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For Immediate Release



Grant to Provide Individual and Family Therapy to LGBTQIA Youth & Families

October 25, 2017 - Forty Carrots Family Center, a nonprofit dedicated to strengthening families, recently received a grant of \$5,000 from the Our Sarasota Fund and the McCauley-Brown Fund of the Community Foundation of Sarasota County to provide individual and family therapy services to low income LGBTQIA youth and their families. This launches a Client Assistance Fund specifically for the members of the LGBTQIA community in need of experienced, compassionate care and affordable mental health services.

“LGBTQIA youth’s emotional health can be negatively impacted because of discrimination, bullying, and a lack of understanding about the unique needs of the LGBTQIA community. Often, the fear of coming out and being discriminated against can lead to depression, thoughts of suicide, and substance abuse,” says Carla Johanns, Forty Carrots clinical supervisor. “This generous grant will allow us to reach those in need, regardless of income, to promote young people’s self-esteem, address serious mental health concerns including depression and anxiety, and encourage healthy dialogues within families.”

LGBTQIA individuals are almost 3 times more likely than others to experience a mental health condition such as major depression or generalized anxiety disorder, according to the National Alliance on Mental Illness. For LGBTQIA people aged 10–24, suicide is one of the leading causes of death. This grant enables Forty Carrots to meet the needs of some of our community’s most at-risk youth.

About Forty Carrots. Forty Carrots Family Center strives to provide children with Good Beginning That Last a Lifetime, through its expertise in parenting education, early childhood education and mental health services. Rated 4-Stars by Charity Navigator, Forty Carrots fundraises to provide these services to families from all walks of life, with 93% of families receiving free services. To learn more: www.fortycarrots.org.

About the Community Foundation of Sarasota County. The Community Foundation is a public charity founded in 1979 by the Southwest Florida Estate Planning Council as a resource for caring individuals and the causes they support, enabling them to make a charitable impact on the community. With assets of over \$304 million in more than 1,300 charitable funds, the Community Foundation awarded grants and scholarships totaling more than \$24.8 million dollars this past year in the areas of education, health and human services, the arts, animal welfare, and the environment. Since our founding, more than \$184 million has been invested back into the community through grants and scholarships. For more information, visit www.CFSarasota.org.

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