



In today's society, mental health disorders have become increasingly prevalent, affecting individuals of all ages and backgrounds. The statistics speak for themselves, revealing the widespread impact of these conditions on our communities. Approximately 1 in 5 American adults are estimated to live with a mental illness. This staggering figure highlights the urgent need to prioritize mental health and provide support and resources.

Mental illnesses are not limited to specific regions or populations. In fact, they are the leading cause of disability worldwide. These disorders can have profound consequences, affecting the individuals directly impacted and their families, communities, and society. The burden of mental health disorders extends far beyond individual suffering, necessitating comprehensive efforts to address these challenges.

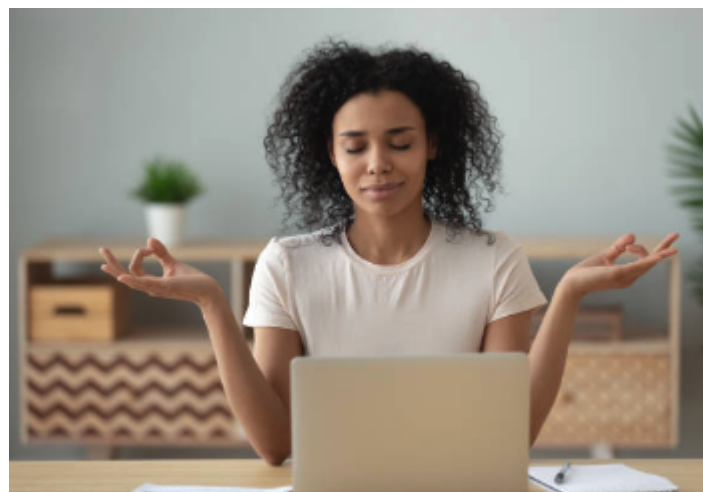
It is important to recognize that mental health issues often co-occur with substance use disorders, further complicating the landscape. Research shows that approximately 1 in 10 full-time employees struggle with addiction. This emphasizes the need for a holistic approach to mental health support that addresses substance use disorders. We can create a more inclusive and effective care system by addressing both aspects.

One critical area where mental health disorders significantly impact is the workplace. The high-stress levels, burnout, and absenteeism associated with mental health concerns have become alarmingly common. These factors contribute to decreased productivity and efficiency, affecting both individual employees and the overall success of organizations. It is imperative for employers to prioritize mental health support and create a work environment that fosters well-being and psychological safety.

At Newhouse Project Consulting (NPC), we firmly believe in promoting total health, encompassing physical and mental well-being. In our pursuit of prioritizing mental health, we have forged partnerships with organizations to support their strategic initiatives in this crucial area. By providing program management and logistical support, we work alongside our clients to establish measurable metrics that gauge the effectiveness of their mental health programs.

One of our core objectives is to equip individuals with the necessary knowledge and skills to become "Mental Health First Responders." Our team is dedicated to teaching participants a practical and effective 6-step strategy that encompasses assessing risk, respectfully listening to and supporting individuals in crisis, and identifying appropriate professional help and additional support. By fostering a community of empathetic and skilled responders, we strive to create a network that can make a tangible difference in the lives of those experiencing mental health challenges.

NPC specializes on supporting communities of color in their mental health journeys. We recognize the unique challenges and cultural factors that can impact mental well-being within these communities. Through our partnerships and initiatives, we aim to increase mental health awareness, reduce stigma, and provide accessible resources catering to diverse populations' specific needs. By actively engaging with these communities, we aspire to create a more inclusive and supportive environment for mental health discussions and support. These mental health initiatives are obtained through our powerful RESILIENCE Program.



The RESILIENCE Program:

The RESILIENCE program goes beyond simply recognizing signs and symptoms of mental illness. It encompasses a range of crucial topics and action strategies to support individuals in a mental health crisis. Participants of our workshops will gain a deep understanding of the cultural impacts of mental health on people of color, engage in intensive and customizable presentations on suicide, learn to identify signs and symptoms of mental illnesses and substance use and practice providing appropriate resources. Moreover, our program emphasizes the development of common protective factors and strategies for resilience, empowering individuals to navigate various mental health challenges effectively.

Workshop Overview:

Our RESILIENCE workshops are designed to be highly interactive and impactful, delivered in person or virtually. We leverage technology to create engaging experiences, including polling, breakout rooms, chat rooms, and annotation features. Participants are actively involved in the learning process through videos, role-play scenarios, and large and small group discussions. Our workshops emphasize that recovery is a process and provide the necessary tools and resources to support individuals on their mental health journeys.

Delivering Measurable Results:

In collaboration with one of the largest healthcare providers, NPC has successfully delivered Mental Health Awareness education workshops to over 7,100 employees. The results have been remarkable, with a 16% reduction in stigma, a 29% increase in employees' confidence to help someone in a mental health crisis, and a significant 30% improvement in mental health literacy and knowledge. The workshops have received overwhelmingly positive feedback, with 97% of participants expressing strong satisfaction, resulting in a Net Promoter Score of 65, considered excellent.

Workshop Offerings:

NPC offers a variety of workshop options to suit different needs and preferences. Whether delivered virtually or in-person, our workshops include a dedicated Resilience Educator, comprehensive workshop materials such as a digital action guide and local area resource guide, pre and post-workshop evaluations, access to our Resilience website for additional resources and tools, and a pocket card containing critical resource phone numbers and our six-step action strategies support model.



1 in 5

American adults has a mental illness



Mental illnesses are the leading cause of disability worldwide



1 in 10

full-time employees has an addiction

40%

of employees with a mental illness take time off because of it – up to 10 days a year

35%

More than 35% of managers feel they receive no formal support or resources to help employees

HR managers know the toll mental illness can take on the company. Yet, only 15% feel managers are training to recognize the problem and share support and resources

In conclusion, the prevalence of mental health disorders demands our attention and action. By acknowledging the widespread impact on individuals and society, we can begin to implement comprehensive strategies to address these challenges. Prioritizing mental health in workplaces, schools, and communities is crucial to promoting well-being and creating a society where individuals can thrive. Together, we can break the stigma surrounding mental health and ensure everyone has the support and resources they need.

At NPC, we are committed to promoting mental health and well-being as integral to total health. Through our RESILIENCE program, tailored workshops, and strategic partnerships, we are actively working towards empowering individuals to become Mental Health Champions. We invite you to join us in our mission to prioritize mental health, reduce stigma, and provide the necessary support for individuals to thrive in body and mind.

There are several ways you can get involved. First, educate yourself and others about mental health issues. Learn to recognize the signs and symptoms of mental illnesses and substance use, and familiarize yourself with available resources. Second, support initiatives promoting mental health awareness and advocate for policies prioritizing mental health in workplaces, schools, and communities. Third, consider participating in our RESILIENCE workshops or inviting us to collaborate on mental health initiatives within your organization or community.

Together, we can create a mentally healthier and more resilient world. Let us break down barriers, foster understanding, and build a society where mental health is treated equally to physical health. Join us in our journey to create a future where everyone has the support and resources needed to thrive. Together, we can make a difference and pave the way for a brighter, more compassionate tomorrow.