

The background is a collage of three images, all tinted with a blue color. The top left image shows a person in a cap and apron at a table with a 'Walk to Fight Suicide' sign. The top right image shows a woman with glasses speaking into a microphone, wearing a 'THANK' t-shirt. The bottom image shows a group of young girls in white rain ponchos posing for a photo.

2018 *please* **LIVE**

ANNUAL REPORT

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The background of the entire page is a photograph of a library. In the upper half, a man with glasses and a beard is smiling and looking towards the left. In the lower half, a woman with dark hair tied back is smiling and looking towards the right. They appear to be engaged in a conversation or a study session. Bookshelves filled with books are visible in the background.

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

The year of 2018 continued to be a year of growth. As it has been in the past several years, our expansion is moving in all the right directions. While that is encouraging and exciting in terms of business, it is even more exciting to know that with every year of growth we have an increased capability of reaching more and more people with life-saving education.

Our biggest footprint continues to be centralized in and around Harrisburg, primarily in Cumberland, Dauphin, Perry, and York counties. However, with the turn of the new year we are already seeing interest from all over Pennsylvania. We're excited to be breaking into Lancaster, Northampton, Montour, and more. We're bringing more passionate and dedicated volunteers into our mix, each with their own story of struggle, addiction, hurt, loss, and recovery.

This past year was one of our biggest yet since our inception in 2010. I fully believe that our work continues to impact our communities in significant ways. Some of these ways are pretty immediate, such as the young man that I quietly sat with in the guidance counselor's office as we awaited the ambulance to take him to the nearest hospital for crisis intervention and in-patient hospitalization; or the phone call from an employee of one of our business sponsors who was in crisis and I was able to provide direction and hope; or the email from the school

counselor who noted that due to our training a situation out in Philadelphia was able to be stabilized and a young person saved. These are the immediate impacts that we are fortunate enough to see.

And I believe that there are less-immediate impacts as well. Who knows when education will become relevant? A middle school student hearing our presentation may not need to utilize this knowledge until their first year of college when they are away from home and suddenly their coping skills don't cut it anymore, or a student casually looking at our resources may not think it applies to them until they start noticing signs of suicide in a friend or family member.

The point is, I am honored to continue to lead Please Live's mission and vision in ways that I genuinely believe both have an immediate impact and also a future impact. We continue to sow the seeds of mental health and wellness into future generations, and with the support and collaboration of our community, we know we are making an eternal difference.

Alexa Moody
Executive Director

QUICK FACTS

2018



23 events
this year

139 teachers/staff
trained in Youth
Mental Health First Aid

Over
5,900
middle and high school
students educated

Reached over
8,400
students and adults with
mental health and suicide
prevention resources

18%
decrease in stigmatic
beliefs regarding
mental health

26%
increase in comfort
reaching out to an
adult for help

23%
increase in knowledge
about mental health and
suicide prevention



STUDENT FEEDBACK

Below is real feedback from students who have been through our program at local school districts.

“““

I thought [the presentation] was great. My little sister struggles with anxiety and I often just thought she was a scaredy cat or would tell her to just stop being a baby and face her fears. Now I understand that it's not that simple and **the best way to help her is to just be there for her** and not be rude about it. Thank you for teaching me about this very important topic. ■

I really like how personal the presentation was and how open it was with mental health situations. **It made me think more about what I can do to help others** and it made me more prepared if something were to happen to me or my friends. ■

[The speaker] made it a really free and easy conversation and although it's a hard topic, **she made it easy to understand and handle even for those struggling through it.** ■

“““

I really enjoyed how it was explained to us. **[The speaker] offered a unique perspective as someone who suffers from a mental illness herself** and can relate to those of us that also have them. ■

I liked how they took it seriously and were not messing around. **I also liked having the illnesses I have described to my classmates by adults who know what they are talking about** so I do not have to. They made the illnesses I have seem like they are okay to have and that you are not a burden for having them and I really appreciate my classmates and myself being told this. ■

I enjoyed the way the information was presented. Since stereotypes often hide the truth, I appreciated how this presentation clearly separated myths from facts. **I feel that I have a better understanding of mental illnesses**, and this presentation has me interested in learning more about the psychology behind it. ■



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-ANONYMOUS STUDENT

COMMUNITY FEEDBACK



“”

[The speaker] destroys the mental health stigma by simply being her transparent self...honest, open, and real!

— **Jason Showvaker**
York Suburban Middle
School Counselor

The students could relate to [the speaker] — **she did not speak “over” them and made them and their feelings feel “normal.”** I also like the religious connection. Talk was just perfect — not too heavy, not too light!

— **Antoinette Oliverio**
Principal of St. Patrick’s
Catholic School

“”

**[THE SPEAKER]’S PERSONALITY IS WARM, OPEN,
AND HUMOROUS. IT REALLY HELPS TO KEEP THE KIDS
ENGAGED WHEN TALKING ABOUT HEAVY TOPICS.**

— **Rachel Parker**
Manager of Counseling Services
at Reach Cyber Charter School

2018 FINANCES



+ REVENUE: \$31,965.67

Expenditures	\$25,656.34
Net Operating Revenue	\$6,361.80

- EXPENSES: \$25,656.34

Programs	\$13,920.63 (54%)
Management and General	\$8,106.66 (32%)
Fundraising	\$3,629.05 (2%)

OUR SUPPORTERS

Aji Fatou Sakho
Alexa & Nate Moody
Amanda Spahr
American Mental Wellness Association
Andrea & Chris Blosser
Anna McClintock
Annette Aguilera-Gonzales
Anthony House
Bart Jones
Blind Spotts Racing
Caitlin Helgesen
Cameron & Christian Reece
Cedar Cliff School District
Central York School District
Charlotte Tritto
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Corey & Jamie Snyder
Corey Snyder
Cumberland Valley School District
Cumberland/Perry Suicide Prevention Taskforce PULSE
Cumberland/Perry Youth Advisory Board
D&H Cares Foundation
Daniel & Jasmine Gray
David & Laura Cook
Davo Productions
DeLee & Fred Feldman
Dennis & Tammy Gray
Dover School District
Dr. Katherine Peters
DrugFree Workplace PA
Erik Wiedman
Faith & Ben Saylor
Family First Health
Froehlich Revocable Living Trust
Grace & Hope Consulting, LLC
Gregory Kadel
Hanah Kiner
Healing Gems/Center for Hope and Healing
Highmark's The Caring Place
Jennifer Sharma

Jessica Barnett
John Henry
Joseph Knezic
Kaila & Jesse Dellinger
Kali Malinoski
Kathryn Maz
Kristin Sharpe
Kylen Financials
Lancaster Suicide Prevention Taskforce
Laurel Life
London Hinderer
Lorah & Derek Feldman
Lorah Feldman
Lynne & Michelle Conley
Margaret & Kevin Peters
Marlin Spotts
Mechanicsburg Area School District
Melanie Whitcher
Melissa Beaven
Michael & Lindsey Jones
N.A.M.I. York County
NAMI York County
Nancy Williams-Smith
Nathan Shaner
Nicolas Shearer
OneHope Foundation
Orrstown Bank
Pennsylvania Mental Health Consumer's Association
PSECU
Rachel Rudnick
Rachelle Freedman
Reach Cyber School
Rebecca Bowser
Retreats Addiction Center
Roman Rys
Roxbury Treatment Center
Sadler Health Center
Saint Patrick School
Sarah Heinbaugh
Service Access and Management

Shane's Lemonade
Shannon Kuhn
Stephen Beaver
Stephen Peters
Suicide Prevention of York
Susan Brodbeck
Susquehanna Township School District
Susquenita School District
Target Foundation
The American Mental Wellness Association
The Des Foundation
The DES Foundation Inc
The Jeremy Project
The Meadows Psychiatric Center
The Mental Wellness Awareness Association
The Pennsylvania Liquor Control Board
Thomas & Kathleen Moody
Tiffany & Kurt Yannelli
TW Ponessa and Associates
United Way
Vikas & Lois Passi
Wildcat Foundation
York Suburban Middle School
York/Adams MHIDD
YWCA Carlisle

THANK YOU!

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

BOARD OF DIRECTORS



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Marketing Director



THANK YOU

FOR YOUR PARTNERSHIP
IN SAVING LIVES