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## **Wizards and MedStar Health Host Successful Mental Health Awareness Night**

*Event Highlights Advocacy, Youth Empowerment, and Education*

**Washington, D.C.** – On January 13, 2025, the Washington Wizards, in partnership with MedStar Health, successfully hosted Mental Health Awareness Night at Capital One Arena during the Wizards' game against the Minnesota Timberwolves. The event aimed to raise awareness of mental health issues and promote positive social change by fostering open discussions, particularly among youth.

Wizards guard Bub Carrington played an integral role in the event, hosting 40 eighth-grade students from Monument Academy. These students attended the game as part of a broader effort to engage young people in mental health advocacy. As part of the evening, each student received a special Mental Health Awareness Night t-shirt designed by Carrington and his mother, Karima, in collaboration with their nonprofit organization, *Breaking Chains*. After the game, Carrington led a meet-and-greet session with the students, where he shared his personal mental health journey and emphasized the importance of mental health advocacy.

Active Minds, the largest nonprofit organization in the United States focused on transforming mental health norms for youth and young adults, was present on the 400-level concourse (section 405). The organization provided attendees with mental health resources, hosted a friendship bracelet-making station, and encouraged participation in their A.S.K. (Acknowledge, Support, Keep-In-Touch) campaign, which promotes peer-to-peer support and community engagement.

Alison Malmon, **Founder and Executive Director of Active Minds**, commented, "This event marked a powerful step toward creating a culture where young people feel empowered to speak openly about mental health and support one another. Our partnership with the Wizards and MedStar Health is a testament to the growing movement of mental health advocacy."

Before the game, in-game arena host Britt Waters interviewed Dr. Matthew Biel, MD, MSc, a prominent child and adolescent psychiatry expert at MedStar Georgetown University Hospital. Dr. Biel, who serves as Vice Chair and Chief of Child and Adolescent Psychiatry, discussed the significance of mental health, particularly in relation to the well-being of youth in today's society.

Throughout the game, fans were shown a video featuring Wizards players sharing personal messages on what mental health means to them. These segments were part of a larger effort by the Wizards and MedStar Health to educate fans on the importance of mental health, offer resources, and encourage open dialogue.

Additionally, proceeds from the event's 50/50 raffle benefited Active Minds, supporting their ongoing work to advance mental health advocacy among young people. Fans who were unable to attend can still contribute by visiting the Monumental Foundation's website at [MonumentalFoundation.org/5050](https://MonumentalFoundation.org/5050).

"The support from the Wizards and MedStar Health is crucial to making meaningful progress in mental health advocacy," said Dr. Biel. "By continuing to open these conversations, we can create a society where youth feel supported and equipped to seek help when they need it."

[Mental Health Awareness Night](#) was a successful event that highlighted the importance of mental health advocacy, provided essential resources, and encouraged attendees to participate in meaningful dialogue about mental wellness. Through events like this, the Wizards, MedStar Health, and Active Minds continue to foster a culture of awareness, support, and empowerment in the fight to improve mental health for all.

For more information on Active Minds and their mission, visit [www.activeminds.org](https://www.activeminds.org).

### **About Active Minds**

*Active Minds is the largest nonprofit organization in the United States mobilizing youth and young adults to transform mental health norms across society. For over 20 years, Active Minds has equipped the next generation of peer mental health advocates through programs such as the Active Minds Chapter Network, A.S.K., and Send Silence Packing. Our advocacy, initiatives, and campaigns foster lasting change in how youth view and discuss mental health, encouraging them to use their voices to influence broader conversations and inform mental health supports within their communities. Together, we are building a diverse movement of champions committed to improving mental health for all. To learn more, visit [activeminds.org](https://activeminds.org).*