10/1/2012

103 Stevens

Longwood University

Farmville, VA

Dear Mr. Howarth,

Before I ask you for your help let me introduce myself. My name is Sarah Cassette and I’m a senior at Longwood University. I am majoring in Psychology and will be getting a minor in criminal justice. I run a blog on the Longwood Blog website. My blog discusses the mentally ill and ways to help those who are suffering. I was born and raised in Fairfax Virginia which is about twenty minutes away from Washington D.C., and in the city there are many homeless and poor people that suffer from mental illnesses. You may be asking yourself how you can help. Well, for my proposal I want to help raise awareness and money for people that suffer from a mental disease. In order to do so I would like your help to help set up a walk for awareness. There are walks for many different causes such as cancer. I would like to set up a walk specifically to raise money for people with mental illnesses that are located in the D.C area.

It is sad how many people in the Washington area live under the poverty level. There are so many that struggle with money and unemployment every day. According to the 20010 census over 100,000 individuals fall under the poverty line (Census, 2009). Out of those people there are many that suffer from mental illnesses. It is likely that those with a lower economic status are at a higher risk for suffering from a mental illness. There are trends and studies throughout psychology suggesting that people with lower socioeconomic statuses are likely to suffer for mental illnesses. The cost for help is very expensive. In a study they compared issues and disturbances due to mental health issues between a group with higher socioeconomic status and those with a lower socioeconomic status. (Rifat Atun et al., 87). Both of these groups had members that suffered from mental illnesses. The results showed that those below the poverty line suffered more and were not able to receive as much care as those with a higher socioeconomic status (Atun et al., 88). So, why are these two pieces of information relevant to my proposal? Well, out of the 24,371 people on disability in the D.C. area around 64% of those suffer from a mental disorder (Health, 13). Since Washington D.C. has such a high number of poverty and a high number of mentally ill it makes since that people in that area are going to suffer more than those from a richer area. Since so many are suffering and go without sufficient help I would like to set up a walk in D.C. to raise awareness and money for those in need.

So, with your help and support I would like to set up a program or a walk to support those with mental disabilities. The walk would be formatted similarly to the walk called relay for life which is a walk for cancer. The walk would be advertised around Northern Virginia and the D.C. area and anyone could make a team to walk and each team would try to raise a certain amount of money. The walk would be helpful to raise awareness and make money for the mentally ill. If you have any questions please let me know. Your help and support is greatly appreciated. Thank you so much for your time and I hope to hear from you soon. Have a great day.

Sincerely,

Sarah Cassette

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Works Cited

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