



Hypothesis: Improving access to proven resources will support mental well-being.

We believe everyone has the birthright and the innate ability to experience full mental health and well-being. The mission of Journey's Dream is to connect those touched by mental health challenges with programs and resources that support renewed hope and well-being. We intend to design, develop and implement an ongoing research project to assess the effectiveness of the Journey's Dream model.

What is this research program? Through an independent research organization this program will conduct a series of assessments to determine participants' level of mental wellness at regular intervals:

- Upon entry into the Journey's Dream resource center
- Throughout their ongoing program involvement, and
- Continuing afterward for as long as is feasible

Why is this research program important? Current solutions are incomplete. Medication and therapy can help manage the symptoms of mental illness, but most patients are told there is no cure and they will need to continue treatment for the rest of their lives. Additionally, nearly two-thirds of people with a known mental disorder never seek help from a health professional.

What we need: Your contributions are essential to make this research program a reality.

Vision: We envision the world knowing with certainty that health and well-being are possible. This research program will assess the efficacy of the Journey's Dream model for achieving optimal mental health and well-being.