



Mental Health Grace Alliance
Financial Report 2022





MENTAL HEALTH GRACE ALLIANCE

Mental Health Grace Alliance cultivates healthy solutions for hearts and minds through a simple and innovative approach with biblical truths, scientific research, and practical tools.

“To love them well.”

Mental Health Grace Alliance is creating a new future for mental health in the body of Christ ... with real results!

In 2011, Mental Health Grace Alliance (“The Grace Alliance”) was founded to create practical and grace-filled resources for those living with mental health challenges (individuals + marriages/families). Grace Alliance curriculums utilize a whole-health (i.e., holistic) approach, integrating evidence-based science (neuroscience, psychology, biomedical, etc.) and Biblical scriptures/faith experience for mental health recovery (resilience).

The remarkable impact of the Grace Alliance programs and training was published in four journals, with results showing:

1. Participants saw a reduction in mental health symptoms.
2. Participants were aided in overall mental health recovery.
3. Participants experienced a renewal of their faith.
4. Training increases confidence and skills to respond and minister to mental health challenges.

Today, we have grown to over 900 Grace Alliance groups ([Grace + Thrive Groups](#)) and have seen our Grace Alliance resources being utilized by thousands of individuals in all 50 U.S. states and 25+ countries.

Mental Health Grace Alliance is a 501(c)3 non-profit organization.

Making a difference ... and making history since 2011.

900+

Grace + Thrive Groups.

Grace Alliance has seen over 900 Christian mental health small groups start worldwide.

25+

Countries + the U.S.

Groups and Grace Alliance workbooks have been distributed to 25+ countries.

2-3

New Groups Weekly.

On average, how many new Grace and Thrive Groups are starting globally.



A history-making and donor-supported movement.

Since 2011, with the help of our donors, Mental Health Grace Alliance has helped create one of the largest Christian mental health small group networks worldwide. This has never occurred before, and your donation is helping Grace Alliance make history and influence a new future for mental health in the Church.



“+” means there’s more growth we can’t count!

We only count the groups that officially register with MHGA. Our data indicates that for every group registration, 2-3 other groups are starting (but not registering). Thus, we show this “unregistered” growth as a “+.”

Group Growth in 2022.



127+ new groups added in 2022 (+15% from 2021)

The new Family Grace, Living Grace, Redefine Grace, and Thrive Groups registered their new groups in 2022. **Cumulative growth is 900+ groups.**



37 online groups to access from anywhere across the globe.

The pandemic slowed down all in-person groups, but many adapted to online groups. To date, we now have **37 online groups** to access anywhere globally.



Living Grace Group Leader: *“Incredible curriculum and ministry! We are so blessed to be facilitating these Grace groups!”*



Family Grace Group Leader: *“It’s been extremely helpful to work through this book in a small support group of women and men who are experiencing similar challenges. The content is strengthening and I find the resiliency exercises especially helpful. I have used some in relating and communicating with my loved one, and it has been successful/helpful.”*



Living Grace Group Leader: *“Mental Health Grace Alliance has been an answer to prayer for our families at Lakeland Community Church and they are a pleasure to deal with! I highly recommend their workbooks and training!”*

2022 Website (online) and growth by “transformation.”



78K website visitors ... thousands are asking “Pastor Google” challenging mental health and faith questions.

Before talking to a church leader, people often search for “biblical answers” to their mental health challenges. Many find immediate hope in our blog articles that answer those tough questions.



Reader response from Europe: *“Sitting in depression I came across your incredible website. For the first time ever I truly believe someone understands me. I have sat in prayer this morning, without feeling guilty that my depression is a sin.”*



Reader response from Europe: *“I live in (Europe). I have no family and am isolated to some extent. I am being told by online Christian sites that Depression is more or less an insult to God. I suffer greatly with Anxiety, insomnia and Agoraphobia, clinical Depression. I feel guilty about taking Antidepressants and tried to give them up, with disastrous effects. I realise they are addictive but God is in the driving seat and only he knows my heart. God bless you for the article.”*



Reader response: *“This is such a thought-provoking, informative, and encouraging article. Thank you so much!”*

Grace Alliance is a donor-supported “transformation” movement with limited social media exposure.

DID YOU KNOW ... since 2011, our reach and group growth have been from a life-changing and word-of-mouth experience (not social media campaigns, marketing, or ongoing posting – online presence).

We do not have a marketing or social media budget to prioritize our funding. Thus, we have limited social media posts and other online means to increase visibility (*in the future, we plan to expand our team to utilize social media better to reach thousands more*).

When people find us and review our resources, we often hear comments such as, *“You’re like the best-kept secret out there ...”* or *“You guys are like a needle in a haystack; we’re so glad we found you.”*



HOWEVER, it is our Grace and Thrive Group leaders and participants having life-changing experiences and sharing them with others. They experience personal and community benefits and transformative growth. After completing the curriculum, some groups stay in a community for years, others come back to lead/facilitate or start more Grace or Thrive groups, and some go on to serve with other ministries within their church or other mental health organizations or community programs.

Your donor partnership enabled us to empower and strengthen Grace + Thrive Leaders in 2022 ... for FREE.

(Your generosity enables us to remove training, membership, and consulting fees)



***2000+ leader email list and 570+ on Leader Facebook page.**

We engage with group leaders through periodic emails and a private Facebook page for leaders. There is an excellent exchange of leader support on the leader's Facebook page. Along with many experienced lay leaders, some of our leaders are made up of mental health pros and certified mental health specialists.



***9 monthly live + interactive online meetings.**

Each month, Grace Alliance CEO, Joe Padilla, hosts a live, interactive meeting with group leaders across the globe. The agenda is simple: ask any question, and other leaders and our Grace Alliance team responds with their incredible experience and knowledge. We didn't meet in June (CEO Joe was ill), July (summer break), and December (Christmas break).



***9-week interactive training, "Intro to Mental Health Ministry" in partnership with Baylor Religion (internship).**

Joe Padilla (MHGA CEO) provided this course to the Baylor Religion intern and Grace + Thrive Group leaders to help debunk mental health spiritual/cultural stigma and offer a broader scriptural insight for texts often used to help "justify" mental health in the Bible. Joe walked the participants through an integrative approach from science (neuroscience, psychology, biomedical/physiology) and Old and New Testament theology to understand a broader framework and facilitated Q/A. With positive feedback, leaders/participants wanted this course to continue.



***Donor-supported to provide a FREE centralized mental health leader support network.**

Many seminaries and in-house/church ministry training programs offer very little or no mental health education and training, which makes it challenging for church leaders to support their Grace + Thrive group leaders with ongoing education, training, and ministry tools. Many times, Grace Alliance CEO, Joe Padilla, was able to refer and connect inquiries to our network of Grace + Thrive Group Leaders where they could learn from other innovative mental health ministry models.

With our Grace Alliance team and our growing group leaders, we are building one of the largest networks of Christian mental health small group leadership networks – with collective experience and expertise that can broadly help the Church.

Inspiring hope and influencing a new future for mental health and the Church.



***67 Connection Meetings (12 were international)**

Throughout 2022, Joe Padilla (MHGA, CEO) provided free meetings to church leaders, mental health professionals, etc., who were interested in learning about Grace + Thrive groups, how to strategize the ministry in the church, and how science and faith integrate for support.



***5 Inspiring Speaking Events in 2022**

We often get requests to speak at mental health conferences, podcast interviews, church events, seminaries, and universities. Due to scheduling, we had to turn down several requests, but here are the events we were able to do:

- + **Texoma Behavioral Health Conference (Sherman, Texas)**
- + **Truett Seminary – Spring + Fall semester (Baylor University, Waco, Texas)**
- + **Lutheran Foundation, Look Up Conference (Fort Wayne, Indiana)**
- + **Seventh Day Adventist Regional Conference (Atlanta, Georgia)**
- + **Hope For Anxiety/OCD – Carrie Bock LPC (podcast)**



7500+ worldwide email subscribers (+9% since 2021) with the above avg. open rate.

Almost every week, we provided short and insightful emails to subscribers worldwide. The avg. rate people open these subscription emails is around 15%, but approximately 38% of our subscribers opened to read our encouraging emails (with many of the emails being forwarded to others).



Email response to “How to help others through dark times”: *“This message on helping someone through dark times was a God-inspired note for us in helping our daughter and feeling so overwhelmed and frustrated. Thanks so much!”*



Email response to “The science of addiction freedom”: *“You continue to share in-depth amazing Grace that transforms ... I am always inspired with hope as I research your insightful directions for change that transitions the heart for healing!”*



Email response to “How God’s comfort works in depression”: *“Thank you so much. This helped me a lot!!!”*

***Donor-supported to provide influence.**

With generous support from our donor partners, we can provide connection meetings with church leaders and respond to speaking requests without consulting or speaking fees (the host covers all travel expenses and an honorarium for various speaking events). Whether a large or small church wants help or it’s a large or small event, every connection or speaking request is an opportunity to help influence strategic and practical change.

Our most important priority in 2022 ... Thrive workbook.



Grace Alliance began by successfully coaching others in mental health recovery, and the whole process was put into a workbook (*positive outcomes published*). With a growing demand for Thrive to be used in groups, we set out to revise and update the content in 2020.

Revising and updating “Thrive” took us three years and was released in January 2023.

The new version is more user-friendly for personal and group use. The content has updated science (with 100+ references), new and broad scripture integration, new and updated application tools, and much more. We’re making mental health simple and transformative for the Body of Christ.

Thrive: Living Resilient and Renewed Reviews:



“Love my workbook, Grief is the reason for my purchase. First chapter on sleep is helping.”

“This workbook is a great improvement! I am looking forward to sharing all of the hands-on tools with the group.”

“This is a thorough workbook that is an amazing tool for anyone looking to be their best self!”

*Our life-changing Grace + Thrive Curriculums.



Family Grace: 16-week topical curriculum for families/marriages supporting a loved one’s mental health wellness.

***Living Grace:** 16-week topical curriculum for individuals’ mental health wellness.

Redefine Grace: 10-week topical curriculum for students’ mental health wellness.

***Thrive (course):** 20 topics - in-depth, whole-health course/curriculum for mental health wellness (resilience, mental health recovery).

**Evidence-based in group use and coaching (Thrive), published in psychological journals showing mental health symptom reduction, renewed faith, and overall mental health recovery.*

*Donor-supported to provide affordable workbooks.

We set the price of the workbooks to cover their production (printing costs), shipping, and handling fees (all U.S. orders include free shipping and 50% of int’l shipping costs). All proceeds from the workbooks go back into Mental Health Grace Alliance.



Thank you for being a Grace Alliance donor-partner ... making history and empowering a new future for mental health in the Church and communities across the globe.

Your Donor Partnership!

As this report reveals, your donor partnerships enable us to offer the following:

- + **FREE GROUP LEADER TRAINING + SUPPORT + NETWORK BUILDING** for strengthening and growing a global, influential leadership network
- + **FREE MEETINGS + CONSULTS** to help church leaders and mental health pros
- + **AVAILABLE TO SPEAK** (influence change) with no speaking fees
- + **HOPE-FILLED BLOG ARTICLES** for thousands looking for answers
- + **AFFORDABLE WORKBOOKS** (proven) for anyone, anywhere, anytime
- + **A "TRANSFORMATIVE" GRACE** that's spreading worldwide

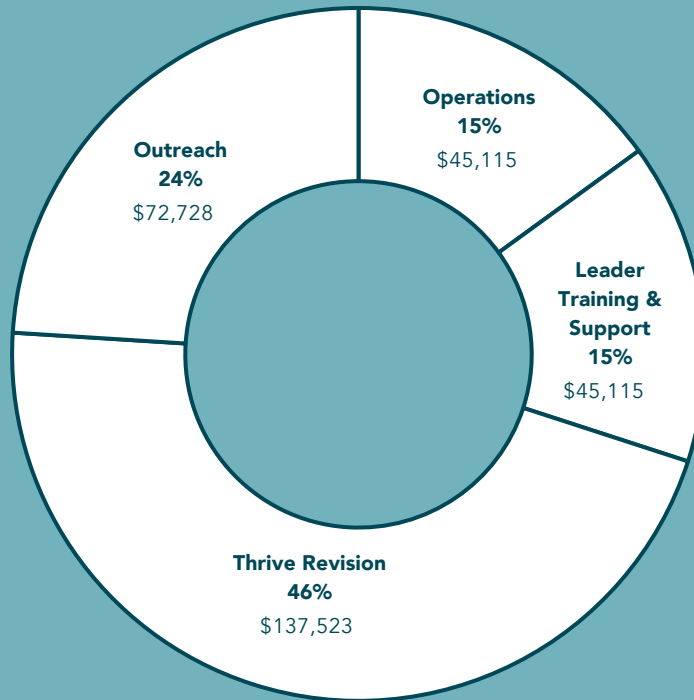




MENTAL HEALTH GRACE ALLIANCE

Your generosity in action.

85¢ of every dollar goes toward reaching individuals, families, churches, ministries, and communities worldwide with MHGA resources and training.



Percentage of funds dividing out our time and resources.

The Thrive workbook revision represented the bulk of our team's time and resources in 2022. With a limited team size, the Thrive revision was the priority for a January 2023 release. Other areas of the organization were well-balanced for operational systems, group leader network support (for the movement), and outreach (emails to subscribers, connection meetings with church leaders, speaking events, etc.).

Thank you for being generous and investing in this grace-transforming growth.