



E3 Youth Philanthropy

EDUCATE · ENGAGE · EMPOWER



Los Altos • Mountain View
COMMUNITY FOUNDATION



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Christy Tonge
Director, E3

E3 Students: Julieth Lara, Liam Gerber
November 2021

lamvcf.org/e3

I stepped into Judy Crate's shoes as E3 Director (big shoes to fill!)



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About Me

❖ Career Focus

- Executive Leadership Coach
- Leader of a Coaching Company
- Podcast Host (LeadersGetReal.com)



❖ Social Impact

- Local Community
 - Schools: MVWSD & MVLA, Challenge Team, etc
 - Non-Profit Founder
- Global
 - Family Round-the-World Service Venture (2014-15)
 - Led commty Guinness World Record (in mvhs gym)





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About E3 Today But 1st...About the Foundation

Helping build a vibrant local community by...

- ❖ Supporting our local nonprofits
- ❖ Advancing social justice & equity
- ❖ Helping disenfranchised & underserved residents
- ❖ Aligning donors & contributors with local needs
- ❖ Supporting commty members on their philanthropic journeys

Our Fearless Leader - Adin Miller



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Executive Director

Fall 2021 Grantees



- Adolescent Counseling Services (ACS)
- Animal Assisted Happiness
- Bay Area Furniture Bank
- Canopy - Care for Trees
- City of Los Altos Mature Adult Center
- Community Health Awareness Council (CHAC)
- Community School of Music & Arts (CSMA)
- Community Services Agency (CSA)
- Day Worker Center of Mountain View
- Family Engagement Institute
- Friends of Deer Hollow Farm
- Greentown Los Altos
- Healthier Kids Foundation
- Hidden Villa
- Hope's Corner Inc.
- Kara - Grief Support
- Living Classroom
- Los Altos Festival of Lights Parade Fund
- Los Altos History Museum
- Los Altos Stage Company
- Mayview/Ravenswood Community Health
- Mentor Tutor Connection
- MVLA Scholars
- Next Door Solutions to Domestic Violence
- Peninsula Bridge
- Reading Partners Silicon Valley
- Village Harvest
- Vista Center for Blind/ Visually Impaired
- West Wind Riding Institute
- WomenSV
- YMCA of Silicon Valley El Camino Branch
- YMCA Project Cornerstone



Incubating Emerging Orgs

- Mountain View Solidarity Fund
- MVLA Scholars
- Appetite for Good
- Center for Age-Friendly Excellence (CAFE)
- GreenTown Los Altos
- Community Women's Chorus
- Listos Mountain View
- Los Altos Forward
- MVLA Service League of Boys (SLOBs)
- Resilient Los Altos
- Soil&Water Garden
- TACO (Terrible Adult Chamber Orchestra)
- Together We Can

Upcoming: LAMV-CF - Community Conversations

Disparity for Women in the Pandemic

Los Altos
Women's
Caucus



Daphne Ross
LA Women's Caucus



Moderator - Neysa Fligor
Mayor, Los Altos

Sponsors



Quality. Service. Value.®



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Your Philanthropist / Social Impact Journey

Philanthropists are people who:

- give of themselves for the well being of others;
- who donate time, talent, and treasure for *causes* they believe in so that the world may become a better place.



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- ❖ **Education on Local Needs**
- ❖ **Change Maker / Leadership Development**
- ❖ **Service Projects**
- ❖ **Grants to Nonprofits in Community(\$10K)**



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❖ Awareness / Education

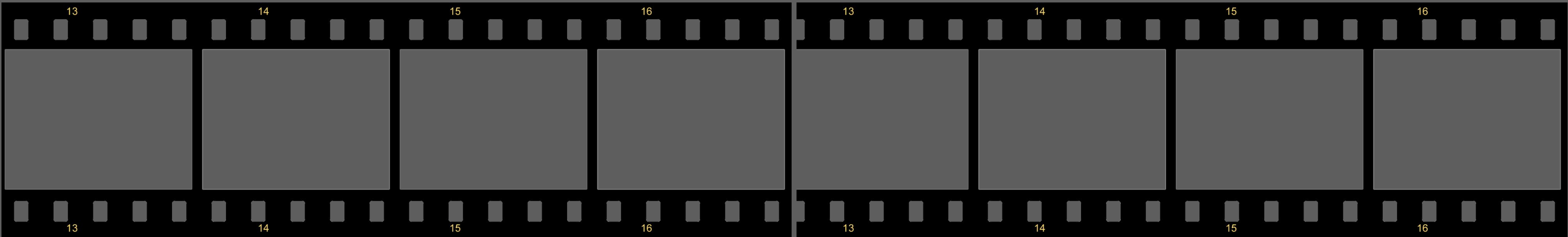
- Self-Awareness
- Awareness of Others
 - Commtty Needs (research)
 - Commtty partners

❖ Service Projects

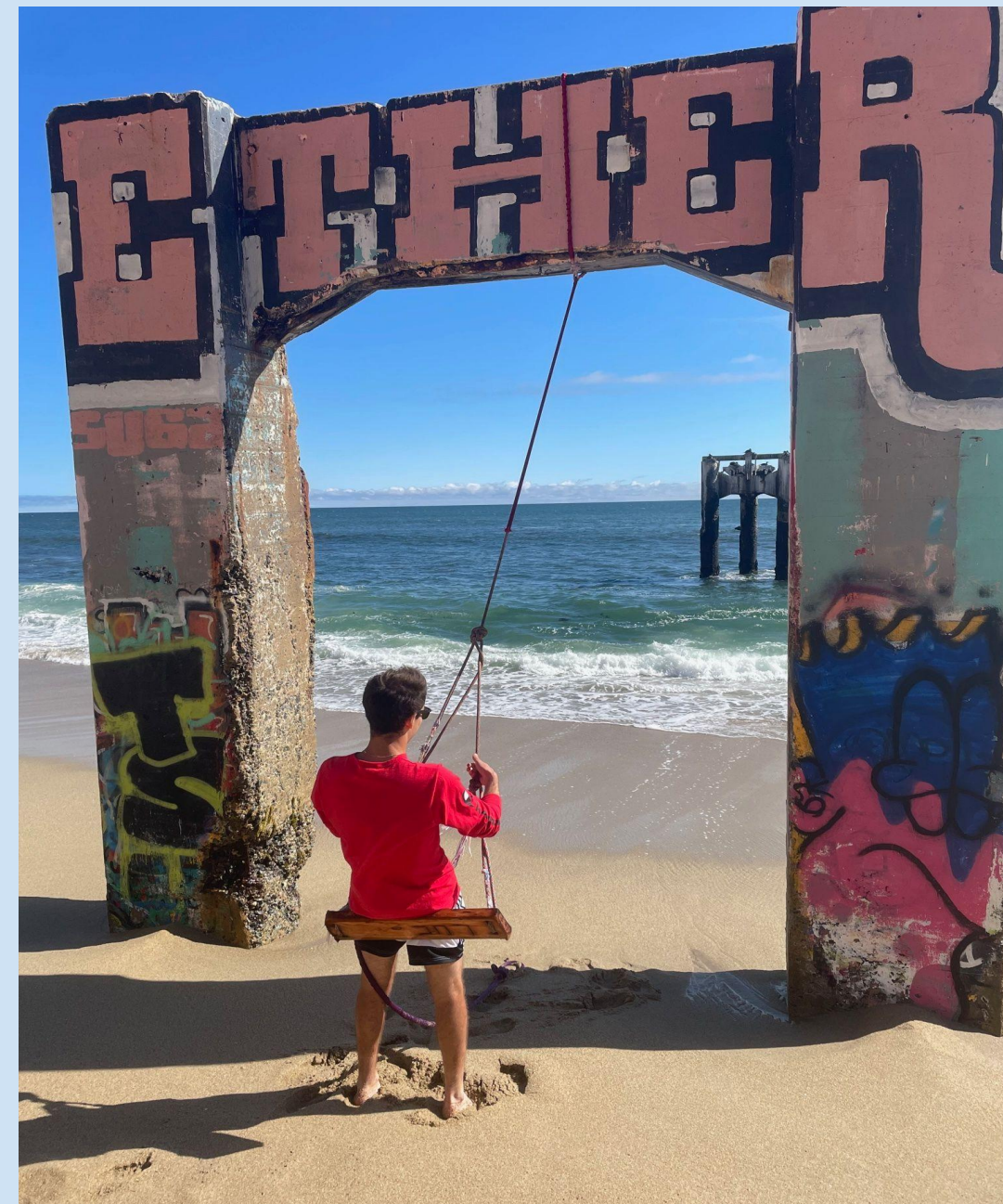
- planning, collaborating
- initiating, leading

❖ Grants to Nonprofits in Commtty

Julieth Lara



Liam Gerber



Cause: Mental Health





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❖ Awareness / Education

- Self-Awareness
- Awareness of Others
 - Commtty Needs (research)
 - Commtty partners

❖ Service Projects

- planning, collaborating
- initiating, leading

❖ Grants to Nonprofits in Commtty



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Students Organizing in Cause Groups

- ❖ **Mental Health**
- ❖ **Education Equity**
- ❖ **Housing Insecurity**
- ❖ **Environmental Sustainability**
- ❖ **Women's Issues**

e3 Students - Research on Mental Health

In 2019, just prior to the COVID-19 pandemic, 10.8% of adults experienced a mental illness, equivalent to nearly 50 million Americans.
Suicidal ideation continues to increase in the U.S. 4.58% of adults report having serious thoughts of suicide, A growing percentage of youth in the U.S. **live with major depression**. 15.08% experienced a major depressive episode in the past year.

Over 2.5 million youth in the U.S. have severe depression, and multiracial youth are at greatest risk.
10.6% of youth in the U.S. have severe major depression.

Over half of adults with a mental illness do not receive treatment, totaling over 27 million adults in the U.S. who are going untreated.
Over 60% of youth with major depression do not receive any mental health treatment.
Both adults and youth in the U.S. continue to **lack adequate insurance coverage**. 11.1% of Americans with a mental illness are uninsured.

Rates of substance use are increasing - 0.07% for adults and **.25% for youth** over last year's report.

- **Social stigma** obstructs awareness about mental health - [/futuresrecoveryhealthcare.com/blog/barriers-to-mental-health-treatment/](https://futuresrecoveryhealthcare.com/blog/barriers-to-mental-health-treatment/)
- **Cost barrier** - Mental health treatment can be very expensive - www.brainforestcenters.com/resources/mental-health-taught-schools

RESOURCES:

- Mental Health America - Supports those w/ mental illness & promote the overall mental health of all
<https://mhanational.org/who-we-are>
- NAMI - <https://www.nami.org/Home>

LOCALLY:

- MVHS has a NAMI club
- **CHAC** - Quality, affordable Mental Health Care in our Community - www.chacmv.org/





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❖ Awareness / Education

- Self-Awareness
- Awareness of Community Needs & Orgs

❖ Service Projects

- planning, collaborating
- initiating, leading



Kids in Custody Project

@ Juvenile Hall & the Ranch

- 75 youth – 125 Books provided courtesy Eliane & Armand Neukermans
- 150+ gifts through Amazon Gift Registry
- Including a Ping Pong table – Thanks Mimi & Bill Meffert
- PAUR members participated
- Cash Donations of over \$2,000 to BMAB for this purpose
- Partners: Bring Me A Book, E3 Youth Philanthropy
- E3YP youth wrote cards; and ordered, sorted, packed & delivered the gifts



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Next:

- ❖ **Service Projects with Local Nonprofits in 5 Cause Areas**
(Housing Insecurity, Mental Health, etc)
- ❖ **Grants to Community Nonprofits**
(\$10,000)

Here's to making a difference...
Together!



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