



TRUE
TOP 1%
FOUNDATIONS
Mobile Mental
Health Art Unit
Concept

"Healing hearts through art with every mile we travel."



MOBILE MENTAL HEALTH ART UNIT: PROGRAM OVERVIEW

Mission Statement: The Mobile Mental Health Art Unit is a transformative initiative by the True Top 1% Foundation, dedicated to providing accessible art therapy and mental health support to veterans, active-duty servicemembers, and their families. By bringing creative resources directly to the community, we aim to foster healing, connection, and hope.

Program Description: The Mobile Mental Health Art Unit is a 36-39-ft long, 7-ft high travel trailer designed as a versatile and inviting space for art therapy or to use art as a Therapeutic release. The unit serves as a mobile hub for creativity and mental health awareness, visiting military bases, community events, and healthcare facilities. Its design emphasizes openness, featuring:

- **Interactive Art Spaces:** Walls inside the trailer are open for drawing and graffiti, allowing participants to express themselves freely.
- **Minimal Furniture:** A spacious layout ensures accessibility and ease of movement for all participants, while also allowing for impromptu art classes.
- **Relaxation Zone:** A small entertainment area with a couch and TV provides a comfortable space for informal gatherings and relaxation. Additionally, a wall of storage holds basic art supplies, including coloring books, sketch pads, and paint kits, to distribute to those in need.

Program Goals:

1. **Enhance Mental Health Awareness:** Use art as a tool to highlight the importance of mental well-being.
2. **Increase Accessibility:** Reach underserved communities by bringing resources directly to them.
3. **Promote Healing Through Art:** Provide a safe and supportive environment for self-expression and therapeutic art activities.

Services Provided:

- **Art Therapy Sessions:** Guided activities including painting, drawing, and collaborative art projects.
- **Community Outreach:** Visits to schools, veteran centers, and public events to promote mental health resources.
- **Workshops and Training:** Classes on creative techniques and the therapeutic benefits of art.

Target Audience: The program focuses on veterans, active-duty servicemembers, their families, and underserved communities, ensuring inclusivity and broad access.

Key Benefits:

- **Flexibility:** The mobile nature of the unit allows it to adapt to various locations and needs.
- **Community Connection:** Strengthens ties between military families and local communities through shared creative experiences.
- **Accessibility:** Removes barriers to mental health support by delivering services directly to participants.

Support and Funding: This program is made possible through the generous contributions of donors, sponsorships, and partnerships. Over 50% of funding is allocated to art supplies, ensuring that each participant receives the tools they need for creative expression and the remainder remains for cleaning and maintenance of the Unit. Donations of bulk or clearance art supplies are vital to sustaining this initiative.

THE GRAFFITI WALL: A CANVAS FOR EXPRESSION

The graffiti wall in the Mobile Mental Health Art Unit is a unique, interactive space that encourages self-expression through unrestricted creativity. This wall is an open area designed for drawing, painting, and graffiti, allowing participants to leave their mark in a meaningful and therapeutic way.



Key Features of the Graffiti Wall

- **Open for All:** Accessible to veterans, active-duty servicemembers, their families, and community members of all ages.
- **Dynamic and Transformative:** The wall evolves with each event, telling a story through layers of art contributed by different participants.
- **Materials Provided:** Participants can use chalk, markers, spray paint, or other mediums to create.

Benefits of the Graffiti Wall

1. Empowers Self-Expression:

- The graffiti wall provides a non-verbal outlet for emotions that may be difficult to articulate.
- Veterans and participants can visually represent their thoughts, memories, or hopes, fostering emotional release and healing.

1. Breaks Down Barriers:

- Many veterans face stigma or discomfort discussing mental health. Creating graffiti offers a less intimidating way to engage with therapy.
- The collaborative nature of the wall encourages interaction and connection between individuals who may otherwise struggle to communicate.

1. Fosters Community:

- Each piece of art contributes to a shared canvas, symbolizing the collective experiences and resilience of the group.
- Participants often leave inspiring messages or symbolic imagery that resonate with others, creating a sense of camaraderie and unity.

1. Encourages Creativity and Play:

- Many adults, especially veterans, may not have engaged in creative activities since childhood. The graffiti wall allows them to rediscover the joy of unstructured creativity.

- For families, it provides a bonding opportunity, allowing children and parents to create side by side.

1. **Therapeutic Benefits:**

- Engaging in art reduces stress, lowers anxiety, and promotes mindfulness. The physical act of creating graffiti—drawing, painting, or spraying—can be meditative and calming.
- The act of contributing to a shared wall helps participants process trauma and create something positive from their experiences.

1. **A Symbol of Legacy:**

- The evolving graffiti wall serves as a living, breathing testimony to the experiences and stories of all who participate.
- Photographs or sections of the wall can be preserved and shared as part of the foundation's ongoing storytelling and advocacy efforts.

Impact of the Graffiti Wall

The graffiti wall isn't just a blank space—it's a bridge between art and healing, a medium for emotional resilience, and a celebration of the human spirit. By transforming a simple wall into a dynamic canvas, the Mobile Mental Health Art Unit gives veterans and their families the opportunity to reclaim their stories, one stroke at a time.

ENTERTAINMENT SIDE OF THE MOBILE ART UNIT

The Mobile Mental Health Art Unit includes a thoughtfully designed entertainment space tailored to foster relaxation, connection, and creative inspiration. This area features:

- **A Small Entertainment Zone:** Equipped with a screen and speakers to play calming music, uplifting videos, or art tutorials. This multimedia approach engages participants who may benefit from visual and auditory stimulation.
- **Open Concept:** The entertainment setup is minimalist to ensure accessibility and adaptability for diverse group activities, such as viewing creative showcases or hosting virtual art workshops.



Benefits of the Entertainment Side

1. **Stress Relief:** Music, visual art, and multimedia have proven therapeutic effects, helping participants reduce anxiety and focus on positive outlets.
2. **Community Building:** Sharing an entertainment experience fosters a sense of belonging, critical for veterans who may feel isolated.
3. **Inspiration:** Artistic visuals and workshops ignite creativity, encouraging participants to explore new forms of self-expression.

Storage for Art Supplies Distribution

The unit features a concealed, yet easily accessible, storage system dedicated to housing art supplies for distribution. This includes:

- **Compartments Stocked with Essentials:** Coloring books, sketch pads, paints, brushes, and other materials are readily available.
- **Hidden Panels:** Supplies are neatly stored behind walls or in discreet compartments, optimizing space while maintaining a clean, open environment.
- **Distribution-Ready Design:** Supplies are organized to ensure swift and efficient distribution during events, workshops, and community visits.

Benefits of the Art Supplies Storage

1. **Accessibility:** Veterans and community members can easily receive high-quality art materials to use during workshops or take home.
2. **Encouragement of Creativity:** Distributing supplies empowers individuals to continue their creative journey beyond the unit.
3. **Sustainability:** A well-organized storage system ensures materials are distributed equitably and consistently.

By integrating an entertainment area and dedicated art supplies storage, the Mobile Mental Health Art Unit creates a versatile, enriching environment that promotes healing, connection, and long-lasting impact.

FINANCIALS:

Understanding the need for the \$15,000 for the Mobile Mental Health Art Unit

The \$15,000 funding request is critical to launching and operating the Mobile Mental Health Art Unit, which aims to bring healing, creativity, and community to veterans, servicemembers, and their families. This amount is specifically allocated to secure a suitable structure and fully customize it into a functional mobile art therapy unit. Below is a detailed breakdown of the funding allocation:

Breakdown of the \$15,000 Needs

1. Structure Purchase (\$5,000):

- **Reason:** A high-quality, 36-39 ft RV trailer is required to serve as the base structure for the mobile unit.
- **Details:**
 - The funds will be used to purchase a reliable, well-maintained trailer.
 - The trailer will be hollowed out to provide an open and flexible interior space conducive to art therapy activities.
 - An exterior hidden wall will be built into the trailer for storing and distributing free art supplies to participants and communities we serve.

2. Customizing the Unit (\$10,000):

- **Reason:** Customization ensures the unit meets the functional, therapeutic, and logistical needs of the program.
- **Details:**
 - **Interior Design:**
 - Installation of a graffiti wall for creative self-expression and group projects.
 - Built-in storage solutions for art supplies and equipment.
 - A small entertainment area with a couch and TV to provide a relaxing space.
 - Enhanced lighting and calming décor to create a welcoming, therapeutic environment.
 - **Exterior Enhancements:**
 - Painting and branding the exterior to reflect the True Top 1% Foundation's mission.
 - Construction of the hidden wall for easy and secure distribution of art supplies.
 - **Operational Upgrades:**

- Ensuring accessibility features like a ramp for disabled veterans.
 - Adding insulation, flooring, and weatherproofing to make the unit functional year-round.
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Why This Funding is Essential

The Mobile Mental Health Art Unit will serve as a traveling sanctuary for veterans, offering them a safe and creative outlet to cope with the challenges of post-service life. Art therapy fosters emotional healing, reduces symptoms of PTSD, and builds a sense of community. However, realizing this vision requires adequate funding to acquire and transform the unit.

This \$15,000 will ensure:

- The acquisition of a durable RV trailer to serve as the foundation for the program.
- The customization of the unit into a fully functional and inviting space.
- The ability to distribute free art supplies to veterans, further extending the program's impact.

By supporting this initiative, donors help create a mobile haven for healing and creativity, reaching veterans and their families wherever they are. This investment will enable the True Top 1% Foundation to deliver hope and transformation, one brushstroke at a time.

Financial Breakdown:

Detailed Breakdown of the \$10,000 Customization Budget for the Mobile Mental Health Art Unit

The \$10,000 allocated for the customization of the Mobile Mental Health Art Unit is essential to transform the 36-39 ft RV trailer into a functional, inviting, and impactful space for art therapy and mental health outreach. Below is a detailed breakdown of how these funds will be used:

1. Interior Enhancements: \$5,000

- **Graffiti Wall and Open Workspace (\$1,500):**
 - Installation of a large, durable graffiti wall designed for creative expression.
 - High-quality materials to ensure the wall withstands frequent use and varying weather conditions.
 - Tools and spray paint starter kits for participants.
- **Storage Solutions (\$1,000):**
 - Custom-built shelving and hidden compartments for organizing art supplies and equipment.
 - Space-efficient storage to maximize the unit's open interior layout.
- **Seating and Relaxation Area (\$1,500):**
 - Installation of a small entertainment section with a couch, TV, and sound system for relaxation and group discussions.

- Comfortable and modular seating for workshops and therapy sessions.
 - **Lighting and Ambiance (\$1,000):**
 - LED lighting to create a bright and welcoming space.
 - Calming interior décor to foster a therapeutic environment, including murals or themed artwork reflecting the foundation’s mission.
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2. Exterior Improvements: \$2,500

- **Hidden Art Supply Wall (\$1,000):**
 - Construction of a concealed, lockable compartment on the exterior for storing and distributing free art supplies.
 - Weatherproof and secure materials to protect supplies during transport.
 - **Branding and Exterior Design (\$1,500):**
 - Custom paint job featuring the True Top 1% Foundation logo and mission.
 - Durable and professional-grade materials to ensure the exterior withstands weather and travel conditions.
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3. Accessibility and Operational Features: \$1,500

- **Accessibility Enhancements (\$1,000):**
 - Installation of a wheelchair ramp to ensure the unit is accessible to veterans with disabilities.
 - Widening of doorways and reinforced flooring for added safety and accessibility.
 - **Climate Control and Insulation (\$500):**
 - Basic insulation and climate control to make the unit comfortable year-round.
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4. Equipment and Utilities: \$1,000

- **Art Therapy Equipment (\$500):**
 - Easels, tables, chairs, and other tools needed for workshops and individual art sessions.
 - **Power and Utilities (\$500):**
 - Solar panels or a portable generator for energy needs during remote deployments.
 - Initial electrical setup for lighting, entertainment, and small appliances.
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Summary of \$10,000 Improvements

1. **Interior Enhancements: \$5,000**
2. **Exterior Improvements: \$2,500**

3. **Accessibility and Operational Features:** \$1,500

4. **Equipment and Utilities:** \$1,000

This detailed investment ensures the Mobile Mental Health Art Unit is a safe, functional, and inspiring space for veterans and their families, allowing the True Top 1% Foundation to deliver on its mission of healing through art.