



2017 *please* LIVE

ANNUAL REPORT

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OUR MISSION

To **cultivate mental wellness** through education and awareness of mental health challenges, focusing primarily on **depression, anxiety, and suicide prevention.**



OUR VISION

Mentally well communities.



LETTER FROM THE

EXECUTIVE DIRECTOR

Alexa Moody

Looking back on 2017, so much has happened to and through the efforts of Please Live. We've continued to grow and reach students that we couldn't reach before thanks to our growing base of volunteers and supporters who work as our hands and feet, spreading hope to struggling youth.

As I write this letter, I am filled with a deep sense of satisfaction for what we've been able to accomplish. I am reminded of a young woman, 6th grade, who approached me after one of our assemblies in tears, finally having the courage to tell someone about her budding eating disorder. I remember during lunch one day, in the midst of a series of classroom presentations, how a school social worker noted that a 9th grader from the previous day's class had gone to the counseling department with stage one signs of depression and was able to get set up with a support system, hopefully derailing years of hurt by focusing on that early intervention. I remember a young woman staying after class to speak with me about a friend she was concerned about. One conversation led to another and I found myself again in the guidance counselor's office, with the hurting student, as referrals were made for inpatient hospitalization.

And those are only the stories that I was part of, or became aware of. It's impossible to say

where or when our education will impact someone's life, or save someone's life. But, I am also reminded that there's still so much more to do. I also remember the tragic losses to suicide that happened in and around central Pennsylvania. I remember listening to one grieving mother in Chik-Fil-A tell me about her son. I remember reading the obituary of another, thinking about how similar our interests were, and how we probably would have been friends. I remember receiving a text message from one of our own Please Live volunteers informing me that her brother-in-law had died by suicide. I remember, just a few days prior to writing this letter, learning about another loss, a young man that would have been in a Please Live classroom in just a few months.

2018 is already filled with events, school districts, and promise. We're gaining momentum, and our hearts are poised to reach as many students as we are capable of reaching. There's a lot of exciting stuff coming up, and we hope that through it all - through the good, the bad, the wins, and the tragedy - that you will again partner with us and join us on this journey.

Alexa Moody
Executive Director



QUICK FACTS 2017



19 events
this year!

Over
3,000
middle and high school
students educated

58

teachers/staff trained
in Youth Mental Health
First Aid



18%
decrease in stigmatic
beliefs regarding mental
health

23%

increase in knowledge
about mental health and
suicide prevention

26%

increase in comfort reaching
out to an adult for help

STUDENT FEEDBACK

ANONYMOUS FEEDBACK FROM 2017 PRESENTATIONS

"I feel like **we should be taught this sooner** because now that I look back I believe that I may have known more people who were depressed."

"[I liked] the ACE steps, that way I know what to do in an emergency [...]. The presentation was put together very well."

"I liked how it told us how to address friends we are worried about and get help for ourselves."

"I enjoyed all of the different programs are out there to help others. I also enjoyed the information given to others that **mental illnesses are serious and people shouldn't be segregated or ignored.**"

"I really liked the presentation! I thought it was really good! It was helpful, especially the ways we can help friends who are struggling."

"[Please Live]'s presentation was very interesting. Informative and helpful. **I'm very glad [they] came to school to educate us** about mental health because it such a large issue."

"I enjoyed everything about it, and I just wanted to say **thank you for bringing this topic to light** because not a lot of people know about mental illness. It's something that should be taught and save lives."

"I liked how informative the presentation was. **I now know what to do if a friend or loved one is thinking about suicide** and some myths I thought about mental illnesses were debunked."

“I JUST WANTED TO SAY THANK YOU FOR BRINGING THIS TOPIC TO LIGHT BECAUSE NOT A LOT OF PEOPLE KNOW ABOUT MENTAL ILLNESS. IT'S SOMETHING THAT SHOULD BE TAUGHT AND **SAVES LIVES.**”

-ANONYMOUS STUDENT
FEEDBACK

COMMUNITY FEEDBACK

Through education, Please Live is sowing seeds of mental wellness into future generations. Through networking, Please Live has created a truly collaborative effort to improve the communities they touch. [...] We are excited to see Please Live grow and succeed as this means the same outcome for Teenline as well. We wholeheartedly support Please Live's mission and look forward to working with them for many years to come.

-KYLE C. SNYDER

Chief Administrative Officer, Holy Spirit A Geisinger Affiliate

The students and teachers listen [to Please Live] with great interest, ask questions, and are very pleased with the content of the presentation. The mental health fairs Please Live has set up in schools, churches, and other organizations brings to the fore front of students, teachers, parents, and others just who, what, and where there is help in the community for anyone needing assistance with a mental health or substance use disorder. This partnership is the most comprehensive approach I have encountered to bringing prevention and early intervention information, and motivation to care for another to numerous communities.

-SHARON ENGDAHL

Executive Director, Mental Wellness Awareness Association

Although our relationship with Please Live is just beginning, they have already become a "go-to" resource for students and staff as we bring discussion of mental health and suicide prevention into the light. Our school community is well served by their efforts.

-THOMAS C. BURNHEIMER

Director of Pupil Services, West Shore School District

This was the second freshman class that was provided excellent information about adolescent depression and suicide prevention and intervention strategies. The information was well received again and we saw immediate results as students' concerns were addressed with staff as a result of this education.

-GINA DANIELS

School Social Worker, Mechanicsburg Area Senior High School

We continue to see the struggles of mental health in our schools and recognize the barriers constructed of depression, anxiety, and stress; all of which can lead to suicidal ideation. Please Live demonstrates a commitment of community outreach and offers a multitude of resources to students, staff, and families in a joint effort to decrease unnecessary deaths and injuries within our communities. [...] Please Live serves the community and has significant impact in mental health education as well as suicide prevention.

-DORIS BABOIAN

Director of Student Services, Cumberland Valley High School

2017 FINANCES

Total Revenue

(Grants, Sponsorships, Donors, Etc.)
\$23,735.63

Total Expenditures

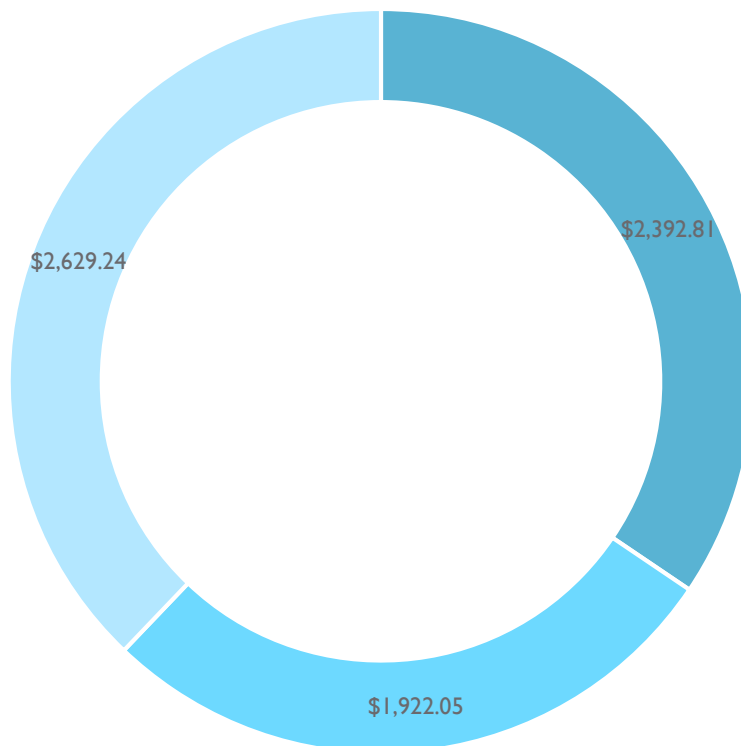
\$6,944.10

Net Operating Revenue

\$16,791.53

FULL FINANCIAL REPORT
AND BREAKDOWN
AVAILABLE UPON REQUEST

EXPENDITURES



■ PROGRAM ■ MANAGEMENT/GENERAL ■ FUNDRAISING

OUR SUPPORTERS

BUSINESSES

D&H Cares*
Davo Productions
Shade Mountain Naturals
Be a Blessing Organization
Chik-Fil-A East York
R.J. Fisher & Associates, Inc.
MSC Industrial Supply Co.
Kyen Financials
The Meadows Psychiatric
Institute
Masters Advisors Inc.
Mental Wellness
Awareness Association*
UGI Energy Services

FOUNDATIONS

The Foundation for Enhancing
Communities
The Tompkins Foundation

EVENT PARTNERS

The American Mental Wellness
Association
Highmark's The Caring Place
DrugFree Workplace PA
Franklin Family Services
PA Liquor Control Board
New Insights II

Holy Spirit Teenline
NAMI York County
PA Mental Health Consumers
Association
Retreats Addiction Center
Family First Health
Roxbury Treatment Center
Service Access Management
TW Ponessa & Associates
York County MH/IDD Services
Cumberland County MH/IDD
Services - P.U.L.S.E

SCHOOLS/ CHURCHES

Christian School of York
Cumberland Valley
School District
Mechanicsburg Area
School District
West Shore School District
York Suburban Middle School

INDIVIDUALS

Lorah & Derek Feldman
Stacy Arrigoni
Corey & Jamie Snyder
Faith & Ben Saylor
Andrew Graham
Rachelle Freedman
Alexa & Nathan Moody

Cherice Swick
Marja Deweyer
Stephen Peters
Rebecca Bowser
David & Laura Cook
Leona Heasley
Scott Strickler
Diana Mazzaferro
Donald Hill, Sr.
Margaret Peters
Tammy Kephart
Justin Goudzwaard
Anthony House
Liz Leonard
Joseph Knezic
Maria Malinoski-Shuff
Kevin & Sandra Grant
David & Kathryn Myers
Pamela Fleming
Jeff Davis

THANK YOU!

Your continued
support allows us the
opportunity to impact
and save lives!

BOARD OF DIRECTORS



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The background of the entire image is a teal-colored wall of school lockers. The lockers are arranged in a grid, with each locker door featuring a horizontal vent at the top and a black handle in the center. The text is overlaid on this background.

THANK YOU

FOR YOUR PARTNERSHIP
IN SAVING LIVES