



“After this group, I learned that I actually have people I can trust to help me with these kinds of things and I don’t have to hide my feelings.” Juneau middle school student

Sept. 12, 2024

Dear Friends,

NAMI Juneau is hard at work supporting **youth mental health and wellness**, and you can help continue our successes during this especially critical time.

America’s youth are experiencing what is being called a mental health crisis. Nationally, 20% of youth from ages 3 to 17 have a mental, emotional, developmental or behavioral disorder (“2022 National Healthcare Quality and Disparities Report,” Agency for Healthcare Research and Quality). In Juneau, 1 in 3 high school students reported having felt suicidal in the past year (“Youth Risk Behavior Survey” for Juneau, 2019). And now, in addition to ongoing mental health issues, most students and families are facing major challenges with a consolidation of public schools, shifting of grades, relocations, teacher shortages and family schedules being juggled and re-juggled. So much upheaval can make it hard for some to adjust.

NAMI Juneau is even more determined to continue promoting resiliency and strength in our young people through education, guidance and support this school year, especially facing these new and unique challenges. For youth we will offer:

- SEHE, a six-week mental health discussion program for middle and high students at TMMS, JDHS.YAK and Johnson Youth Center;
- Signs of Suicide presentations for 7th and 9th graders at TMMS and JDHS.YAK;
- Behavioral health support through the Teen Health Center at JDHS.YAK and YaakꞋoosgé Daakahídi
- Five camps for CHOICE program students in grades 9-12;
- Gender support group for middle and high school students and Youth Pride Party event for all grades at Zach Gordon Youth Center;
- Positive Protective Factors, five presentations for high school students;

For family members, caregivers and adult supports we will offer:

- “Ask Clem,” a new mental health support column for families in elementary school newsletters;
- Family Support Groups, confidential, in-person, drop-in groups twice a month and online support groups four times a month;
- Family and Friends, two-hour seminar twice a year;
- Tables with information at parent-teacher conferences at JDHS.YAK and TMMS
- Presentations about youth mental health to professional organizations, agencies, workplaces and other non-profits.

Be a part of continuing this critical work for our youth this school year by making a tax-deductible donation to NAMI Juneau. **Our goal is to raise \$6,000 by October 15.** Will you help meet that important goal? We pledge to use your contribution efficiently and effectively to address the challenges students and families are facing right now.

NAMI Juneau's consistent and ongoing programs, outreach and one-on-one services for young people, their families and community members **have made a difference**. Last school year:

- 369 Juneau students attended at least one of our 21 support groups or activities;
- NAMI Juneau offered 38 presentations to 852 Juneau students;
- NAMI Juneau offered 9 presentations to 149 Juneau parents, teachers and caregivers;
- We provided 90 students with a therapist through the Teen Health Center.

"I'm so grateful for the collaboration between NAMI Juneau and the Juneau School District. Sensitive issues can be hard to talk about with kids and having an outside resource with fresh up-to-date resources are so impactful and important for kids to see and hear." Juneau middle school counselor.

Because of the generosity of people like you, NAMI Juneau is able to offer education, support, advocacy and public awareness to improve mental health for people of all ages in our community with our dedicated volunteers, our community partners and our small hard-working staff. Right now, **it will take all of us** to meet head-on the challenges our youth are facing. We are asking for your help by October 15 to keep all that work and more going strong this school year.

To make a tax-deductible donation, just use the QR code below or fill out the information on the enclosed remittance envelope and mail it with your check or credit card information. You can always make a contribution on our website www.namijuneau.org by clicking on the "donate" tab at the top of the homepage or simply by clicking on this link <https://www.namijuneau.org/donate>

With heartfelt appreciation,



Aaron Surma, Executive Director



Debbie Fagnant, President, Board of Directors

p.s. Thank you for stepping up today to support critical youth and school mental health work by making your financial gift by October 15.



Scan to donate

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