

FOR IMMEDIATE RELEASE



Generosity generates happiness; Colorado Gives Day is set for December 6

Denver, Colo. October 31, 2022 – Karis Community needs your help on [Colorado Gives Day](#). Support mental health on Tuesday, December 6, 2022.

In the United States, an estimated 46.6 million adults, or 1 in 5, struggle with a mental illness each year. 1 in 20 struggle with a serious mental illness. Shame, stigma, fear, and accessibility are just a few factors preventing over half of these individuals from receiving mental health services or treatment. Karis is here to help! The Empowerment Program teaches folks managing mental illness that they can live satisfying, independent lives while learning to manage their illness successfully.

Donations on Colorado Gives Day support Karis' Empowerment Program, led by two full-time clinical staff members, one full-time case manager, and three part-time paid staff members. The program offers individual therapy, six weekly support group meetings, evening community meals, household supplies, utilities, and onsite mental health services. Through the support of donors, the program is available for \$655/month. Private treatment centers comparable to Karis often cost upwards of \$10,000 per month, resulting in inaccessibility to most individuals.

"I have such gratitude for Karis Community. My determination is to support the Community in whatever way that I can. I want Karis to be there for other people, as it was when I needed it so much. Thank you to all staff, Board of Directors, residents, and patrons." – *Former Community Member*

Beginning November 1 and continuing through [Colorado Gives Day](#) on December 6, all donations made to nonprofits are automatically entered into [random cash prize drawings](#). They also get a boost from a \$1.4 million Incentive Fund. Donors can support Karis in several ways: [make a donation](#), set up a fundraising page, or ask their employer/company to participate in the [Delta Dental Corporate Challenge](#).

About Karis Community

Karis Community is a community-model residential program serving individuals managing serious and persistent mental illness since 1976. Following WWII, Great Britain discovered that veterans experiencing Post-Traumatic Stress Disorder could find significant recovery in communal environments. This approach helped shape the Empowerment Program. At Karis, work lies at the intersections of mental illness, trauma, and substance use. Recovery goals typically include reducing symptoms, learning coping strategies, developing life skills, and restoring the capacity to engage in healthy relationships with others.

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