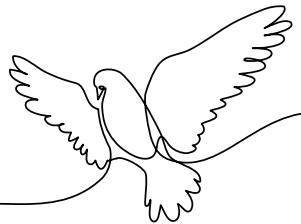
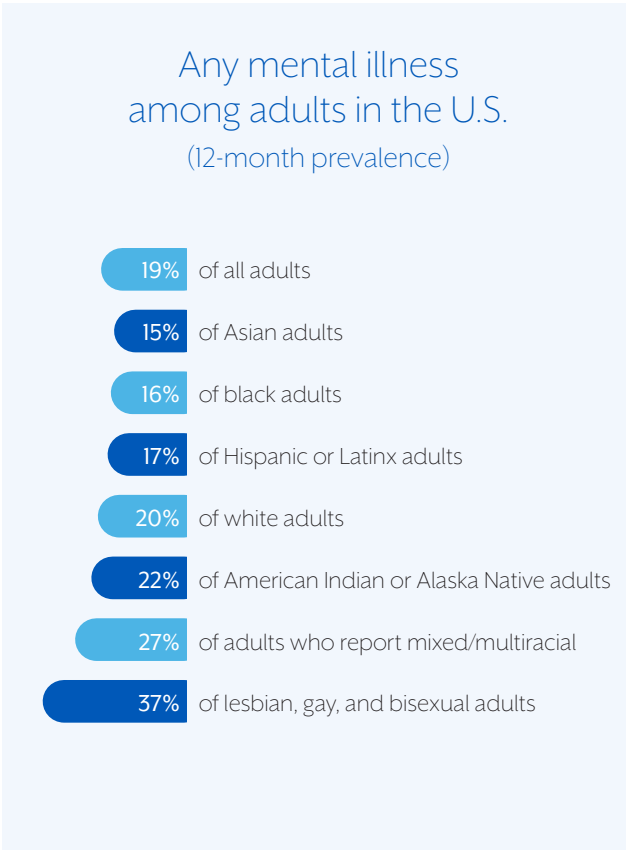
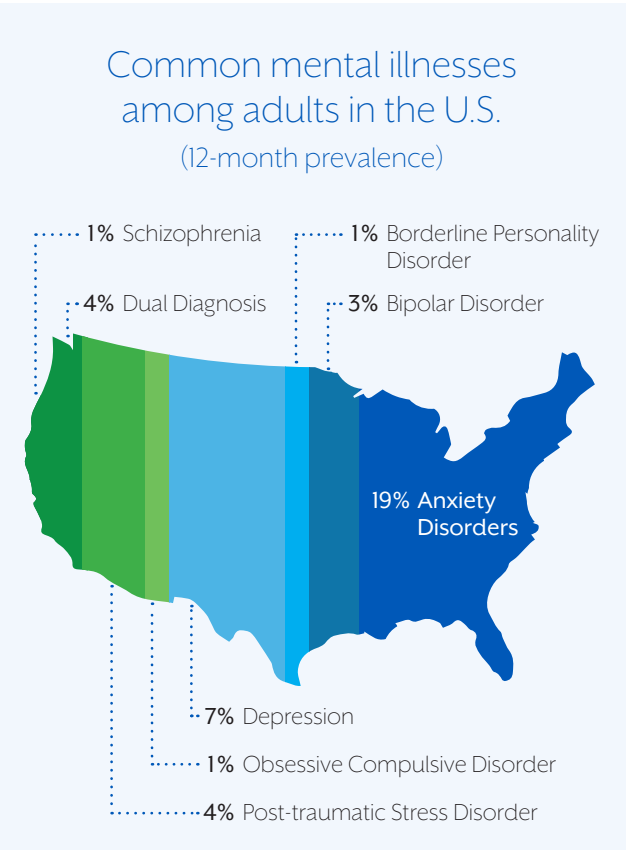


THE
BLUE
DOVE
FOUNDATION



Activity Report
2018–2020

Mental illness statistics



Data from CDC, NIMH, and other resources. Find citations for these statistics at www.nami.org.

Welcome!

Mental health had become a major concern in the United States by the mid-2010s—for good reason. In 2018, the year The Blue Dove Foundation was born, nearly one in five Americans 18 years and older experienced a mental illness. One in five Americans older than 12 used an illicit drug or misused a prescription opioid.

If the last decade saw soaring rates of mental illness and addiction, 2020 raised the issue to a whole new level. Since the outbreak of COVID-19 and the isolation so many people face due to social distancing, mental health has become one of the most important topics of the day.

But many Jews believe that problems that exist in society at large don't apply to them, despite all the evidence showing they experience mental illness and addiction at the same rate as non-Jews. In the general Jewish community, the subject remains taboo. Even some who admit there is a problem, or who have experienced it personally, find it very difficult just to talk about these issues. As a result, people have been afraid to speak out and seek—or offer—help.

Atlanta-based Blue Dove aims to change that mindset along with the narrative around mental health. Created to address the issues of mental illness and addiction, **our mission is to educate, equip, and ignite our global Jewish community with tools to understand and overcome the challenges presented by mental illness and substance abuse**. As a community with a focus on *tikkun olam* (repairing the world), we work to eradicate the shame and stigma surrounding these issues.

We think of ourselves as a community quarterback, keeping a pulse on what's happening in communities across the country. We continually raise the subject and encourage people and organizations to talk about it. Already we have made an impact by getting people to speak up and share their stories. We engage people in programs, workshops, events, webinars, and a variety of resources for holidays and throughout the year.



Gabby Leon Spatt
Executive Director



Justin Milrad
Board President and Co-Founder

About The Blue Dove Foundation

The Blue Dove Foundation was created to help address the issues of mental illness and addiction in the Jewish community and beyond. Recognizing the importance of collaboration when it comes to solving this community problem, we accomplish our work through program, promotional, and support partnerships. The Foundation values both our existing relationships and future partners whose missions align with ours.

2018

Starting to quiet the silence

The Blue Dove Foundation started in March 2018 as a tiny, volunteer-run nonprofit in Atlanta. That May, we hosted our first event, #QuietTheSilence: A Night of Jewish Mental Health and Substance Abuse Education, which more than 200 people attended. After an introduction by a local rabbi, three members from the community shared their personal experiences. A Q&A session with local Jewish mental health professionals followed.

Later that year, we introduced our High Holiday Mental Health Toolkit and our Blue Dove kippah. October saw our second event, #QuietTheSilence: A Night of Teen Mental Health and Substance Abuse Awareness and Education, which was also attended by more than 200 people. #QuietTheSilence became our signature program.



The Blue Dove Foundation founded



High Holiday Mental Wellness Toolkit and Blue Dove Foundation kippah



Mental Health Awareness Month programs and Shabbat Mental Health Guide with OneTable

MAR

MAY

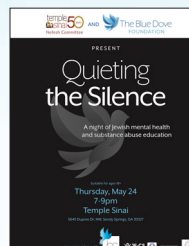
SEPT

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#QuietTheSilence: A Night of Jewish Mental Health and Substance Abuse Education



QuietTheSilence: A Night of Teen Mental Health and Substance Abuse Awareness and Education



Tu B'Av holiday campaign

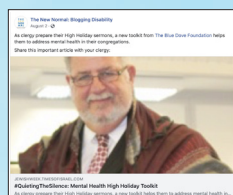


Picking up speed

By the following year, we hired a full-time executive director and a part-time communications manager. We started expanding contacts and partnerships outside Atlanta and hosted more workshops and programs around Georgia and in other states.

We also began sharing blog posts and published our first article in *eJewishPhilanthropy*, a website with information and resources for the professional Jewish community.

2019



High Holiday Mental Wellness Toolkit



QuietTheSilence: An Interfaith Conversation About Mental Health



Presentation at the United Reform Judaism Biennial Conference

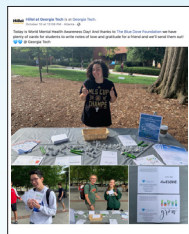
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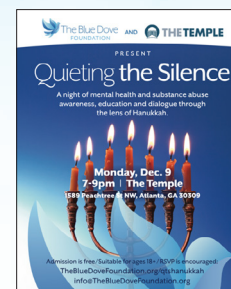
World Mental Health Awareness Day programs



Presentation at the Rising Tides Mikveh Conference and creation of a Mikveh Immersion Ceremony for Recovery



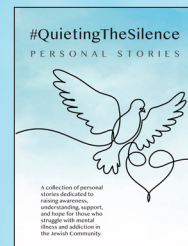
QuietTheSilence: A Night of Mental Health, and Substance Abuse Awareness, Education and Dialogue Through the Lens of Hanukkah



2020

A year of virtual connections

The year started off with a bang in January, when we published **#QuieteningTheSilence: Personal Stories**. With a goal of raising awareness, understanding, support, and hope for those who struggle with mental illness and addiction, this anthology gave a forum for individuals from across the United States and in other countries to speak out and share their experiences. Since it was published, more and more people and organizations from around the country have begun not only to share their stories but to collaborate with Blue Dove. November saw the launch of a book tour.



We have become a key Jewish resource, partnering with such entities as the National Alliance on Mental Illness (NAMI) and The Partnership Center at the U.S. Department of Health and Human Services.



By early spring, as the world began shutting down due to the COVID-19 pandemic, we had to rethink the way we operated. As most of the country went online, we pivoted from in-person to virtual events. While we lost some of the personal touch of being face to face, the internet allowed for a wider reach and

more expanded programming. We formed strong connections with important Jewish organizations across the country.



But as people increasingly isolated because of COVID-19, we saw rapidly rising rates of depression and a soaring mental health crisis. Synagogues and other organizations asked for help addressing these issues, which led us to develop our **Jewish Mental Wellness Toolkit**. As a practical guide for everyday use, it offers guidance and support for

transforming our culture, along with practical and concrete information about mental health and wellness. Created through a Jewish lens, the Toolkit is full of resources, facts, and suggested readings.

To accompany the Toolkit, we designed two workshops: **Making Mental Wellness Part of Your Community's Culture** and **Recognizing When Someone Needs Help**.



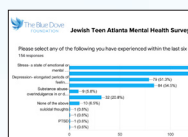
In late spring, we created a mental health guide for Passover, followed by special materials for Mental Health Awareness Month in May. In the fall, we launched our High Holiday mental health campaign—sharing resources, surveys, and prayers for this sacred time.



Blue Dove and Atlanta's branch of Repair the World produced a dinner guide, **Turn the Tables: QuietingTheSilence**.

We also produced the video **Healers of Faith: Be a Mensch**, about a woman struggling with the death by overdose of her younger sister and seeking answers from Judaism. The video aired on Jewish Life Television (JLTV) and at several Jewish film festivals across the country.




As the pandemic dragged into the fall, we continued to expand our reach and to work toward our mission of education, awareness, and outreach through online resources, workshops, and trainings with Jewish communities across the country.



In 2021 our work doesn't stop. We plan to expand our efforts by: publishing a teen version of the #QuietingTheSilence, written by teens and for teens; launching our Jewish Women & Girls Summit; joint programming with partners; and continuing our trainings and resource development.



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 @thebluedovefoundation
 @bluedovefoundation
 #QuietingTheSilence



"The Blue Dove Foundation is a great example of a nonprofit making a real difference in their community." — Perla Ni, CEO of GreatNonprofits