



BUILDING A CULTURE OF WELLBEING

Across Miami's Jewish Community

Since Our Launch in 2023



4,000+

Community
Members Reached



25+

Community
Partners



1,000

Parents & Professionals
Engaged Through
Webinars & Workshops



58

Teen Wellness
Fellows Developed
as Peer Leaders

A CONNECTED COMMUNITY

Stronger Together



"The [BeWell] Fellowship helped me understand that mental health awareness is not separate from Jewish values. It is part of how we care for one another, build stronger communities, and make sure people feel seen, supported, and less alone."

-BEWELL MIAMI TEEN WELLNESS FELLOW, AGE 17

OUR IMPACT IN ACTION



Supporting Parents & Caregivers

Helping families navigate today's mental health challenges with confidence.



Talking with
teens about
mental health



Navigating
social media



Parenting
through crisis



Preparing
for college



Supporting
resilience after
October 7

1,000

Parents & professionals
connected through
BeWell's webinar series

400+

Parents participated in
workshops, discussions,
and community events

"Our greatest impact comes from building a community where no one has to navigate mental health challenges alone... to build resilience and strengthen our community for generations to come."
– MELISSA ORSHAN SPANN, PHD, MBA, CEDS-C



Empowering Teens & Young Adults

Creating spaces where young people build resilience, connection, and leadership.

500+

Students reached
through school-
based mental
wellness programs

400+

Campers, CITs, and
teen leaders
participated in wellness
programming

95

College students
engaged through
Hillel partnerships

58

Teen Wellness
Fellows trained
as peer mental
health leaders



BEYOND PARTICIPATION: HILLEL OUTCOMES

100%

Felt accepted
by their Hillel
therapist

93%

Felt connected to
Jewish
community (UM)

93%

Experienced
Jewish joy (UM)

96%

Have close
friends through
Hillel (FIU)

"During one of the hardest points in my mental health... I considered Hillel my safe spot... I trusted my community at Hillel and came to the therapist for help, and that truly helped me."
– FIU STUDENT



Strengthening Professionals in Our Community

Equipping the adults young people turn to every day.



450+

Camp counselors
and staff trained
with skills to support
youth wellbeing



125

Youth-serving
professionals
participated in
specialized training



115

Professionals
completed Youth
Mental Health First
Aid Training



200+

Educators equipped
with mental health
resources and
trainings

"BeWell trainings have had a meaningful impact on our camp community by giving our staff practical tools to recognize, respond to, and support the emotional well-being of campers and colleagues."
– MERCEDES BEN MOHA, MAR JCC

Representing 10+ institutions

Learn more at JewishMiami.org/BeWell/

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