

# Media Advisory

March 8, 2022



## **Finding our Way Back to Mental Health**

The Need for Accessible, Affordable Treatment in the midst of collective trauma

Please note that on **March 15, 2022**, Elizabeth Hughes, Senior Director of Insight Region™, The Community Foundation for Northern Virginia's Center of Community Research, will present the findings in the report *Finding our Way Back to Mental Health* at the annual [Shape of the Region Conference](#). This conference will highlight the complex barriers to basic mental health service- therapy, helpful medications, early interventions, and so on. The conference will feature multiple panels of national and local experts for candid discussions of the challenges of accessing basic mental health services in Northern Virginia, and what innovative ideas and opportunities may exist to address this critical issue that impacts us all.

How has the picture of mental health changed in the region? In 2019, about 8 percent of the population was dealing with “active symptoms” of anxiety or depression. Now, that figure is 28%, a fourfold increase impacting over a half million adults in Northern Virginia. This does not include some 200,000 adults whose anxiety and depression levels are transient but have received or sought to receive medication or talk therapy in the previous four weeks. In total, **whilst 750,000 adults in Northern Virginia have mental health needs, 370,000 who want therapy or counselling are unable to get it.**

The report investigates four systemic barriers to people getting the care they need, offering recommendations on how Northern Virginia can work to support this large group of people by addressing systemic barriers to treatment, and what roles the nonprofit sector, from foundations to community programs and others, can play.

The findings will become publicly available on March 15<sup>th</sup>, 2022 at the Shape of the Region conference. Members of the press interested in attending the presentation of the report should contact Tara Nadel, Vice President of Marketing and Events at (703) 879-7637 or [tara.nadel@cfnova.org](mailto:tara.nadel@cfnova.org)

An embargoed copy of the report is **available by request**. If you would like an embargoed copy of the Mental Health Report, or if you have any other questions or comments, please refer to the point of contact below.

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### **MEDIA CONTACT**

Alex Carey

Community Foundation for Northern Virginia

Manager of Communications and Events

[alex.carey@cfnova.org](mailto:alex.carey@cfnova.org)

(703) 347-7427

### **About Community Foundation for Northern Virginia**

The Community Foundation for Northern Virginia grows philanthropy to respond to need, seed innovation and lead and convene the community. During the past 2 years the Community Foundation awarded \$20 million in grants and

scholarships and now reports \$96 million in managed philanthropic assets. For more information please visit us at [www.cfnova.org](http://www.cfnova.org), follow up on [Facebook](#), [Twitter](#), [LinkedIn](#), and [Instagram](#).