



## Mental Health Grant Awards

June 2026

Through the Family Well-Being and Lotus Fund initiatives, San Diego Foundation awarded more than \$2 million in grants to 38 nonprofit organizations supporting the mental health of children, youth and families across San Diego County.

Funding will help provide counseling, therapy, family support services and mental health education, while also creating paid internships and training opportunities for future behavioral health professionals.

### **Co-Funded Grantees:**

This organization received support from both funding initiatives to expand access to mental health services and help prepare the next generation of behavioral health professionals.

- **Union of Pan Asian Communities (UPAC), \$125,000:** To strengthen San Diego County's behavioral health workforce by supporting students pursuing careers in behavioral health while also expanding access to mental health programs that meet the needs of communities furthest from opportunity across the region, including Asian American, Native Hawaiian and Pacific Islander communities.

### **Lotus Fund Grantees:**

These organizations received funding to promote mental health and well-being through youth programs, community connection, mental health education and culturally responsive support services.

- **Asian Pacific Islander Community Actions, \$50,000:** To support Mental Health Meriendas, providing culturally responsive mental health education and support for community members.
- **California State University San Marcos Foundation, \$50,000:** To support the Pacific Islander Community Health Youth Program (PIC Health Youth), helping youth build knowledge and skills related to mental health and community well-being.
- **Karen Organization of San Diego, \$50,000:** To provide mental health intervention and support services from youth furthest from opportunity.

- **Miramar College Foundation, \$50,000:** To expand mental health support and improve access to resources for youth, including Asian American, Native Hawaiian and Pacific Islander students.
- **Taupou Samoa Cultural Arts, \$50,000:** To promote the mental health and wellness of youth through culturally relevant programming and community connection.

### **Family Well-being Grantees:**

These organizations received funding to provide mental and behavioral health services for children, youth and families, including counseling, therapy, family support programs and training opportunities for future behavioral health professionals.

- **Alliant Educational Foundation, \$100,000:** To provide children and youth furthest from opportunity with trauma-informed high-quality mental health care, delivered by graduate students in clinical psychology in partnership with trusted community-based organizations.
- **California State San Marcos University Foundation, \$75,000:** To expand culturally sensitive and trauma informed internships at Cal State San Marcos to prepare students to enter the behavioral health workforce, while serving CSUSM students seeking mental health and basic needs support.
- **Casa de Amparo, \$35,000:** To deliver trauma-informed mental and behavioral health care for foster youth ages 12–18 through individualized therapy, crisis intervention and evidence-based treatment.
- **Center for Community Solutions, \$35,000:** To provide tailored services and advocacy for children and parent survivors of domestic violence that are furthest from opportunity.
- **Chicano Federation of San Diego County, \$50,000:** To expand culturally responsive, trauma-informed therapy and mental health education for youth ages 6-18+ and their caregivers/educators through a new Barrio Logan site.
- **Christie's Place, \$50,000:** To expand mental health services for children and families in San Diego through therapy, support groups and family-centered events.
- **Episcopal Community Services, \$50,000:** To deliver bilingual, trauma-informed mental health care including therapy, assessments and family support to children and caregivers in San Diego furthest from opportunity.
- **Global Communities, \$50,000:** To empower youth with tools to navigate complex family and community dynamics by strengthening self-confidence, emotional regulation and

communication skills through group activities and training for caregivers and youth serving staff.

- **Home Start, Inc., \$50,000:** To provide comprehensive psychotherapy to children and caregiver survivors of abuse and trauma.
- **Interfaith Community Services, \$81,000:** To expand behavioral health support for families at risk of or experiencing homelessness through clinical interns providing counseling and trauma-informed care, while strengthening the future workforce through paid internships.
- **International Rescue Committee, \$50,000:** To implement psychosocial support group interventions to alleviate the effects of trauma, build resilience to behavioral health challenges and promote health and well-being among displaced families.
- **Just in Time for Foster Youth, \$50,000:** To provide free therapy, resilience workshops and coaching cohorts for foster youth.
- **La Maestra Foundation, Inc., \$50,000:** To expand access to trauma-informed, culturally responsive behavioral health services for children and youth ages 0–17 and their families, supporting healing and resilience in communities furthest from opportunity.
- **License to Freedom, \$35,000:** To support the developmental, educational and mental health needs of children ages 0-5 through prevention and early intervention, fostering strong foundations for emotional well-being.
- **Logan Heights Community Development Corporation, \$50,000:** To expand culturally responsive mental and behavioral health services for youth and families through counseling, education and group-based support.
- **Mending Matters, \$63,000:** To expand school-based mental health support for youth furthest from opportunity and build a skilled pipeline of early-career behavioral health professionals.
- **Miracle Babies, \$25,000:** To deliver bilingual, trauma-informed therapy and support groups to San Diego families, furthest from opportunity, that are admitted to the NICU.
- **Monarch School Project, \$50,000:** To provide clinical behavioral mental health services for K–12 students, alumni and families.
- **North County LGBTQ Resource Center, \$125,000:** To expand integrated, affirming mental health and case management services and support training opportunities for behavioral health professionals.

- **Open Heart Leaders, \$25,000:** To support young mothers ages 16–26 through mental health support, wellness groups and family-centered programming focused on postpartum wellness, self-esteem and stronger families across San Diego County.
- **Palomar Family Counseling Service, Inc., \$125,000:** To enhance the expertise of therapists and trainees through a comprehensive training series on evidence-based tools.
- **San Diego Center for Children, \$75,000:** To provide graduate students stipend-supported internships, supervision and training in evidence-based mental health practices on-site at San Diego Center for Children, schools, pediatric offices, and/or other community-based sites.
- **San Diego City College Foundation Inc., \$75,000:** To support students pursuing mental health degrees through stipends, mentorship, hands-on experience and professional development opportunities.
- **San Diego Rescue Mission, \$50,000:** To provide trauma-informed mental health care to families, offering evidence-based support from clinicians and interns to help parents and children heal, build resilience and achieve lasting stability.
- **San Diego Youth Services, \$125,000:** To deliver trauma-informed counseling, psychiatry and social-emotional support to youth furthest from opportunity in San Diego and strengthen the regional behavioral health workforce through stipend-supported clinical internships.
- **SBCS Corporation, \$75,000:** To provide high school, bachelor's and graduate-level students with stipend-supported internships in school settings and on-site at SBCS.
- **Sharp Healthcare Foundation, \$75,000:** To prepare doctoral students for careers in behavioral health through paid internships that strengthen San Diego's health workforce.
- **Social Advocates for Youth San Diego, Inc., \$50,000:** To expand preventive mental health services across the Lincoln High School cluster, delivering evidence-based interventions, building resilience and social-emotional wellbeing for students facing economic hardship.
- **transcendANCE Youth Arts Project, \$50,000:** To provide culturally-responsive, trauma-informed supportive interventions for youth through Creative Youth Development programming and wraparound mental and behavioral health services.

- **United Women of East Africa Support Team, \$25,000:** To provide culturally appropriate, evidenced-based parenting programs for parenting groups that include stress management, CPR and Mental Health First Aid.
- **Vista Community Clinic, \$50,000:** To expand early childhood development (ECD) workshops at community and clinic locations in North San Diego County and maintain the region's ECD Collaborative.
- **Vista Hill, \$50,000:** To support children through screening, education and small group services using the Incredible Years curriculum.