



YOUTH MENTAL HEALTH WORKFORCE  
PROGRESS UPDATE MEMO – APRIL 20, 2026

We wanted to share a brief update on the Viragh Family Foundation’s Youth Mental Health Workforce Initiative.

This work began with a simple but urgent reality: the youth mental health workforce in St. Louis is under significant strain, and the ability to support young people depends on strengthening and sustaining the people who provide that care.

Over the past year, we spent time listening—to youth, families, providers, and community members—to better understand the challenges facing the workforce. From those conversations, several priorities emerged, including strengthening the pipeline into mental health careers, supporting providers across their full career path, addressing burnout and retention, and improving access to care in under-resourced communities.

We then invited organizations to share ideas for how to address these challenges. The response was significant. We heard from a wide range of organizations doing thoughtful, important work across the region. More than anything, it reinforced both the scale of need and the level of dedication from those working to meet it. It also highlighted something important: much of this work is already happening in the community, and many organizations are approaching similar challenges in different ways.

Now, we are moving into the next phase of the initiative. A group of organizations is being invited to share additional information as we continue to learn more about their work and explore potential paths forward. At the same time, we are continuing to reflect on what we’ve heard and how this effort can contribute to a stronger, more connected system over time. One of the clearest takeaways so far is that there is no single solution to this challenge. Some approaches focus on broader systems change while others are addressing specific gaps in services or populations. Still others are centered on strengthening organizations from within. They all play a valuable role and understanding how they fit together is an ongoing part of this work.

We also recognize that the need far exceeds any single funding effort, and that continued collaboration across organizations and funders will be critical. We remain committed to continued dialogue about systems, especially those related to philanthropy, and how we can support nonprofits through these conversations. If you, or someone in your network, is interested in contributing to the next phase of this effort, either with your professional expertise or as a funding partner, please feel free to reach out to us at [viragh@intentionalphilanthropy.com](mailto:viragh@intentionalphilanthropy.com) or forward this update to others.

If you’re interested in a deeper look at what we’ve heard and how this process has unfolded so far, [we’ve shared more here](#).

Thank you for your interest in and support of this work.

We look forward to sharing more as the initiative continues to evolve.