

Lonnie J. Nasatir
President

April 4, 2023

Dear friends:

Decriminalizing Mental Health: Let's Break The Cycle is a powerful theme that touches the very heart of the Hinda Institute's work. While there are many ways that the Hinda Institute serves its clients, providing support for mental health is foundational to virtually all of them.

Therapy and social support are often just as important as job placement and housing in helping people rebuild their lives, and we are proud that—under Marna Goldwin's direction—the Ark is helping to deliver some of those critical psychosocial services to Hinda Institute clients.

And those services are critical indeed. While one in five U.S. adults experiences mental illness each year, that number doubles among the incarcerated population. Compounding this challenge are the lasting effects of incarceration, which often include post-traumatic stress, anxiety and impaired decision-making.

As our community embraces the importance of mental health, *yasher koach* for reminding us that this embrace must include everyone in our community.

Sincerely,



Lonnie Nasatir

LN/lh