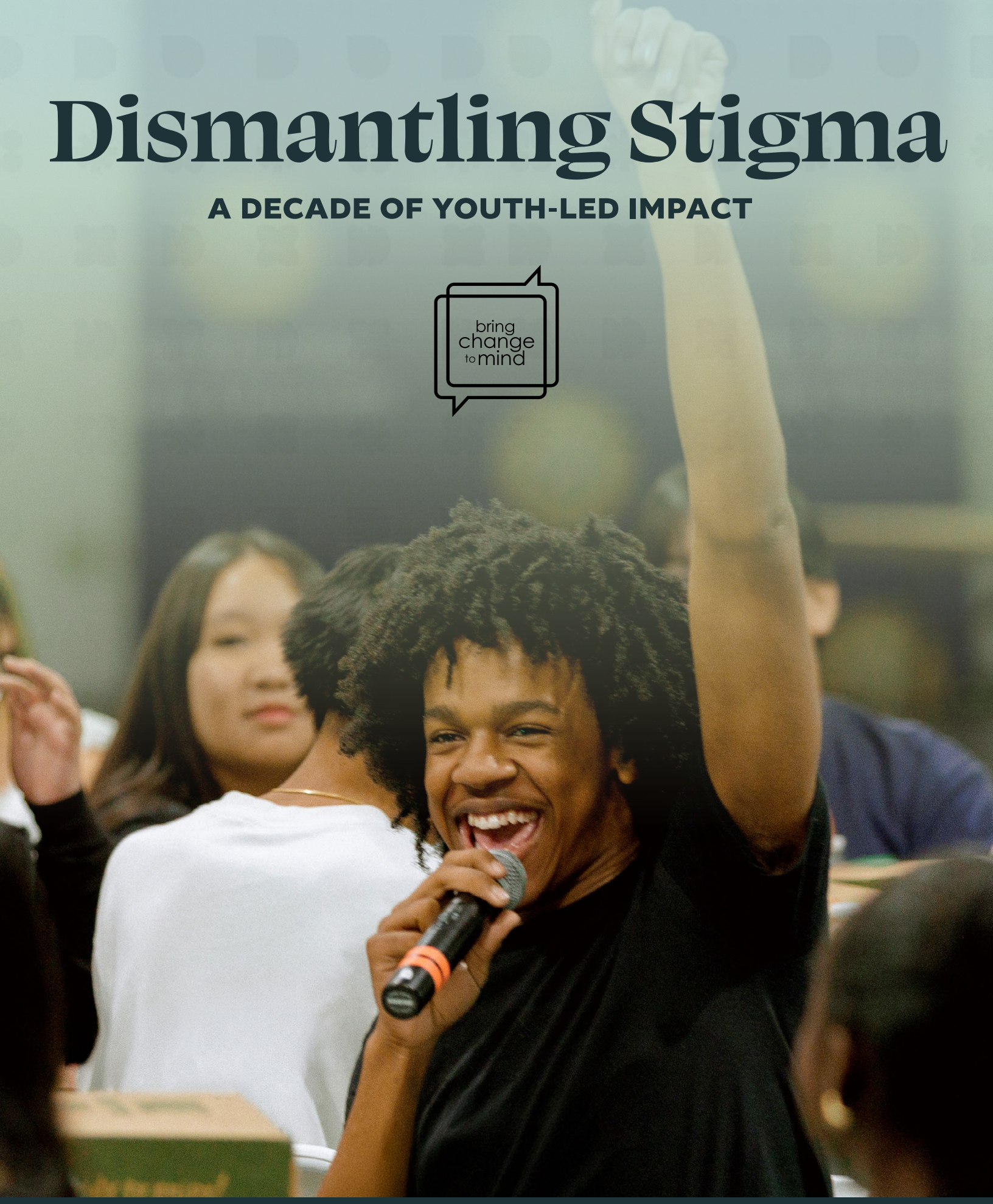
Dismantling Stigma

A DECADE OF YOUTH-LED IMPACT

bring change to mind



2025–2026 NATIONAL IMPACT REPORT

15 Years of Bring Change to Mind 2010–2025

10 YEARS OF SCHOOL CLUBS. A LIFETIME OF LEADERSHIP.

"As a teenager, BC2M instilled the core skills and values that continue to guide my work today. After navigating my own mental health challenges, I found the opportunity to turn that lived experience into meaningful change. Now, I work with a nonprofit organization where I directly support the 988 call center and suicide prevention program, carrying forward what I learned from the peers I worked with at BC2M."

- Shriya - BC2M Alum ('16-'19)



"The impact hasn't stopped at graduation either—our alumni are carrying this passion forward by helping to create college wellness centers and resource websites, and pursuing service fields...

Thank you, BC2M, for leaving a permanent, life-changing legacy in our community!"

- Yvette, BC2M High School Faculty Advisor

To Our BC2M Community,

Fifteen years ago, Bring Change to Mind set out with a clear, urgent purpose: to dismantle the stigma surrounding mental health. A decade ago, we took that mission directly to where youth need it most, launching our flagship high school program.

What began as a grassroots effort inside school hallways has evolved into an evidence-based national movement. As we look at our early student leaders, who are now thriving adults in higher education, healthcare, and workforce leadership, we see proof that our model creates lasting, systematic change.

We are building generational resilience.



In the 2025–2026 school year, our focus was clear: **deepen our impact, foster proactive support, and strengthen our peer-led network.** Across **613 school campuses**, our **15,325 student participants** brought hope and connection to over **three-quarters of a million peers.**

Thank you for standing with our students. Together, we aren't just changing school cultures, we are building a stigma-free future.

Warmly,

Pamela Harrington
Executive Director, Bring Change to Mind

The Weight of Our World

Digital Strain



4.8 Hours / Day

Average time teenagers spend daily on social media, doubling their risk of clinical anxiety and depression, with 40% reporting persistent sadness or hopelessness.

Social Isolation

22% of High Schoolers

Have seriously considered suicide as face-to-face peer connection declines and isolation grows.

Systemic Gap



Only 52% of Public Schools

Have the clinical resources or staff to support the massive influx of students seeking mental health support.

THE BC2M SOLUTION:

In-Person Connection Right Where Students Are

Bring Change to Mind clubs create **physical hubs of authentic vulnerability right in the center of daily school life.** In an era dominated by screens and digital isolation, our clubs bring youth face-to-face—transforming spaces of loneliness into permanent communities of real-world support, connection, and hope.

"When I've taken problems to my peers, I've gotten people who listen, people who want to hear what I have to say and be a shoulder for me to cry on, but without forcing an answer on me. They offer love and support, because, at the end of the day, that's all that we're seeking."

-Jack, BC2M Teen Advisory Board



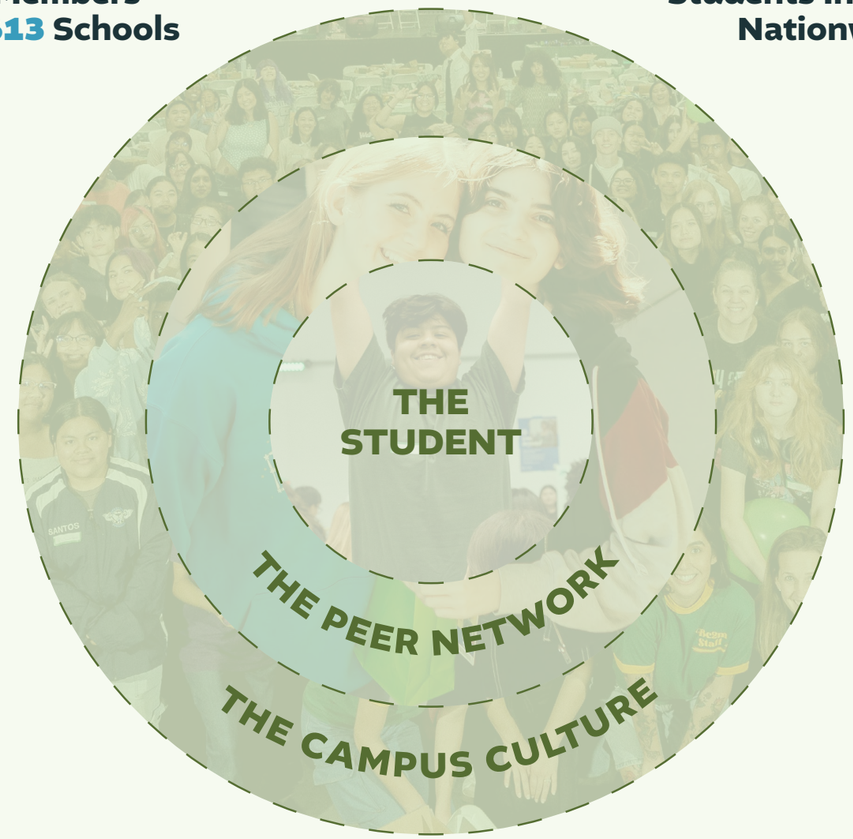
An Ecosystem of Support

OUR MODEL AT A GLANCE

We empower students to lead the conversation on youth mental health. BC2M establishes free, peer-led school clubs equipped with evidence-based toolkits, leadership training, and campus activation resources. This gives young people a safe, physical space to connect, support one another, and transform school cultures .

15K+
Club Members across 613 Schools

750K+
Students Influenced Nationwide



Beyond Campus: Homes & Local Communities

The impact of a Bring Change to Mind club doesn't end at the final bell. When young people acquire emotional literacy, self-care habits, and the confidence to speak openly about mental health, they carry those tools home. By sparking honest conversations with parents, siblings, and neighbors, our student leaders break generational silence—building healthier, more empathetic communities from the inside out.

THE STUDENT

95% know self-care practices and can recognize signs of mental health challenges

93% report their mental health improved because of their BC2M club

92% feel a strong sense of personal belonging at school

THE PEER NETWORK

98% of student leaders feel confident presenting educational content and facilitating mental health conversations

96% feel comfortable responding to peers experiencing mental health challenges

88% would connect a struggling peer or themselves to a trusted adult, serving as an active bridge to professional resources

THE CAMPUS CULTURE

87% of students and advisors report a notable reduction in school-wide mental health stigma

92% of advisors observe an increase in empathetic behavior across the general student body

91% of clubs successfully bridge diverse social groups across campus

Expanding the Ripple
Middle School Rollout

REACHING YOUTH AT A CRITICAL CROSSROADS

Mental health challenges often emerge during the foundational middle school years. This highly vulnerable transition is marked by intense social, emotional, and biological change. By expanding into middle schools, Bring Change to Mind instills self-care habits, emotional vocabulary, and help-seeking behaviors before crisis takes root, creating a continuous pipeline of resilience for life.

"I first joined BC2M because I had an alarming number of friends in middle school who struggled with depression and suicidal ideation and felt overwhelmed."

- Katie, BC2M Teen Advisory Board

KEY GROWTH & IMPACT

Early Vocabulary and Awareness

97% know where to find mental health resources in their school and community

Active Coping Mechanisms

96% can identify and actively apply coping skills when experiencing emotional distress

Bridge to Support

88% report willingness to reach out to a trusted adult if worried about a friend's mental health

105 Middle Schools | +31.2% Growth in Clubs











MITCHELL RAMSTAD

ZENNI

AE FOUNDATION

Beedie

NETFLIX

ST REGIS SAN FRANCISCO

FIONA & NICK BENSEN-FORLENZA

Worth

ZENNI

bring change to mind

AE FOUNDATION

REVEALS



Innovating for Impact:
Scale, Tools & Inclusion

CAMPUS ENGAGEMENT & ACTIVITY

11,770 Club Meetings
Regular, face-to-face peer gatherings building safe spaces and ongoing mental health literacy throughout the school year.

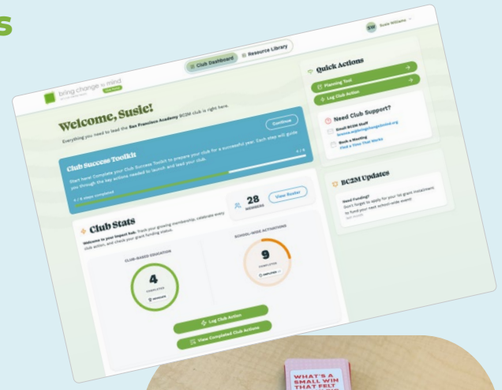
2,268 Campus Activations Executed
Student-led wellness activities, awareness weeks, guest speakers, and school-wide campaigns that bring stigma reduction to the broader student body.

TANGIBLE CLUB SUPPORT & INFRASTRUCTURE

Dedicated Staff & Campus Advisors
Provides hands-on guidance through assigned BC2M staff and dedicated on-campus faculty advisors to support student leaders every step of the way.

$500 Campus Activation Grants
Direct seed funding provided to every club to plan and execute their local campus events.

The BC2M Digital Portal
Provides a customized student journey with instant access to turnkey presentation decks, school-wide activation guides, club management tools and leadership training.





Conversation Cards
Delivers accessible, low-barrier prompts that make opening up about mental health natural and engaging during meetings and school-wide Connection Cafes.

EQUITABLE REACH & INCLUSION PILLARS

51% Title I and 21% Rural Schools
Analyzing school demographics and community context to prioritize Title I, rural, and under-resourced campuses—providing every club with the free tools, staff guidance, and support needed to thrive.

56% BIPOC Representation
Ensuring culturally responsive and inclusive mental health education and stigma-reduction efforts, with over half of our student network identifying as BIPOC.

25% LGBTQIA+ Youth
Providing dedicated spaces of belonging for LGBTQIA+ youth, who face significantly higher risks of mental health challenges.



Elevating Youth Leadership:
Summits & Amplification

Mental health stigma cannot be dismantled in isolation. To truly transform school culture, we must bring our youth leaders' lived experiences out of the hallways and onto national stages.

BC2M creates platforms to elevate youth leaders both regionally and nationally. Through our **Regional Student Summits**, hundreds of student leaders gather in person to build advocacy skills, learn from experts, and connect with peers. On the national stage, our annual **Revels & Revelations** brings student advocates, philanthropic partners, and cultural icons together to broadcast hope nationwide.

Regional Leadership Summits

Student leaders were empowered across San Francisco, SoCal, Indiana, and New York through interactive advocacy workshops and peer collaboration.







Youth-Led Advocacy

Student leaders took the microphone at Revels & Revelations to share their lived experiences directly with community partners.



Honoring Allies

BC2M presented the Robin Williams Legacy of Laughter Award to Ben Affleck & Matt Damon and the Champion of Change Award to Pam Baer.



Vision Forward

A SUSTAINED MOVEMENT: Strategic Goals for 2028

Mental health stigma stops here. We are scaling our peer-led model to transform hundreds of new campuses into hubs of connection, inclusion, and hope. Powered by student voices and backed by our growing community of supporters, our next chapter accelerates systemic change where youth need it most.

Activate Over 1,000,000 Students

- Scale our peer infrastructure to reach one million young people annually with student-led mental health support networks.

Expand Campus Footprint

- Grow our network to 1,200 high schools and middle schools, prioritizing Title I, BIPOC, LGBTQIA+, under-resourced rural communities and where stigma is highest.

Digital Infrastructure & Scale

- Enhance our digital club portal to double school capacity while preserving high-touch support for student leaders and advisors.

Culturally Responsive Adaptations

- Accelerate inclusive educational models and peer-reviewed evaluation in partnership with academic researchers.



ENSURING THE FUTURE: The Founder's Legacy Fund

To ensure Bring Change to Mind remains a permanent anchor for youth mental health, we established the **Founder's Legacy Fund.**

Designed for partners who wish to anchor our long-term sustainability, this fund ensures that no matter how the youth mental health crisis evolves, our student-led networks will always have the infrastructure, resources, and staff guidance needed to thrive. We are deeply grateful for your partnership and your shared vision of a world where mental illness is met with understanding and care—never judgment.



PARTNER WITH US IN TRANSFORMING YOUTH MENTAL HEALTH

Invest with Confidence

Charity Navigator
FOUR-STAR

Platinum Transparency 2026
Candid.

Recognized with Charity Navigator's highest 4-Star rating for financial health, accountability, and transparency. The BC2M Employer Identification Number is 01-0974537.


FUTURES
STIGMA FREE
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