



SHE RECOVERS® Foundation Launches *SHE RECOVERS: The Next Generation* in Response to Youth Mental Health Crisis
Fundraising Campaign Will Fund Recovery Resources, Programming, and Education So Young Women Get Access to the Help They Need

(SANTA FE, NM) June 15, 2023 – [SHE RECOVERS® Foundation](#) is launching SHE RECOVERS: The Next Generation in an effort to combat the youth mental health crisis. American youth mental health has been declared a [national state of emergency](#) by the American Academy of Pediatrics, the American Academy of Child and Adolescent Psychiatry, and the Children’s Hospital Association based on the lasting effects of the Covid-19 pandemic. [SHE RECOVERS: The Next Generation](#) will provide the critical programming needed to connect, support, and empower the next generation of women between ages 18 and 35 to ensure they find hope and healing in recovery. The initiative will be led by an advisory committee of young women leaders from the same age group the initiative is trying to reach.

“I am proud to be a part of the evolution of SHE RECOVERS as we work to address the mental health crisis facing young women today,” said Taryn Strong, Co-founder and Vice Chair of SHE RECOVERS. “As someone who struggled with addiction, disordered eating, and self-injurious behavior as a teenager, I understand what it’s like to face mental health challenges when you’re young. This new initiative has the power to make a real difference in the lives of young women and change the trajectory of their lives.”

SHE RECOVERS® Foundation is a non-profit movement serving over 325,000 women dedicated to redefining recovery, inspiring hope, ending stigma, and empowering women in or seeking recovery from life challenges including mental health issues, trauma, and substance use to increase their recovery capital, heal themselves and help other women to do the same.

As part of the next generation initiative, SHE RECOVERS has begun a crowdfunding campaign that will help the organization build and provide the platforms, programs, and resources young women need, including:

Trainings & Ambassador Program. By delivering recovery storytelling and advocacy trainings and developing a Young Women’s Ambassador Program, SRF will ensure young women are equipped with the resources, messaging, and tools they need to share their stories, advocate for recovery, and make lasting change for recovering women in their communities.

Safer Technology. Traditional social media platforms are a driver of the youth mental health crisis. Safer technology platforms will meet millennials, Gen Z, and the next generation of women right where they are.

Programming & Resources. To meet the needs of young women, SHE RECOVERS will develop a next generation advisory committee with young women and offer support through a dedicated recovery community, online and local support groups, and recovery-focused resources.

Trauma-Informed Support. SHE RECOVERS will provide trauma-informed training for SHE RECOVERS Professionals to facilitate free online gatherings and local sharing circles that serve and support young women.

Recovery & Life Skills Education. SHE RECOVERS will provide recovery and life skills education opportunities to help young people build the skills they need to thrive in recovery.

Stronger Systems of Care. SHE RECOVERS will work to ensure recovery solutions are provided to all young women in or seeking recovery through social awareness campaigns and partnerships with collegiate recovery programs, treatment centers, healthcare, and therapeutic providers.

How to Help

SHE RECOVERS has initiated a crowdfunding campaign designed for supporters to help in the areas that mean the most to them at a variety of giving levels. To [donate today](#) or [learn more](#) about this potentially life-saving initiative, please click [here](#).

ABOUT SHE RECOVERS® Foundation

SHE RECOVERS® Foundation is a 501(c)(3) non-profit public charity and a global grassroots movement serving more than 325,000 women and non-binary individuals in or seeking recovery from life challenges including trauma, substance use, grief and loss, eating disorders, burnout and moral injury, love addiction, and mental health issues such as anxiety and depression. We are all recovering from something—no one should have to recover alone. The organization connects women through its virtual offerings and in-person community networks, provides resources and support to help women develop their own holistic recovery patchworks, and empowers them to thrive, share their experience, and celebrate success. All efforts are designed to redefine recovery, end stigma and shame, and help more women heal.

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