-based mental health education program for Jewish communal professionals

Reaches 624 Jewish communal professionals through education programs

2021

After five years as a fiscally sponsored program of Ramah in the Rockies, BaMidbar becomes an independent 501(c)3

Increases focus on mental health education, partnering with **22 organizations to provide 94 education programs reaching 2,323 Jewish communal professionals**

Pilots the first cohort of the Wellness Fellowship, a cohort-based mental health education program for teens

Wilderness therapy programs reopen, and participants see an average 39% decrease in symptoms of depression, anxiety, and stress, as measured by the DASS-21

2022

Reaches 459 teens through 22 mental health education programs

Reaches 1,599 Jewish communal professionals through 65 mental health education programs

Increases focus on cohort-based learning experiences, and offers seven cohorts reaching 146 professionals

THE CHALLENGE

A Problem That's Getting Worse

Across almost every metric, the pandemic accelerated a troubling trend in youth mental health.



2018

Almost 26% of young adults (18-25) and 17% of youth (6-17) experienced a mental health disorder in 2018.²

Suicide is reported as the second leading cause of death among young people aged 10-34, and the overall suicide rate of young people in the US increased by 57% between 2007 and 2018.³

2019

29% of young adults experienced a mental illness. This was the highest reported prevalence among any age group.⁴

2020

In a June 2020 survey, 75% of young adults reported struggling with mental health or substance use.⁵

2021

In early 2021, emergency department visits for suspected suicides were 31% higher in adolescents compared to the same period in 2019.⁷

2022

44% of teens reported feeling "persistently sad or hopeless" and 14% say they have contemplated suicide.⁸

The U.S. Surgeon General **advised urgent action to address the youth mental health crisis**, stating the present and future well-being of our nation depends on how we support and invest in the mental health of the next generation.⁶

MISSION

BaMidbar is working to ensure that Jewish youth and young adults have the confidence, skills, and community support to navigate life's challenges and thrive in the face of adversity.

VISION

BaMidbar envisions a Jewish community that actively supports young people in cultivating mental health and wellness.

VALUES



OUR APPROACH

A Unique Approach for the Jewish Community

Our approach to achieving a Jewish community that actively supports young people in cultivating mental health and wellness is founded on three key assumptions:

01

JEWISH LEARNING + MENTAL HEALTH

Jewish professionals and organizations are uniquely situated to create positive environments where not only Jewish learning, but also mental health, can flourish.

02

AN ECOSYSTEM OF SUPPORT

Young people do not exist in a vacuum. To effect change at the individual level, we must also strengthen the ecosystem of support around them.

03

POWERFUL EXPERIENTIAL TOOLS

Experiential modalities (adventure, wilderness, and nature-based therapies) are effective as vehicles to build resilience and help young people thrive in the face of adversity, and provide unique opportunities to integrate a Jewish lens.



What is Adventure Therapy?

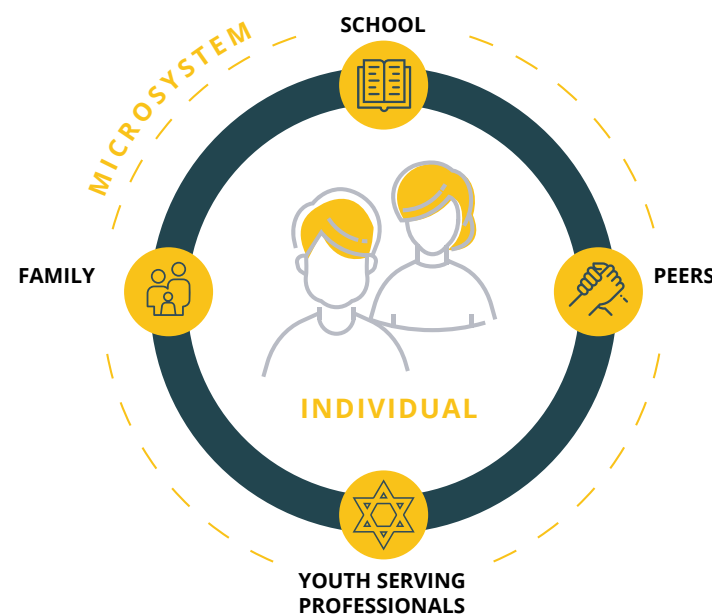
The practice of Adventure Therapy is the prescriptive use of adventure experiences provided by mental health professionals, often conducted in natural settings, that kinesthetically engage individuals, families, and groups on cognitive, affective, and behavioral levels.⁹

It is an experiential and activity-based approach to mental health treatment. While adventure therapy often takes place outside of the typical office setting, evidence-based psychological frameworks such as cognitive behavioral therapy, systems theory, and somatic psychotherapy are integrated into the experiential environment.

THEORY OF CHANGE

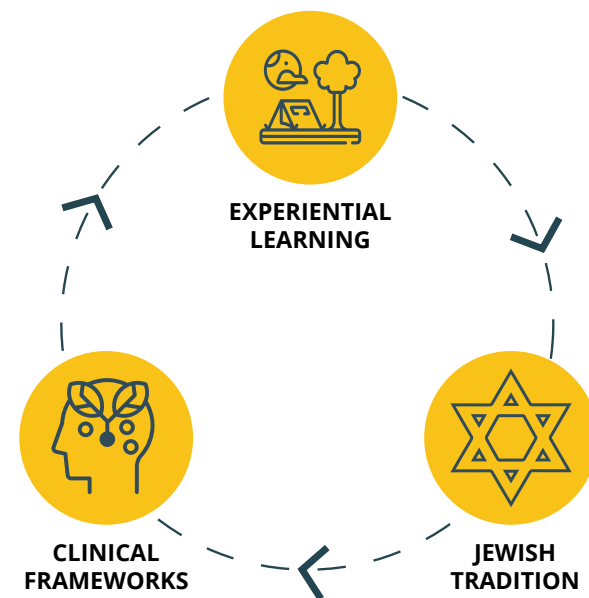


The Individual and The Microsystem¹⁰



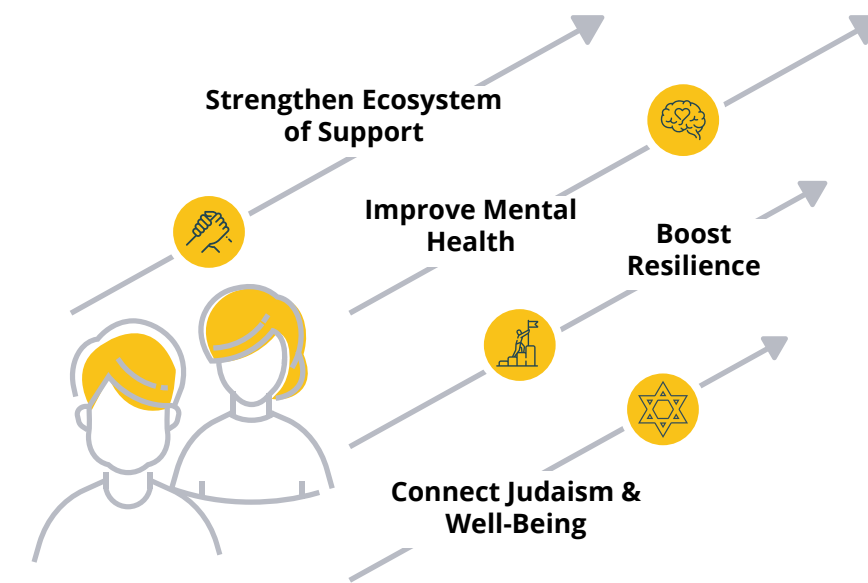
BaMidbar strengthens young people’s mental health by using a layered approach that focuses both on the **Individual** and the **Microsystem** that surrounds them. The microsystem includes family and caregivers, school, peers, and Jewish professionals in settings such as camps, youth groups, Hillels, day schools, and synagogues.

A Multidisciplinary Approach



BaMidbar integrates a multidisciplinary approach that includes experiential learning, clinically-informed frameworks, and Jewish tradition.

Long-Lasting Outcomes



When we are successful, we achieve these lasting outcomes for the Jewish community:

- Improve mental health outcomes for young people
- Boost resilience factors for young people
- Strengthen young people’s ecosystem of support
- Increase understanding of how Judaism can be robustly supportive of mental health and well-being

MARKET LANDSCAPE

BaMidbar Has an Edge

Few organizations are able to match BaMidbar on clinical expertise and impactful experiential pedagogy.



CLINICAL EXPERTISE

BaMidbar distinguishes itself through its clinical expertise that comes from its foundation in adventure therapy. Few organizations are able to offer the **depth of knowledge and real life perspective** that comes from our direct service experience.



JEWISH EXPERIENTIAL EDUCATION

Our foundation in adventure therapy allows us to approach clinical and educational programs through an experiential pedagogy that results in **deeply impactful learning and growth experiences**. Through experiential modalities, we leverage 3,000 years of Jewish tradition that explores the question, **“What does it mean to live well?”**



SUPPORTING EXISTING NETWORKS

Young people largely engage with Jewish community through experiential settings (camps, Hillels, youth groups, etc.). **We bring expertise in mental health and experiential education to existing networks**, strengthening the whole community’s efforts to improve youth mental health.



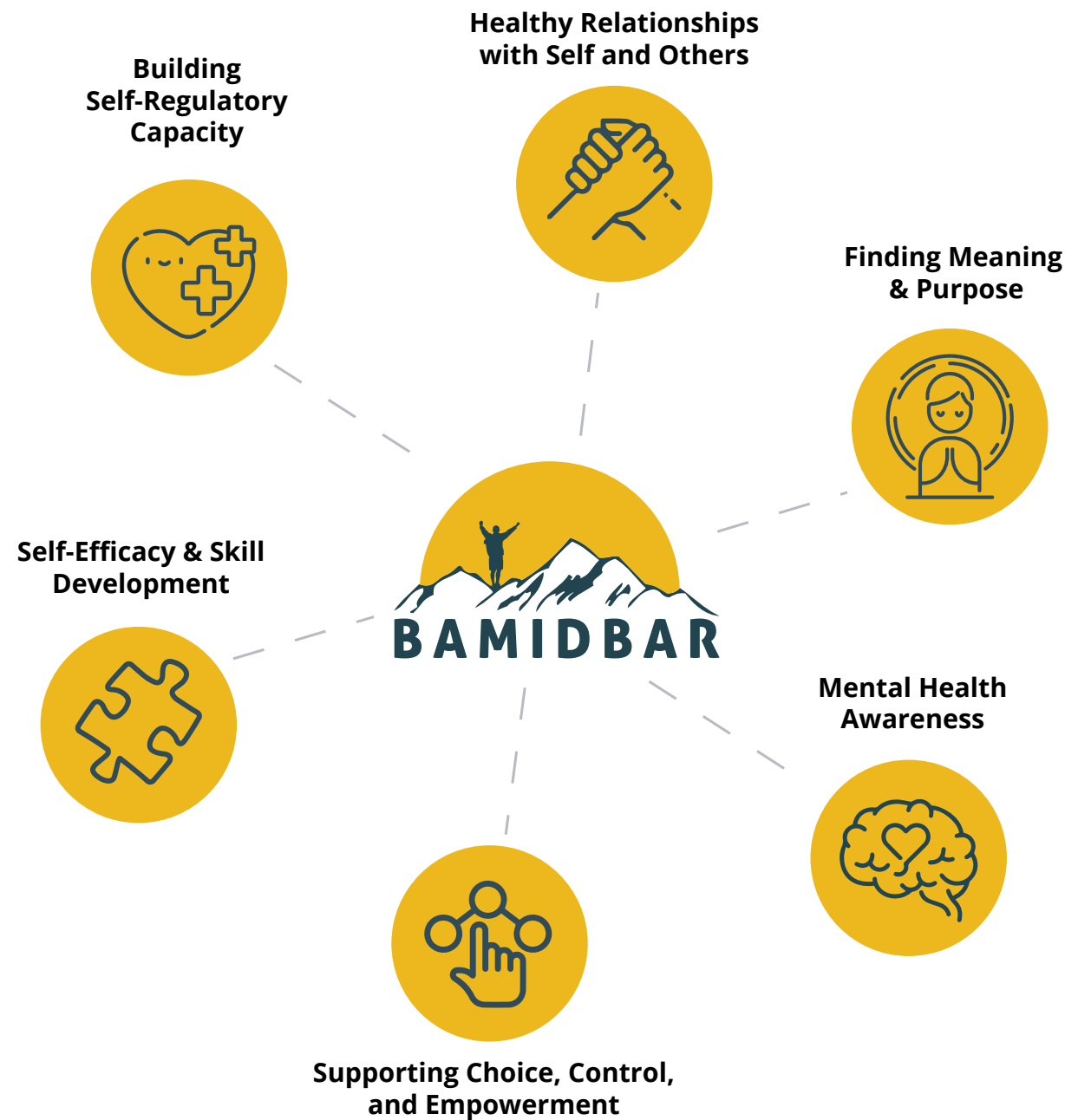
How does BaMidbar leverage partnerships?

By working with organizations that already support youth and young adults we can leverage existing networks, amplify current efforts, fill gaps, and provide additional resources and expertise to strengthen young people's mental health and wellness. Examples of past partnerships include:

- Partnering with Hillel International to facilitate Masterclass Wellness for Hillel professionals
- Partnering with Foundation for Jewish Camp to run a MESSH Internship for seasonal camp professionals
- Partnering with Combined Jewish Philanthropies of Greater Boston's Jewish Teen Initiative to run cohort-based education for teens and training for youth-serving professionals
- Partnering with Union for Reform Judaism and National Ramah Commission to train camp professionals
- Partnering with Prizmah: Center for Jewish Day Schools to run the course “Stress-Sensitive Schools” for day school leaders

How We Help

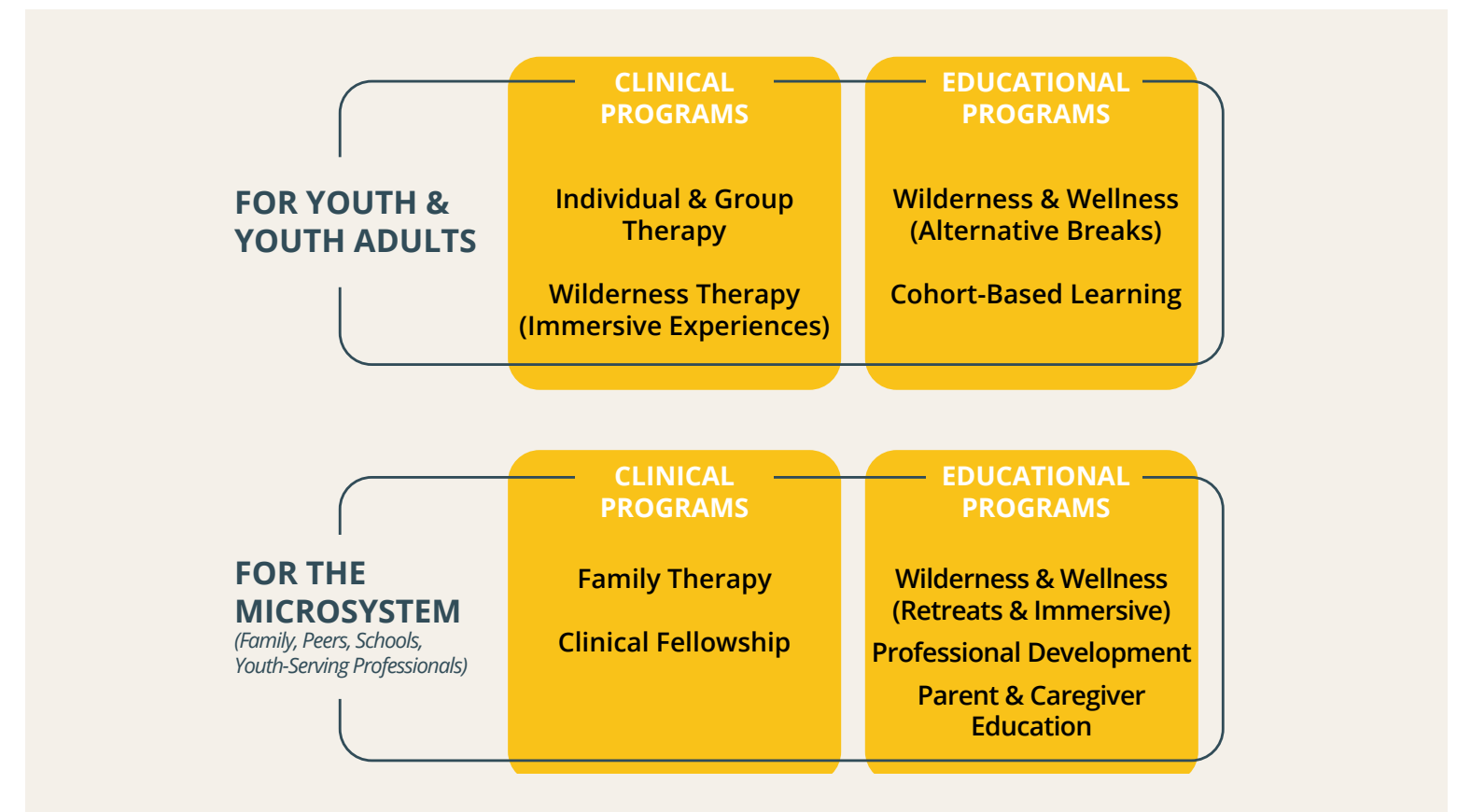
Clinical and educational programs are guided by a shared philosophy.



Our Programs

Clinical programs **treat symptoms of mental illness** and improve mental health outcomes.

Educational programs **expand mental health literacy, boost personal resilience, and support skill-building** by integrating mental health frameworks into experiential education and Jewish learning.



"I think our son would credit BaMidbar with giving him tools and confidence. The first stage was really empathy on our part, concurrent with responsibility on his part, and language and tools that both our son and we learned, maybe with an emphasis on giving our son a vocabulary and a way to synthesize emotional information."
- Wilderness Therapy Parent, 2018

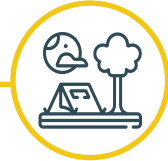
What We'll Accomplish

By 2026, BaMidbar will...



Provide
18,000+

individual & group therapy sessions



Reach
250+

young people through
immersive, wilderness experiences



Reach
750+

young people, parents, and
Jewish communal professionals
through cohort-based learning



Reach
6,000+

young people, parents, and Jewish
communal professionals through light
touch education programs



Launch
CLINICAL FELLOWSHIP
for early career mental
health professionals



Outcomes

- Young people have an increased understanding of mental health
- Young people experience reduction in symptomatology of mental health challenges, with a focus on depression, anxiety, and suicidal ideation
- Young people have strengthened resilience factors, including emotional awareness, healthy relationships, coping skills, meaning, and intrinsic motivation
- Young people understand the connection between their Jewish identity, understanding of mental health, and sense of personal resilience – and feel that their resilience is strengthened because of that connection
- Families, Jewish professionals, and organizations have the skills and confidence to effectively and appropriately support youth mental health
- Families and professionals feel their own mental health and wellness is strengthened
- Young people, families, and Jewish professionals turn to their Jewish community and Jewish tradition to support their well-being

Case Study

Everything we do is in service of supporting the mental health and well-being of young people.



01 The Individual

02 Professional Development

03 Individual & Group Therapy

04 Caregiver Education

05 Wilderness & Wellness

06 Improved Outcomes



01 MEET ABBY: Abby is 20 years old, involved in Hillel, works at Jewish summer camp, and is passionate about soccer. Recently, Abby has been struggling with depression and anxiety. She has noticeably withdrawn from her friends, stopped participating in soccer, her grades dropped, and she was moody and withdrawn at a Hillel event.

02 Abby's Hillel staff had participated in a BaMidbar training, and led a program about Hanukkah, mental health awareness, and finding light in the darkness. After the program, Abby approached the staff member and shared that she was struggling and feeling hopeless about the future. Concerned, the staff member referred Abby to BaMidbar for therapy.

03 Abby started going to BaMidbar for therapy. Her therapist guided her through a climbing exercise to help Abby strengthen her understanding of the connection between her emotional state and the functioning of her nervous system when she was feeling anxious. She learned to recognize shifts in her emotions and engage in proactive coping strategies. Her therapist shared the story of Moses ascending Mount Sinai, and asked Abby how she related to continuing to climb upward even in the face of fear and doubt.

04 While Abby was taking part in therapy, her parents joined a BaMidbar support group. They had a community to engage with to process their own feelings around Abby's struggles, built skills to manage their own stress and anxiety, and felt strengthened and empowered to support their daughter. The next time Abby called home and shared she was struggling, they used the tools they learned at BaMidbar to better support their daughter.

05 Coincidentally, that spring one of Abby's friends participated in a Wilderness and Wellness alternative break trip with BaMidbar. She backpacked for 5 days in the wilderness with a group of peers, explored the concept of resilience in the face of challenge, and sat around the campfire at night learning about Judaism and mental health. Her friend shared her realization that Judaism could be supportive through the peaks and valleys of life. While she was sharing what she learned with Abby, Abby felt seen, connected, and supported in a way she didn't even realize she needed.

06 When Abby returned to camp to work the following summer, she knew she had the coping skills to manage her anxiety. She felt connected to her community, excited to work in a joyful Jewish environment, and confident that she knew where to turn for support if she needed it.

WHY NOW?



With mental health rising to the forefront of many organization’s agendas, we know it is our responsibility to use our clinical expertise to strengthen youth mental health in the broader community.

At an Inflection Point & Poised for Accelerated Growth

From 2020-2022, BaMidbar saw a 440% increase in programming. The need for clinical and educational resources to address the youth mental health crisis and improve young people’s well-being is only growing. As a pioneering organization focused on youth mental health in the Jewish community, BaMidbar recognizes this window of opportunity to strengthen direct service, leverage existing networks, fill gaps, and provide additional resources and expertise to build a Jewish community that actively supports youth in cultivating mental health and wellness.

ALIGNING OPERATIONS WITH NEED

Requests for programming exceed our capacity, and the current structure of our clinical program hinders our ability to grow and meet the needs of the community, including:

- **Increased education, training, and support for families and youth-serving professionals**
- **Joyful, Jewish mental health education for young people**
- **Clinical services for teens**
- **Year-round clinical services**

This plan will help BaMidbar meet demand and provide much needed resources in the Jewish community.

Our Priorities

BaMidbar aims to lead the Jewish community in mental health education and treatment for young people. Our plan focuses on four priorities over the next four years.



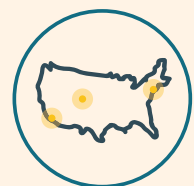
ACCESS TO CLINICAL SERVICES

BaMidbar is reaching hundreds of Jewish youth and young adults annually through adventure-based therapy and transformative wilderness experiences. Caregivers can access quality mental health resources and education in the Jewish community and feel connected to a community of peers facing similar challenges.



EDUCATIONAL IMPACT

BaMidbar has a cohort of educators that can draw from their clinical experience to provide high quality mental health education locally and nationally. Mental health professionals can leverage Jewish tradition to support youth mental health and well-being. Thousands of young people, caregivers, and Jewish professionals are engaging in deeply impactful learning experiences that explore the intersection of Jewish tradition and mental health.



GEOGRAPHIC EXPANSION

BaMidbar has strong programming hubs in Massachusetts and Colorado, a clear plan for expansion to California, and defined criteria for expansion to additional regions. A strong national operation supports a dispersed programmatic workforce.



VISIBILITY AND REACH

BaMidbar has an increasing number of strong programmatic partnerships with leading youth-serving organizations, is seen as a go-to resource for mental health in the Jewish community, and serves as a referral source for Jewish professionals seeking services for the youth they serve.



Access to Clinical Services

Increase accessibility by integrating adventure therapy into an outpatient model

RATIONALE:

By delivering adventure therapy in an outpatient model (rather than in our current residential model), BaMidbar seeks to expand access and bridge the gap between the individual experience and the ecosystem of support. The outpatient model allows BaMidbar to more effectively integrate families into the treatment process, provide treatment programming throughout the year, increase access to those who might not be able to complete a long-term immersive experience, and engage with therapy clients over a longer period of time. Additionally, because of legal and licensing restrictions with residential programs, an outpatient model allows BaMidbar to more easily expand into the adolescent (13-17) therapy market.

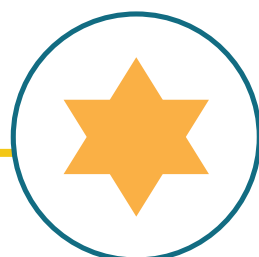
The lower intensity nature of outpatient therapy also allows BaMidbar to reach more individuals, engage more clinicians, and leverage clinical expertise to strengthen educational programs.

MEASURES OF SUCCESS

- Clinical offerings pair outpatient individual and group therapy with multi-day wilderness experiences
- BaMidbar has launched clinical services for teens aged 13-17
- BaMidbar has expanded family therapy, coaching, and psychoeducation services to strengthen young people's ecosystem of support
- BaMidbar offers a sliding scale fee structure and accepts major insurance providers to increase financial accessibility of clinical services



"[My therapist] was a wonderful therapist and wonderful person all around. She was very sympathetic about my issues and she gave me some amazing feedback, conversations, and exercises that have greatly helped a large part of my anxieties and worries." - Wilderness Therapy Student, 2021



Educational Impact

Expand educational impact by continuing to leverage clinical expertise to create and implement innovative programs across the Jewish community

RATIONALE:

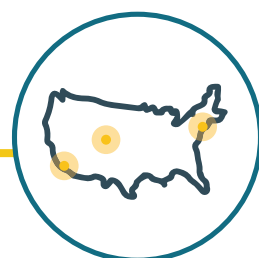
BaMidbar's education programs have evolved organically from its foundation in adventure therapy and ability to apply this strong knowledge base to a diverse set of audiences and situations. While not all people need mental health treatment, everyone can benefit from connecting to community, exploring identity, cultivating resilience, and discovering Jewish tradition through a mental health lens. BaMidbar can leverage its clinical expertise and existing programming to strengthen young people's resilience in non-clinical settings. BaMidbar will increase its capacity to build non-clinical educational tools and programs for young people, their caregivers, and youth-serving Jewish professionals.

MEASURES OF SUCCESS

- BaMidbar has adapted wilderness therapy model for non-clinical applications such as "Wilderness and Wellness" alternative breaks and retreats
- BaMidbar is reaching an increasing number of young people, caregivers, and youth-serving professionals through cohort-based learning
- BaMidbar has developed a library of evergreen curriculum, content, and resources
- BaMidbar has piloted a Clinical Fellowship that trains early career mental health professionals to integrate Jewish tradition and experiential education into mental health education



"Making the time to attend BaMidbar's training was a gift, providing me three days of opportunities to immerse myself in learning and community. I feel nourished, seen, and inspired and look forward to using this experience to build mental health-informed experiences and resources for my community."
- Boston Jewish Professional, 2022



Geographic Expansion

Restructure operations to continue operating nationally while strengthening strategic regional hubs

RATIONALE:

To expand our impact, it is critical to engage locally with young people and their ecosystem of support to understand the issues they face. Because therapy is regulated by the state, to expand the reach of our clinical services we need to expand geographically. This geographic expansion allows BaMidbar to grow its network of clinicians and clinical educators to reach a broader audience and deepen partnerships in local communities while leveraging clinical capacity locally, regionally, and nationally. BaMidbar will expand in-person programs and experiences and establish strategic centers to position this replicable, scalable model for further growth.

MEASURES OF SUCCESS

- BaMidbar has launched clinical services in Massachusetts, Colorado, and California
- These hubs serve as strategic centers for increased educational programs locally, regionally, and nationally
- BaMidbar has centralized and strengthened operational systems at the national level
- BaMidbar enables strong regional staff to meet local needs, while maintaining alignment between national and local programs
- BaMidbar has mapped a 5-year strategy for expansion to other regions



“BaMidbar’s training made me a more aware teacher who is better able to meet students where they are at. I am more knowledgeable about what I am able to do to support students and about the imperative to partner with local mental health resources to be able to connect students and their families to services if/when they are needed.” - Jewish Professional, 2021



Visibility & Reach

Increase the visibility of BaMidbar to attract participants to programs and increase awareness around mental health and wellness in the Jewish community

RATIONALE:

There is a dearth of quality mental health providers serving youth. Expanding visibility ensures professionals are aware of BaMidbar as a resource for young people who are struggling and allows BaMidbar to bring its expertise to deepen the conversation around youth mental health in the community. If more people know about BaMidbar, recognize how Jewish tradition can support mental health, and engage through programming, then more people will turn to Jewish tradition to support them through the peaks and valleys of life. BaMidbar's programs can change and save lives, and we want to make sure that as many people as possible are hearing our message.

MEASURES OF SUCCESS

- BaMidbar has increased the number of strategic partnerships to expand programming
- BaMidbar has built a referral network that fills clinical capacity
- BaMidbar is recognized as a thought leader in the Jewish mental health space and is sought after for speaking engagements and expertise
- BaMidbar has increased followers across all digital media platforms



"I can't thank you enough for everything you've done for our son! Any successes our son realizes or course corrections he navigates will be supported in large part by the wisdom his therapist shared. Expecting work, setbacks and hurdles moving forward but my hope is that our son is navigating with GPS now. We look forward to celebrating many milestones and successes together. We can't wait to share his accomplishments with you as he puts the tools he learned at BaMidbar to good use." - Wilderness Therapy Parent, 2019

IMPLEMENTATION



Achieving these goals requires strengthening internal capacity and operational efficiency to ensure a sustainable and thriving organization.

BaMidbar is moving into a new stage of growth. With a strong resume of experience and evidence of success, the organization is poised for accelerated impact.

To achieve this, we will:

01

Invest in staff and board development

02

Expand administrative and operational capacity

03

Diversify revenue mix and meet earned and contributed revenue projections

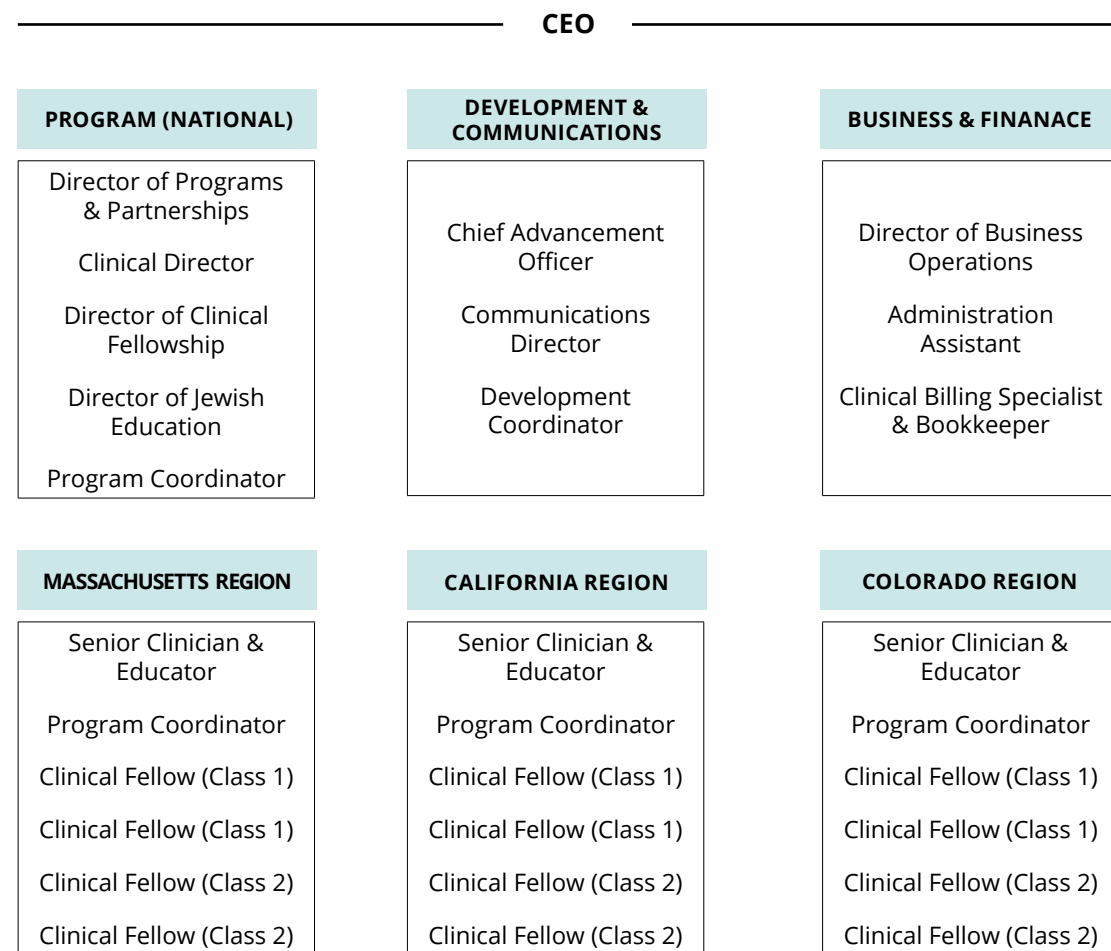
04

Ensure adherence to best practices and improve research and evaluation

Our Staff

BaMidbar’s small staff has proven itself to be incredibly innovative, flexible, and able to produce and deliver high-quality programs. As we look ahead, BaMidbar will focus on investing in both programmatic and operational capacity. As we expand geographically and increase access to programs, BaMidbar will hire additional licensed mental health professionals to serve as clinicians and facilitators. On the operational side, our new hires will be particularly instrumental in growing our revenue capacity through investment in communications and development professionals.

By 2026, BaMidbar will have 18 Full Time Employees and 12 Clinical Fellows.



Our Systems

Improved systems are also required to support the robust expansion of our team, impact, and resources. These investments include:

- **Branding, marketing, and communications**
- **Development and fundraising**
- **Staff & board development**
- **Third party evaluation**
- **Insurance paneling & clinical billing**
- **New Electronic Health Records (EHR) system integrated with Customer Relations Management (CRM) system**
- **Invest in cash reserve to maintain cash assets at 25% of annual expenses**

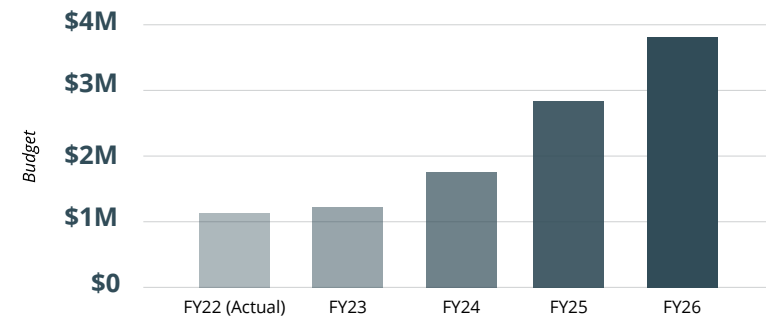


Financial Projections

Achieving this plan calls for the budget to more than double over three years. This requires strengthening earned revenue streams and investing significantly in fundraising. Over time, we project an increase in earned revenue as a percent of the total budget.

Budget Growth Over Time

FY: September 1 - August 31



	FY22 (ACTUAL)	FY23	FY24	FY25	FY26	
REVENUE	Clinical Revenue	\$112,855	\$0	\$354,510	\$1,141,020	\$1,882,530
	Education Revenue	\$104,546	\$81,900	\$92,900	\$147,450	\$218,000
	Individual Giving	\$38,008	\$85,000	\$175,000	\$325,000	\$500,000
	Grants & Foundations	\$775,575	\$905,500	\$1,200,000	\$1,550,000	\$1,500,000
	TOTAL REVENUE	\$1,030,984	\$1,073,400	\$1,822,410	\$3,163,470	\$4,100,530

COMPENSATION

Salaries	\$599,712	\$651,854	\$957,250	\$1,723,363	\$2,313,488
Taxes & Benefits	\$112,256	\$126,900	\$227,347	\$409,299	\$549,453

PROGRAMS

	FY22 (ACTUAL)	FY23	FY24	FY25	FY26	
EXPENSES	Education Program Expenses	\$32,079	\$45,615	\$116,815	\$170,015	\$209,230
	Clinical Program Expenses	\$191,137	\$18,480	\$145,560	\$240,120	\$334,680
	Scholarships & Tuition Offsets	\$25,000	\$0	\$35,451	\$114,102	\$188,253

OPERATIONS

Administrative Expenses	\$118,315	\$157,250	\$168,000	\$196,710	\$206,546
Staff Education & Training	\$8,724	\$26,500	\$40,500	\$45,000	\$54,000

TOTAL EXPENSES	\$1,087,493	\$1,026,599	\$1,690,923	\$2,898,608	\$3,855,649
NET	-\$56,509	\$46,801	\$131,487	\$264,862	\$244,881

Investment in Cash Reserves	\$0	\$46,801	\$131,487	\$264,862	\$244,881
EOY Cash Assets	\$177,000	\$223,801	\$355,288	\$620,150	\$865,031
Months of Cash on Hand	2	3	3	3	3

Revenue Mix

EARNED REVENUE

As BaMidbar increases clinical services, there will be increased earned revenue potential. Over time, more clinical revenue will come through **insurance reimbursement**. Educational programs will also provide revenue through program fees. By focusing on building strong partnerships with leading Jewish organizations, we seek to establish **multi-year relationships** to deliver critical programming for Jewish youth and professionals.

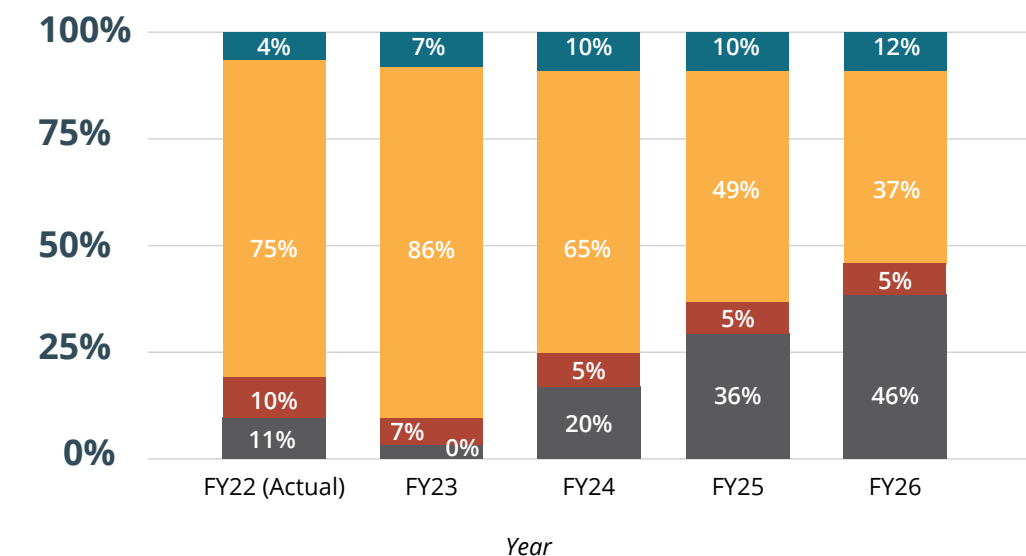
FUNDRAISING

BaMidbar has been able to raise a significant amount of revenue through fundraising without a dedicated development staff. **We need to strengthen development capacity moving forward.** Our focus will be on:

- Growing foundation support through **multi-year gifts**
- Building relationships with **key regional funders**
- Increasing **individual giving**

Revenue Mix

Individual Giving Grants & Foundations Education Revenue Clinical Revenue



CONCLUSION

BaMidbar's solution to the youth mental health crisis could not be more timely.

BaMidbar has proven its ability to boost resilience and improve mental health outcomes for young people. Through BaMidbar's programs, Jewish communal professionals are building the knowledge, skills, and confidence to support mental health and wellness in role-appropriate ways. Educators are looking at Jewish learning experiences through a mental health lens. Young people and their families feel supported by their peers and community and recognize the ways Judaism is robustly supportive of their mental health and well-being.

As a pioneering organization addressing youth and young adult mental health through clinical and educational interventions, BaMidbar is poised to help the Jewish community move the needle on this important issue.

With your help, BaMidbar will strengthen the platform from which it will be positioned to grow its impact exponentially.

Join us in strengthening youth mental health in the Jewish community.





RESOURCES

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3: Curtin SC. State suicide rates among adolescents and young adults aged 10–24: United States, 2000–2018. National Vital Statistics Reports; vol 69 no 11. Hyattsville, MD: National Center for Health Statistics. 2020.

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