

Transformative Holistic Mental Health Solutions Revealed

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The Foundation of Armani and Talia Jackson Advocates for Holistic Therapies

Key Takeaways:

- **Producer and former model Kelly Jackson and her children, actors Talia and Armani, have started a foundation called Beautiful Minds 999.**
- **The foundation focuses on holistic therapies for mental wellness and aims to spread [education](#) about these therapies to**

prevent suicide, treat drug addiction, and address **mental health** issues.

- Beautiful Minds 999 partnered with Social Impact Fund to expedite the establishment of their nonprofit organization.
- Talia and Armani Jackson have used holistic therapies like acupuncture and craniosacral **therapy** to manage their Lyme disease and have experienced positive mental health outcomes as well.
- The family believes that while medication can help temporarily, holistic therapies provide a more effective and long-lasting solution for mental wellness.

Producer and former model Kelly Jackson and her children, actors Talia and Armani, have launched a foundation called Beautiful Minds 999 with a mission to promote holistic therapies for mental wellness. They believe that these therapies can have a significant impact on suicide prevention, drug addiction treatment, and overall mental health.

Instead of waiting for the lengthy process of receiving tax-exempt status from the IRS to establish a 501(c)(3) organization, the Jacksons partnered with Social Impact Fund to start making a difference immediately. This partnership allows them to focus on creating opportunities and spreading education while leaving the financial aspects to the fund.

Both Talia, 21, known for her role in **Netflix's Family Reunion**, and Armani, 19, who appears on Paramount+'s drama *Wolf Pack*, have personally benefited from holistic therapies while managing their Lyme disease. They have found acupuncture and craniosacral therapy to be particularly effective in their treatment. These positive experiences inspired them to explore the potential of holistic therapies for mental health as well.

Talia emphasizes the importance of having alternative outlets for support and healing beyond traditional medication. She believes that **society** often overlooks the potential of holistic therapies and instead promotes medication as the only solution for mental health issues. While acknowledging the temporary relief that medication can provide, Talia asserts that it is not the ultimate solution for long-term well-being.

Through Beautiful Minds 999, the Jacksons aim to raise awareness and educate others about the positive effects of holistic therapies on the brain. They seek to challenge the notion that medication is the sole

answer and advocate for a more comprehensive and holistic approach to mental wellness.

By sharing their **personal experiences** and insights, the Jacksons hope to empower individuals to explore alternative modalities and seek holistic treatments for mental health support. Their foundation serves as a platform for education, prevention, and destigmatization of mental health challenges.

The **Hollywood Reporter**

<https://www.alaskacommons.com/transformative-holistic-mental-health-solutions-revealed/5640/>