



COMMUNITY
FOUNDATION
of Northern Nevada



Youth Mental Health

The Giving Guide

Connecting local philanthropy to opportunities that strengthen youth mental health across Washoe County.

Advancing youth mental health care and resources together.

Youth mental health is one of Northern Nevada's most pressing challenges and addressing it requires coordinated action. Not just from one organization, one program, or one intervention, but from an entire community.

The Community Foundation of Northern Nevada brings donors, nonprofits, and community partners together to help ensure young people and families have access to the right support, at the right time.

Through research, vetting, and collaboration, we make informed giving easier—helping donors understand where their philanthropy can make a meaningful difference.

The Power of Collective Action

The Washoe County Youth Mental Health Collective Impact Initiative brings organizations and community partners together around a shared vision: strengthening youth mental health across our region.

The work was formalized with funding from the Women's Giving Circle at the Community Foundation, demonstrating the power of philanthropy to do more than fund individual programs. It brings partners together, strengthen systems, and sparks lasting community change.

The Giving Guide is an invitation to be part of this collective effort and invest in a stronger system of support for youth and families. Gifts to the organizations featured in this Guide are eligible for a dollar-for-dollar match, with up to \$300,000 in matching funds available through the Youth Mental Health Fund at the Community Foundation of Northern Nevada, helping your generosity go even further.



The Shared Challenge: Why Your Gift Matters

In Washoe County, nearly everyone knows a young person touched by a mental health struggle. A child, a sibling, a student, or a neighbor—it's rarely more than one degree of separation.

Data from the 2023 Youth Risk Behavior Survey (YRBS) quantifies the scope of the challenge:

1 in 5

Washoe County high school students has seriously considered attempting suicide.

41%

of high school students reported daily feelings of sadness or hopelessness.

90%

of youth state that having a trusted adult in their lives makes a positive difference.



Be Part of the Impact

Make a gift and help amplify the effort by sharing this Guide to connect others with opportunities to support youth mental health in our community.



Many ways to give. One shared goal.

Each organization within the Washoe County Youth Mental Health Collective Impact Initiative strengthens a different stage of a young person's mental health journey. Your gift has the power to strengthen that network of support and fuel collective impact across our community.

Spark lasting change.

Support a featured organization, choose another partner of the Washoe County Youth Mental Health Collective Impact Initiative, or entrust the Community Foundation to direct your gift where it is needed most.

The first \$300,000 given to the Youth Mental Health Fund at the Community Foundation of Northern Nevada is matched \$1 for \$1.

The well-being of our community starts with the mental health of our youth. Together, we make sure every young person has a network of support reminding them they're not alone.



Ready to Make an Impact?

Make a matched gift, explore giving opportunities, or share the Giving Guide.

Scan the QR code or visit:

nevadafund.org/youthmentalhealth

A Continuum of Care

Many organizations contribute to the Washoe County Youth Mental Health Collective Impact Initiative. This guide highlights four nonprofit partners, each illustrating a different way our community supports youth and families across the continuum of care.



Prevention

The Life Is Worth It Organization builds the knowledge and skills young people and trusted adults need before a crisis occurs. Its Total Life Wellness Curriculum brings comprehensive health education into Nevada schools, while Project STAY trains coaches and mentors to recognize warning signs and connect youth to care. The program has already reached 1,500 students and youth-serving adults statewide.



Early Intervention

The Children's Cabinet serves as both a direct provider and backbone organization for youth mental health across Nevada, reaching 15,000 families each year. Its Signs of Suicide program screens more than 3,500 seventh graders annually, while Family Support Navigators and Family Counseling programs connect youth to care so fewer children fall through the cracks.



Early Intervention

Communities In Schools (CIS) of Nevada meets students where they are, using its Integrated Student Supports (ISS) Model to identify barriers and connect them to help. Schoolwide resources reach every student, while Site Coordinators offer case management for those needing more. In Washoe County, CIS reaches over 13,000 students across 24 schools, and a 2025 Harvard study found CIS raises graduation rates and college enrollment.



Crisis Support

Washoe Children's Behavioral Health Center will close a gap in crisis support, giving children ages 5 to 18 a therapeutic setting for behavioral health crises instead of an emergency room or out-of-state care. This facility fills a need that isn't going away, built once, for decades of children to come.

Youth Mental Health Ecosystem Atlas

When we work together across systems as outlined below, every young person has a better chance to thrive.

Need help now?

-  Call or Text **988**
-  Chat **988lifeline.org**
-  Crisis Support Services of Nevada **cssnv.org**
-  If this is an emergency call **911**

Prevention

Building protective factors and reducing risk.

- Hope Means Nevada
- Project STAY
- Life is Worth It
- Join Together Northern Nevada
- BeHERE Nevada
- Nevada Office of Suicide Prevention
- Child Assault Prevention (CAP)
- ACEs Connection Nevada

Early Intervention

Early identification and support to prevent escalation.

Research & Data

- Nevada PEP
- NAMI Western Nevada
- Communities In Schools
- The Children's Cabinet
 - Family Support Navigator
 - Signs of Suicide (SOS)
- WCSD Student Services
- School Counselors
- School Psychologists
- School Social Workers
- MTSS & Attendance Supports
- Behavioral Support Services
- Restorative Practices

Youth & Families

At the center of everything we do.

System Leadership & Coordination

Leading with collaboration, data, and continuous improvement.

Backbone & Community Leadership

- The Children's Cabinet (Backbone)
 - Washoe County Youth Mental Health Collective Impact
- Washoe County Children's Mental Health Consortium

Research & Data

- UNR School of Public Health Essentials for Childhood (CDC)
- Nevada System of Care Evaluation (SAMHSA)
- Nevada Youth Risk Behavior Survey
- Population Health Research & Evaluation
- BeHERE Nevada

State Leadership

- Nevada Division of Public & Behavioral Health
- Nevada Division of Child & Family Services
- Nevada Office of Suicide Prevention
- Behavioral Health Planning & Advisory Council (BHPAC)

County Leadership

- Washoe County Human Services Agency
- Washoe Regional Behavioral Health
- Northern Nevada Public Health
- Washoe County Juvenile Services

Education Leadership

- Washoe County School District
- Safe & Healthy Schools Commission
- Student Services

National Partners

- CDC
- SAMHSA
- Nevada Volunteers / Youth Mental Health Corps

Crisis Support

Immediate help when a crisis occurs.

Someone to Contact

- 988 / Crisis Support Services of Nevada
- NAMI Western Nevada Peer Warmline

Someone to Respond

- Children's Mobile Crisis Response Team (MCRT)
- MOST Reno
- MOST Sparks
- MOST Washoe County

Assessment & Treatment

- Quest Counseling & Consulting
- Vitality Unlimited
- Reno Behavioral Healthcare Hospital

Washoe County Children's Behavioral Health Center is Underway

A new dedicated facility for youth behavioral health services is currently in development to expand access to care and support for our community.

Washoe County Youth Mental Health Collective Impact Initiative

OUR VISION

A community where every child and youth in Washoe County has the opportunity to be healthy, resilient, and connected.

OUR ECOSYSTEM

A collective impact approach aligns the systems, resources, and people working to improve youth mental health.

Funding Sources

Federal Grants
(CDC, SAMHSA, HRSA, ACF)
State of Nevada Funding
Washoe County Funding
Medicaid & Insurance
Foundations & Trusts
Corporate & Private Donors
School Districts
Hospital Community Benefit

Research & Data

Surveys & Reports
Data Dashboards
Community Indicators
Outcomes Measurement
Data-Informed Decisions

Policy & Planning

State & Local Policy
Strategic Planning
BHPAC Guidance
Evidence-Based Practices
System Alignment

Collective Impact

Shared Goals
Aligned Strategies
Cross-Sector Partners
Continuous Learning
Stronger Together

Navigation

Family Support Navigator
Resource Directories
Warm Handoffs
Help at Every Step

Service Providers

Mental Health
Substance Use Prevention
Family Support
Education
Youth Development
Specialized Services

Youth & Families

Resilience
Hope
Connection
Supports
Brighter Futures

Guiding Principles



Collective Impact

No single organization can solve youth mental health alone.



Prevention First

Mental wellness begins long before a crisis.



Youth & Families at the Center

Every decision improves outcomes for children and families.



Data Drives Decisions

Community data informs priorities and measures progress.



Collaboration Over Competition

Organizations work together to maximize community impact.



Equity & Accessibility

Every family deserves timely, culturally responsive, and affordable care.



Together, We Can Do More

Whether you make a gift or share this Giving Guide with your network, you can help strengthen youth mental health in our community.

Scan the QR code or visit:
nevadafund.org/youthmentalhealth
to learn more, give, or share.



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