

## **NEWS RELEASE**

### **P.A.L.S. for Healing Receives Grant from Medical Mutual of Ohio Charitable Foundation**

Grant will assist with improving the mental health of underserved children and young adults using trauma-informed art therapies.

(Independence, Ohio July 2019) –

P.A.L.S. for Healing was the recipient of a \$50,000 grant from Medical Mutual of Ohio Charitable Foundation. The funds will be used to: support our licensed therapists providing therapy to children and young adults through one-on-one sessions, respond to school crises, provide grief support groups in schools, facilitate monthly military workshops for families, offer a group for families affected by substance use along with one for children with an incarcerated parent, and provide a week long therapeutic arts camp for children living in shelter at Laura's Home.

Additional funds will continue to support trauma-informed training or crisis response, provide travel costs to group members who would otherwise be unable to attend session, and purchase therapeutic equipment, art supplies, and additional expenses to support our programming.

P.A.L.S. for Healing is grateful for this support that will allow us to serve the unprecedented growth we've seen each year due to the increase in referrals from other mental health organizations and community partners.

## **About P.A.L.S. for Healing**

P.A.L.S. for Healing is a nonprofit mental health organization formed in 2010 providing counseling and support services to children who experience trauma. Her focus on those most vulnerable is a long-standing personal mission. P.A.L.S. for Healing has four locations within Cuyahoga County and provides offsite group and individual services within Cuyahoga, Lake and Summit counties. We provide professional workshops and training for individuals and organizations. We provide art therapy support group services for youth aging out of the foster-care system, families affected by parental incarceration, families affected by substance use and monthly art therapy workshops for military families. For additional information about our programs, please visit [palsforhealing.org](http://palsforhealing.org).

## BEST PRACTICES:

- Focus the message of the press release on how the funds will serve the community and impact the future of the community
  - o Use numbers to drive home the impact (e.g. # of people assisted, amount donated, etc.)
- Send your press release to local papers and [Philanthropy Ohio](#)
- Images garner more attention! Add a few photos, like the photo with the big check and images of your organization at work, to the press release and social media posts.
- For any questions or a review of your press release and distribution plan please reach out to the CareSource Media Relations team:
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