



MIRAVAL & NAMI

Colleague Communication

- Miraval and NAMI's partnership launched in February 2021 with a series of events and programs that highlight the increasingly important intersection of mindfulness and mental wellbeing.
- Together, we created a series of 12 complimentary Sensory Journey videos (including Soundscapes for Serenity), featuring autonomous sensory meridian response (ASMR) techniques and Mantras & Meditations, a collection of guided meditations created by award-winning Miraval specialists.
- Throughout 2021, our teams are hosting a series of live events at which Miraval experts and NAMI representatives explore wellbeing topics such as wellness leadership and mindful stress management.
- We continue to support NAMI with additional philanthropic initiatives that directly support them and strive to increase awareness surrounding mental wellbeing and widen access to helpful resources.

"Throughout its 25-year history, the Miraval brand has helped countless guests re-center their minds and souls, create balance in their lives, and elevate their spirits," says Susan Santiago, head of Miraval operations at Hyatt. "We are all experiencing unpredictable, unprecedented events that can make us feel uncertain and out of balance. Our mission of helping people restore that balance is strengthened by our new NAMI partnership. Together we can help people build resilience and foster peace of mind in any situation."

"We are delighted to work with the Miraval brand, a pioneer in the wellness space that has long championed mindfulness and its role in fostering a positive outlook," said NAMI Chief Development Office, Katrina Gay. "We're excited to tap into the many knowledgeable experts and wealth of resources at Miraval Resorts as we continue our mission to advocate for and support all individuals and families affected by mental illness."

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ABOUT NAMI

The National Alliance on Mental Illness (NAMI), is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness. The organization provides advocacy and public awareness, no-cost support, and education programs online and in more than 650 communities across the country so that people and families affected by mental health conditions can build better lives.

- NAMI Helpline:
 - 800-950-NAMI
 - Or in a crisis, text "NAMI" to 741741
- National Suicide Prevention Hotline
 - 800-273-TALK (8255) or call 911 immediately.
 - Registration link - [The National Suicide Prevention Lifeline](#)
- Informational Landing Pages- By Topic:
 - [Warning Signs and Symptoms](#)
 - [Mental Health Conditions](#)
 - [Common with Mental Illness](#)
 - [Treatments](#)

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SENSORY JOURNEYS: MANTRAS & MEDITATION

- Use these Miraval x NAMI Meditation & Mantras videos to keep calm and grounded. We created them in a joint mission to share mental wellbeing resources with the world.
- We are grateful for our exceptional Miraval specialists, who created these meditations and helped us bring them to life.
- **Library:**
 - [Meditation For Resilience](#)
 - [Meditation For Community](#)
 - [Meditation For Appreciation](#)
 - [Meditation For Body](#)
 - [Meditation For Environment](#)
 - [Meditation For Breath](#)

SENSORY JOURNEYS: SOUNDSCAPES FOR SERENITY

- Use these Miraval x NAMI Soundscapes for Serenity videos to experience the soothing sights and sounds of nature wherever you are. We created them in a joint mission to share mental wellbeing resources with the world.
- **Library:**
 - [Soundscape For Resilience](#)
 - [Soundscape For Community](#)
 - [Soundscape For Appreciation](#)
 - [Soundscape For Body](#)
 - [Soundscape For Environment](#)
 - [Soundscape For Breath](#)



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- **A P R I L** (Colleague): NAMIWalks Your Way: Miraval Arizona team gathered on April 10th, to help build awareness and raise funds for NAMISA.
- **M A Y** (Fundraising & Colleague): NAMIWalks Your Way NYC: Miraval Berkshires was an official sponsor of NAMIWalks Your Way NYC on May 22nd, 2021. Miraval Berkshires yoga instructor, Olivia Martin performed Yoga Groove, pre-recorded, complimentary-for-colleagues class for the after-party, with opening remarks by General Manager, Vic Cappadona.
- **J U N E** (Fundraising): Naturopathica East Hampton Event: Miraval Berkshires partnered with Naturopathica and provided inspired spa treatments for their reopening in the Hamptons for five days, June 21st – 25th. 50% of all sales from these exclusive treatments were donated to NAMI to support mental health programs.
- **J U L Y** (Colleague): NAMI Chief Development Officer Katrina Gay led a Miraval Group senior leadership training on mental wellbeing today. She reviewed how to reduce the stigma of mental illness and introduced communication tools for colleagues conversations and everyday leadership tools for mitigating our own stressors.
- **A U G U S T** (Colleague): Colleague Resiliency Workshops: Karen Ranus, Director of Workplace Programming for NAMI Central Texas, joined colleagues on property for two workshops (one for leaders and one for all colleagues) on building resilience by sharing actionable tips for prioritizing mental wellbeing and self-care.
- **S E P T E M B E R** (Fundraising): La Encantada Pop-Up Event: NAMI of Southern Arizona participated in a local pop-up event with a table set up with NAMI resources for attendees. NAMI representative were present all day during the event with flyers and additional information about local resources.
- **S E P T E M B E R** (Fundraising & Colleague): Miraval Austins Colleague Gratitude Week + NAMI Central TX Fundraiser: Colleagues had the opportunity to book select Miraval fee-based classes (such as Way of the Archer, Fun Flow Outdoor Aerial Yoga, Stand-Up Paddleboard) for a discounted \$15 per class. Proceeds from these classes went directly towards Miraval Austin team's fundraising goal for the NAMI Walks Your Way event on 9/25.

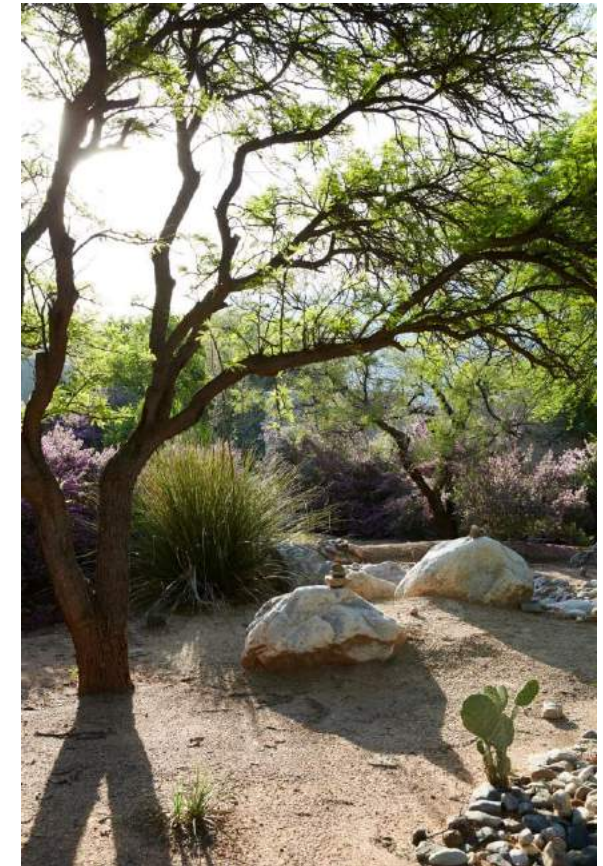
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ARIZONA UPCOMING EVENTS

- **OCTOBER/NOVEMBER (Colleague):** Colleague Workshops & Lectures led by NAMI of Southern Arizona representative. Representative will come out to Miraval Arizona and give two workshops during the selected date (TBD) on mental health in the workplace to share tips and resources with our colleagues.
 - Workshops: 11/23 | 10:00am & 3:00pm (Activity Rooms)
Description: Join Miraval Arizona on November 23rd as we welcome NAMI of Southern Arizona to share mental wellbeing resources with our colleagues. This unique colleague offering will be presented by two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery.
- **DECEMBER (Colleague):** Elise Cohen (VP Social Impact + Inclusion @ Rare Beauty by Selena Gomez) and Katrina Gay (Chief Development Officer at NAMI) will be on property December 9 – 12, 2021 for a discussion on the state of mental health today, and an opportunity to learn about available resources.
 - Guest Lectures: 12/10 & 12/11 | 4:00pm – 5:00pm (Activity Rooms)



JOIN US IN ARIZONA

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AUSTIN UPCOMING EVENTS

- **DECEMBER (Colleague):** The Kendra Scott Company and Katrina Gay (Chief Development Officer at NAMI) will be on property December 2nd at 3:30pm for a discussion on the state of mental health today and an opportunity to learn about available resources.



JOIN US IN AUSTIN

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BERKSHIRES UPCOMING EVENTS

- DECEMBER (Colleague): Jessica Edwards and Elise Banks from NAMI will be on property December 6 - 9, 2021 for a discussion on the state of mental health today, and available resources.
 - Lecture: 12/9 | 9:00am (Activity Rooms)
How we create a stigma-free work environment and tips for inclusion.



JOIN US IN BERKSHIRES



Mental Illness and the CRIMINAL JUSTICE SYSTEM

People with mental illness deserve help, not handcuffs. Yet people with mental illness are overrepresented in our nation's jails and prisons. We need to reduce criminal justice system involvement and increase investments in mental health care.

About **2 million** times each year, people with serious mental illness are booked into jails.



About **2 in 5** people who are incarcerated have a **history of mental illness** (37% in state and federal prisons and 44% held in local jails).

66% of women in prison reported having a history of mental illness, **almost twice the percentage of men** in prison.



Nearly **1 in 4** people shot and killed by police officers between 2015–2020 had a mental health condition.



Suicide is the **leading cause of death** for people held in local jails.




An estimated **4,000 people** with serious mental illness are held in solitary confinement inside U.S. prisons.



COMMUNITIES

70% of youth in the juvenile justice system have a diagnosable mental health condition.


Youth in detention are **10x more likely** to suffer from psychosis than youth in the community.



About **50,000 veterans** are held in local jails — 55% report experiencing mental illness.



Among incarcerated people with a mental health condition, **non-white individuals** are more likely to be held in solitary confinement, be injured and **stay longer in jail**.



ACCESS TO CARE


About **3 in 5 people** (63%) with a history of mental illness do not receive mental health treatment while incarcerated in state and federal prisons.



Less than half of people with a history of mental illness **receive mental health treatment** while held in local jails.

45%

People who **have health care coverage** upon release from incarceration are more likely to **engage in services that reduce recidivism**.



Data from the U.S. Department of Justice and other select sources. Find citations for this resource at nami.org/imhstats

NAMI HelpLine
800-950-NAMI (6264)

f NAMI

@NAMIAdvocacy

@NAMICommunicate

www.nami.org



The RIPPLE EFFECT of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.

PERSON

- People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer
- Rates of cardiometabolic disease are twice as high in adults with serious mental illness
- 18% of U.S. adults with mental illness also have a substance use disorder

FAMILY

- At least 8.4 million Americans provide care to an adult with an emotional or mental illness
- Caregivers spend an average of 32 hours per week providing unpaid care

COMMUNITY

- 21% of people experiencing homelessness also have a serious mental illness
- 37% of people incarcerated in state and federal prison have a diagnosed mental condition
- 70% of youth in the juvenile justice system have at least one mental health condition
- 1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders

WORLD

- Depression is a leading cause of disability worldwide
- Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/imhstats

NAMI HelpLine 800-950-NAMI (6264) | f NAMI | @NAMIAdvocacy | @NAMICommunicate | www.nami.org | National Alliance on Mental Illness

Mental Health Care **MATTERS**

Mental health treatment — therapy, medication, self-care — have made recovery a reality for most people experiencing mental illness. Although taking the first steps can be confusing or difficult, it's important to start exploring options.

The average delay between symptom onset and treatment is **11 YEARS**

PEOPLE WHO GET TREATMENT IN A GIVEN YEAR

45% of adults with mental illness

66% of adults with serious mental illness

51% of youth (6-17) with a mental health condition

Adults with a mental health diagnosis who received treatment or counseling in the past year

23% of Asian adults

33% of Black adults

34% of Hispanic or Latinx adults

43% of adults who report mixed/multiracial

49% of lesbian, gay and bisexual adults

50% of white adults

For therapy to work, you have to be open to change. I'm proud to say that I changed. Therapy saved my life.

— NAMI Program Leader

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

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It's Okay to Talk About **SUICIDE**

Thoughts of giving up and suicide can be frightening. Not taking these kinds of thoughts seriously can have devastating outcomes.

Suicide is **NOT** the answer.

2nd Suicide is the 2nd leading cause of death for people ages 10-34

The overall suicide rate has increased 35% since 1999

Suicide is the 10th leading cause of death in the U.S.

46% of people who die by suicide have a diagnosed mental health condition

90% of people who die by suicide have experienced symptoms of a mental health condition

If you start thinking about suicide, seek help. Call or text a crisis line or a trusted friend.



Make an appointment with a health care professional to talk about what you're thinking or how you're feeling.



HIGH RISK POPULATIONS

78% of all people who die by suicide are male



4x Lesbian, gay and bisexual youth are four times more likely to attempt suicide than straight youth

Transgender people are 12 times more likely to attempt suicide than the general population

12x

If you are concerned about suicide and don't know what to do, call the National Suicide Prevention Lifeline at 1-800-273-8255.

Suicidal thoughts are a symptom, just like any other — they can be treated, and they can improve over time.



Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/mhstats

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You are NOT ALONE

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults experience mental illness

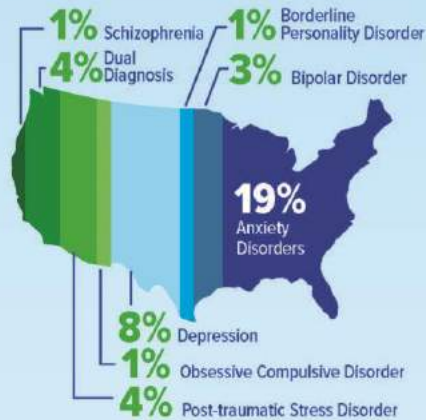
1 in 20

1 in 20 U.S. adults experience serious mental illness

17%

of youth (6-17 years) experience a mental health disorder

12 MONTH PREVALENCE OF COMMON MENTAL ILLNESSES (ALL U.S. ADULTS)



12 MONTH PREVALENCE OF ANY MENTAL ILLNESS (ALL U.S. ADULTS)



WAYS TO REACH OUT AND GET HELP



Talk with a health care professional



Call the NAMI HelpLine at 800-950-NAMI (6264)



Connect with friends and family



Join a support group

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/facts

NAMI HelpLine 800-950-NAMI (6264)



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National Alliance on Mental Illness

Common WARNING SIGNS of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

- Feeling very sad or withdrawn for more than two weeks
- Trying to harm or end one's life or making plans to do so
- Severe, out-of-control, risk-taking behavior that causes harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing
- Significant weight loss or gain
- Seeing, hearing or believing things that aren't real*
- Excessive use of alcohol or drugs
- Drastic changes in mood, behavior, personality or sleeping habits
- Extreme difficulty concentrating or staying still
- Intense worries or fears that get in the way of daily activities



*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing voices as unusual.

WORRIED ABOUT YOURSELF OR SOMEONE YOU CARE ABOUT?



If you notice any of these symptoms, it's important to ask questions



Try to understand what they're experiencing and how their daily life is impacted



Making this connection is often the first step to getting treatment

50% of all lifetime mental illness begins by age

14

KNOWLEDGE IS POWER



Talk with a health care professional



Learn more about mental illness



Take a mental health education class



Call the NAMI HelpLine at 800-950-NAMI (6264)

75% by age **24**

Data from CDC, NIMH and other select sources. Find citations for this resource at nami.org/facts

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GENERAL

- 1 in 5 U.S. adults experience mental illness each year.
- 1 in 20 U.S. adults experience serious mental illness each year.
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- Suicide is the 2nd leading cause of death among people aged 10-34.

YOU ARE NOT ALONE

- 20.6% of U.S. adults experienced mental illness in 2019 (51.5 million people). This represents 1 in 5 adults.
- 5.2% of U.S. adults experienced serious mental illness in 2019 (13.1 million people). This represents 1 in 20 adults.
- 16.5% of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people).
- 3.8% of U.S. adults experienced a co-occurring substance use disorder and mental illness in 2019 (9.5 million people).

DEMOGRAPHICS

Annual prevalence of mental illness among U.S. adults, by demographic group:

- Non-Hispanic Asian: 14.4%
- Non-Hispanic white: 22.2%
- Non-Hispanic black or African-American: 17.3%
- Non-Hispanic American Indian or Alaska Native: 18.7%
- Non-Hispanic mixed/multiracial: 31.7%
- Non-Hispanic Native Hawaiian or Other Pacific Islander: 16.6%
- Hispanic or Latino: 18.0%
- Lesbian, Gay or Bisexual: 44.1%

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CONDITIONS

Annual prevalence among U.S. adults, by condition:

- Major Depressive Episode: 7.8%
(19.4 million people)
- Schizophrenia: <1%
(estimated 1.5 million people)
- Bipolar Disorder: 2.8%
(estimated 7 million people)
- Anxiety Disorders: 19.1%
(estimated 48 million people)
- Posttraumatic Stress Disorder: 3.6%
(estimated 9 million people)
- Obsessive Compulsive Disorder: 1.2%
(estimated 3 million people)
- Borderline Personality Disorder: 1.4%
(estimated 3.5 million people)

MENTAL HEALTH CARE MATTERS

- 44.8% of U.S. adults with mental illness received treatment in 2019.
- 65.5% of U.S. adults with serious mental illness received treatment in 2019.
- 50.6% of U.S. youth aged 6-17 with a mental health disorder received treatment in 2016.
- The average delay between onset of mental illness symptoms and treatment is 11 years.
- Annual treatment rates among U.S. adults with any mental illness, by demographic group:
 - Male: 36.8%
 - Female: 49.7%
 - Lesbian, Gay or Bisexual: 49.2%
 - Non-Hispanic Asian: 23.3%
 - Non-Hispanic white: 50.3%
 - Non-Hispanic black or African-American: 32.9%
 - Non-Hispanic mixed/multiracial: 43.0%
 - Hispanic or Latino: 33.9%
- 10.9% of U.S. adults with mental illness had no insurance coverage in 2019.
- 11.9% of U.S. adults with serious mental illness had no insurance coverage in 2019.
- 55% of U.S. counties do not have a single practicing psychiatrist.

FACTS

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The Ripple Effect Of Mental Illness

PERSON

- People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions.
- 18.4% of U.S. adults with mental illness also experienced a substance use disorder in 2019 (9.5 million individuals).
- The rate of unemployment is higher among U.S. adults who have mental illness (5.8%) compared to those who do not (3.6%).
- High school students with significant symptoms of depression are more than twice as likely to drop out compared to their peers.
- Students aged 6-17 with mental, emotional or behavioral concerns are 3x more likely to repeat a grade.

FAMILY

- At least 8.4 million people in the U.S. provide care to an adult with a mental or emotional health issue.
- Caregivers of adults with mental or emotional health issues spend an average of 32 hours per week providing unpaid care.

COMMUNITY

- Mental illness and substance use disorders are involved in 1 out of every 8 emergency department visits by a U.S. adult (estimated 12 million visits).
- Mood disorders are the most common cause of hospitalization for all people in the U.S. under age 45 (after excluding hospitalization relating to pregnancy and birth).
- Across the U.S. economy, serious mental illness causes \$193.2 billion in lost earnings each year.
- 20.5% of people experiencing homelessness in the U.S. have a serious mental health condition.
- 37% of adults incarcerated in the state and federal prison system have a diagnosed mental illness.
- 70.4% of youth in the juvenile justice system have a diagnosed mental illness.
- 41% of Veteran's Health Administration patients have a diagnosed mental illness or substance use disorder.

WORLD

- Depression and anxiety disorders cost the global economy \$1 trillion in lost productivity each year.
- Depression is a leading cause of disability worldwide.

FACTS

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IT'S OK TO TALK ABOUT SUICIDE

- Suicide is the 2nd leading cause of death among people aged 10-34 in the U.S.
- Suicide is the 10th leading cause of death in the U.S.
- The overall suicide rate in the U.S. has increased by 35% since 1999.
- 46% of people who die by suicide had a diagnosed mental health condition.
- 90% of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends, and medical professionals (also known as psychological autopsy).
- LGBTQIA+ youth are 4x more likely to attempt suicide than heterosexual cisgender youth.
- 78% of people who die by suicide are male.
- Transgender adults are nearly 12x more likely to attempt suicide than the general population.
- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
 - 4.8% of all adults
 - 11.8% of young adults aged 18-25
 - 18.8% of high school students
 - 46.8% of lesbian, gay, and bisexual high school students

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Mental Illness and the Criminal Justice System

CRIMINAL JUSTICE SYSTEM

- About 2 million times each year, people with serious mental illness are booked into jails.
- About 2 in 5 people who are incarcerated have a history of mental illness (37% in state and federal prisons and 44% held in local jails).
- 66% of women in prison reported having a history of mental illness, almost twice the percentage of men in prison.
- Nearly one in four people shot and killed by police officers between 2015 and 2020 had a mental health condition.
- Suicide is the leading cause of death for people held in local jails.
- An estimated 4,000 people with serious mental illness are held in solitary confinement inside U.S. prisons.

COMMUNITIES

- 70% of youth in the juvenile justice system have a diagnosable mental health condition.
- Youth in detention are 10 times more likely to suffer from psychosis than youth in the community.
- About 50,000 veterans are held in local jails — 55% report experiencing a mental illness.
- Among incarcerated people with a mental health condition, non-white individuals are more likely to go to solitary confinement, be injured, and stay longer in jail.

ACCESS TO CARE

- About 3 in 5 people (63%) with a history of mental illness do not receive mental health treatment while incarcerated in state and federal prisons.
- Less than half of people (45%) with a history of mental illness receive mental health treatment while held in local jails.
- People who have healthcare coverage upon release from incarceration are more likely to engage in services that reduce recidivism.

FACTS