



ENVISION:YOU

Improving LGBTQ+ Mental Health

Your financial donation can help save lives. Envision:You is the only statewide nonprofit organization solely dedicated to improving behavioral health outcomes for the Colorado LGBTQ+ community living with mental health concerns and substance use disorders.

FACING CRISIS. BUILDING RESILIENCE.

Every day, more than 300,000 lesbian, gay, bisexual, transgender, queer or questioning (LGBTQ+) Coloradans navigate a world in which stigma, discrimination, and fear of harassment or violence are all too common. Many lose the love and support of family members, friends, and deep connections to communities where they live and work because of their LGBTQ+ identity. Coming out is often met with emotionally devastating impacts. Living fully and



safely while embracing our identity should be a reality for all LGBTQ+ people. Yet LGBTQ+ individuals experience pervasive trauma and stress that has serious consequences for mental health and well-being.

LGBTQ+ individuals have been historically underserved, and are too often traumatized by environments and systems that should be sources of support. These experiences are additionally compounded by intersecting identities. We know there is a great need for specific, affirming and culturally relevant outreach, support and behavioral health services for LGBTQ+ people. Envision:You understands the urgency and invites you to partner with us. Together we can eliminate behavioral health disparities for the LGBTQ+ community.

¹World Population Review
UCLA Williams School of Law Williams Institute, LGBT Data & Demographics

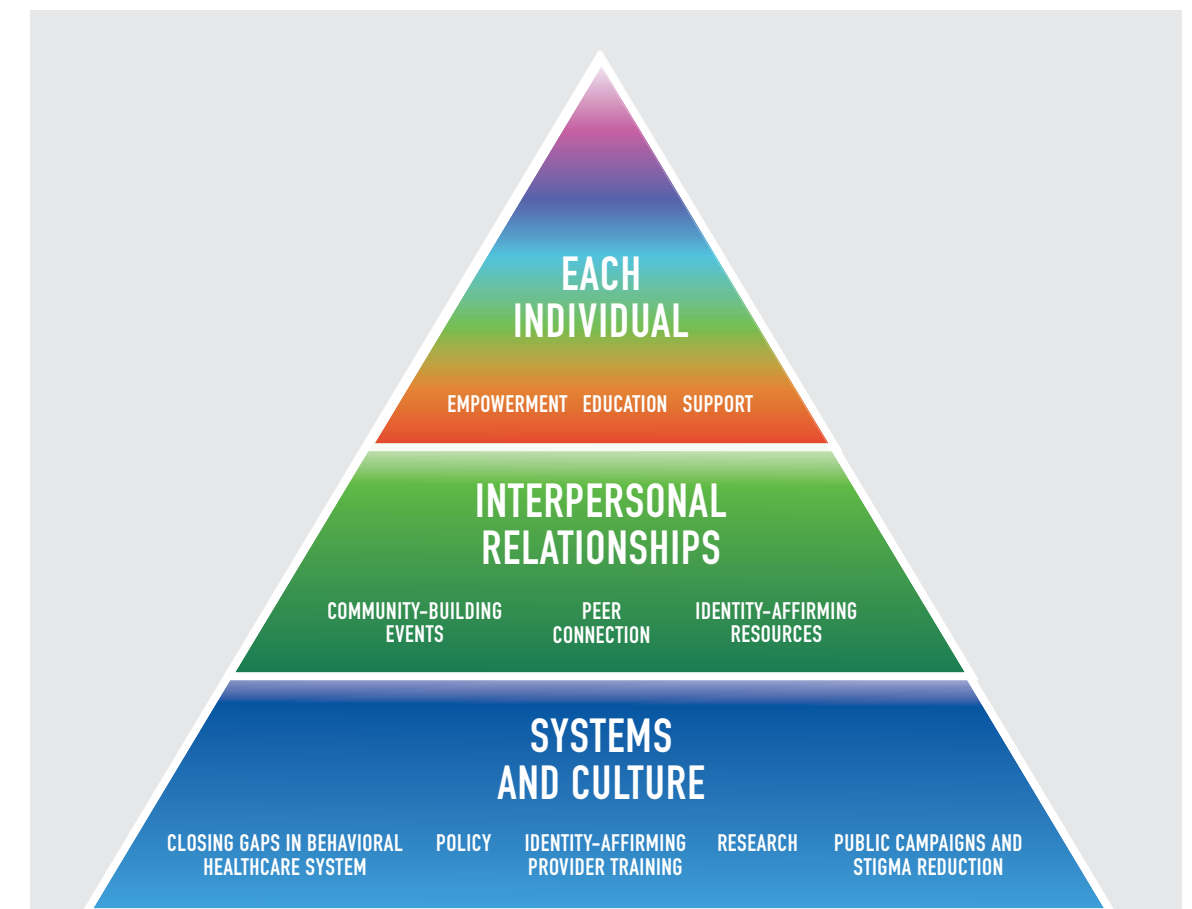


“Organizations like Envision:You, taking a stand to say ‘Hey, mental health is essential, we must uplift this.’ That gives me hope. That’s not something I grew up with.” – Quána Madison



A STRATEGY WITH IMPACT AT EVERY LEVEL.

During our first year of operation the Envision:You team met with more than 300 community leaders in the field to develop an effective strategy. Our work improves systems that provide mental health care services and fosters resilience through connection, community, and resources for LGBTQ+ Coloradans.



A COMPREHENSIVE APPROACH

Envision:You is committed to solutions that are designed by and for members of our community. Through each level of impact, we move the needle from disparity to equity for LGBTQ+ people living with mental health concerns and substance use disorders.

YOUR INVESTMENT SAVES LIVES.

Envision:You is laser-focused on expanding programs at each level of impact to ensure every dollar raised brings us closer to our goal: eliminating behavioral health disparities for LGBTQ+ Coloradans by 2040. It's a lofty goal. We have a vision and plan to make it a reality.



Thousands of clients will receive potentially life-saving support from behavioral health providers trained by Envision:You to provide LGBTQ+ affirming care.

Hundreds of LGBTQ+ adults will connect with a peer support system to share lived experiences, resources, and increase resilience.

Community insight gained from original research will accelerate policy and critical solutions to close gaps in the behavioral health system.

Thousands of LGBTQ+ young people will experience more affirming home and school environments from adults who participate in Envision:You skill-building workshops.



LACK OF RESOURCES

Short and long-term consequences are serious and too often include isolation, untreated mental health conditions, incarceration, and premature death.

ENVISION:YOU IMPACT

We address unique challenges faced by LGBTQ+ community members to create pathways to affirming and effective care, strong support systems, and improved wellness.

IF WE FAIL TO ACT, LIVES ARE AT STAKE.

LGBTQ+ friends, family members, colleagues, and neighbors will experience detrimental impacts at higher levels than people who are heterosexual and cisgender.

\$300+ BILLION LOSS

The National Alliance on Mental Health estimates that untreated mental illness costs the country up to \$300 billion every year due to losses in productivity.

THE HUMAN COST

Adverse childhood experiences (ACEs) are more prevalent in the LGBTQ+ community. Factors include discrimination and stigma; bullying; rejection by family members; homelessness; and sexual, physical, and emotional abuse. Impacts can include mental health disorders, substance abuse, and chronic diseases.

It is vital to understand the full costs of the mental health crisis affecting our nation. Left untreated, mental health disorders affect the well-being of children, adults, families, and communities—both because of the emotional costs as well as the economic ramifications. These disorders were already too common before the COVID-19 pandemic, and the pandemic magnified the crisis by simultaneously increasing the need for care and diminishing access to it.



WHEN WE ACT, LIVES ARE SAVED.

Envision:You was launched in 2018 to address the disproportionate impact mental health and substance use disorders have on Colorado's LGBTQ+ community. Acknowledging that siloed, single system approaches are insufficient and unsustainable, Envision:You uses a statewide, multi-system approach that seeks to mitigate disparities at all levels. According to the Envision:You Colorado LGBTQ+ Behavioral Health State of the State Survey, more than 80% of respondents indicated difficulty accessing one or more behavioral health services or spaces (2021). Envision:You collaborates with clinicians, educators, researchers, policymakers, and leaders in the behavioral health field. Envision:You provides LGBTQ+ specific trainings, fosters a deeper understanding of the LGBTQ+ community and their needs, and advocates for and advances policies that address systemic inequities. These efforts benefit individuals, providers, and the behavioral health field by contributing to more equitable and positive outcomes.

[Visit *envision-you.org* to learn more about Envision:You programs and make a gift to support our critical work.](https://envision-you.org)



ENVISION:YOU PROGRAMS AT WORK

Program for the individuals, peer-to-peer support, and access to affirming care

You:Flourish is the first smartphone app for the LGBTQ+ community focused on hope, help, healing, and saving lives. The app provides an expert-vetted resource directory of LGBTQ+ resources, a digital peer support community to connect with others who share lived experience, and a curated wellness library with rewards to encourage success in reaching mental health and wellness goals.

Program for peer-to-peer support for the LGBTQ+ community

Finding Hope Peer Support Program is a series of weekly virtual wellness workshops facilitated by trained LGBTQ+ peer specialists with lived experience. This program allows LGBTQ+ Coloradans, regardless of their identity, age, race, or geographic location, to address their mental health concerns with peers; develop positive relationships with their sexual orientation and gender identity; and increase their social connections.

Program for identity-affirming protective environments for youth

Q is for Questioning is a series of interactive workshops that meet throughout Colorado. Workshops help participants understand the mental health disparities and overarching risk factors facing LGBTQ+ youth, and explore mindsets and strategies that can create more LGBTQ-affirming environments with the eventual outcomes being increased mental health and wellbeing.

Program to reduce stigma, educate the community, and promote support-seeking behaviors

How to Have The Talk is a public awareness campaign to destigmatize conversations around mental health and substance use, along with LGBTQ+ affirming resources. To date, we have distributed more than 50,000 pocket-sized tip cards in English and Spanish that walk a person through the essential steps in reaching out to help someone in need of behavioral health services.

Program to increase affirming behavioral health systems and providers

Behavioral Health Provider Training Program To meet the demand for high-quality mental health support for the LGBTQ+ community, a multi-level training initiative was designed. This program aims to equip professionals with the knowledge and tools to recognize and overcome their biases, and to deliver behavioral health interventions that are culturally responsive and affirming.

Program for education, community building, and improving behavioral health systems

Colorado Behavioral Health & Wellness Summit An educational summit centered around behavioral health issues and treatment. The summit brings together people from across the behavioral health field to educate on tools and resources, discuss methods of change, and connect people.

Program to advocate for legislation to improve behavioral health

Efforts for Government Legislative Policy Change We work with and inform elected officials and policymakers about the disparities in care facing LGBTQ+ individuals. By doing so, we are actively engaging in advocacy efforts to ensure that mental health concerns of LGBTQ+ individuals are being addressed in legislation and policy.

ENVISION:YOU PARTNERSHIPS

We work in collaboration with nonprofits, education and research institutions, government entities, media, and behavioral health organizations, to ensure we can amplify our collective impact across the state:

- Brandeberry McKenna Public Affairs
- Butler Institute for Families
- Caring for Colorado Foundation
- Caring for Denver Foundation
- Colorado Behavioral Health Administration
- Colorado Department of Human Services
- Colorado Department of Public Health & Environment
- Colorado Health Institute
- Mental Health Colorado
- OMNI Institute
- The Denver Foundation
- University of Denver
- University of Pennsylvania EIDOS Institute
- VXVY Mental Health





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