

# inseparable

IMPACT REPORT 2020-2023



**BUILDING HOPE**



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**BUILDING HOPE**  
**inseparable**  
**IMPACT REPORT 2020–2023**

## A MESSAGE FROM OUR FOUNDER

**“ Our job is to be bold, to take risks—  
and to win mental health policy worthy  
of the millions of people who  
need help.**

Bill Smith  
*Inseparable Founder and President*



Since Inseparable launched in May 2020, people everywhere have asked me about the story behind our name. I tell them it's simple. The health of our minds cannot be separated from the health of our bodies, and when we come together on this issue, nothing can separate us as a force for change.

Five years ago this summer, my family and I lost my brother to mental illness. While I still don't have the words to fully describe this devastating loss, the memories of feeling helpless and angry at the difficulty of getting him the help he desperately needed remain.

As someone whose career has focused on building political power for social change, I spent the months after my brother's death wondering:

**Why do we tolerate a system so broken** that half the people who need mental health care never get it?

**Why do we miss so many opportunities to help children** when we know prevention and early intervention can ensure they live long, healthy lives?

**Why do we routinely criminalize mental health,** putting people in jail rather than getting them the help they need?

## A MESSAGE FROM OUR FOUNDER

Along with a few close colleagues, I brought questions like these to advocates, doctors, therapists, caregivers, policy experts and people of all ages living with mental health conditions. As our conversations unfolded, so did the early months of the COVID pandemic. The fear, stress and uncertainty of this global crisis might have convinced us that this wasn't the time to start a new campaign like Inseparable. Instead, we came away with an unshakable belief that people from every town, city and home in the U.S. were ready to demand and win new mental health policies that will better care for us all.

I hope you'll enjoy this look at Inseparable's first 3 years. With your invaluable support, we have accomplished so much – but we've only just begun.

Our job is to build hope and power for those who need it the most. To be bold. To think in innovative ways. To take risks and advocate fearlessly. Put simply, we are here to win – and for those wins to change and save lives.



Bill Smith

*Founder of Inseparable*



**“ Put simply, we are here to win — and for those wins to change and save lives.”**



## OUR VALUES

### **Caring**

We can better care for each other by demanding mental health policies that better care for us all.

### **Fairness**

Different communities have borne a disproportionate and unfair burden of our broken systems, so we must address fundamental unfairness as we create change.

### **Unity**

The health of our minds cannot be separated from the health of our bodies, and we cannot be separated from each other on this issue.

### **Progress**

We are moved by our hearts, but act with our minds, deploying skill, strategy, and innovative tactics to ensure we don't just fight, but win.

### **Power**

Together, we have the power to lift each other up. Together, we are a formidable catalyst for change.

### **Relentless Hope**

Providing hope for those who need it most is critical to our mission, and we will also build a movement by building hope intentionally and constantly.



## HOW INSEPARABLE WORKS

**We map policy opportunities,** focusing on high-impact wins that can be achieved at the state and federal level.

**We work closely with governors, legislators, candidates and staff members** who show strong commitment to change.

**We equip policymakers** with research findings, reports and legislative guides that reveal gaps and opportunities. Testing and polling results help us refine messaging to fuel decisive wins.

**We draft and vet legislation and budgets** in selected states, partnering with top-tier lobbyists to build relationships and drive strategy.

**We forge partnerships in local communities,** providing sub-grants and helping advocates bring their powerful voices to policy discussions.

**We engage stakeholders** who will invest in our agenda, support our change campaigns and help us grow the mental health movement.





# THE CHALLENGE

## Where are the weaknesses in our mental health system?

In May 2020, as the pandemic sent shock waves of stress and uncertainty through every community, mental health needs reached crisis proportions. Inseparable quickly identified 3 priorities to guide our work.

### Youth Mental Health

Identifying and treating mental health conditions early creates the best possible chance for lifelong health.

### Access to Care

Nearly half of all people in the U.S. do not get the mental health treatment they need. Closing this gap will transform the lives of millions.

### Better Crisis Response

Jails and prisons should never serve as our primary response to people in crisis. Punishment must be replaced with community-based care and support.

# THE CHALLENGE

## Youth Mental Health

### Nearly half

of all adolescents **face mental health struggles** at some point<sup>1</sup>

● **Around 15%**

of teens aged 12 to 17 have experienced major depression<sup>2</sup>

● **37%**

struggle with persistent feelings of sadness or hopelessness<sup>3</sup>

### Research points to multiple risk factors for youth mental health,

from biological to environmental – including:

- adverse childhood experiences
- racism
- school shootings
- social media
- fears about the world's future<sup>4</sup>

### 56% increase in suicides

among youth aged 10 to 24 since 2007<sup>5</sup>

### 45% of LGBTQ+ youth

seriously considered suicide in 2021<sup>6</sup>

#### SOURCES

<sup>1</sup> U.S. Department of Health and Human Services

<sup>2,3</sup> Centers for Disease Control and Prevention

<sup>4</sup> Centers for Disease Control and Prevention; NBCnews.com; Stanford Institute for Economic Policy Research; U.S. Surgeon General's Advisory on Social Media and Youth Mental Health; Education Week

<sup>5</sup> Centers for Disease Control and Prevention

<sup>6</sup> The Trevor Project



# THE CHALLENGE

## Access to Care

“

**If someone suffers a heart attack or a broken arm, we do not say to them, ‘We’ll get back to you in 3 weeks.’ Yet this is often what happens – or MUCH worse – when someone needs mental health care.**

Inseparable Founder Bill Smith,  
in conversation with  
MSNBC’s Chris Hayes

### **50 million**

U.S. adults **live with a mental health condition**<sup>7</sup>

### **More than HALF**

(28 million) **receive NO care**<sup>8</sup>

### **Every year since 2011**

the share of U.S. adults in need of mental health care **has risen**<sup>9</sup>

### **6 in 10 psychologists**

say they have **no openings** for new patients<sup>10</sup>

### **Nearly 3 in 4 insured adults**

who have received mental health treatment in the past year **had a problem with their insurance**<sup>11</sup>

#### SOURCES

<sup>7,8,9</sup> Mental Health America

<sup>10</sup> American Psychological Association

<sup>11</sup> Kaiser Family Foundation Survey of Consumer Experiences with Health Insurance

# THE CHALLENGE

## Better Crisis Response

On average, more than

# 5,400

**jail bookings every day\***

involve people with mental health conditions<sup>12</sup>

### Contributing factors:

- **Zero-tolerance policing**
- **Nuisance laws**
- **Belief that people with mental illness are violent**
- **Lack of crisis response alternatives**

\* 2 million per year

# 1 in 5

fatal police shootings involves **someone in a mental health crisis**<sup>13</sup>

# 50% to 75%

**of youth in the juvenile justice system** have a mental health condition<sup>14</sup>

# 44%

**of people in jail** have faced mental health struggles in the past<sup>15</sup>

### SOURCES

<sup>12</sup> National Alliance on Mental Illness

<sup>13</sup> Washington Post

<sup>14</sup> National Institutes of Health (National Library of Medicine)

<sup>15</sup> U.S. Department of Justice, Bureau of Justice Statistics

## MOBILIZING FOR CHANGE: 2020–PRESENT

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**There couldn't  
have been a more  
powerful moment  
to begin.**

Alicia Diaz  
*Inseparable Co-founder*



### **MARCH**

A generous grant from the Well Being Trust, Inseparable's first national funding partner, provides critical support for our early work.

### **MAY**

Bill Smith appears on MSNBC's All In with Chris Hayes, calling out the pandemic's role in revealing the glaring gaps in mental health care.

Inseparable launches as two national organizations: Inseparable Inc., a 501(c)(3), and Inseparable Action, a 501(c)(4), the first advocacy campaign dedicated to building power for mental health.

We organize an advisory board of leading policy experts, doctors, strategists, movement leaders and people with lived experience in mental health.

### **JULY**

Inseparable's #FundMentalHealth campaign creates a powerful, unified call for Congress to fund specific programs and priorities by building the baseline case for all. Highlights include a widely shared video featuring former U.S. Representative Patrick Kennedy, a successful phone campaign reaching targeted U.S. Senators and a sign-on letter with U.S. Representative David Trone's office that draws 58 signatures from U.S. House members.

# MOBILIZING FOR CHANGE: 2020–PRESENT

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## AUGUST

Inseparable partners with Garen Staglin, co-founder of [One Mind at Work](#), to publish an [opinion piece](#) in Forbes that outlines the role of Congress in addressing the growing mental health crisis.

## SEPTEMBER

Following our grassroots campaign with the Well Being Trust, The Kennedy Forum and the [Steinberg Institute](#), we celebrate as California Governor Gavin Newsom signs several measures, including [gold-standard parity legislation](#) for other states to follow. The new law requires health plans and insurers to cover medically necessary treatment for all mental health and substance use disorders.

## OCTOBER

Our Personnel is Policy campaign advises the Biden-Harris administration on key appointments, supporting mental health champions such as [Dr. Vivek Murthy](#), [Marty Walsh](#), [Xavier Becerra](#), [Andrea Palm](#) and [Miriam Delphin-Rittmon](#).

## DECEMBER

Working with members of our advisory board and dozens of mental health experts, advocates and federal policy leaders, **Inseparable creates a list of 170 recommendations for federal-level agency actions and briefs the incoming Biden-Harris administration's transition teams.**



## MOBILIZING FOR CHANGE: 2020–PRESENT

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**The 988 crisis line is in place, but people need more than a number. They need the right response in the right place, every time – so that no one’s worst day will determine the rest of their life.**

Angela Kimball  
*Inseparable Senior VP of  
Advocacy and Public Policy*



### FEBRUARY

The Upswing Fund makes a generous grant to kick off Inseparable’s youth mental health work.

### MARCH

Drawing on extensive conversations with our advisory board and leading mental health advocates, Inseparable defines 3 priorities for action: prevention and early intervention for youth, expanding access to lifesaving care and ending the criminalization of mental illness and addiction.

### MAY

**Inseparable launches the Hopeful Futures Campaign with 11 supporting partners**, kicking off a multi-year effort to expand school-based mental health resources across the country. This campaign aligns with our earlier support for California legislation that would grant excused absences for students with mental health needs and more mental health training for teachers and school staff.

## MOBILIZING FOR CHANGE: 2020–PRESENT

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21

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**Inseparable inspires me with their work, sharing the vision and tools that policymakers need to transform a broken mental health system into one that sees and serves all of us.**

Caya Lewis Atkins  
*Founder and Principal,  
GlobalDC Strategies*



### JUNE

With the Kennedy Forum Illinois, we launch Health is Health Illinois, a campaign for mental health parity legislation building on our 2020 win in California.

### DECEMBER

Renowned mental health policy expert Angela Kimball joins Inseparable as senior vice president for advocacy and public policy.

Inseparable launches A Better Response, our campaign to transform crisis services so that no one's worst day will erase their chance to live their best life.

## MOBILIZING FOR CHANGE: 2020-PRESENT

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22

“

**We know firsthand of several situations where, had [mental health coordinators] not been in place, we would have lost several children.**

Kay Warfield  
*Alabama Department  
of Education*



### FEBRUARY

The Hopeful Futures Campaign releases America's School Mental Health Report Card, a first-of-its-kind, state-by-state report that prepares policymakers to act on gaps and opportunities.

### APRIL

Inseparable advocacy leads to a new Alabama law requiring full-time mental health services coordinators in public school districts and private charter schools.

### APRIL

**Inseparable advocates in Illinois celebrate a big win** as the state's General Assembly approves annual wellness checks for students in grades 7-12 and allocates \$5 million for implementation.

### JUNE

In Delaware, Inseparable helps secure passage of legislation requiring mental health education in grades K-12, insurance coverage for annual mental health checks and new ratios for counselors, social workers and psychologists in middle schools.

## MOBILIZING FOR CHANGE: 2020–PRESENT

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**We need to teach children to take away the stigma of mental health and know that they can talk about it and understand that they are not alone and give them the tools they need to get the help they need and identify it.**

Rep. Valerie Longhurst  
*Speaker, Delaware House  
of Representatives*



### JUNE

Inseparable celebrates the signing of the [Bipartisan Safer Communities Act](#) on the White House lawn. This federal legislation reflects our success in calling for more resources to support school mental health professionals (\$1 billion), school-based program grants through Project AWARE (\$240 million over 4 years), and the 988 Suicide and Crisis Lifeline (\$150 million).

### JULY

Seeking to forge key relationships with state-level lawmakers, we release Inseparable's [State Legislative Guide for School Mental Health](#) in tandem with a showcase booth at the annual Legislative Summit of the National Conference of State Legislatures.

Working with Mental Health America, the American Psychological Association, and The Kennedy Forum, we kick off a partnership with the [National Governors Association](#) to equip governors to lead on youth mental health.



# MOBILIZING FOR CHANGE: 2020–PRESENT

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22

## AUGUST

Our new [State Legislative Mental Health Caucus](#) brings together 42 state legislators from 20 states, creating a bipartisan community of peers devoted to better mental health care.

## AUGUST

With the election season ahead of us, we launch the [Mental Health Now](#) campaign, asking candidates to sign a [statement of support](#). By Election Day, 630+ leaders have signed on, including 10 governors, 6 U.S. Senate candidates and 45 House candidates.

**The campaign draws candidates from all 50 states – a first in mental health advocacy.**

## OCTOBER

Joining with [Healthier Colorado](#), [Children’s Hospital Colorado](#) and [MindSite News](#), Inseparable co-hosts a [forum](#) with U.S. Senate candidates Michael Bennet and Joe O’Dea, the first event of its kind where federal candidates focus exclusively on mental health policy and solutions.

## NOVEMBER

Mental health advocates from around the country and young adult leaders gather for our first [Building Hope Strategy Summit](#) at the Kennedy Center in Washington, D.C.

## DECEMBER

We join fellow advocates in welcoming historic increases in funding for federal mental health block grants and behavioral health workforce programs, among other big wins – including a new requirement for Medicare to cover mobile crisis services.

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## **WHERE WE ARE NOW**

**14 focused state campaigns** with seasoned local experts, targeted paid communications and policy expertise to introduce and move policy and new funding through state legislatures.

**A State Legislative Mental Health Caucus** that, in less than one year, has grown to include 190 lawmakers in 43 states.

**A best-in-class federal lobby team** monitoring legislation and meeting regularly with key officials in multiple federal agencies to discuss mental health priorities.

**A national staff with deep expertise** in public policy, research, communications, civic engagement, campaign strategy and more.

**An advisory board** with many of the nation’s most prominent, thoughtful, dedicated mental health champions.

**17 active grants and numerous private gifts** from generous funding partners, with more financial support on the horizon.

**National and local partners** who bring their powerful voices, subject matter expertise, resources and followers to our change campaigns.

**Research findings, reports and legislative guides** that define where mental health policy is now – and where it needs to go in the future.

## CAMPAIGN CLOSEUP: HOPEFUL FUTURES

**“ Change begins when our hope for a better mental health system turns into decisive action on the ground.**

Chris Cordingley  
*Inseparable Co-founder*



### The Hopeful Futures Campaign

In 3 short years, Inseparable has become the leading organizer of campaigns to transform mental health for millions. With multiple successful campaigns under our belt – and many ongoing – we bring mental health experts, advocates and policymakers together to envision change and make it happen. Here’s a look inside one campaign that reveals how we set priorities, marshal resources and work together to achieve groundbreaking policy wins.

# CAMPAIGN CLOSEUP: HOPEFUL FUTURES

## Bedrock Insights

Every young person **deserves the chance to thrive** — now and throughout life.

**Early treatment helps** young people heal now and builds resilience for the future.

**Half of all mental disorders begin by age 14**, but not all young people get help.

**Student and family voices are invaluable** in driving school mental health policy.

## The Framework

With strategic thinking from the [National Center for School Mental Health](#) to guide us, we adopted **8 criteria for measuring state-level support for school mental health**:

1

**Mental health staff in schools and districts**

2

**School-family-community partnerships**

3

**Teacher and staff training**

4

**Funding supports**

5

**Student well-being checks**

6

**Healthy school climate**

7

**Skills for success**

8

**Mental health education**



# CAMPAIGN CLOSEUP: HOPEFUL FUTURES

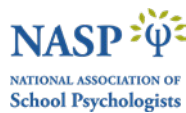
## Our Partners

AS OF JULY 2023

The campaign's strong and diverse coalition of partners shows broad support for advancing school mental health.



The Jed Foundation



rare impact fund

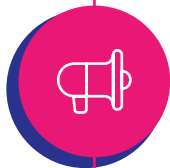


## Baseline for Policy Action



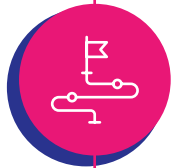
### Analyze strengths, gaps and successful models

We researched and published [America's School Mental Health Report Card](#), a state-by-state analysis revealing gaps and opportunities – the first report of its kind in the mental health space.



### Create a campaign action center

We created [a channel](#) to link activists with advocacy opportunities near them – a way to gather public support for state-level measures as policymakers take action.



### Identify policy pacesetters

In our report card, we recognized forward-looking states whose tangible wins provide a roadmap for others to follow.



### Launch in target states

We employed a campaign strategy in target states to drive school mental health policy.



### Apply lessons learned

We learned what works and what doesn't – and scaled up to impact more students in more states.

# CAMPAIGN CLOSEUP: HOPEFUL FUTURES

## Campaign Wins Achieved: 2022

5 Bills Passed  
in 3 States



### Alabama

**KEY CHAMPION**

**State Representative Nathaniel Ledbetter**

H.B. 123 puts a school mental health services coordinator in every school district.



### Illinois

**KEY CHAMPION**

**State Representative Greg Harris**

H.B. 4343 establishes a program providing mental health wellness checks for students in grades 7-12.



### Delaware

**KEY CHAMPION**

**House Speaker Valerie Longhurst**

Three measures – H.B. 300, 301 and 303 – add more counselors, social workers and psychologists to middle schools, require mental health education in grades K-12 and require health plans to cover annual mental health wellness checks.

# CAMPAIGN CLOSEUP: HOPEFUL FUTURES

## Campaign Wins Achieved: 2023

16 Bills Passed  
in 9 States



### Colorado

#### KEY CHAMPIONS

**State Representative Dafna Michaelson Jenet**  
**State Senator Chris Kolker**  
**State Senator Bob Gardner**

H.B. 1003 supports mental health screenings in grades 6-12. S.B. 174 allows student access to Medicaid mental health services without requiring a formal diagnosis.



### Georgia

#### KEY CHAMPION

**Governor Brian Kemp**

H.B. 19, a budget bill, allocates \$26.9 million to improve the ratio of school counselors to students.



### Montana

#### KEY CHAMPION

**State Representative Bob Keenan**

H.B. 872 establishes a \$300 million Mental Health Trust and paves the way for school mental health investments.

# CAMPAIGN CLOSEUP: HOPEFUL FUTURES

## Campaign Wins Achieved: 2023



In a time when many people fear for our children's future, Inseparable leads with hope and courage instead. Millions of young people and their families will benefit from the school-based mental health programs that are taking shape across the country, thanks to the policy wins these forward-thinking advocates have already achieved.

Alison Malmon  
Founder & CEO, Active Minds



### Illinois

#### KEY CHAMPION

#### State Representative Lindsey LaPointe

S.B. 724 establishes a Children's Behavioral Health Transformation Officer to lead interagency efforts on behalf of youth with complex needs. The state allocates \$5 million to continue the school wellness check program created in 2022. S.B. 1709 requires state agencies to work together to increase student access to mental health resources. H.B. 2847 requires insurers to cover one annual mental wellness visit for students with no copay. H.B. 3230 requires a cost assessment for developing and maintaining a crisis continuum of care.



### Washington

#### KEY CHAMPION

#### State Senator Nikki Torres

The state legislature allocates \$1 million to implement a new rural school telehealth program and a first-ever \$18 million carve-out for youth mental health in the capital budget.



### Delaware

#### KEY CHAMPION

#### House Speaker Valerie Longhurst

H.B. 3 allows for excused school absences for mental health. H.B. 4 provides for grief counseling after a school-related trauma. H.B. 160 creates a 988 crisis response planning board and implements a phone usage fee to fund future services.

# CAMPAIGN CLOSEUP: HOPEFUL FUTURES

## Campaign Wins Achieved: 2023

“

As someone who gets up every day thinking about the future of mental health, I am deeply gratified to be part of Inseparable's mission to build power for our kids. This organization is squarely focused on the policy changes we can achieve today to make sure that every child and every family will have the opportunity to thrive tomorrow.

Lishaun Francis  
Senior Director of Behavioral  
Health, Children Now



### New Jersey

#### KEY CHAMPIONS

**State Assemblyman Louis Greenwald**  
**State Senator Vin Gopal**

A3334 expands Medicaid coverage for school mental health services.



### Pennsylvania

#### KEY CHAMPIONS

**Governor Josh Shapiro**  
**Representative Michael Schlossberg**

The state legislature includes \$100 million for school-based mental health services in the budget.



### South Carolina

#### KEY CHAMPION

**Representative Shannon Erickson**

H.B. 3204 resolves an issue with an earlier bill, allowing the state to join the Psychology Interjurisdictional Compact. This will allow children and adults to benefit from telehealth visits with psychologists across state lines.



# CAMPAIGN CLOSEUP: HOPEFUL FUTURES

## Federal Support for School Mental Health

In 2022, the Bipartisan Safer Communities Act provided **more than \$1 billion in funding for school-based mental health professionals and services.**

The Consolidated Appropriations Act of 2023 **brought \$140 million in additional funding for school-based mental health programs** through Project AWARE.

In June 2023, the Centers for Medicare and Medicaid Services released **significant new federal guidance for school Medicaid services,** a top Inseparable request of the Biden administration.

“**The Hopeful Futures Campaign has strategically advanced youth mental health to an extent that I have never witnessed in my decades working in the field.**”

Sharon Hoover, PhD  
*Co-director of the National Center for School Mental Health  
and Director of the Center for Safe Supportive Schools*



## CAMPAIGN CLOSEUP: HOPEFUL FUTURES

“ The best way to measure change is to look into the lives of people, families and communities.

Keris Jän Myrick  
*Inseparable VP of Partnerships*



### Seeing Our Impact in Colorado

There are 289 public middle schools and 522 high schools across Colorado serving nearly 479,000 students. A [statewide survey](#) from 2021 reveals that far too many are engaged in a lonely struggle with mental health.

#### Of nearly 479,000 Colorado students:



**50%**  
felt stressed  
every day



**40%**  
felt sad  
or hopeless  
for several  
weeks straight



**7.2%**  
attempted  
suicide in the  
previous year



**20.3%**  
engaged in  
self-harm

## CAMPAIGN CLOSEUP: HOPEFUL FUTURES

Worse yet, **nearly 27% said they do not have even one adult they can go to for help**. Izzie House, a Denver high school student, called out their plight in an [editorial](#) for the Colorado Sun in March 2023.

“Too often, young people are left to deal with their problems on their own,” Izzie wrote. “Afraid that our problems ‘aren’t bad enough’ to seek professional help, we often keep it bottled up inside, where it only gets worse.”

Izzie shared her hope that **House Bill 1003**, then moving through the Colorado legislature with strong support from [Mental Health Colorado](#) (an Inseparable grantee) and many other advocates, would soon become law. The measure, Izzie explained, would create a mental health screening program for grades 6 through 12, relieving the pressure kids often feel in trying to evaluate themselves.

If a screening suggests that further action is needed, students and families can be connected to accessible resources such as the [‘I Matter Colorado’](#) program, she noted.

**“ Kids going to school today tell me that they believe it is inevitable that one of their peers will die by suicide before they’re able to graduate high school. Unless we radically revamp the way we treat and talk about mental health with our kids, they will be right. ”**

Representative Dafna Michaelson Jenet,  
writing in the [Colorado Sun](#)



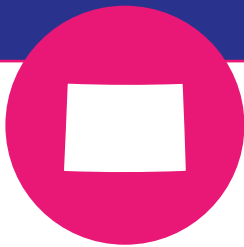
## CAMPAIGN CLOSEUP: HOPEFUL FUTURES

“‘I Matter’ can connect kids with therapists for free, in-person or online. This makes a world of difference for students and families — even if it’s a few initial sessions — because of how much it can help just to have someone to talk to or someone in your corner,” Izzie wrote.

Izzie’s voice is one of thousands raised in Colorado to support House Bill 1003, signed into law by Governor Jared Polis in May 2023.

This policy win means “that fewer kids will have to ride the school bus riddled with anxiety or shuffle through the halls worn down by depression, all the while wondering if this is normal or whether something’s really wrong,” Izzie believes.

“It shouldn’t be on them to jump through hoops, and, with this legislation, it won’t have to be.”



### Youth Mental Health Wins in the Centennial State

#### KEY CHAMPIONS

State Representative  
Dafna Michaelson Jenet

State Representative  
Lisa Cutter

**H.B. 1003** creates a mental health screening program for students in grades 6-12

- **NEARLY 479,000 students** in grades 6-12 statewide covered
- An estimated **80,000** may have mental health conditions

**S.B. 174** allows young people covered by Medicaid to receive mental health services without a formal diagnosis

- **550,000 Coloradans under 21** are enrolled in Medicaid
- An estimated **90,000** may have mental health conditions

## LOOKING AHEAD

**“ Our first 3 years have created real momentum for new policy wins already on the horizon.**

Amy Runyon-Harms  
*Inseparable Senior VP of Operations and Strategy*



What started in 2020 as a small group of relentlessly hopeful people has quickly become a nationwide organization, laser-focused on building the political power to transform mental health in every community.

**Here's a look at our ambitious goals.**

## LOOKING AHEAD

### Score and Scale Policy Wins

**Continue to advance meaningful legislative and administrative actions** that will impact the lives of millions of children and adults with mental health and substance use challenges across the country.

### Build Momentum for Policy Change

**Publish new state-by-state report cards** that reveal where states stand today in moving toward a better crisis response and closing the treatment gap.

**Update America's School Mental Health Report Card** to keep policymakers and the public informed.

**Deepen our footprint** with the National Conference on State Legislatures, the National Governors Association and leading national conferences.

**Create compelling, targeted outreach campaigns** to build our movement and expand our team of committed activists and partners.

### Equip Policymakers to Win

**Provide expert polling and qualitative research** showing public support for mental health policies, backed by messaging that policymakers and partners can use to frame the conversation.



## LOOKING AHEAD

**Deploy effective campaign tools** to activate constituent support and increase media coverage focused on influential lawmakers.

**Support youth and parent voices** as we partner with local grassroots influencers and grassroots organizations to create strong coalitions.

**Serve as a hub for best-practice legislation** and connection to leading national experts.

## Grow Our Capacity to Advance Change

**Expand our bipartisan State Legislative Mental Health Caucus**, aiming to reach 250+ members in 2024.

**Invest in young and emerging advocates** whose energy and innovative ideas will build our movement. As part of this, Inseparable will launch a new Policy Fellows Program, a 12-month, skill-building fellowship aimed at training the next generation of leaders in mental health advocacy.

**Expand our funding from generous, forward-thinking partners**, both current and new – with more grants and gifts coming in over time.

**Share insights from our 2022 Building Hope Strategy Summit with partners nationwide**, supported by the technology, research and messaging needed to turn our best ideas into decisive policy wins.

**Plan and host the 2024 Summit** to align our collective efforts, transforming us into an unstoppable force for change.

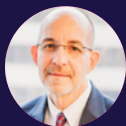
# OUR ADVISORY BOARD



**Caya Lewis Atkins**  
Founder and Principal,  
GlobalDC Strategies



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**Patrick J. Kennedy**  
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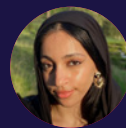
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Pooja Mehta  
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Chris Cordingley  
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**“ Few organizations come to the mental health space and make an impact as rapidly and consequentially as Inseparable has.**

They are founded on the premise that the mind and body are one, and any and all policies that stand in the way of this irrefutable truth should be addressed. Inseparable has achieved amazing policy success in states across the country – from blue states to red states, Inseparable proves that mental health is truly an issue that impacts us all, and with the right structure and team in place, major change can happen that benefits our families and our communities. Their comprehensive take on mental health means that the changes they are advocating for will have a lasting impact for generations to come.

Benjamin F. Miller, PsyD  
*Inseparable Advisory Board Chair*





“ Jump in. The world needs you.”



Kathleen Kelly Daughety  
*Inseparable VP of Campaigns and Civic Engagement*

## Here are 7 essential ways you can fuel Inseparable’s work:

- 1 Join our network of committed, hopeful people who care about mental health.
- 2 Introduce us to mental health champions in your state or community.
- 3 Follow us on Facebook, Twitter, Instagram, LinkedIn and Threads.
- 4 Share our posts and news with people in your networks.
- 5 Make mental health an open conversation in your home and community, because active dialogue is where change begins.
- 6 Hold your elected officials accountable, asking for their support on key measures that move mental health forward.
- 7 Make a gift to keep our good work going.

# inseparable

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