



Children
★ are the ★
Future

WHAT IS THE LEGACY WE ARE LEAVING FOR OUR CHILDREN?



PROPOSAL FOR PHILANTHROPISTS / DONORS / SPONSORS

TOGETHER WE ARE CREATING A BRIGHT FUTURE FOR HUMANITY

CHILDREN ARE THE FUTURE IS AN ENDOWMENT OF BRIGHT FUTURE FOUNDATION 501C(3)



The Problem:

Children and Students are suffering from depression, anxiety, PTSD/trauma, obesity and suicide more than ever in history.

3.6 million teachers in America

50 million school children in USA

50% of all teachers are considering quitting from work related burnout and frustration with the current school system

CDC Report on Teachers' Mental Health*

27%

OF TEACHERS
SELF-REPORTED
**SYMPTOMS
CONSISTENT
WITH CLINICAL
DEPRESSION.**

37%

OF TEACHERS
SELF-REPORTED
**SYMPTOMS
CONSISTENT WITH
GENERALIZED
ANXIETY.**

53%

OF TEACHERS ARE
**THINKING ABOUT
LEAVING THE
PROFESSION—
THAT'S MORE
THAN BEFORE THE
PANDEMIC.**

19%

OF TEACHERS
**STARTED OR
INCREASED ALCOHOL
USE TO DEAL WITH
STRESS DURING THE
PANDEMIC.**

*REPORT RELEASED IN MAY 2021.

US Surgeon General Report 2021:

<https://www.hhs.gov/about/news/2021/12/07/us-surgeon-general-issues-advisory-on-youth-mental-health-crisis-further-exposed-by-covid-19-pandemic.html>

Before the COVID-19 pandemic, mental health challenges were the leading cause of disability and poor life outcomes in young people, with [up to 1 in 5 children](#) ages 3 to 17 in the U.S. having a mental, emotional, developmental, or behavioral disorder. Additionally, from 2009 to 2019, the share of high school students who reported persistent feelings of sadness or hopelessness increased by 40%, to more than 1 in 3 students. Suicidal behaviors among high school students also [increased during the decade](#) preceding COVID, with 19% seriously considering attempting suicide, a 36% increase from 2009 to 2019, and about 16% having made a suicide plan in the prior year, a [44% increase from 2009 to 2019](#). Between 2007 and 2018, suicide rates among youth ages 10–24 in the U.S. increased by 57%, – PDF and early estimates show more than [6,600 suicide deaths – PDF](#) among this age group in 2020.



Increase in depression
for children
aged 12-17 between
2004 & 2019



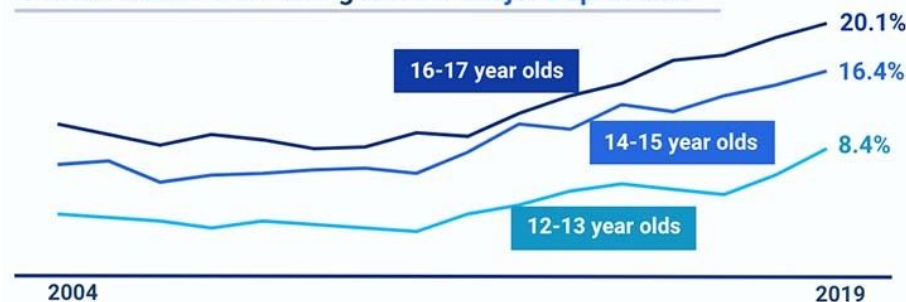
75% of all mental illnesses develop by age 24

Before the pandemic, up to **1 in 5** children had
a diagnosed mental health disorder



Common mental illnesses among young people are
anxiety & depression

Recent trends show rising rates of **Major Depression**

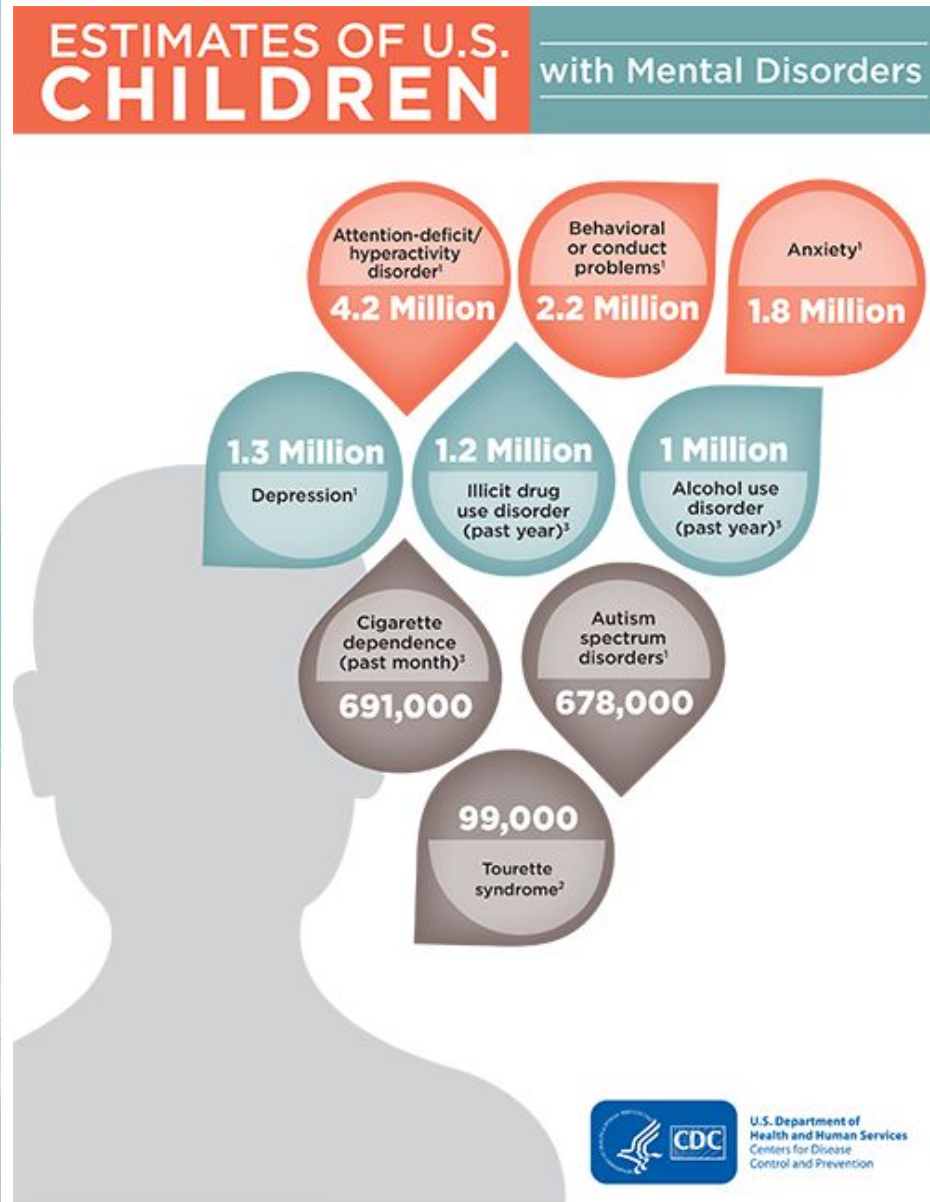


The pandemic added to the pre-existing challenges that America's youth faced. It disrupted the lives of children and adolescents, such as in-person schooling, in-person social opportunities with peers and mentors, access to health care and social services, food, housing, and the health of their caregivers. The pandemic's negative impacts most heavily affected those who were vulnerable to begin with, such as youth with disabilities, racial and ethnic minorities, LGBTQ+ youth, low-income youth, youth in rural areas, youth in immigrant households, youth involved with the child welfare or juvenile justice systems, and homeless youth.

This Fall, a coalition of the nation's leading experts in pediatric health [declared a national emergency](#) in child and adolescent mental health.

The Surgeon General's Advisory on Protecting Youth Mental Health outlines a series of recommendations to improve youth mental health across eleven sectors, including young people and their families, educators and schools, and media and technology companies.

Top line recommendations include:



- Recognize that mental health is an essential part of overall health.
- Empower youth and their families to recognize, manage, and learn from difficult emotions.
- ***Ensure that every child has access to high-quality, affordable, and culturally competent mental health care.***
- ***Support the mental health of children and youth in educational, community, and childcare settings. And expand and support the early childhood and education workforce.***
- Address the economic and social barriers that contribute to poor mental health for young people, families, and caregivers.
- ***Increase timely data collection and research*** to identify and respond to youth mental health needs more rapidly. This includes more research on the relationship between technology and youth mental health, and technology companies should be more transparent with data and algorithmic processes to enable this research.

The system is broken and not set up for healthy, successful and happy teachers and students. This is setting us up for a DISASTROUS FUTURE if we don't do something immediately.



WE CAN TAKE ACTION

What Funders and Foundations Can Do

Philanthropic and other funding organizations play a critical role in supporting the mental health of children and young people across the full continuum of need. For example, they can make bets on promising but untested technologies or programs for which government funding may not be available. They can also serve as reliable partners to community-based organizations across the country, and promote and build cross-sector partnerships.

Below are some recommendations for how funding organizations can support youth mental health:

Create sustained investments in equitable prevention, promotion, and early intervention.

Prioritize interventions that address social and economic factors known to affect children's healthy development and mental health, such as poverty, discrimination, and inequality, among others.²²⁴

Incentivize coordination across grantees and foster cross-sector partnerships to maximize reach and bring together a diversity of expertise. The scale and complexity of mental health issues among young people require collaborative approaches. Consider leveraging resources across sectors to advance practices, policies, and research that support the mental health of children, youth, and families. And support grantees in developing and sharing meaningful mental health outcome measures.

Scale up evidence-based interventions, technologies, and services. Use a structured process to assess an intervention's readiness to scale and support high-quality implementation at a community level.²²⁵ Share information and convene stakeholders to provide education and consultation to spread innovation.

Invest in innovative approaches and research on mental health. For example, fund participatory research that involves young people in understanding their online experiences. Develop and test new solutions, including digitally enabled solutions that can reach young people at scale and in underserved communities. Consider different kinds of funding models, such as incubators and accelerators, that can drive funding toward promising projects at very early stages.^{226, 227}

Elevate and amplify the voices of youth and families in all stages of funding and evaluation. Listening to young people is critical to understanding what kinds of solutions will work and what communities need to scale successful interventions. Bring young people, parents, and caregivers to the table to identify their needs and create ongoing meaningful opportunities to inform grantmaking strategies and decision-making. Engage youth from different identities and backgrounds— particularly those that come from vulnerable communities.

Protecting Youth Mental Health: The U.S. Surgeon General's Advisory 31



Headline news about the children's mental health crisis:

FOX NEWS :

<https://video.foxnews.com/v/6290975572001#sp=show-clips>

ABC NEWS:

<https://abcnews.go.com/Health/childrens-mental-health-crisis-national-emergency-pediatric-groups/story?id=80668548>

CBS NEWS:

<https://www.cbs8.com/article/news/health/childrens-mental-health-national-emergency/509-81cf34b8-7685-457d-be18-2863634bbd0a>

NY TIMES:

<https://www.nytimes.com/2022/01/04/briefing/american-children-crisis-pandemic.html>
<https://publications.aap.org/aapnews/news/17718>

EVERY DAY HEALTH:

<https://www.everydayhealth.com/emotional-health/pediatricians-declare-kids-mental-health-a-national-emergency/>

NPR:

<https://www.npr.org/2021/10/20/1047624943/pediatricians-call-mental-health-crisis-among-kids-a-national-emergency>

PSYCHIATRIC TIMES:

<https://www.psychiatristimes.com/view/child-and-adolescent-mental-health-a-national-emergency>

GEORGETOWN UNIVERSITY:

<https://ccf.georgetown.edu/2021/10/21/national-childrens-provider-groups-declare-state-of-emergency-in-childrens-mental-health/>

SCIENTIFIC AMERICAN:

<https://www.scientificamerican.com/article/covid-is-driving-a-childrens-mental-health-emergency/>

ADVICE FOR PHILANTHROPISTS:

https://givingcompass.org/article/some-states-are-declaring-a-youth-mental-health-emergency/?gclid=Cj0KCQiAuvOPBhDXARIsAKzLQ8EcCjfrKA0U3K8h74pfwIW_qlu6XwAtD7d6ftxKK00OjHPwrb5NpA saAq2mEALw_wcB

MENTAL HEALTH YOUTH DATA:

<https://www.mhanational.org/issues/2021/mental-health-america-youth-data>

Did you know? Gov't funding for schools in the USA is \$412 Billion Annually

Although that is a lot of money, students and teachers are still dramatically under funded and left without proper health & wellness education resulting in teacher burnout and children who are not achieving well in the test scores, declining mental and physical health, childhood obesity, depression, anxiety, suicide and PTSD is at an all time high.

Lower socioeconomic school teachers and children suffer the most due to lack of resources.

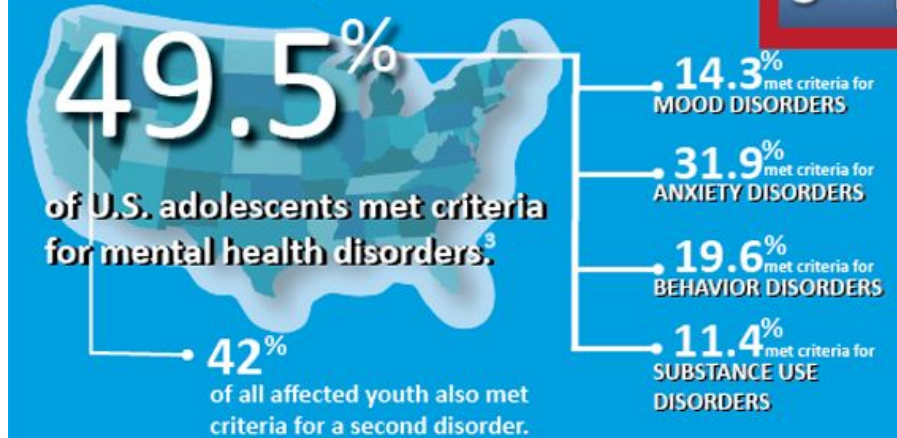
Test scores for American students rank a meagre 38th percentile amongst other countries worldwide.

The children and school teachers in America are in a dire situation and in need of immediate solutions.

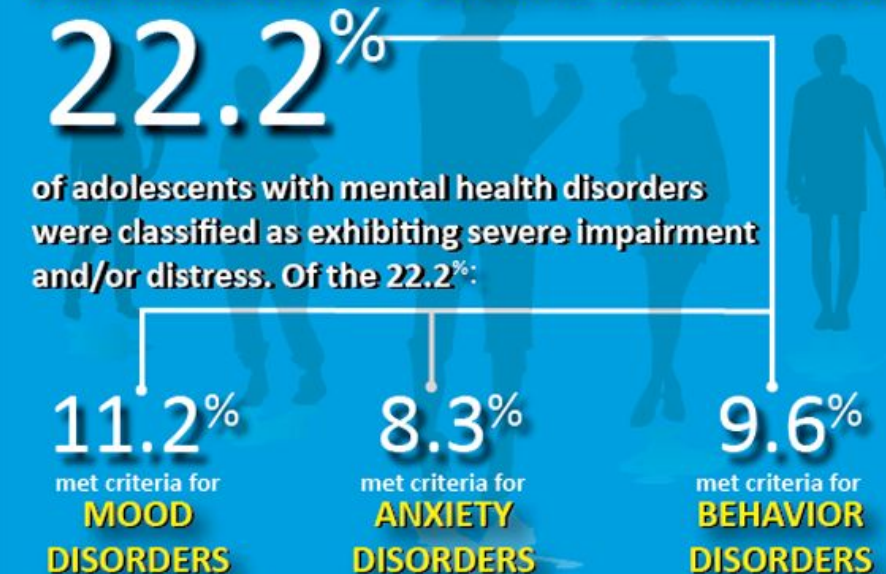
Prevalence of Mental Health Disorders Among Youth¹

FIND
youth
INFO

According to a 2010 report:²



PREVALENCE OF SEVERE IMPAIRMENT:



¹ SOURCE: Merikangas K. R., He, J. P., Burstein M., ... Swendsen, J. (2010). Lifetime prevalence of mental disorders in U.S. adolescents: Results from the National Comorbidity Survey replication—adolescent supplement (NCS-A). *Journal of the American Academy of Child & Adolescent Psychiatry*, 49(10), 980–989. Retrieved from <http://hsc.unm.edu/som/psychiatry/crcbh/docs/Archive/11-17-10.NCS-A.Article.pdf> (PDF, 10 pages)

² A nationally representative face-to-face household survey of the prevalence and correlates of DSM-IV mental disorders among U.S. adolescents (aged 13–17 years) was performed between February 2001 and January 2004.

³ Lifetime prevalence is estimated on the proportion of respondents who had ever had a mental disorder at the time of the interview.



OUR SOLUTION

Children are the Future Movement, Mission & Solution

Children are the Future is a non profit initiative providing professional yoga based education, certification and CEUs for school teachers in the USA since 2005.

With over 90 years of combined experience providing world class yoga, meditation and emotional intelligence training, for children and school teachers, both online and in person, we are prepared to solve this epidemic, not only for teachers and children in the USA, but eventually world wide, so we may create a bright future for humanity.

In collaboration with Harvard and Georgetown University science researchers, we have created a life changing program to educate and provide supplementary training and continuing education (CEUs) for school teachers, to alleviate and prevent teacher burnout, and simultaneously solve the mental health crisis in American schools.

Harvard & other sources recommending yoga + meditation to heal mental health

<https://www.health.harvard.edu/staying-healthy/yoga-for-better-mental-health>

<https://www.health.harvard.edu/staying-healthy/yoga-benefits-beyond-the-mat>

<https://www.webmd.com/balance/benefits-of-yoga-for-mental-health>

<https://www.medicalnewstoday.com/articles/326414>

Our mission is to alleviate the suffering of the world by educating school teachers and children, teaching them how to master (or at least manage) their minds and emotions through Harvard and Stanford science research backed proven yoga based practices to create a bright future for humanity.

Our proven effective program includes 3 non profit 510c(3) partners and programs combined :

- 1. Flow State Institute** 200 Hour Yoga Teacher Training online certification
- 2. Yoga for Youth** Foundation 46 hour online certification for kids yoga
- 3. Choose Love Movement** Emotional Intelligence Training for kids

In just 16 weeks teachers can become fully certified and trained to practice and teach yoga and meditation in the classrooms, with their students, along with a wide variety of powerful and proven practices to alleviate stress, anxiety, depression, heal trauma and reclaim their enthusiasm for life again.

This Program Will:

- Alleviate stress, anxiety and burnout, helping to prevent teachers from quitting, thus solving the major crisis of teachers shortage
- Improve overall health and satisfaction for both teachers and children in schools
- Help to improve test scores by training children how to access their deeper capacities to focus, concentrate and learn
- Improve physical, emotional and mental health thus reducing obesity, anxiety, depression and suicidal consideration for children
- Teach children emotional intelligence skills such as love, compassion, kindness, forgiveness and empathy thus creating a more harmonious and enjoyable environment for children, leading to higher confidence, health, happiness, creativity, peacefulness and feelings of inclusiveness

There are over 130,000 schools in the USA and over 3.6 million teachers, so we have our work cut out for us! We have a BIG Mission and with your support, we know we will accomplish this within the next 10 years.



No child should suffer and ***the CATF training is designed and created to alleviate suffering***, while also provide the tools, skills and support to ensure our children and school teachers not only stop suffering, ***but so that they thrive and elevate to their greatest potential to become the creative contributors that make the world a more beautiful and harmonious place for all to live!***

Our proven program is backed by Harvard and Stanford Science Research and offers the MOST COMPREHENSIVE (as well as time and cost efficient) SOLUTION available for educating children and school teachers to manage and master their minds and emotions and to solve the children's mental health crisis.

We have already been welcomed in and embraced by thousands of schools in the USA, but ***we have 130,000 schools in America***, most of which that have not received the life changing benefits of the Children are the Future training program for teachers and children.

“The journey of a thousand miles begins with a single step”

~ Lao Tzu

Our 2022 Goals

- ***Produce the Children are the Future Documentary Film*** featuring schools in CA, MD & FL, including experts from Harvard, Georgetown, Stanford, parents, children, participants of the programs and school administrators to demonstrate the power of this incredible program for healing and transforming the lives of the children and teachers in schools and sell it to Netflix.*Netflix has over 100 million subscribers and is actively seeking documentary films for their platform. (Cost: \$500K)
- ***Train all 33,000 teachers in the California charter school district, with 1300 schools, and impacting 250,000 children.*** Our training is 100% online with weekly live interactive workshops via zoom as well as pre-recorded video, audio content and e-books. *our intention is to offer this program to the low socioeconomic schools and teachers at no cost to them or their schools. Your donations and contribution will pay for their training. (Cost: \$10-14 Million)
- ***Build CATF headquarters in Florida with a large capacity to host large groups (up to 35K online together at one time)*** via zoom technology to facilitate the live interactive training workshops online. (modeling Tony Robbins technology that cost \$12 million and can reach over 22,000 people in one live session) or the meta verse AI technology immersive learning experience. *this is millions less than the cost to build one K-12 school building in America: average cost \$16 million per school. (Cost: \$12-15 Million)
- ***Kick off the 3 year CATF Research Initiative with Harvard and Georgetown,*** in September, 2022 in the Maryland school district. *funds going to yoga for youth and researchers only (Cost : \$2 Million)



How Can You Support?

You have the opportunity to create a lasting legacy and ongoing impact that not only improves the health and well being for school children and school teachers, but that creates a future for humanity that we can all be proud and excited to look forward to!

We created the ***Bright Future Endowment Fund*** to make it easy for you to contribute and to know your generosity is being used in the absolute most beneficial ways.

Through the CATF Endowment Fund, ***you can contribute monthly or annually and feel confident you are making massive impact into solving this critically important situation for our children and teachers.***

Total 2022 Impact: 33,000 Teachers trained, 250,000 children trained, 1300 schools impacted, + an additional 100 Million potential viewers impacted and inspired to support the CATF mission via the CATF documentary film.

Total Funding Required to Reach our Goals in 2022: \$24-31 Million

Our 10 Year Goal and Mission is to train all 3.3 million school teachers in America, which will require ongoing support and financial contributions. The children are our legacy. This must be a priority for all philanthropists in America. Who do you know who can support this time sensitive crisis based initiative? All contributions are 100% tax deductible to our non profit 501c3 Endowment Fund.

Case Study Impact Comparisons:

Teach for America Foundation 501c3

Focused on Educational Inequity (not solving children's mental health or teacher burnout crisis)

Total funds raised: \$321 Million since 2014

Total teachers trained: 50,000 in 8 years

Cost per teacher : \$6,420

US Government : Annual Education Budget

Focused on: standardized test scores and out dated school programming

\$412 Billion per year allocated to 3.6 million school teachers, 50 million children

1.6 Million: 50% of Teachers are burned out and wanting to quit their job now

25 Million: 50% of all school children suffering from depression, anxiety, PTSD, and suicidal consideration

Budget per student from government funding: \$7,000-\$28,000 (based on district)

Bright Future Foundation 501c3 / Children are the Future Movement

focused on solving children's mental health emergency AND teacher burnout crisis

Funds required to reach our goals:

2022 training online 33,000 teachers in America: \$31 Million

UNSDG Goal, By 2030: 3.6 Million Teachers Trained in America: \$1.6 Billion

Cost per teacher for CATF in schools: \$440

*We are offering our renowned training course for **90% below market value, 10 teachers for the price of one**, in order to make this program available for all teachers in the schools, **to fulfill our mission within the next 10 years and solve the mental health crisis.***



We are openly welcoming and accepting financial donations, contributions and long term philanthropic partnerships...

CATF Endowment Fund Allocations:

- 50% Scholarships & Supplemental Funding to Train low socio-economic school teachers
- 25% Real estate property: build healing centers, yoga schools & community centers
- 10% Equities, Investments & Stocks (to preserve & grow the fund)
- 5% Operating Costs (Salaries & Event Production)
- 4% Documentary Film & Educational Media Production
- 3% Relevant Technology Development & Management
- 2% Harvard University Research Grants
- 1% Cash

Why Are We Best Qualified to Provide This Solution?

Children are the Future is a unique and powerful union of 3 foundations, with a combined impact for over 90 years of loving devoted service.



Flow State Institute, founded by Dashama, offers the world's leading yoga and wellness training programs and teacher certification since 2005. Dashama is an award winning author, speaker and teacher with a track record for success. Dashama has been a United Nation Keynote speaker and presenter for International day of happiness, Stanford Happiness Hall of Fame inductee and speaker and visionary behind the Harvard children's yoga research initiative with Dr Sat Bir Khalsa.

Impacting hundreds of millions of people world wide online through her vast media reach through youtube, facebook, instagram, tiktok as well as partnerships with the world's largest yoga app, Daily Yoga with over 50 million subscribers, Dashama has produced award winning online courses and media for over 17 years. In addition to her professional resume, her personal experience of losing her mother to schizophrenia, drug and alcohol addiction, growing up in foster homes, dealing with inner child traumas and her own experiences of depression and PTSD as a child, and later healing herself through this powerful training system, makes her a uniquely qualified teacher to lead this initiative to show that the power of yoga for healing the mind and emotions can transform anyone's life, especially when taught properly to children at a young age.



Yoga for Youth foundation, created by Krishna Kaur, has been dedicated to teaching yoga to students in schools since 1998.



Working with Dr Sat Bir Khalsa for over 2 decades, as an advisor on their board, they have the strongest track record of success integrating kids yoga into schools in America with their programs being taught in thousands of schools nationwide so far.

They will be administering the 3 year research in the 16 inner city schools in Maryland over the next 3 years, with Dr Khalsa from Harvard and his research partner Dr Julie Staples from Georgetown University. This will be the largest and most extensive and comprehensive research about the benefits of yoga for children in schools.

This research will serve to support our mission to make yoga and meditation a part of all school curriculums for the teachers and for the children in America and eventually world wide. Yoga for Youth is also contributing a 46 hour kids yoga training module to the full Children are the Future teacher training certification and CEU program we are offering to the school teachers as the solution to solve the mental health crisis in children.



HARVARD
UNIVERSITY



Choose Love Movement, founded by Scarlett Lewis, was created after her 6 year old son was murdered by another student in his classroom along with 12 other students.

Her grief could have destroyed her life, but she chose to channel it into purpose and created the world's most powerful emotional intelligence training for children, teaching kids how to develop and cultivate loving, kindness, compassion, forgiveness and empathy, which fosters more inclusiveness and unity for children in schools.

Choose Love movement has been welcomed into over 10,000 schools in the USA and offers a wonderful additional module to the Children are the Future certification program to further enhance our impact and to help us solve the children's mental (and emotional) health crisis in America.



We look forward to working with you, hand in hand, over the next 10 years, to see this mission to its completion. We also aspire to expand to globally after we have the necessary resources in the fund. The cost to provide this training to all 85 million teachers world wide is estimated at a mere \$51 billion, which may seem like a hefty charge, but is less than 12% of the US Annual Budget for the Education System that has desperately failed our children and teachers. This is one of the most pressing matters on earth at this time, yet presents an opportunity for you to leave a real meaningful, lasting impact and legacy with your contributions. ***Thank you in advance for your kind and generous loving heart and soul.***



Blessings and Love,

Dashama

Contact:

dashama@childfuture.org | Phone 310-409-7741 | Website: www.childfuture.org