



Dear colleagues,

If you've already made a gift through the UVM United Way Campaign, THANK YOU! If you are still considering a gift, we are reaching out today to ask you to join us, and many of your colleagues across the UVM community, by making a gift today to support the hands-on work of United Way in the counties we know as home.

The UVM United Way campaign team is working to raise another \$10,000 to meet UVM's goal of \$60,000 by March 31.

Back in October our friends at United Way of Northwest Vermont launched a [Mental Health Toolkit for Employers](#) in response to employers expressing increasing concern about how to help their employees access mental health resources.

In the past few years all of us – our families, our co-workers, our neighbors – have realized mental health is an issue that affects everyone regardless of socio-economic status or where we live in the community. Between 2018 and 2021, Vermont saw a 60% increase in children ages 3 to 8 years old with a mental, emotional, or behavioral health condition.

[This video about Promoting Mental Health](#) explains how United Way is working with its partners to bring the community together to address these challenges.

At the same time the housing crisis in Northwest Vermont, coupled with inflation and economic instability, is making it harder for our neighbors to access basic needs. A January 2022 point-in-time measurement showed a 130% increase in homeless households that included children, compared to before the pandemic.

United Way is leading a locally-driven response to our region's most urgent and complex problems from promoting mental health and meeting basic needs to supporting families and reducing substance misuse.

Every gift – no matter the size – makes an impact in our community. For every \$1 raised, United Way invests more than \$3 back into our communities through leveraging volunteer efforts and other funding sources.

It's easy to make a secure, one-time gift online using your UVM Net ID. Or you can make a pledge by payroll deduction, spreading your gift across pay periods if you'd like.

<https://go.uvm.edu/unitedwaygift>

Together, we can improve lives in Northwest Vermont and build the community we all want to live in.

With many thanks,

John Sama, Mary Provost, Joe Speidel, Kathleen Kemp, and Michele Karode
Coordinators, UVM/United Way Campaign