

*Saks Fifth Avenue*

FOUNDATION

FISCAL YEAR 2023

# IMPACT REPORT

A MESSAGE FROM

# RICHARD BAKER

President, Saks Fifth Avenue Foundation Board



## WE HAVE INVESTED MORE THAN \$7.5 MILLION IN MENTAL HEALTH INITIATIVES.



Seven years ago, the Saks Fifth Avenue Foundation embarked on a mission to make mental health a priority in every community, and today we are just as committed to this work. This past year, we expanded our mission statement to focus on serving communities where support is most needed, which is especially important as these communities continue to experience a gap in access to care.

We're proud that, with the support of partners like you, since 2017, we have invested more than \$7.5 million in mental health initiatives. More than 78% of that funding has supported programs and resources for individuals in underserved communities. These funds have reached more than 700,000 people with direct support.

We hope you will join us in celebrating the remarkable outcomes achieved by our partners across the country. Our commitment to mental health remains at the core of the Saks Fifth Avenue Foundation's work. Thank you for your continued support for this vital endeavor to prioritize mental health.

A handwritten signature in black ink that reads "Richard". The signature is fluid and cursive, written in a professional style.

# OUR MISSION

The Saks Fifth Avenue Foundation is committed to making mental health a priority in every community, especially those where support is most needed. The Foundation works to achieve this by:

## **Increasing Awareness & Education**

We foster conversations and support educational programs that break down the stigma of mental health issues.

## **Improving Access to Care**

We're increasing the availability of resources to address mental health issues when and where they are needed most.

## **Building Protective Factors**

We're strengthening the attitudes, behaviors and relationships that build the foundation for mental health.



## 2023 BY THE NUMBERS

**\$1.185+  
MILLION**

delivered in grants

**\$250,000**

in grants supported grassroots nonprofits for local mental health programs

**29,453**

individuals reached with direct mental health support

**82%**

of grants supported underserved communities\*

**70**

high schools and local youth programs provided with resources to create policies, practices and conversations to promote positive mental health outcomes

\*The Saks Fifth Avenue Foundation includes youth, women, communities of color and the LGBTQ+ community as populations with urgent mental health needs.

# INVESTING IN MENTAL HEALTH

The Saks Fifth Avenue Foundation focuses on youth, women, communities of color and the LGBTQ+ community with our support. According to the [National Survey on Drug Use and Health \(NSDUH\)](#), only 39% of Black and African Americans with a mental health concern receive mental health services. Additionally, a recent survey from [The Trevor Project](#) shows that 50% of LGBTQ+ young people who wanted mental health care in the past year were not able to get it. To help close this gap, the Saks Fifth Avenue Foundation renewed its support of several leading organizations delivering mental health care and strategies to communities across the country.





PHOTO COURTESY OF BRING CHANGE TO MIND

## BRING CHANGE TO MIND

### High School Clubs

Bring Change to Mind (BC2M) is a leading mental health nonprofit with a mission to end discrimination surrounding mental health. Dedicated to encouraging conversations and raising awareness, BC2M developed student-led clubs in high schools across the country designed to create stigma-free school environments. In 2023, the Saks Fifth Avenue Foundation continued its support of the New York City school-based clubs. These clubs empowered students to foster meaningful conversations, strengthen a peer support network within school communities, and build resilience and gain new perspectives around mental health.

**More than 670 students** were registered in 50 high school clubs across New York City.

**67% of Saks Fifth Avenue Foundation grantee** schools received Title I funding.

**Over 80% of the students** supported self-identify as diverse.

I was able to find refuge in Bring Change to Mind, an organization that strives to fight against the 'normal' and create a space of acceptance and support. Through BC2M, I was able to gain valuable resources and advice that really helped me understand my identity. I now stand stronger than ever.

**Giorgio from Benjamin Cardozo High School, 11th Grade**



# Strong



PHOTOS COURTESY OF GIRLS INC.



## GIRLS INC.

### Mind+Body Program

Girls Inc., a national organization that inspires girls to be strong, smart and bold, with funding from the Saks Fifth Avenue Foundation, expanded mental wellness offerings for girls and staff. Saks Fifth Avenue Foundation funding supports the Girls Inc. Mind+Body program, which equips girls in grades K–12 with resources to develop healthy habits, including strategies for managing stress.

**20 local affiliate organizations** received stipends for enhanced mental health tools and resources, directly impacting almost 26,000 participants.

**Over 27,000 girls** across the Girls Inc. network engaged in Mind + Body programming facilitated by Girls Inc. affiliates this past year, an increase of over 3500 since the previous year.

**82% of Girls Inc. participants** identify as diverse and 47% of participants live in households whose total income is less than \$30,000.

With [the Saks Fifth Avenue Foundation] funding, we have seen improved mental health outcomes such as reduced symptoms of anxiety and depression, increased self-esteem and better overall emotional wellbeing. Additionally, participants have developed stronger resilience and coping skills, and were able to navigate challenges and setbacks. By learning effective coping strategies and building emotional resilience, they are better equipped to handle stressors and adversity in their lives.



**Darla Otey-Murphy,**  
Executive Director of Girls Inc.  
of Pinellas



PHOTO COURTESY OF THE INSPIRING CHILDREN FOUNDATION

# INSPIRING CHILDREN FOUNDATION

## Jewel Never Broken Program

The Inspiring Children Foundation's Jewel Never Broken program, developed by Grammy-nominated and New York Times best-selling author Jewel, services at-risk youth with online and in-person emotional and mental health programming. With the funding from the Saks Fifth Avenue Foundation, Jewel Never Broken deepened its impact by adding a new peer-to-peer support staff member, providing support certifications for all staff members, implementing a standardized screening and onboarding process for participating youth and expanding the caseload of the organization's clinical psychologist.

**Over 1250 youth** reached in person through retreats and Jewel Never Broken programming.

**10,200 registered users** were active in their peer-driven online community.

**85% of the youth** they serve identify as diverse, and most youth also have at least one or more intersecting identity (e.g., LGBTQ+, poverty, 1st or 2nd generation immigrant, child protective services involvement).

Being part of ICF has allowed me to learn mindfulness and meditation, which has completely changed the trajectory of my life. The ability to separate from my thoughts and live in the present moment has allowed me to achieve a life that I love.

**Cole,**  
Jewel Never Broken Participant





PHOTOS COURTESY OF THE TREVOR PROJECT



## THE TREVOR PROJECT

Crisis Intervention and Suicide Prevention Services for LGBTQ+ Youth

The Trevor Project is dedicated to cultivating a more inclusive and supportive environment, fostering a safer world for LGBTQ+ young people. The Saks Fifth Avenue Foundation provided a grant to continue the organization's crisis intervention and suicide prevention services. With funding from the Foundation, The Trevor Project provided direct services and long-term prevention programs for LGBTQ+ youth seeking assistance. This work has positioned The Trevor Project's team to provide consistent and improved quality of care to the young people they serve, especially those who are often overlooked or underserved. It has also helped them prepare adults to become more effective allies and create sustainable conditions for positive mental health outcomes.

**Over 350,000 LGBTQ+ youth** directly served with crisis services, with 1,685 LGBTQ+ youth in crisis directly supported by the Foundation's grant via free, secure 24/7 counseling.

**91% of LGBTQ+ youth** who used crisis services reported finding them useful.

**49% of crisis contacts** identify as People of Color and 80% are under the age of 25.

66  
Sometimes when I leave my shift and take a moment to realize that I may have just saved a life, there's no feeling like it. I didn't know I had the power to do that, but Trevor taught me that I do.

**Rebecca,**  
Trevor Crisis Volunteer





PHOTO COURTESY OF COLUMBIA UNIVERSITY

## COLUMBIA UNIVERSITY DEPARTMENT OF PSYCHIATRY

### Saks Fifth Avenue Foundation Research Fund

With its sixth year of funding from the Saks Fifth Avenue Foundation, the Columbia University Department of Psychiatry continues to pursue new insights into depression and suicide and study new methods of caring for patients. The support from the Saks Fifth Avenue Foundation has assisted Columbia Psychiatry in launching 19 research projects to date—paving the way for the development of innovative approaches that will enhance access to quality care.

The Saks Fifth Avenue Foundation was also proud to support the inaugural Hope Over the Horizon symposium, which offered a revealing look into the most promising and cutting-edge research conducted at Columbia, and its implications for treatment and care. The symposium, which was free and open to the public, played a crucial role in combating stigma and disseminating information about the latest evidence-based care for depression.

Having events like this that are accessible and open to the public, and using this as a springboard to make the knowledge that we have more available does provide a sense of hope.

**Paul Bloom, Ph.D, Saks Pilot Awardee and Postdoctoral Research Scientist**



# LOCAL GRANT PROGRAM

Supporting Mental Health in Underserved Communities

While the national mental health initiatives profiled in this report have the scale and technology to improve access to care for underserved communities nationwide, the Foundation also recognizes that local, community-based organizations are critical in offering support to the health and wellbeing of those they serve. From community centers to after school programs to shelters, these organizations are often the first responders to those in mental health crises.

The Local Grant Program provided grants totaling \$250,000 across 10 organizations identified through the open application process kicked off during Mental Health Awareness Month in May of 2023. The grants support local programs across the country for communities with unique mental health needs, such as women, the LGBTQ+ community, communities of color and youth.

## GRANTEES

### **Black Mental Health Village**

Established mental health pop-ups with mental health services and education programs at Historically Black Colleges and Universities (HBCUs) in Tennessee

### **The Bowery Mission**

Supported individualized clinical services and mental health support for New Yorkers experiencing homelessness, hunger and poverty

### **Centro Sanar**

Provided bilingual therapy and community-based mental health programming to predominantly Latine community residents on Chicago's Southwest Side

### **Coffee, Hip-Hop & Mental Health**

Expanded the reach of free individual and group therapy sessions available to Black communities of Chicago while infusing community and culture into their services

### **Hetrick-Martin Institute**

Built capacity for wrap-around mental health services for LGBTQIA+ youth in New York City

### **Junior's House, Inc.**

Hired a therapist to provide trauma-informed mental health services to victims of child abuse in rural communities in Tennessee

### **Korean Community Service Center of Greater Washington**

Offered a 9-month resilience-building community program for Asian American teenagers in the Washington, D.C. area, and increased local access to culturally and linguistically informed mental health resources

### **New York Urban League**

Hosted a mental health summit with educational programming, wellness experiences and community resources at Bronx Legacy High School in New York

### **Pregnant with Possibilities Resource Center**

Offered 6 group-based mental health sessions for Black women who are pregnant or postpartum in Cleveland, and the surrounding Cuyahoga County in Ohio

### **The Safe Sisters Circle**

Hired 2 full-time therapists to provide culturally-specific, trauma-informed mental health services for Black women and girls who are survivors of domestic and sexual violence in Wards 7 and 8 in Washington D.C.

## ADDITIONAL INITIATIVES

Outside of these programs, the Saks Fifth Avenue Foundation also funded:

The NewYork-Presbyterian Center for Youth Mental Health

The Social Justice Center at FIT

Kering Foundation

Person to Person



PHOTO COURTESY OF THE INSPIRING CHILDREN FOUNDATION

## THANK YOU TO OUR DONORS\*

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\*Please note that listed donors reflect payments received and processed between February 2023 and January 2024. All other donations will be reflected in the 2024 Saks Fifth Avenue Foundation Impact Report.

The logo for the Saks Fifth Avenue Foundation is centered on a background of abstract, overlapping shapes in shades of blue and green. The text "Saks Fifth Avenue" is written in a white, elegant cursive script, while the word "FOUNDATION" is in a smaller, white, all-caps sans-serif font directly below it.

*Saks Fifth Avenue*  
FOUNDATION