



## Mission statement

The Tampa Bay Foundation for Mental Health, Inc. (EIN 47-4700636) is a community based nonprofit organization dedicated to mental health-related efforts including the support of other nonprofit organizations, advocacy, and education programs. Our mission is to promote the acceptance and inclusion of those struggling with mental health related issues by improving support for this population throughout the Tampa Bay Area.

## Vision Statement

Our vision is to develop and support mental health based clinical and research initiatives across the Tampa Bay region based on available expertise and evidence to provide patient access to early intervention, treatment, and strategies for stability. We hope to influence policymakers and advocate for mental health services, using firm evidence and the voices of people with direct experience of the issues. We are prepared to campaign on the issues that affect public mental health and wellbeing and the lives of people who have, or are close to someone with mental illness. We aim to inspire the development of a community free from stigma and discrimination, where everyone can achieve their potential to flourish and thrive.

## Current Initiatives

**Community Outreach:** In August 2015, the Tampa Bay Foundation for Mental Health provided funding to support the piloting of the Tampa Museum of Art's Connections Program for members of our community experiencing dementia, depression, or post-traumatic stress disorder. This program partners with the University of South Florida Honors College to train undergraduate students in their junior and senior years to serve as docents, guiding these groups and their care partners through the museum as part of a 2-3 hour program designed to improve patient and care giver quality of life, reduce perceived stigma, and provide a safe space for them to experience the beauty of the museum. USF Honors students receive didactic training and choose faculty mentors with whom to conduct their honors thesis work as part of this program.

Since its initiation in November 2015, Connections has experienced great success and, after the submission of an application for a programmatic grant in March 2016, has been awarded additional funding from TBFMH so that it may continue and expand to include a greater population of patients and care partners.

**Grant Funding:** In March 2016, we began offering seed grants to qualified individuals and teams who seek funding for the initial stages of research projects. Applications will be reviewed by our team and funding will be determined based on the quality, feasibility, and applicability of the proposed work to our mission.

**Patient Assistance:** In April 2016, we began accepting applications for patient assistance. Applicants who require financial assistance to subsidize their treatment may apply. Funding will be paid directly to the facility providing care. Applications will be reviewed by our team and assistance determined based on individual history and need.

**Community Partnerships:** We are currently seeking partnerships that will serve to bolster our strengths and support our mission by pooling available resources. These partnerships will include collaboration with other organizations, hospitals, clinics, and businesses.

[www.tbmentalhealth.org](http://www.tbmentalhealth.org) : We are pleased to announce the launch of our full website. This site provides information about the Foundation, local mental health resources, health and wellness information, and provides an easy way for community members to donate to our cause. Guests are able to provide contact information so that they may stay informed of upcoming events and TBFMH news. Applications for grant funding and patient assistance are easily accessible on the site. Please visit us soon!

### Fundraising

**Unfractured Grace**, the inaugural benefit for the Tampa Bay Foundation for Mental Health, was held Saturday, February 6th at the Tampa Museum of Art, drew 200+ guests, and raised over \$85,000 for Foundation programming. During dinner and dancing, donors bid on items including Tampa Bay Lightning and Yankees packages, and dinner and artwork generously donated by local businesses. Dr. Jamie W. Fernandez, psychiatrist and President and founder of the Foundation opened the evening speaking about the mission of the Foundation, “While these [mental health] diseases are devastating, they are also treatable. But we need better access to care, less stigma, and more funding. The latest figures place Florida at No. 50 in the nation in terms of mental health spending, down from No. 49 last year...We need to balance hospital-based crisis stabilization with outpatient management and stability. This is about working together as a compassionate community to reduce obstacles to care in the hope of avoiding yet another tragedy.” Dr. Fernandez then introduced Former Governor Robert “Bob” Martinez who filled in for long-time friend Mr. Frank Morsani and spoke about the need for better health policy and funding and the fact that, to this point, few organizations such as the TBFMH have existed. He also congratulated Dr. Fernandez and the board for working to help those affected by mental illness. The live auction was introduced by orthopedic surgeon and TBFMH board member, Dr. Mark Frankle, who spoke personally about his own wife’s struggle with depression and eventual suicide, its impact on him and his family, and the need to support local mental health resources.

**Give Day Tampa Bay:** We are proud to announce that Tampa Bay Foundation for Mental Health will be one of the participating nonprofits for Give Day Tampa Bay 2016. Give Day Tampa Bay is a community-wide, 24-hour online giving challenge hosted by The Community Foundation of Tampa Bay. Donations are accepted through the website <https://giveday.org/> on May 3, 2016 anytime between 12 a.m. and 11:59 p.m. Donations from the public will be boosted with funds from corporate sponsors of Give Day Tampa Bay. Nonprofits can also win monetary awards and additional prizes based on their day's donations.

**TBFMH Mental Health Resource Fair:** We are in the initial stages of planning a fun, family-friendly, daytime event during which residents can connect with community mental health resources and learn about mental illness or healthy living. TBFMH will partner with local mental health programs, providers, and advocacy groups to provide attendees with various mental health related information and experiences. We will invite community programs related to mental health to host a booth at the event for a nominal fee. Brief lectures on mental health topics, yoga, and entertainment will be included. Admission will be free for the community.

### Future Initiatives

**Education:** Improving community knowledge and understanding of mental health issues will lead to less stigma and negative perceptions of those suffering. We are in the process of designing a lecture series for the public featuring leaders in the field on topics of pertaining to mental health and wellness.

**Clinical care:** One of the main goals of the Tampa Bay Foundation for Mental Health is to start an assessment clinic in which patients can find rapid access to care (within 7 days) with time-limited follow-up. The intention is to bridge the dangerous gap between the time when a patient needs treatment and when a community provider properly evaluates them.

Access to mental healthcare is an issue that spans demographics and socioeconomic. Members of our community who have supportive families, good jobs, health insurance, continue to have difficulty finding treatment. Outpatient psychiatrists and clinics often have waiting lists for new patients that can be as long as 2-3 months. Modeled after successful, non-profit programs in other cities, we hope to one day provide evidence-based outpatient mental health services with an emphasis on long-term stability. After the initial evaluation, an appointment for the patient to see an appropriate provider will be made. The patient will then follow with the Foundation clinic until their appointment and clinical information will be forwarded to that provider when care is transferred.

This resource, which does not currently exist, will lead to the prevention of unnecessary emergency department visits and hospitalizations, and promote the highest level of independent living possible relative to the individual's abilities, desired outcome, and community resources. Services provided would be intended to address a wide spectrum of mental health concerns presented by clients.