

GEF CARES

Mental Health Initiative

Impact Report



2025/2026 School Year



TEEN MENTAL HEALTH STATISTICS - WHY THIS MATTERS

Indiana ranks 40th in the nation for youth mental health, with 1 in 6 youth experiencing a mental health condition.

— Mental Health America, State Rankings, 2024

Nearly 40% of teens who needed mental health care did not get it due to stigma or fear of judgment.

— American Psychological Association (APA), 2023

Students who have access to school-based mental health services are 3x more likely to seek help when they need it.

— SAMHSA / Journal of School Psychology, 2022

HIGHLIGHT MENTAL HEALTH WEEK - YEAR 3

Three years in, Highlight Mental Health has become part of who Greenwood High School is. What started as a single GEF event is now a tradition — and this year, demand for our iconic neon t-shirts outpaced our supply for the first time. That's the kind of problem we love having. Each day during Power Hour, students could drop into activities led by their own clubs and community partners. No pressure. Just an open door and a chance to engage.

MONDAY

- Yoga Session
- Growth Mindset Stations
- Gratitude Wall

TUESDAY

- Therapeutic Art
- Mental Health Discussion Panel

THURSDAY

- Nature Walk
- Gardening Club

FRIDAY

- Fidgets Activity
- Expressive Art Activity



300

shirts distributed
to students

10+

community vendors

4

days of Power Hour
activities

FRIDAY NIGHT RESOURCE FAIR & TAILGATE

This year we moved the Resource Fair inside the stadium so families could connect with mental health vendors and still grab their seats for the game. About 10 organizations set up booths – including Generations Counseling, Valle Vista Health Systems, CareSource, Dynamic Music Services, and Christy's of Indiana, alumni who show up for our students and support the cause.

New this year: a punch card that encouraged guests to visit each booth. Fill your card, redeem it at the concession stand. Parents and students were having real conversations with mental health providers to better understand the resources available in our community and understand where to turn in times of need.



YOUR DOLLARS IN ACTION

Highlight Mental Health is how GEF raises funds to deliver free mental health services directly to students. Here's what that looked like this year.

FREE MUSIC THERAPY

23

Students served at Northeast, Southwest, & Westwood

FREE DBT THERAPY

9

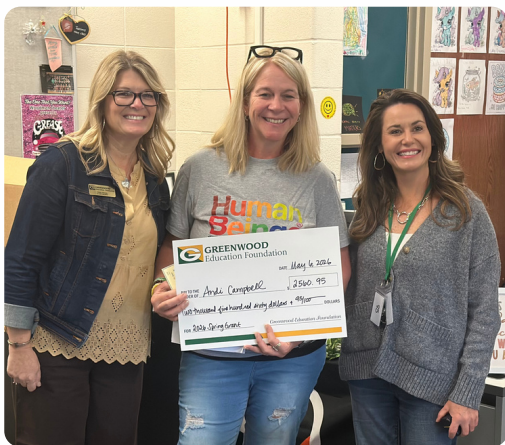
Students at GHS in inaugural DBT group

\$2,560

MINDFULNESS GRANT

Awarded to Andi Campbell to expand Science of Mindfulness across GHS biology

TAKING IT TO THE CLASSROOM



GHS biology teacher Andi Campbell received a \$2,560.95 GEF Spring Grant to expand her "Expanding the Science of Mindfulness" program. What started with one class is now growing to reach the full biology department – bringing mindfulness exercises, reflection activities, and stress management into everyday science class.

Andi has been running Bring Change to Mind Mondays since 2024. This grant lets her take it further – more students, more staff, more impact.

WHAT'S NEXT

The momentum isn't slowing down.

- Year 4 of Highlight Mental Health & expansion of Power Hour activities
- Talks of therapy sessions at GMS
- More educator-initiated grants



Thank you for being part of this. Because of supporters like you, Greenwood students know they are seen, they are heard, and they are not alone.