



Throughout the school year, both KU Hillel and KU Chabad offer Jewish students a variety of ways to connect with their Judaism and engage with their fellow Jewish students. Both organizations have also focused on students' mental health in the past few years, something that became increasingly important after Oct. 7, as Jewish students face more and more antisemitism on campus.

Through a collaboration with Jewish Family Services of Greater Kansas City (JFS), Jewish students can access free therapy appointments. Over the years, this partnership has flourished, allowing a JFS therapist to become a full-time therapist dedicated to Jewish students.

Given the lengthy wait times for on-campus therapy—often exceeding six weeks or even months—this partnership is crucial. Students can choose between in-person and virtual appointments, gaining access to immediate support without a waitlist. Additionally, JFS offers supplementary therapy sessions as needed to ensure timely access to care.

KU Hillel offers comprehensive mental health and wellness initiatives specifically designed for Jewish KU students, utilizing community events as well as individual and personal care.

In addition to therapy, Hillel hosts Wellness Wednesdays, a perfect opportunity to take a break from busy weeks. Students can stop by between classes to enjoy good food and great company. Throughout the year, they offer a variety of wellness programs, including yoga, meditation, painting, and stress management workshops.

Chabad of KU also prioritizes student mental health in their programming. Chabad hosted its third annual Mental Health and Wellbeing Retreat in November 2023 as part of the “ReJOYvination 360” program.

This initiative aims to provide a comprehensive spectrum of emotional support for Jewish students at KU. Over the years, the program has expanded to include a variety of safety net support services and programs tailored to students' needs.

Workshops at the retreat covered diverse topics, from practical stress management “hacks” to candid discussions about body image and self-perception. There was also a panel discussion on finding and maintaining healthy relationships and a guided nature walk focusing on emotional wellness. Students delved into the Kabbalistic approach to serenity, gaining insights into mystical Jewish meditation.

A special program was dedicated to members of AEPI, a Jewish fraternity on campus, focusing on brotherhood and tools for handling the unique challenges of fraternity life. In addition to these workshops, Chabad has a 24-hour text line that serves as a lifeline for students seeking assistance and support.

“Our recent incoming students encounter different stressors compared to their predecessors. We are noticing a significant increase in stress levels among this generation, whether it’s due to social, familial or academic pressures. Recognizing these evolving needs has become imperative for us.”

—Nechama Tiechtel,
Chabad at KU co-director.

PROGRAM	AGENCY	2025 ALLOCATION
Safety Net & Seniors		
Career Skills & Connections	JVS	\$19,000
Heritage Center	JCC	\$93,575.00
Chesed Fund	JFED	\$47,500.00
Chaplaincy Program	JFS	\$42,750.00
Mental Health (Counseling Subsidies)	JFS	\$123,500.00
Kesher KC (Food Pantry & Food & Shelter)	JFS	\$85,500.00
Older Adult Svcs (Help@Home, JET, Care Mgmt)	JFS	\$190,000.00
KC Kosher Meals on Wheels	TLC	\$63,840.00
Village Shalom Financial Assistance	VS	\$190,000.00
		\$855,655.00
College & Young Adults		
Kehilla: Engaging the Unengaged	CHABAD-KU	\$4,750.00
Jewish U	CHABAD-KU	\$4,750.00
Shabbat & Holiday Celebrations at KU	CHABAD-KU	\$14,250.00
Chabad Student Safety Net Initiative	CHABAD-KU	\$15,200.00
Counseling for KU Jewish Students	JFS	\$57,000.00
Community Religious & Education Programs	KU HILLEL	\$40,375.00
Student Engagement	KU HILLEL	\$52,250.00
Student Leadership Development	KU HILLEL	\$26,600.00
Wellness Initiative - Mental Health	KU HILLEL	\$9,500.00
Dir. of Jewish Student Life—Staff & Program Expansion	MU HILLEL	\$10,450.00
		\$235,125.00
Jewish Education		
HBHA Financial Assistance	HBHA	\$367,650.00
Limudim	HBHA	\$27,550.00
MeltonKC	JCC	\$9,500.00
Sasone	JFED	\$23,750.00
Admin Support	RA	\$7,600.00
Congregational School Faculty Prof. Dev.	RA	\$6,384.00
Day of Discovery	RA/JCC	\$7,600.00
Selichot Program	RA	\$3,325.00
		\$453,359.00

PROGRAM	AGENCY	2025 ALLOCATION
Jewish Identity		
Jewish Experiences (collaboration with JFED)	JCC	\$66,500.00
Jewish Cultural Arts	JCC	\$26,600.00
Prepare to Respond, Educate to Prevent (PREP)	JCRB/AJC	\$38,000.00
Volunteer Connections	JVS	\$6,650.00
Ahoovim	KC KOLLEL	\$7,600.00
School Outreach/Teacher Education	MCHE	\$54,150.00
Vaad Supervision and Certification	VAAD	\$15,200.00
		\$214,700.00
Youth & Families		
BBYO	BBYO	\$47,500.00
Kansas City United Synagogue Youth (KCUSY)	CBS	\$2,375.00
Camp Scholarships	JCC	\$20,900.00
PJ Library	JFED	\$9,500.00
Youth Group Convention Assistance Program	JFED	\$2,375.00
Family Life Education	JFS	\$57,000.00
Priya: A Fund for Jewish Reproduction	JFS	\$20,900.00
Jewish Student Union (JSU)	NCSY	\$9,500.00
Camp Gan Israel of Kansas City	TLC	\$6,650.00
Early Childhood Education Pool (ECE)	Various	\$133,000.00
Congregation B'nai Jehudah Youth Program	TBJ	\$2,375.00
		\$312,075.00
TOTAL		\$2,100,914.00



ABBREVIATIONS

BBYO	B'nai B'rith Youth Organization
HBHA	Hyman Brand Hebrew Academy
JCC	Jewish Community Center
JCF	Jewish Community Foundation
JFS	Jewish Family Services
JFED	Jewish Federation of Greater Kansas City
JVS	Jewish Vocational Service
MCHE	Midwest Center for Holocaust Education
NCSY	National Council of Synagogue Youth
RA	Rabbinical Association
TLC	Torah Learning Center
VAAD	Vaad HaKashruth
VS	Village Shalom