



June 5, 2023

The Honorable Henry McMaster, Governor of South Carolina

Subject: Mental Health Gym Appropriation
Project: Mental Health Gym
Earmark Sponsor: Representative JA Moore
Amount: \$275,000.00
Recipient: The Giving Back Fund c/o The Mental Wealth Alliance
Recipient Type: Non-profit organization, 501(c)(3)
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Mission Statement:

The mission of MWA is to train, teach, and treat - through providing state of the art mental health services to Black people in need, while building a long- term system of generational support for Black communities. MWA will Train, by providing scholarships and research education to equip more Black people for the mental health workforce; Teach, by providing resources to eradicate the stigma surrounding mental health in Black communities; and Treat by providing free culturally competent therapy and associated services. MWA is charting the course to achieve its focused mission beginning in year one and continuing for years to come.

1. The earmarked appropriation is intended is to continue the operations and services of the Mental Health Gym established in June 2022.



2. The Mental Wealth Alliance's Mental Health Gym's programs and services, free to program participants, serve the mental health needs of the local community. The programs focus on the emotional, mental, and physical well-being of the program participants by providing participants tools enabling them to make healthy choices for themselves, their families, and community.

In addition to providing wide-ranging services, the Mental Health Gym will also provide brain training therapy, which aims to reduce the stress and mitigate the effects of trauma.

Overall, the Mental Health Gym provides a holistic approach to healing. The services offered by the Mental Health Gym, provide an avenue to heal not only the individual participants, but the participant's families and communities.