

For Immediate Release: May 18, 2022

United Way of the Midlands Receives Donation from The Molina Healthcare Charitable Foundation for Mental Health Initiative

United Way of the Midlands (UWM) is proud to announce it has received a donation of \$25,000 from The Molina Healthcare Charitable Foundation. The donation will support UWM's new Mental Health First Aid (MHFA) initiative for the Omaha-Council Bluffs metro area.

Research studies and strategic plans have identified mental health as one of the highest needs within our community, and statistics show that one in three people in the Omaha-Council Bluffs metro experience symptoms of chronic depression. As the need for mental health services continues to grow, due to the stigma around asking for help, many people suffer silently without getting the support they need.

To address the increased demand for services and reduce barriers to seeking help, UWM has developed a partnership with Region 6 Behavioral Healthcare to expand access to MHFA training. By investing in this initiative, The Molina Healthcare Charitable Foundation is supporting UWM in significantly increasing community awareness and education around mental illness, and empowering community members to connect with individuals and increase their support for those in need of mental health services.

"We are honored to be awarded this generous gift from The Molina Healthcare Charitable Foundation," said Shawna Forsberg, president and CEO of UWM. "Their support will help us increase awareness and offer MHFA training to employers, business leaders, school personnel and others who want to better understand how to help someone struggling with mental health challenges."

"MolinaCares is committed to building stronger communities and is proud to support United Way of the Midlands," said Carolyn Ingram, executive director of The Molina Healthcare Charitable Foundation. "Molina is dedicated to whole-person care and supporting this important mental and behavioral health initiative will help strengthen individuals and families throughout Omaha."

About the Molina Healthcare Charitable Foundation

The Molina Healthcare Charitable Foundation is a 501(c)(3) established in 2020 by Molina Healthcare, Inc. The Molina Healthcare Charitable Foundation was created to improve the health and well-being of disadvantaged populations by funding meaningful, measurable, and innovative programs and solutions that improve health, life, and living in local communities.

About United Way of the Midlands

For the past 99 years, United Way of the Midlands (UWM) has used its community-wide perspective to identify local needs that are going unseen or unmet – and how it can partner with corporate, government organizations, nonprofits and donors to tackle them. Today, UWM remains committed to uniting our community's caring spirit to build a stronger tomorrow. It invests donor dollars in more than 100 local nonprofit programs that, together, form a circle of support around our community. These programs are addressing pressing social and economic disparities and providing the essentials families need to thrive, such as healthy food, a safe place to go after school and job support.

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