



When you donate to The John W. Brick Mental Health Foundation you are helping to *change the way the world treats mental health*. And because we self-fund all administrative expenses, **every dollar you contribute goes directly to research, education and collaborative work** to integrate holistic approaches such as exercise, nutrition and mind-body practices into the mental healthcare delivery system, and toward building mental health resilience in individuals, families and communities.

- Your donation funds and promotes evidence-based research on how exercise, nutrition and mind-body practices benefit mental health resilience;
- Your contribution supports initiatives that integrate evidence-based holistic approaches into mental healthcare;
- Your gift supports our work with over 50 partnering organizations advancing a roadmap for an integrated approach to mental healthcare.

[Make a Gift to Support Mental Health Today](#)

Highlights of what we were able to provide in 2020 because of your support include:

- The [Never Alone Summit](#): in Spring 2020 at the start of the pandemic, we produced a free, online 3-day global mental health summit in collaboration with Deepak Chopra and Never Alone to provide [resources](#) for all who may be battling depression and anxiety, enduring stress, front line workers facing daily mental health challenges, and people who want to boost their mental health resilience. The Summit has reached over 140,000 people from 80 countries, and the over 100 hours of moving and informative recorded content continues to education and inspire people.
- [Move Your Mental Health](#): in Fall, we produced a 10-day online global mental health event designed to encourage moving our bodies for ten minutes each day with ten top fitness and health experts – to help people boost their mental health during the ongoing pandemic. We reached over 20,000 people so far, and people who participated reported statistically significant increases in their energy levels, mood, and overall well-being.
- The Global Wellness Summit's groundbreaking report on [Defining the Mental Wellness Economy](#), which maps this \$121 Billion industry identifying the key companies and market innovators, and business models and developments to watch.
- Completion of a gold-standard randomized controlled trial at the top-tier University of California San Francisco - investigating the effects of Wim Hof breathing, meditation, and high-intensity



interval training for improving stress, depression and aging. Data are being analyzed and results will be released in the first half of 2021.

- Conducting a large scale project to review all of the existing scientific studies on the connection between exercise and mental health, with a report forthcoming January 2021 for people to be able to easily find out which kinds of exercise help with various mental health outcomes. No report like it currently exists.
- Support for weighted blankets and other mind-body tools for the adolescent psychiatry unit at Johns Hopkins Medical Center, exercise programs for combat veterans facing PTSD, reducing stigma among young people with mental health concerns, and much more.

In the coming year, your contributions will help us take the impact of the JWB Foundation to the next level:

- Funding groundbreaking studies investigating the impact of exercise, nutrition, and mind-body practices on mental resilience and mental health;
- Creating specific evidence-based protocols with the most advanced experts in the field, for use in prevention, crisis, and treatment in families and communities as well as mental health care settings;
- Providing grants to model programs across the United States and around the world that demonstrate the effectiveness of taking a more holistic approach to mental health care;
- Charting a course for integration of holistic approaches into the mainstream mental healthcare delivery system with our collaborative hub of over 50 mental healthcare leaders and organizations;
- And, continuing to reach individuals, families and communities all around the world with inspiring, educational, and immediate practical tools to boost their mental health and resilience.

Stock transfer and legacy gifts/estate planning are welcome. Please contact our Executive Director, Cassandra Vieten at cassandra.vieten@johnwbrickfoundation.org for instructions.



If you or your company would like to sponsor a specific project, event, or the Foundation in general, you or your business will be acknowledged in multiple ways on our website, to our community, on social media, and at our events. In addition as a way of thanking you, **we'd be happy to provide a complimentary one-hour stress-reduction or mental wellness seminar to your company staff.** Be in touch with our Program Coordinator Olivia Lubarsky at olivia.lubarsky@johnwbrickfoundation.org to schedule a time in 2021.

Sponsorship opportunities include:

1) Sponsor the forthcoming Exercise, Fitness, Movement and Mental Health Report. This report, the first of its kind, will be released in January 2020 and is the first of its kind, detailing all of the published, peer-reviewed evidence to date on the relationship between movement and mental health. The report will be widely disseminated, will be evergreen on the website, and will reach over a million people in the wellness industry. You'll be acknowledged in the first pages of the report, and in press on the report.

2) Sponsor Events such as the Never Alone Summit, JWB5K and Family Fun Run, and Move Your Mental Health 2021. These events reached over 140,000 in 2020 and will reach more in 2021. They have been a key component of boosting people's mental wellness during the COVID-19 pandemic, and are highly visible in the mental wellness domain, as well as expanding the JWB Community. You will be prominently featured in all promotion, during the event, in the evergreen recorded version online, and in emails and on social media.

3) Sponsor Research Projects and Programs. In 2021, the JWB Foundation will sponsor 2-4 large scale projects and programs that are designed to build the evidence-base for movement and mental health, and to provide models showing how holistic mental wellness methods can be successfully integrated into mental health settings with positive results. You will be featured in all reports on each project and acknowledged in published papers.

4) Sponsor the JWB Foundation. You can sponsor the JWB Foundation as a whole in 2021. You'll be highlighted as a Foundation Sponsor on the website, and in special dedicated emails to our constituency.