# Champions of Change: Impact Story

## Karen Friedman

### Director, Mental Health, YMCA of the USA

“As a Champion of Change, I really want to emphasize how amazing this experience has been — the collaboration, the networking, getting to know other community organizations, large and small. The opportunity to connect with individuals passionate about this work at the community level has been invaluable. The connections we've made will continue, and we know as a collective, that's how we're going to move this work forward.”