



Heart of Arkansas
United Way

INVESTING IN HEALTH

Heart of Arkansas United Way's Health partners are focused on meeting the mental health needs of individuals and families in our community and helping people move from trauma to healing. Programs must have a clear and direct tie to the mental health outcomes for the client population, and must be able to demonstrate measurable outcomes.

Efforts may include:

- Mental health counseling.
- Trauma-specific counseling.
- Programs promoting mental/emotional wellness and behavioral health.
- Supportive services for clients engaged in mental health counseling or other mental health services.

Focusing on ALICE

29% of hardworking Arkansas are ALICE: **A**sset Limited, **I**ncome **C**onstrained, **E**mployed. ALICE households have incomes which exceed the Federal Poverty Level, but are not high enough to cover their basic needs. An additional 17% of Arkansans live below the Federal Poverty Level.

We rely on ALICE, and yet ALICE is too often making critical sacrifices to make ends meet.

United Way Community Investment grants in Health are focused on helping people living below the ALICE threshold thrive. From providing low or no-cost mental health services that may be out of reach in ALICE's budget, to responding to stress and trauma exacerbated by financial challenges, we want to know how your work is focused on ALICE.

For more information about ALICE families in our state, including detailed household survival budgets and county-level statistics, visit unitedforalice.org/state-overview/Arkansas.

Research and Resources

Want to learn more? Check out the resources we use to guide our strategy and decision making.

Annie E. Casey Foundation Kids Count Data Center

aecf.org/work/kids-count/kids-count-data-center

AECF's annual Kids Count Data Book on State Trends in Child Wellbeing focused on mental health, quoting the U.S. Surgeon General's recent report stating that children in particular are facing a "mental health pandemic." Among the notable statistics, 14.4% of children in Arkansas (ages 3-17) had anxiety or depression in 2020, an increase of more than 67% since 2016.

How Right Now

cdc.gov/howrightnow

The CDC promotes mental health support through their "How Right Now" project, connecting people to mental health resources. The breadth of populations represented by the sponsors of the project demonstrates the range of people impacted by mental health challenges and crises. Sponsors and resources include AARP, Department of Veterans Affairs, Substance Abuse and Mental Health Services Administration, the National Domestic Violence Hotline, and the American Red Cross.

Research of your own!

We'd love to know about the research and data you're using to guide your own strategy! If your organization is conducting your own research to demonstrate your program's impact, or utilizing other respected sources, please share that with us in your application.