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For Immediate Release

**Gulf Coast Community Foundation invests in future mental health.**

Forty Carrots is honored to receive \$75,000 investment in the agency's Mental Health Internship & Training Program, thanks to Gulf Coast Community Foundation.

Sarasota and Manatee County are suffering from a shortage of mental health providers, and Forty Carrots Family Center is at the forefront of the effort to increase families' access to child and family mental health therapists in our community.

The program serves as an invaluable training ground for new mental health professionals, immersing graduate students in an intentionally scaffolded training curriculum. Graduate students gain experience working with families from all walks of life, learning critical skills to support the unique and varied mental health concerns of children and their caregivers, no matter their life circumstances.

50% of all lifetime mental illness begins by age 14. Family-centered mental health services for children of all ages, like those offered by Forty Carrots Family Center are critical. When children are showing signs of mental health concerns with behavioral problems, early intervention is key to preventing negative, costly outcomes to our community and a lifetime of struggle for the child.

"From my internship, I gained a deeper understanding of what it means to work in an environment that values its staff while remaining deeply committed to client well-being. I was supported as a person first, while still being held to the expectations of a graduate-level intern. This balance allowed for growth that felt both sustainable and meaningful in a way I hadn't fully expected when entering my master's program. The Mental Health Internship & Training Program's thoughtfulness and dedication have made a lasting impact on me, and I will carry these lessons into my professional practice," said Quincy Schneider, Graduate Student Intern at Forty Carrots Family Center.

"Investing in the people who provide care is just as critical as investing in the care itself, especially as our region works to meet growing mental health needs," said Erin Minor, Gulf Coast's Vice President of Community Leadership. "This support is our long-term

commitment to building a stronger, more prepared system of support for children and families in our region.”

### **About Forty Carrots Family Center**

Since 1993, **Forty Carrots Family Center** has served families in Sarasota, Manatee, and DeSoto counties, ensuring good beginnings that last a lifetime for children through its expertise in Parenting Education, Mental Health Services, and Early Childhood Education. Rated 4-Stars by Charity Navigator, Forty Carrots serves families from all walks of life, with 96 percent of families receiving services free of charge.

Visit [www.fortycarrots.org](http://www.fortycarrots.org) for more information.

### **About Gulf Coast Community Foundation**

Since 1995, Gulf Coast Community Foundation has powered bold philanthropy and collaborative leadership to drive meaningful change across our region. Guided by values of authenticity, curiosity, collaboration, grit, and a trailblazing spirit, we work side-by-side with donors, partners, and community members to tackle our region’s biggest challenges and unlock its greatest opportunities. Together with our donors, we’ve invested more than \$625 million in health and human services, education, civic & economic development, arts & culture, and the environment. Headquartered in Venice, with a second office in downtown Sarasota, Gulf Coast is nationally recognized for excellence, earning multiple “Best Nonprofits to Work For” honors and accreditation from Community Foundations National Standards®. Learn more at [GulfCoastCF.org](http://GulfCoastCF.org) and follow us on [Facebook](#), [Instagram](#), and [LinkedIn](#).