




washburn
center
for children

Our vision: hope and healing for every child

Washburn Center has walked alongside families for more than 135 years, offering hope and transformative care as one of the largest providers of children's mental health services in the Twin Cities. Join us in our vision to bring healing to more children - because every child deserves quality mental health care, for their future and ours.

You can transform access to children's mental health

This \$4 million campaign will increase access to healing therapeutic care for 5,000 children each year - a 40% increase of Washburn Center's services over five years. Your generosity will invest in technology that builds efficiencies in service and allows Washburn Center to hire 35 - 40 additional therapists to connect more families to the services they need.

A smart and compassionate investment

The need is real, but can often remain hidden as the felt impact of layered trauma isn't always seen immediately.

Your investment is critical during these uncertain times. While funding is being infused into housing and other basic necessities, our community simply can't afford to neglect the mental health of our struggling neighbors. For every \$1 invested in mental health care, up to \$6 is saved in health, education and juvenile justice. Your impact will be felt in a child's life for years to come.

TRANSFORMING ACCESS TO CHILDREN'S MENTAL HEALTH

www.washburn.org/support-washburn/cmhcampaign/

A crisis of epic proportions — layered with a pandemic and community unrest

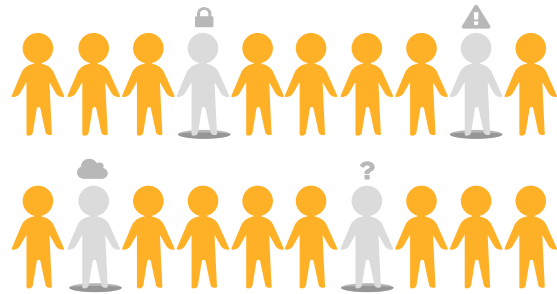
Long before COVID-19 hit, our community was experiencing a public health crisis and shortage of mental health providers. The pandemic has altered the emotional stability of all of us.

Multiple sources predict the pandemic will only deepen the mental health crisis because of the stress of unemployment, social isolation and disruption of routines.

Mental health conditions impact

1 in 5 children

before the age of 18 across all income levels and ethnicities.



Support for our neighbors impacted by racial inequity and trauma

Our community's recent unrest and protests have created a disproportionate emotional and mental toll on families of color – including children. Acknowledging the impact of racial inequities on one's mental health is critical to helping our community heal.

Children who experience complex trauma – like ongoing racism – often have difficulty identifying, expressing and managing emotions. Trauma negatively impacts early brain and cognitive development, learning, the ability to develop secure attachments and physical health. More than 55% of children Washburn Center serves identify as children of color.

Your generosity changes lives

- Suicide rates have increased more than 70% over the last decade for children ages 10 – 17
- Depression and anxiety spiked among black Americans following George Floyd's death

Behind these painful statistics are stories of children and families who are struggling

Your support of children's mental health brings hope to children like Amelya – who usually loves riding her bike on her friendly block in South Minneapolis. It was a familiar and safe place for the 9-year-old as she looked forward to free-wheeling summer days. But this summer, things look and feel different.

At first, Amelya didn't fully comprehend how her neighborhood was impacted by the violence and protests that followed the killing of George Floyd. "My mom and older sister came home from the protests, and my mom packed an overnight bag in case we needed to leave fast and go stay with our cousins in Wisconsin," Amelya timidly recalled.

She saw for herself when she and her mom went to get groceries a few days later: "Our stores are burned down; all my usual places are gone." Amelya reconnected with her Washburn Center therapist to work through her overwhelming fear about being black and feelings of anger, sadness and confusion about the destruction of the neighborhood she calls home. The therapist helped Amelya regain a sense of both physical and emotional safety to move forward with her community in healing.