

Saks Fifth Avenue

FOUNDATION

FISCAL YEAR 2022

IMPACT
REPORT

A MESSAGE FROM

RICHARD BAKER

President, Saks Fifth Avenue Foundation Board



In numerous ways, 2022 was a remarkable year for the Saks Fifth Avenue Foundation. We celebrated five years of impact, and hit a monumental milestone of reaching more than 10 million individuals with messages to combat the shame and stigma surrounding mental health struggles. We continued our support of leading nonprofit organizations working to make a positive impact across the U.S., and meeting our target communities where they are—in school, after school, online and outside. We also recognize that local, community-based nonprofits are critical in delivering mental health support, which is why we launched a specific fund to support the grassroots nonprofits who are on the front lines of mental health in their communities.

While we take pride in our achievements, we are aware that there is still a significant amount of work ahead. The most vulnerable individuals in our society are still facing an uncertain world, and our commitment to providing them with access to mental health support and safety nets remains at the core of the Saks Fifth Avenue Foundation's mission. We sincerely hope that you will continue to stand with us in this vital endeavor to prioritize mental health in every community.

A handwritten signature in black ink, appearing to read "Richard".

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.

2022 BY THE NUMBERS

\$1.175⁺
MILLION

delivered in grants

500,000⁺

individuals reached with
direct mental health support

\$250,000

in grants supported grassroots
nonprofits for local mental
health programs

48

high schools provided with
programming to create policies,
practices and conversations to
promote positive mental health
outcomes

85%⁺

of grants supported
underserved communities

INVESTING IN

MENTAL HEALTH

Mental health has never been more relevant in today's culture. [The surgeon general](#) recently highlighted the devastating effects of the epidemic of loneliness and isolation. Additionally, in early 2023, the [CDC released data](#) showing that nearly 3 in 5 teen girls feel persistently sad or hopeless—the highest level reported over the past decade. The data also shows that more than half of LGBTQ+ students experience poor mental health. The need for mental health resources continues to be a priority,

which is why the Saks Fifth Avenue Foundation renewed its support of several leading organizations delivering mental health care and strategies to communities that need it most.





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 diverse conversations and raising awareness, BC2M developed student-led clubs, in high schools across the country, designed to create stigma-free school environments. In 2022, the Saks Fifth Avenue Foundation continued its support of the New York City school-based clubs. These clubs empowered students to create empathetic school communities by building peer and

teacher relationships that advocate for mental health awareness and understanding.

Nearly 600 students were registered in 48 high school clubs across New York City.

78% of Saks Fifth Avenue Foundation grantee schools received Title I funding.

Over 85% of the students supported self-identify as diverse.

“During the years when school was virtual, my anxiety and depression worsened due to isolation. When returning to school, I felt as if no one understood the struggles I was feeling having to readjust. That’s when I found my school’s Bring Change to Mind Club. I found a group of peers and friends who I could have open discussions with and lean on when I needed them.”

**KELSIE P.,
Student, The Scholars’ Academy in
Queens, NY**

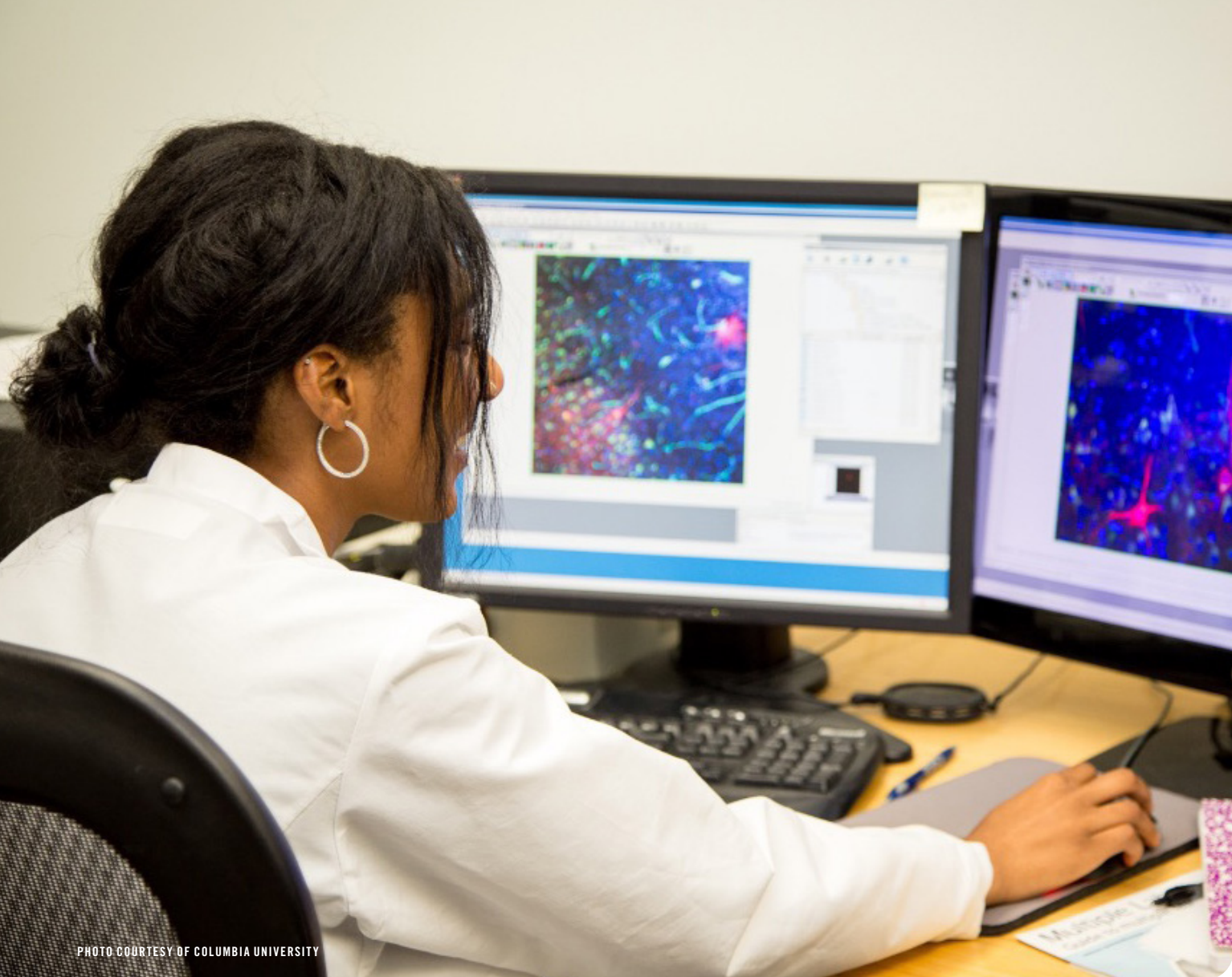


PHOTO COURTESY OF COLUMBIA UNIVERSITY

COLUMBIA UNIVERSITY DEPARTMENT OF PSYCHIATRY

Saks Fifth Avenue Foundation Research Fund

With its fifth year of funding from the Saks Fifth Avenue Foundation, the Columbia University Department of Psychiatry continues its transformative research into the diagnosis and treatment of depression. The support from the Saks Fifth Avenue Foundation has assisted Columbia Psychiatry in launching **17 research projects** to date. These projects have allowed researchers to gather critical data aimed at uncovering the science

behind depression, paving the way for breakthroughs in treatment, and greater quality and increased access to care.

Research funds from the Saks Fifth Avenue Foundation have allowed Columbia Psychiatry investigators to collect pilot data that has led to **more than \$13 million in grants** to continue these lines of research.

GIRLS INC.

Mind+Body Program



Girls Inc., a leadership organization that inspires girls to be strong, smart and bold, utilized funding from the Saks Fifth Avenue Foundation to directly support the physical and mental health of staff and the girls they serve. Funding also supported Girls Inc.'s Mind+Body program, which helps girls K-12 develop healthy habits and learn to manage stress, and contributed to enhancements to Girls Inc.'s social emotional learning programming shared across its affiliate network.

Nearly 24,000 girls across the Girls Inc. network engaged in Mind+Body programming facilitated by Girls Inc. affiliates this past year.

83% of Girls Inc. participants identify as Black and brown girls, and 55% of participants live in households whose total income is less than \$30,000.

20 local affiliated organizations received funding for enhanced mental health tools and resources, directly impacting over 21,000 participants.

“The funding from the Saks Fifth Avenue Foundation allows Girls Inc. of Shelbyville and Shelby County to sustain the programmatic components for our mental health advocacy and our on-site mental health professional, which makes a transformational difference in the lives of our girls.”

NATALIE WEBER,
Girls Inc. of Shelbyville Mental
Health Advocate



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, serves 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 has expanded its reach with additional staff for peer-to-peer support and mental health professionals, and connecting with youth through mental health-focused summits, retreats, yoga and meditation events.

98% of students in the Jewel Never Broken leadership program reported positive mental health outcomes.

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

The majority of youth they serve has at least one or more intersecting identity (e.g., LGBTQ+, poverty, 1st or 2nd generation immigrant, child protective services involvement).

450+ youth reached in person through retreats and Jewel Never Broken programming

"One of my main focuses during my time in the program has been to heal the trauma and pain I have experienced. I have learned so many life skills, roles and passions in our environment."

KERSTIN D.,
Jewel Never Broken participant

NEWYORK-PRESBYTERIAN CENTER FOR YOUTH MENTAL HEALTH

The Maya App

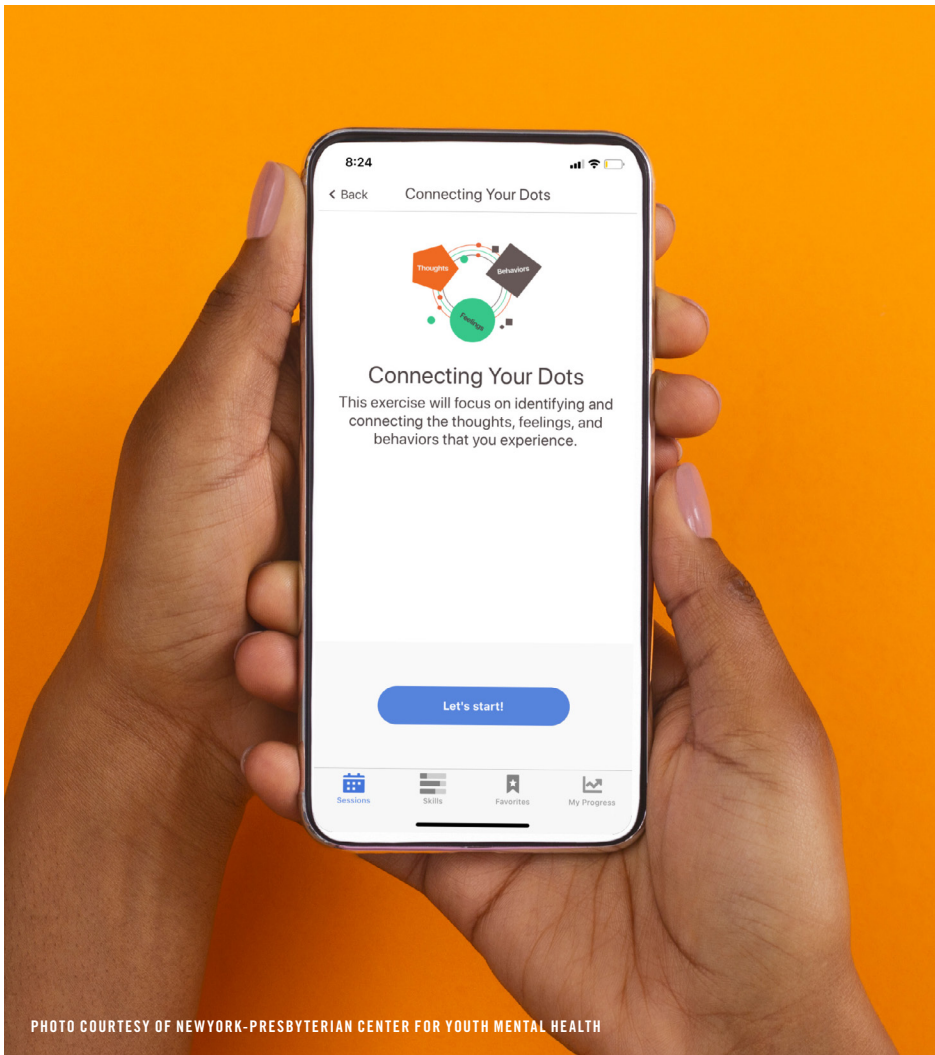


PHOTO COURTESY OF NEWYORK-PRESBYTERIAN CENTER FOR YOUTH MENTAL HEALTH

In collaboration with Weill Cornell Medicine and the Columbia University College of Physicians and Surgeons, NewYork-Presbyterian focuses on medical education, research and innovative clinical care. NewYork-Presbyterian's Center for Youth Mental Health advances effective ways of diagnosing, treating and helping teens and young adults living with anxiety disorders through research, treatment and education. Funding from the Saks Fifth Avenue Foundation has helped build Maya, an app used to increase positive treatment outcomes and healthier lifestyles for youth with anxiety disorders.

Maya app clinical trial participants showed an approximate **40% decrease in anxiety symptoms** for up to six weeks following the trial intervention.

A full resilience and wellness version of the Maya app was released to the public in the Apple App Store in June, 2023.

The Maya app will be deployed to the Weill Cornell Wellness Qlinic, the first student-run clinic in New York City to offer **free mental health care for those who identify as LGBTQ+.**

"It really made me push and challenge myself in ways that were extremely uncomfortable, but at the end, there was this tiny victorious element where I did something that I didn't think I could do."

Maya app clinical trial participant



THE TREVOR PROJECT

Crisis Intervention and Suicide Prevention Services for LGBTQ Youth

The Trevor Project's mission to provide a welcoming and loving world to today's LGBTQ youth was supported by the Saks Fifth Avenue Foundation's grant to its 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 assist, who are often underserved and overlooked. It has also helped them create sustainable conditions for positive mental health outcomes.

1100 LGBTQ youth in crisis directly supported by the Foundation's grant via free, secure 24/7 counseling

500,000+ contacts directly served with crisis services, up over 170% from the Foundation's last grant term

90% of LGBTQ youth in the U.S. who contact The Trevor Project sustain a reduction in their level of suicidal ideation four weeks after intervention.

45% of crisis contacts identify as people of color and 86% are under the age of 25.

"The Trevor Project's work to end suicide among LGBTQ young people is especially dire. The Saks Fifth Avenue Foundation's continued partnership has increased our ability to support more LGBTQ young people than ever before with our 24/7 crisis intervention services, and has directly helped us strengthen our efforts to educate and advocate for the health and wellbeing of LGBTQ young people everywhere."

SOFI GOODE,
Senior Corporate Partnerships
Manager at The Trevor Project

LOCAL GRANT PROGRAM

The Foundation is proud to support leading mental health initiatives and organizations that have the scale and technology to improve access to care for underserved communities nationwide. We also recognize that local, community-based organizations are critical in offering support to the health and wellbeing of those they serve. With this in mind, the Foundation was thrilled to launch its first-ever fund supporting the vital role that local organizations play in the mental health of those in need.

The Local Grant Program launched with grants totaling \$250,000 across 10 organizations identified through the open application process kicked off during Mental Health Awareness Month in May, 2022. The grants support local programs across the country for communities with unique mental health needs, such as women, the LGBTQ+ community, communities of color, youth and low-income communities.

GRANTEES

Agape Villages

Foster youth received immediate therapy and counseling as they were placed into foster care.

Black Emotional and Mental Health Collective (BEAM)

Three awards were given to organizations that supported innovative mental health wellness projects for Black girls.

Center for Human Development

Grant supported the rent and moving costs for its new center for local LGBTQ+ youth to attend group meetings, and access services and support.

Consejo Counseling and Referral Service

Grant allowed the treatment center to make an impact by providing access to care for the uninsured and covered outpatient behavioral health services for uninsured clients.

Fountain House

Grant provided job readiness training and skills for individuals with severe mental illness.

Hope Community Services

Grant provided trauma therapies for low-income children ages 6–17 who have experienced ongoing, complex trauma. 57% of the children came from minority backgrounds, with 36% identifying as Hispanic/Latine.

Let's Thrive Baltimore

Grant allowed for the purchase of a van to transport individuals to a mental health provider, and a driver for one year to transport 15 new families to therapy.

The Phluid Foundation

Eight micro grants were sent to local LGBTQ+ community mental health programs.

Touchstone Mental Health

Serving the homeless and those with very low incomes, the grant provided services for 25 people, including benefits assistance, and driving people to food shelves, pharmacies, banks and appointments.

Tubman

Grant provided access to specialized care for 40 clients who are survivors of domestic violence, sexual abuse and exploitation, and who struggled with mental health challenges.

In addition to these mental health initiatives, the Saks Fifth Avenue Foundation also funded:

The Social Justice Center at FIT

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