

# CATALYST 2030: THE MENTAL HEALTH COLLABORATION

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## MEET THE MEMBERS

2022





Dear friends,

In recent years, there has been increasing acknowledgement of the important role that mental health plays in achieving global development goals. This has been illustrated by the inclusion of mental health in the Sustainable Development Goals Agenda for 2030, which features 17 new sustainable development goals and 169 targets. After significant advocacy efforts, mental health is now included in SDG Health Goal 3 across three targets and in the UN Declaration itself.

Despite the greater acceptance of mental health globally, the need to address mental ill health is still paramount. Social entrepreneurs play a critical role in bringing innovation to mental health, encouraging the integration of mental health into every SDG. The launch of Catalyst 2030 has created the opportunity to convene social entrepreneurs in a Mental Health Collaboration. This Mental Health Collaboration aims to increase funding pathways for mental health entrepreneurship, nurture a knowledge ecosystem, and enhance cross-sectoral collaboration.

The Catalyst 2030 Mental Health Collaboration is rapidly growing, now with over 30 members. The enclosed pages highlight the profiles of some of our members and the important work of their organisations. Our shared vision is a world where healthcare and community organisations incorporate mental wellbeing into practice models. Individually, we lead diverse organisations working around the world to improve mental health. Together, we work to ensure there is no SDG without mental health.

Warm greetings,



**Chris Underhill, MBE**

Chair of the Catalyst 2030 Mental Health Collaboration



# CELINA DE SOLA

Glasswing International  
Co-Founder & President

Glasswing is an innovative non-profit development organization, winner of the Skoll Social Entrepreneurship Award in 2020, that addresses the root causes of poverty, violence, trauma, and migration in Central America, Mexico, and the Caribbean. As an organization founded and led in the global south, Glasswing is a leader in positive youth development; trauma-informed approaches; community-based learning; formal and non-formal education; locally-driven research and evaluation, and cross-sector programming. To date, Glasswing has directly impacted over 2.7 million lives, expanded to 10 countries, grown from three to almost 400 employees, engaged almost 110,000 volunteers, mobilized over \$103M for programming, and partnered with 681 public schools. Our work has focused on collaborating with communities to build on their existing capacity, strengths, and assets, fostering civic participation and restoring social cohesion while engendering ecosystems that mitigate risks and amplify conditions for resilient and thriving children, youth, and families.



[Glasswing] really looks at the power of people, of relationships, of community in healing and addressing trauma together. So many times the solutions to some of the most pressing problems are right in front of us or in the people around us.





# CHRIS UNDERHILL



The Elders Council for Social  
Entrepreneurs  
Co-Founder

Mentor Services  
Principal

I divide my time between mentoring and developing innovative approaches to global mental health. I mentor a number of leaders and future leaders in the mental health space. I am a "serial" social entrepreneur and currently chair the C2030 Mental Health Collaboration.

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Good mental health is  
the key to good health  
and happiness.

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# DAISY ROSALES

**Brio**  
Co-Founder & Executive  
Director

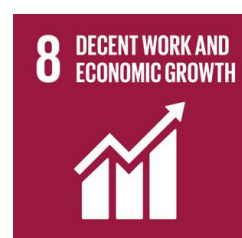


Brio advances global mental health and wellbeing through design and collaboration with local leaders and organizations. Through partnership, training, and resource creation, Brio co-creates effective initiatives that center local communities and scale through local systems.

Since 2018, Brio has partnered with impact organizations in Ecuador, Mexico, Peru, India, Malaysia, and the United States, creating innovative programs promoting mental health and wellbeing in marginalized communities. Our work is characterized by human-centered and community-centered design, along with evidence-informed practice and liberation psychology. To date, Brio's collaborative approach has generated contextualized and effective programs reaching more than 10,000 people directly. Together with our partners, we seek to create a world where marginalized communities lead our collective liberation.



Our work centers the bold belief that flourishing is possible for everyone, even in the presence of hardship and pain. Mental health and wellbeing empower individuals and communities to rise up and make the change that matters most to them.



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# DANIEL LOBO

BecauseYOU  
Founder & CEO

Our purpose is to unlock potential by working on mental health. We support individuals and organisations to thrive through a group based approach to mental health. We're building an ecosystem of world class practitioners to deliver programs at scale for anyone in distress. And with organizations, we work on multi-year programs to shift the needle on employee wellbeing.

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When we unleash the wisdom and creativity of anyone dealing with emotional distress, the world will be more joyful.

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TRAUMA RESOURCE  
INSTITUTE

# ELAINE MILLER- KARAS

Trauma Resource Institute, Inc.  
Co-Founder & Director of Innovation

The Trauma Resource Institute is a 501(c)3 non-profit organization, which cultivates trauma-informed and resiliency-focused individuals and communities worldwide. Two types of trainings are offered, the Trauma Resiliency Model (TRM)® and the Community Resiliency Model (CRM)®, which have been developed to educate individuals about their nervous system and to teach easy-to-learn wellness skills to be used for self-care as well as care for others, based upon neuroscience. We reach out to natural leaders, the trusted ambassadors of communities to train as teachers, to scale wellness skills to their community, imbued with their cultural lens. The wellness skills can be used across the lifespan. Research has found statistically significant increases in wellbeing and reductions in symptoms of depression and anxiety.



The Trauma Resource Institute believes in our common humanity and in a world where people of all religions, races, abilities, ages, sexual orientation and gender identification are equally respected, included and welcomed.



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# ENOCH LI

**Bearapy**  
Founder & Managing Director

BEARAPY is a wellness organizational consultancy and training company with the mission to promote emotional resilience and mental wellbeing in the work place.

Our mission is to make the world mentally healthy. We are a social enterprise that places priority on social impact over profit, and commit to reinvesting into the community to raise awareness, thus supporting the Sustainable Development Goals.

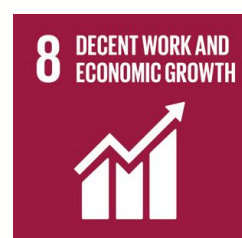
Based in Beijing and covering Asia Pacific – especially Hong Kong and Singapore, we have experience working with multinational corporations, small and mid-sized companies, and start-ups to make their workplaces mentally healthy, employees well and engaged, and the workforce more productive, thus leading to conscious leadership, robust bottom line, and resilient organizational culture.



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Mental health is self-awareness and acceptance. Integrate what we do not like about ourselves. And in the process, be kinder to each other.

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# GARY BELKIN

Billion Minds Institute  
President

The capacity of all people to carry the emotional and practical actual heavy lifting to transition economies or manage the great damage and transformations pressed by environmental collapse, is barely discussed. Yet high level policies to decarbonize or incentivize more sustainable economies will fail without a socially and emotionally empowered "social climate" at local levels where the real brokering, adapting, transitioning, fighting, suffering, happens. Billion Minds works to grow the policies, ideas, and networks, and proofs of concept to animate them, that apply and spread what we know from across the human sciences about how to grow cooperation, nurture, ecological-mindedness, and social infrastructure for collaborative impact, action, collective socio-emotional resilience.



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Mental health and wellbeing, if pursued the right way, are not only ends in themselves, but crucial means and anchors to larger ends of sustaining the nurturing cultures necessary to deeply own the work of nurturing the earth as well.

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# HELEN MASON

Child Helpline International  
Director of Operations

Child Helpline International is a collective impact organization with more than 160 members from 140 countries and territories around the world.

We coordinate information, viewpoints, knowledge and data from our child helpline members, partners and external sources. This exceptional resource is used to support child protection systems globally, regionally and nationally, and to help our members advocate for the rights of children and amplify their voices.

Every year, child helplines around the world field more than 20 million individual cries for help. Until the founding of Child Helpline International in 2003, these organisations did their great work in isolation, and with no access to one another. Now, we are working together every day to bring children's voices to policymakers and influencers. We make sure the world listens to these voices.



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According to the World Health Organization, one in seven 10 to 19 year-olds in the world lives with a mental disorder. Youth is the age when most mental health disorders start, even though they are only diagnosed during adulthood. Child helplines play a crucial role in supporting these children and young people globally.

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# KATE LEVENTHAL

**CorStone**  
Chief Program Officer



CorStone develops and provides psychosocial resilience programs for youth worldwide, focusing on adolescent girls as critical change-agents in their communities. We believe that cultivating resilience is a foundational step in helping youth to thrive—one which is often missing in development. Our evidence-based programs impact three interdependent factors in wellbeing: mental health, physical health, and education.

CorStone's resilience programs have served nearly 200,000 youth in marginalized communities in low and middle-income countries, including India, Kenya, and Rwanda, and are set to reach 5 million more youth in 40,000 schools over the next 3 years, in partnership with state and national governments.

CorStone's research has provided some of the first evidence in any low- or middle-income country that resilience helps improve mental and physical health and gender equity. CorStone studies have included large-scale longitudinal RCTs, pilots, feasibility studies, participatory action research, scalability trials, and measure adaptation and validation studies.

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After the first resilience program sessions, kids often say: “Nobody ever told us we had strengths.” Suddenly, their worlds look different. Supporting mental wellbeing doesn't have to be complicated, even in low-resource settings. Simple things can have great impacts.

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# KELLY DAVIS

Mental Health America  
AVP of Peer and Youth Advocacy

Mental Health America is a US-based nonprofit organization dedicated to promoting mental health, preventing mental and substance use conditions and achieving victory over mental illnesses and addictions through advocacy, education, research and service.



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Everyone has a role to play in addressing mental health. Each person should have access to the tools, services, supports, and communities that allow them to thrive.

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# LAUREN MAGOUN

Dimagi

Sr. Health Strategy Specialist



Dimagi is a certified Benefit Corporation and leading social enterprise, working since 2002 towards our vision of a world where everyone has access to the frontline services they need to thrive. Headquartered in Cambridge, Massachusetts and with teams in India, South Africa, Senegal, and around the world, Dimagi partners with governments, NGOs, and foundations to amplify their frontline impact through scalable digital solutions and expert services. Our open-source flagship product, CommCare, is the world's most widely-used data collection and service delivery platform, and has been used by over a million frontline workers in 130 countries. An evidence base of more than 80 peer-reviewed publications has shown that equipping frontline workers with CommCare improves performance, quality of care delivered, and client health outcomes.

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Access to quality, affordable, mental health care is a human right. We believe digital solutions can help scale and amplify evidence-based interventions, led by non-specialist providers, in community-based and healthcare organizations improving the lives of millions.

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# LOIS HOLZMAN

East Side Institute  
Founder & Director



The East Side Institute, an educational-research non-profit, unites human and community development with culture change and social transformation through its practices of social therapeutics and performance activism. Programs bring together social change agents and innovators in any field, from any country, to learn how to support people to live their lives in new ways that generate hope, possibility, connection, and opportunity. Social therapeutics relates to human beings as creators of culture and ensemble performers of their lives. In addition to an international faculty, the Institute has nearly 100 Associates across the globe. Recent initiatives include Reimagining Dementia, Developing Across Borders, and Play, Development and Social Justice. Since 2001, the Institute has hosted Performing the World conferences and gatherings, building a global community of performance activists who explore the power of performance and play to create a better world. Resources available: books, articles, podcasts, and lectures.

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No matter where and how they live, people want health, happiness, and hope. They want possibilities, not prescriptions. They want development, not diagnoses. They want to be connected, not constrained. They want opportunities, not fixed identities and labels. We help people actualize these wants.

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# MIKE OYOLA

Positive Engagement for All  
Program  
Chief Executive Officer



PEFAP has the mission of offering hope to residents of both informal and rural areas through various programs such as:

1. Championing for mental wellness through psychotherapy counselling,
2. Self advocacy against GBV and discrimination against the disables and the elderlies,
3. Offering SRHE to school going girls,
4. Economically empower community members through social entrepreneurship training such as tree planting for carbon crediting and fruits harvest

To further this mission, PEFAP is committed to advocate for a diverse, inclusive, and fair society that everyone regardless of gender, race, ethnicity, national origin, age, sexual orientation or identity, education or disability, feel valued and safe.

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For humans to perform at optimum, mental health and wellbeing should be paramount.

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# MONIRA RAHMAN

Innovation for Wellbeing  
Foundation  
Founder & Executive Director



Recognizing that there is a clear and moral need for a systematic, sustained reform of mental health provision in Bangladesh, the Innovation for Wellbeing Foundation (IWF), a pioneer NGO in Bangladesh was established in 2015 as a vehicle to introduce an integrated model of wellbeing for addressing poverty, inequality and injustice, particularly in the mental health arena. IWF's vision is to develop and promote the concept of a society where human potentials are at optimal level in a safe, equal and enabling environment. IWF's mission is to work both as a Leader and in partnership with stakeholders to promote wellbeing and happiness and thus secure, health, peace, equality and productivity.

IWF runs internationally accredited Mental Health First Aid Program. IWF also act as a secretariat of Bangladesh Mental Health Network. IWF's advocacy resulted replacement of the Lunacy Act 1912 to Bangladesh Mental Health Act 2018.

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Mental health is my right. And I want to ensure that everyone can practice this right to live a fulfilling life, a life free from fear of discrimination, abuse and violence, a life with dignity, peace and equality in this world.

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# RIANNA PATTERSON

Dominica Dementia  
Foundation  
Founder

The Dominica Dementia Foundation was launched by Rianna Patterson at the tender age of 18. We aim to raise awareness of Dementia, raise funds for families affected, provide emotional support to families and their caretakers and also facilitate research towards Dementia. We work with care homes to improve the lives of clients with Dementia in Dominica. We work with schools and health professionals to promote Dementia as well as facilitating training on older people protection in Dominica. We run various social media campaign to sensitise the public about Dementia. We have reached our 4000 individuals through our awareness campaigns. We have supported older people in Dominica during Hurricane Maria. We also work closely with the Government on local policy for older persons. We have hosted Dominica's 1st World Alzheimers Month in Dominica in 2016 and 2017. We are committed to help Dominica to become a Dementia Friendly Island.



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My grandfather passed away with Dementia when I was 16. I want older people to have easy access to treatment. Where we can co-exist regardless of our age. A Dementia friendly world that celebrates and engages with older people.

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# ROSEMARY GATHARA

Basic Needs Basic Rights Kenya  
Executive Director

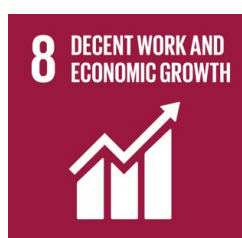


BasicNeeds Kenya envisions an inclusive society where the basic needs and rights of all people with mental health conditions are recognized and respected. Through psychosocial support services, livelihood opportunities and interventions to address mental health stigma and discrimination, BasicNeeds Kenya promotes wellbeing and empowers people with mental health conditions and their caregivers to live and work successfully in their communities. Since inception, BasicNeeds Kenya has distinguished itself as a leader in mental health and development in Kenya and has had an impact on over 98,000 people.

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Everyone deserves a dignified life. When we appreciate diversity not judging differences as defects or deficiencies, we can show understanding and empathy and in turn receive the same and be happier for it.

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# CATALYST 2030

Collaborating to achieve the SDGs