

2025

Impact Report

Mental Health
Collaborative



A Message from Our Founder

Dear Friends and Supporters,

As we reflect on 2025, I am filled with gratitude and a deep sense of purpose. When Mental Health Collaborative first opened its doors in 2019, our mission was clear: to build resilient communities through mental health education and awareness. From the beginning, our work has focused on prevention and on building the foundation for mental health literacy to become as essential to daily life as physical health literacy.

Together, we have reached thousands of students, educators, coaches, parents, caregivers, and community members with the tools to understand, talk about, and care for mental health. This work changes lives. We see it in the student who now recognizes when to ask for help, the coach who builds a team culture that includes mental health, and the educator who feels more confident supporting a struggling student. Each story is a reminder that prevention works and that education saves lives.

This year, our impact extended further than ever before. We continued statewide partnerships in Maryland, collaborated with the Department of Education in Minnesota to help schools meet upcoming educational mandates, and expanded our work with additional states to support athletic coaches in mental health education. We delivered programs to schools, workplaces, and community organizations across the country, and strengthened our organization with a growing team of committed professionals, engaged board members, and systems that enhance our effectiveness and long-term sustainability.

Through every milestone, we have remained guided by our vision: *We envision a world where mental well-being is proactively prioritized, a world where it is understood, valued, and treated with the same urgency, dignity, and care as physical health. No stigma. No silence.*

In the pages ahead, you will see a snapshot of the impact we are making together, the communities we are reaching, and the rising need for mental health education in every community we serve.

As we move forward, we remain focused on expanding our impact, strengthening our organization, and advancing the mission and vision that unite us in this work. Thank you for believing in Mental Health Collaborative and for being an essential part of our shared journey. We look forward to staying connected and strengthening your relationship with MHC as we continue to share the impact we are making together.

With appreciation,

A handwritten signature in cursive script that reads "Abbie Rosenberg".

Abbie Rosenberg
Founder and CEO
Mental Health Collaborative

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Who We Are

Our Mission

Building Resilient Communities through Mental Health Education & Awareness. Through our programs, we reduce stigma, increase knowledge, and equip people with the skills they need to flourish.

Our Vision

We envision a world where mental well-being is proactively prioritized. A world where it's understood, valued, and treated with the same urgency, dignity, and care as physical health. No stigma. No silence.

Our Core Values

- **Collaboration:** We foster a culture of mutual respect and teamwork, knowing that meaningful change happens when we embrace diverse perspectives, within our team, with our partners, and in every community we serve. Our work is grounded in connection.
- **Equity:** We believe everyone deserves access to mental health education and support. We work to eliminate barriers and create pathways to access, with a deep commitment to communities that have been historically overlooked and underserved
- **Integrity:** We lead with truth, honesty and transparency, upholding our mission through ethical action, accountability and responsible stewardship.
- **Innovation:** We are committed to learning, growing and evolving. We welcome fresh ideas, embrace new tools, and encourage bold thinking to amplify our impact and advance our mission.
- **Belonging:** We are committed to diversity, equity and inclusion by cultivating inclusive spaces where everyone feels seen, heard, and valued. We believe true belonging happens when all individuals feel empowered to be themselves regardless of their background, identity, or lived experience.

What Sets Us Apart

- Preventative
- Comprehensive
- Flexible
- Sustainable
- Scalable
- Evidenced Based
- Proactive
- Life-Saving

Our Impact

Stories of Impact

A middle school student found the words and confidence to ask for help after their school implemented the *Mental Health Essentials Student Curriculum*.



"I no longer feel alone. I knew something wasn't right, but I didn't have the words for it. This was the best class, with really important information that everyone needs."

A parent gained new tools and confidence to support their child's mental health after attending *Mental Health Essentials for Parents and Caregivers*.



"This program was a great way of looking at mental health education comprehensively. I've been to a lot of programs for parents, but it was never presented in this way before. I **feel more confident supporting my children**, knowing the difference between normal stress and more serious issues. Most importantly, I feel supported, and I realize that I'm not alone in the challenges of parenting."

An athletic coach learned how to recognize warning signs and respond when a student needed help after participating in *Mental Health Essentials for Coaches*.



"He told me I saved his life."

Program Highlights

In 2025, Mental Health Collaborative delivered prevention-focused mental health education across schools, workplaces, and communities.



Youth Leadership Development: In partnership with Boston Public Schools and The Achieve Program, we educated student leaders on mental health, empowering students with knowledge and skills that strengthen peer support and school connectedness.

Rural Mental Health Support: With the Montana Small Schools Alliance, we trained teachers in rural and frontier schools on how to support student mental health. These educators now have essential tools to address remote communities' unique mental health challenges.



Districtwide Student Mental Health Education: The Rapid City Area Schools in South Dakota embedded Mental Health Essentials Student Curriculum for ninth-grade students, ensuring that students in this large district will receive mental health education each year as part of their education.

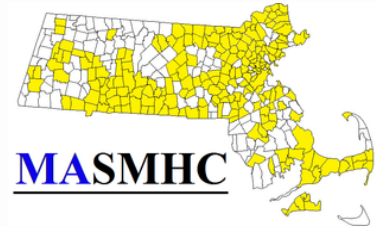
Training Massachusetts Coaches & Athletic Directors: The Massachusetts Interscholastic Athletic Association invited us to speak at their annual Sportsmanship Summit at Gillette Stadium. Nearly 200 middle and high school athletic staff from across Massachusetts learned how to make mental health part of their team's culture.



Statewide, Comprehensive Mental Health Education in Maryland: In partnership with the National Center for School Mental Health, we delivered Mental Health Essentials programs for educators, coaches, and students to school personnel across Maryland, supporting a comprehensive, statewide approach to mental health education.

Our Impact

Additional Schools, Workplaces, & Communities We Served



Our Impact

The Data

After participating in our *Mental Health Essentials* programs, students, coaches, educators, and young adults **showed significant improvement** across all 4 areas of Mental Health Literacy:

- stigma
- mental health knowledge
- self-care knowledge
- help-seeking efficacy



Improved stigmatic attitudes



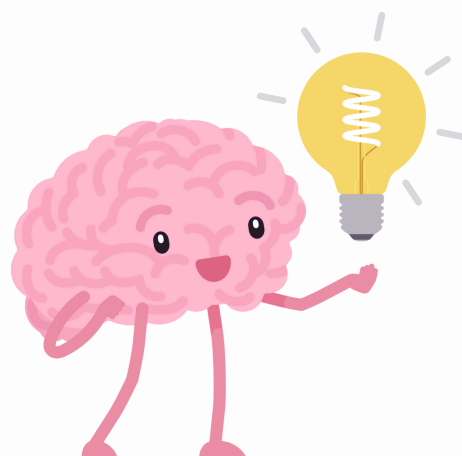
Recognition of signs & symptoms of mental illness



Knowledge of mental health promotion strategies



Awareness of resources for mental health treatment



To learn more about our research, keep an eye out for our 2026 data report!

Our Growth

New e-courses

We piloted two new self-paced e-courses designed to complement live programming and expand access to essential mental health education. These courses offer flexible, high-quality learning options for schools, educators, and young adults, allowing participants to engage with mental health literacy content on their own schedule and across a variety of settings.

Mental Health Essentials for Educators *e-course*

Educators & school personnel will learn to:

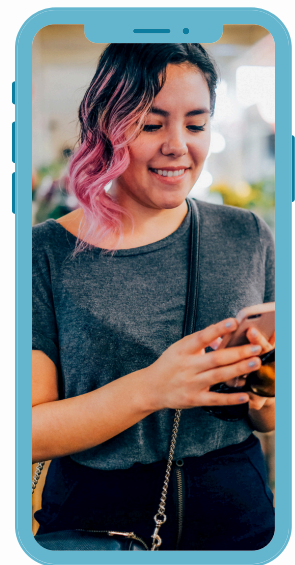
- Identify when students need referrals for mental health support
- Understand the referral process within the school
- Implement strategies to manage mental health needs in the classroom
- Develop confidence in talking about mental health with students and colleagues
- Apply techniques to maintain and strengthen their own mental health



Mental Health Essentials for Young Adults *e-course*

Young adults will learn to:

- Apply strategies for healthy coping and self-care
- Recognize the signs and symptoms of mental illness and know when to seek professional help
- Develop and maintain healthy, supportive relationships
- Navigate transitions during this stage of life
- Explore ways to design a fulfilling life during the move toward independence



Our Growth

Capacity Building

As Mental Health Collaborative's reach continues to grow, we have intentionally strengthened our internal capacity to support quality, consistency, and long-term impact.

In 2025, we welcomed new staff, board members, and advisory voices whose experience and perspective help guide our work and support the communities we serve.



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VP of Finance & Operations



Mia LaFlore
Board of Directors



Brian Carlisle
Board of Directors



Amanda Higgins
Advisory Board of Directors



Matt Gross
Advisory Board of Directors



Kristina Floyd
MHC Certified Trainer



Betsy Levine-Brown
MHC Certified Trainer

Our Growth

Statewide Recognitions



Statewide Coaches Mental Health Mandates in MD & OH:

Maryland and Ohio have implemented mandates requiring mental health training for athletic coaches. *Mental Health Essentials for Coaches* is approved to fulfill these requirements, equipping coaches with the skills to recognize warning signs, respond appropriately, connect student-athletes to support, and foster team cultures that prioritize mental health.



MN Mental Health Education Mandate: Beginning in the 2026-2027 school year, Minnesota will require mental health education to be taught in schools. The Minnesota Department of Education has identified *Mental Health Essentials Student Curriculum*, *Mental Health Essentials Beyond High School*, and *Mental Health Essentials: Foundations for Teens* as evidence-based options to support schools in meeting this mandate.



MA Office of Behavioral Health Promotion and Prevention:

Mental Health Collaborative partnered with the Massachusetts Office of Behavioral Health Promotion and Prevention to support its statewide *What's on your mind?* campaign, helping expand access to mental health education and awareness across the Commonwealth.

Our Growth

National Visibility

Advancing School Mental Health Conference

In December 2025, Mental Health Collaborative was invited to present at the Advancing School Mental Health Conference, **sharing insights from our school-based programs and findings.** With the support of CorpCom, MHC also participated as an exhibitor, **expanding national visibility and partnership opportunities.**



Our Supporters

In 2025, Mental Health Collaborative was grateful for the broad community of supporters whose generosity made our prevention-focused mental health education possible.

Grantors & Supporters


**Arthur M. Blank
Family Foundation**


Hopkinton CC
Charitable
Foundation

Perkins-Prothro
Foundation

NORTHLAND

Spotlight: Mildred's Dream Foundation:

Support from Mildred's Dream Foundation made it possible to expand Mental Health Collaborative's student programming in Methuen, MA, bringing prevention-focused mental health education to students who might not otherwise have access. This partnership reflects a shared commitment to equity, access, and the well-being of young people.



Our Supporters

Events

Community fundraising events continue to play an important role in advancing our mission and building connections around mental health education.



MHC Fall Classic

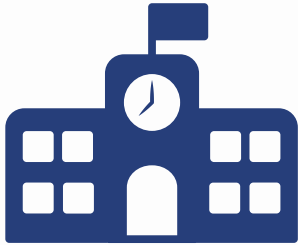


Falmouth Road Race



Focus for 2026

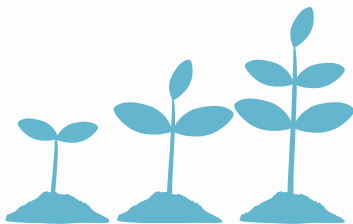
Looking ahead, our focus includes:



Expanding school-based mental health literacy programs in strategic regions, with an emphasis on youth and the adults who support them.



Increasing access in underserved communities, prioritizing schools and populations that would not otherwise have access to prevention-focused mental health education.



Sustaining and scaling impact through our Train-the-Trainer model, allowing for impact to continue year after year.



Growing partnerships in key regions, including continued work along the East Coast and collaboration with schools and organizations in Minnesota to support current education mandates.



Strengthening internal systems and resources, including technology and program updates that support quality, consistency, and long-term impact.

Join Us

We're grateful for the community of schools, partners, supporters, and advocates who make this work possible. We invite you to stay connected with Mental Health Collaborative, follow our work, and continue learning about how we build resilient communities through mental health education & awareness.

scan to
see our
website



www.mentalhealthcollaborative.org

info@mentalhealthcollaborative.org

508-625-1660

Mailing List

By joining our mailing list, you'll receive inspiring stories, news, invitations to upcoming events, meaningful impact updates, and information on ways to support our mission.

We will keep your information safe and secure. You may unsubscribe at any time.

Volunteer

Every act of support, big or small, creates a ripple of impact. Whether it's contributing your talents and areas of expertise or lending a hand at events, sharing our story on social media, helping us reach new audiences, or connecting us with your networks, each contribution strengthens our mission and brings mental health literacy to more communities.



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Thank You!

From all of us at MHC

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MHC Certified Trainer



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MHC Certified Trainer



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MHC Certified Trainer



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