

Everybody has a story . . .



Transforming the way the Jewish community understands and responds to mental health and addictions



2018-2022: How We Have Grown and Connected

When we started Blue Dove in March 2018, we were a tiny volunteer-run nonprofit in Atlanta.

During that first year, we engaged fewer than 400 people with our programs and speaker events. By the end of our second year, more than 18,000 came to events, watched our videos, and/or downloaded our online resources.

In 2020, soon after we published #QuietingTheSilence: Personal Stories, the world shut down and mental illnesses shot up. That year, our numbers soared to more than 40,000 people engaging with our services and programs, mostly online and via Zoom.

By the end of 2022, close to 75,000 people connected in one capacity or another with Blue Dove. We also saw our best fundraising year following the pandemic, with secured pledges of \$349,000 and more coming in. The funds allow us to create our Jewish mental health resources and programs.

Blue Dove Engagement 2022

130+ National partnerships
3,920 Virtual attendees
2,737 In-person attendees
17,989 Resource downloads
144,417 Social engagements
70,874 Website visits
6,443 Average views per month

2023 Outlook: Workshops, programs, and content ideas are already in the works starting in January 2023 and booked through May, with more to come.

Blue Dove Featured in HUFFPOST

Our mental and physical health are deeply intertwined, so when one is under stress the other is affected. Recognizing the toll discrimination and particularly antisemitism take on both our mental and physical health, Blue Dove created a resource addressing the issue in 2022.

The Huffington Post highlighted us in an article in October 2022. How Discrimination Affects Your Mental And Physical Health includes an interview with our director of education and programming.

Antisemitism's Impact on Mental Health



The Power of Stories . . .



Stories can be powerful tools to help people get through some of life's most difficult challenges. Therapeutic for those telling them, potentially life changing for those listening. Stories show people who are struggling they are not alone. But telling them can be difficult. The Blue Dove Foundation helps people use their stories not only for their own mental wellness but to provide the support others need to traverse their own stories.

Mental health continued to drive headlines in 2022, with 90 percent of American adults telling CNN the country was experiencing a mental health crisis. While COVID has receded in the public eye, mental illness remains stubbornly high and has even risen by some measures. Every day we hear stories about anxiety, depression, addiction, and suicide.

One in five adults experiences mental illness, including addictive disorders. Anxiety is the most common mental disorder, with roughly 31 percent of adults and 32 percent of 13- to 18-year-olds reporting symptoms. Depression, already affecting almost one in 10 Americans, is increasing faster among teens and young adults. More than 15 percent of adults struggle with a substance use disorder; rates for illicit substances such as marijuana are even higher. Deaths by overdose have continued to go up since 1999, and synthetic drugs like fentanyl are on the rise. Suicide remains the second-leading cause of death among 10- to 14-year-olds and 24- to 35-year-olds. More than half of Americans have been affected by suicide in some way.

These statistics and the stories behind them matter, because everybody has a story when it comes to mental health. It might be about oneself, or it might be about someone close — a family member, a friend, a neighbor, a coworker. How do we navigate those stories? How do we share them with others and put them to good use?

Blue Dove works with Jewish and non-Jewish organizations in the United States, Canada, England, and Israel to provide mental health education, resources, and information to help create safer, healthier communities. Our innovative workshops and programs, designed to increase awareness and decrease the stigma around mental illness, have made an impact; more people are talking about the issue and getting help when they need it. They also have earned recognition from national organizations like UpStart, which chose Blue Dove for a special cohort of leading young Jewish organizations.

Over the years, we have grown significantly. People are coming to us for information about mental illness. To meet the demand, we increased our staff and created new tools and resources like our Every Life Counts program, which focuses on suicide awareness, prevention, and survival. We enhanced our mental health resources for Jewish holidays as well as our mental wellness workshops. We introduced a catalog of mi sheberachs and other prayers related to mental health. We adapted our *Mental Health Toolkit for college students* and participated in various events throughout the United States, including one hosted by the Women's Philanthropy division of the Jewish Federation of Greater Atlanta in September. And, of course, we continued to tell stories virtually and in person, because that is what people have told us they want. "We tell our stories so others will summon the courage to face their own painful circumstances," says one of our volunteers.

The only way we will be able to further break down the stigma around mental illnesses like depression and addiction is to keep mental health at the front and center in our daily activities and conversations. But we can only do it with financial support. We rely on the generosity of our community to continue to raise awareness, to provide education, and to amplify our outreach.



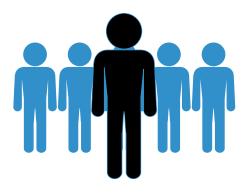
Please consider supporting our mission.



Why Our Work is so Important

1 in 5

adults (50 million) experience mental illness each year.



332 million

live with depression.

22 million

have active substance use disorders.

1 in 6 youth aged 6-17 experiences a mental health disorder each year.



50% of all lifetime mental illness begins by age 14. **75%** begin by age 24.

Roughly 1.2 million Americans attempt suicide every year. That's one attempt every 26.2 seconds.

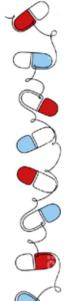


of those who died by suicide had a diagnosable mental health condition at the time of their death.

Suicide is the third-leading cause of death among people aged 10-19; the second-leading cause among people aged 20-34.



The data and statistics (the most recent available at production time) come from the following organizations: Partnership Development Group (pdgrehab.com); the National Alliance on Mental Illness (nami.org); the Anxiety & Depression Association of America (adaa.org); Johns Hopkins/National Institute of Mental Health (hopkinsmedicine.org; nimh.nih.gov); All Points North (apn.com); the Centers for Disease Control and Prevention (cdc.gov); Suicide Awareness Voices of Education (save.org); and the American Foundation for Suicide Prevention (afsp.org).



Substantial barriers continue to exist

for people who need substance use treatment, including:

Fear of losing one's job Worried what others will think Lack of awareness about treatment options

More than 107,000 people died of a drug overdose in the 12-month period ending August 2022.

91 people die every day in the United States from an opioid overdose.



15.4% of American adults struggle with a substance use disorder each year.

1 in 5 have used illicit drugs

(marijuana, cocaine, LSD, ecstacy, heroin, etc.) in the last year.

Anxiety is the most common mental disorder in the United States, affecting 40 million adults. Only 36.9 percent receive treatment.

Anxiety disorders affect nearly one-third of adolescents between the ages of 13 and 18.

Post-traumatic stress disorder affects 7.7 million adults each year.





The Blue Dove Resource Library and Workshops

Explore the connections between Judaism and mental health at the Blue Dove Foundation's Resource Library.



Scan the OR code for articles, downloadable activity sheets, videos, podcasts, and more about Jewish holidays and concepts, and the ways Judaism addresses mental illness.

A sampling of Blue Dove resources produced in 2022:



Every Life Counts

A resource for suicide awareness, prevention, and support in the Jewish community. Every Life Counts addresses suicide and suicide ideation, offers suggestions on the signs to watch for, and discusses how to talk about it as well as how to mourn.



Mental Health Toolkit for College

Adapted by a Jewish college sophomore from our Jewish Mental Wellness Toolkit, the book includes useful information particularly relevant to college students.



Gratitude Workshop

A one-hour interactive workshop in which up to 30 individuals can participate in person or virtually. Based on the Jewish middah (value) of chesed u'gevurah (balancing loving kindness and discernment), the Hakarat Hatov: Judaism, Gratitude, and You workshop focuses on approaching mental wellness from a place of listening and openness. It teaches participants how to create boundaries while appreciating what is around us, about gratitude as a science, and about how it is recognized in Judaism.



Holiday Resources

A vast array of videos, articles, and downloadable resources tailored to every Jewish holiday.



Collaborations and Recognition throughout 2022



www.slingshotfund.org

Featured on the "10 to Watch" list of Slingshot, whose mission is to mobilize young Jewish philanthropists to become agents of change who "shape their communities to be vibrant and continuously evolving."



www.upstartlab.org

One of 10 partners chosen for the California-based UpStart's year-long Venture Accelerator Program. UpStart focuses on building a "just, vibrant, and inclusive Jewish future." Selected from more than 50 applicants, these "entrepreneurial leaders" represent a broad variety of initiatives that focus on inclusivity, creativity, and vision.



www.risingtideopenwaters.org

Collaborated during the High Holidays on an Instagram conversation along with written and audio meditations with Rising Tide Open Waters Mikveh Network, a Massachusetts mikveh and learning center rooted in ancient tradition, serving today's Jewish community.



www.yourmomcares.org

Hosted an Instagram Live conversation with the CEO about faith and mental health as we welcomed in the Jewish new year. YMC is a nonprofit started by the moms of musicians, athletes, and actors dedicated to kids' mental wellness.



www.apafdn.org

Part of a group convened by the Mental Health and Faith Community Partnership, which includes the American Psychiatric Association Foundation and the Interfaith Disability Advocacy Coalition. Blue Dove's CEO joined 40 individuals in an intimate conversation about the relationship between faith and mental health that was highlighted by the Partnership Center at the U.S. Department of Health and Human Services.



www.jewishatlanta.org/womens-philanthropy

Highlighted by the Women's Philanthropy division of the Jewish Federation of Greater Atlanta in the first of five events showcasing Jewish organizations in metro Atlanta that receive Federation support. Nearly 130 women packed a social hall to learn about Blue Dove and talk about mental health in the community.



The Blue Dove Foundation was created to spark conversation, educate and provide resources about mental illness and addiction within the Jewish and greater communities. We appreciate all our partners who provide financial support, contribute to our content and collaborate on programming each year.

As we continue to grow, we look forward to deepening those partnerships and expanding into new ones.

CONNECT WITH US

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