

RISE

Against Suicide

ANNUAL
REPORT
2023



BREAKING BARRIERS:

A Note from Our Executive Director & Board President

Rise Against Suicide's mission is to help youth at risk of suicide by removing the financial and social barriers to treatment, enabling them to find hope and healing. Rise Against Suicide (RISE) was founded in 2009 to support the growing number of youth in Boulder County experiencing suicidal ideation. As a board-governed 501c3, RISE's only program is to provide free therapy sessions for youth at risk for suicide. With 26 licensed therapists in our provider cohort, RISE has provided nearly 1,800 youth with access to over 12,000 free therapy sessions since its inception in 2009.

In 2022, youth suicide decreased. Many people have asked us what happened that decreased the number. Our response is that mental health was finally funded by the state and federal government, and we were able to offer mental health services to more young people struggling with suicidal ideation than in the past. Funding for suicidal mental health services can and does save lives. Every contribution you make to RISE helps save a young person's life. Without our community, county, cities, and partners' support, we cannot do this work. It takes a village to continue to decrease the number of youth suicides in our state, and we are so grateful for ours.

This year RISE attended 11 community events that raised over \$42k for our organization and was awarded the Catapult Project through SVP. This three-year partnership will help RISE serve more suicidal young people in our community. Additionally, we completed our new referral management system allowing us to receive more referrals by breaking communication barriers that stand in the way of getting suicidal youth the help they need in a timely manner. RISE also established new partnerships with Children's Hospital to fill the gap between in-patient care and outpatient care, with Impact on Education for a youth mental health presentation, and with Blue Sky Bridge to assist their suicidal youth.

As we look ahead with hope to the 23/24 school year, we are reminded to never let up and continue to create innovative ways to meet our suicidal young people where they are in their mental health journeys. We look forward to expanding our services to more schools with students directly affected by suicide and breaking barriers for our therapists, allowing them to see more young people struggling with suicidal ideation.



Jenna Clinchard,
Executive Director



Amy Paterra,
Board President



Our VALUES



Rise Against Suicide helps young people experiencing suicidal ideation by removing financial and social barriers to treatment, helping them find hope and healing.

Accessibility

At RISE we believe that all young people deserve to have access to quality mental health care regardless of their social and financial situations.

Compassion

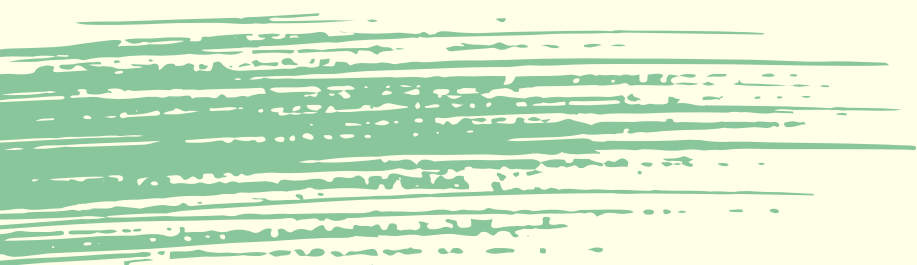
At RISE it is key that we show compassion to all who are struggling and offer them the support they need to find hope and healing.

Community

At RISE we believe that working with other organizations and cultivating meaningful relationships within the community is essential to ensure that our young people receive the help they need and deserve.

Active Listening

At RISE we believe that it is critical that we listen and genuinely hear someone because many of the youth we serve want and need their voices to be heard.



Our PURPOSE

It's a powerful, paralyzing feeling – for kids who struggle with their emotions and for those who struggle to help kids navigate the world in which they live. Not knowing what to do or where to start is both scary and overwhelming, especially when kids might have thoughts of suicide. Yet, there's hope.

Here at Rise Against Suicide, we have the means to help youth in our community manage their mental health. We connect kids in Boulder, Longmont, and surrounding areas who are 19 and under to trained therapists who can help them better understand their thoughts and feelings.

Nothing should stand in the way when it comes to getting kids the help they need. Our calling is to connect kids and therapists to each other while removing every barrier that might stand in the way, whether that's cost, transportation, or red tape.

We want our youth to recover and grow stronger so we can teach them to come through the other side with hope and determination to live for tomorrow.

Youth Suicide in Colorado



Suicide is the leading cause of death for youth and young adults in Colorado.

44%

44% of American teens report persistent thoughts of sadness and hopelessness.



23% increase in patients visiting hospital's emergency departments for behavioral health concerns compared to the first quarter of 2021 and a 103% increase above the first quarter of 2019, before the pandemic began.

Our PROCESS



Step 1 Youth is Referred to RISE

School counselors, interventionists, teachers, community resource professionals, parents, and families refer a young person in need. Young people can reach out directly to RISE and request a suicide risk assessment if they are 12 years old or older.

The client, with help from the QRS, selects a state-licensed therapist from the RISE roster. Currently, 26 qualified therapists offer their services to RISE and RISE takes care of the bill. Many therapists will travel to schools or other locations to meet with clients if requested.

Step 2 Therapist Selection

Step 3 Initial Session Set Up

Once a therapist is selected, they will typically contact the client within 24-72 hours to set up an initial session. The QRS/parent/child has the opportunity to select the best RISE therapist for their needs.

RISE clients have access to 10 free sessions; however, RISE will never deny therapy to a young person still struggling. There is an opportunity to request an extension if needed and based on the provider's feedback.

Step 4 Treatment

OUR PARTNERS



Thank you to our therapists!

Without your dedication to serving our community's young people, RISE would not be where it is today. On behalf of our organization and everyone we serve, we want to offer all of you our deepest gratitude.

Thank you to all of our partners!

Your partnership plays a key role in RISE's ability to reach young people in our community and helps us learn and grow as an organization so that we can better serve our kids.

Blue Sky Bridge
Boulder Community Health
Boulder Valley School District (BVSD)
Children's Hospital
Clinica
C.O.R.E. (Crisis Outreach Response and
Engagement)

Saint Vrain Valley School District (SVVSD)
Hope Light Clinic
Longmont Youth Center
OASOS
Out Boulder
TGTHR

Partner Testimonial

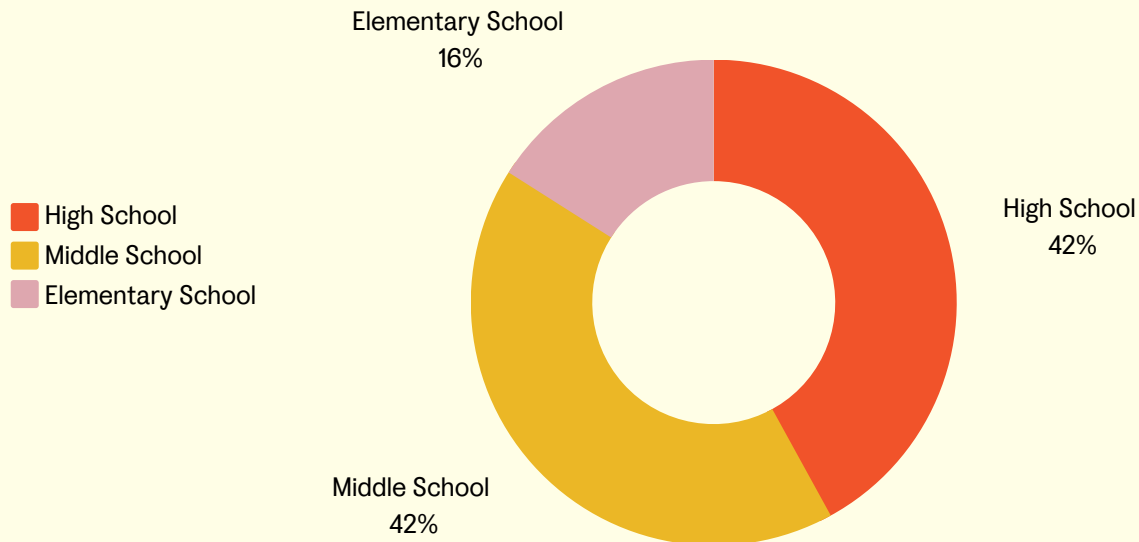
"RISE is a vital piece of our community. As a behavioral health provider at the local community health clinic, I see children and teenagers on a daily basis. I am able to refer youth with suicidal ideation to RISE, and know that RISE will follow up with these youth for therapy quickly, and with compassion. This is critical, especially for youth who do not have health insurance, speak languages other than English, or need to receive mental health support without involving their caregivers. I truly do not know what our community would do without RISE – they are saving lives!" – Clinica Family Health

Our YOUTH

ASKING
— for —
HELP
is OK

RISE serves youth of a variety of ages, genders, and racial identities throughout BVSD and SVVSD.

School Level Break Down of RISE Referrals in FY22



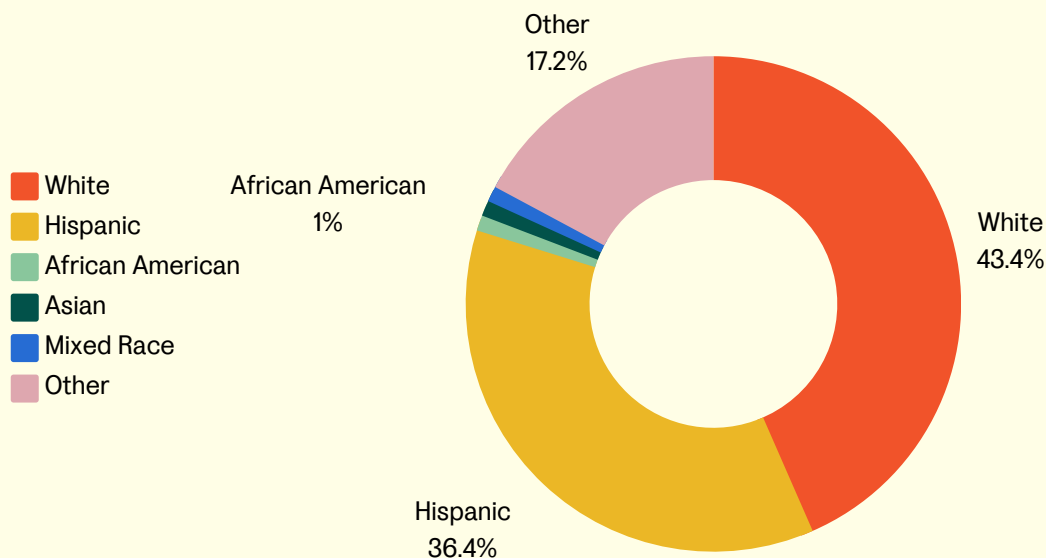
13

average age of
youth referred to
RISE

79%

of RISE referrals
are at least 12
years old

Racial Demographics of RISE Referrals in FY22



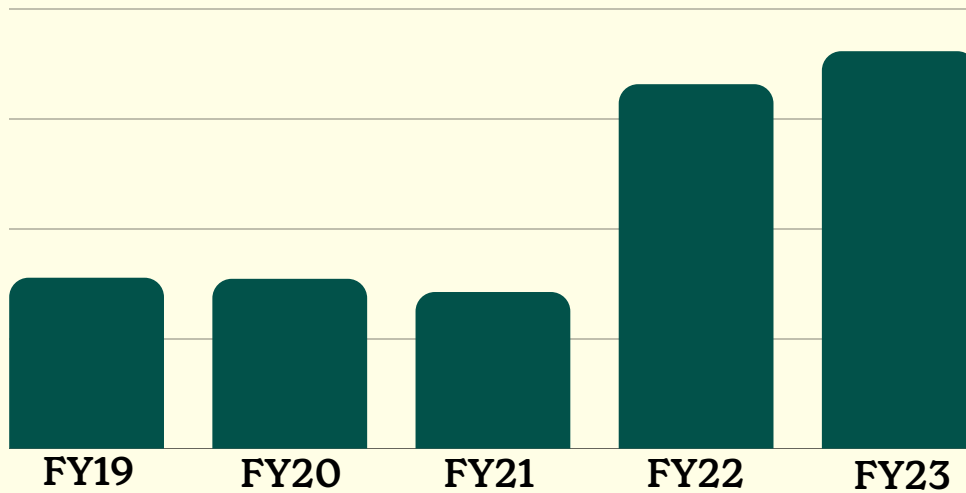
59%

of RISE referrals
were for female-
identifying youth

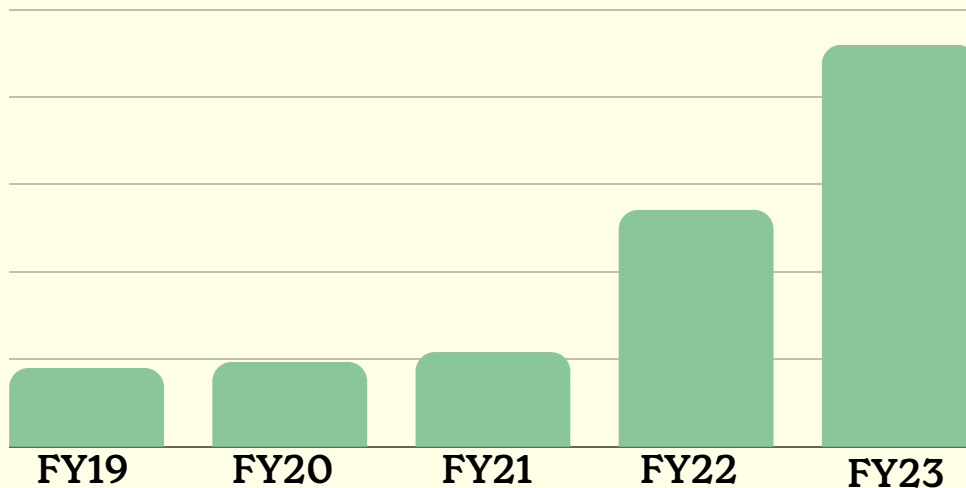
Our IMPACT



RISE Youth Referrals



RISE Funded Sessions



361

Youth referred
to RISE

4,592

Number of
sessions funded

64

Number of
schools who
referred to RISE

During the 2022/2023 fiscal year RISE received referrals from 64 schools across Boulder Valley and St. Vrain Valley school districts for 361 young people and funded 4,592 therapy sessions for young people at risk of suicide.

WE RISE TOGETHER



YOUTH TESTIMONIAL

"I just wanna say some things to you. I just wanna take a moment to share with you my gratitude. Thank you so much for being my therapist this year. You helped me learn new things and you're truly a wise person. Thank you for all the times you gave me hugs, I love hugs so much and often need them and I never got them often with those around me. I felt like you were the mother I mentally needed in my life. You'd always try your best to understand me, thank you so much for that. I loved talking to you even if sometimes I was too scared to speak up. I felt like you didn't judge me when I told you certain insecurities that I hold within myself. I truly hope you have a good summer and words can't describe how much I'll miss you. And once again. Thank you so much." – Juliana, Student from SVVSD

PARENT TESTIMONIAL

"My child's Rise Against Suicide therapist truly saved my daughter's life and without whom, I am not certain my daughter would have survived. RISE, typically an 8-week crisis intervention, maintained services for almost 11 months at no cost to our family when most therapists were refusing to see young teens or had wait lists from 6 to 9 months long. A crisis is NOT something that can be postponed for insurance approval or waitlisting a child. This crucial service was such a blessing for my family, and I cannot express my gratitude enough.

My child's therapist took the time to get to know my daughter personally and invested herself in my daughter's well-being. She went above and beyond the call of a normal psychologist finding unique ways to connect in the therapy with my teenager at a teenage, relatable level. She made herself available day and night and created a life-long bond with my child who still smiles with excitement at hearing her name. She has helped my daughter to self-advocate and understand that her past history does not define a future outcome. My daughter now better understands how she deserves to be treated in the future, no matter what her past looked like. My daughter has slowly realized that certain core beliefs that have shaped her life were unhealthy and her therapist provided my daughter with the tools by which to begin the process of reshaping her perspective of healthy and unhealthy parent actions in her life in hopes to break this cycle for her future children.

The road ahead of my daughter will not be an easy path, but thanks to people like her therapist and RISE, my daughter has a future to look forward to with new skill sets to begin coping with her life struggles. Please, as a father who has tried to navigate through the quagmire of POST-COVID mental health system nightmares for teens, I implore you to support, continue funding, and expand RISE funding for the health and well-being of all the children. Please, support RISE, and let no child slip through the cracks or be left behind due to the severely broken mental health care system in Colorado." – Curtis, Parent from Longmont

RISE IN THE COMMUNITY

Emerge 5K

Our Emerge 5K is our biggest annual fundraiser and helps fund thousands of therapy sessions. This event also helps to break down the stigma surrounding conversations about mental health and suicide, which encourages at-risk youth and their families to have these important conversations and seek out the help they need.



Holiday Star

The Holiday Star Program is a way for local businesses to make an impact. Each year, RISE partners with local businesses that help us connect our community to struggling young people. We provide each location with a tree and star ornaments or a starry wall. Each star represents a young person in our community who has received mental health care from RISE. Patrons at each business can donate to fund therapy sessions for young people in the community at risk of suicide.

Community Fundraisers

11 community fundraisers were held to benefit RISE; the funds raised at these events support RISE in its efforts to provide services to young people in our community. We at RISE are incredibly grateful for all of the support we have received from the community, you all have an incredible impact.



RISE SPONSORS

BREAK
• the •
STIGMA

We are so grateful to our fantastic sponsors who supported our events this year!

Emerge 5K

Asset Living
Bellco
Boulder Longevity Center
Carol & Ivan Schaefer
Centennial Peak Hospital
Dr. Wong/Wong Orthodontics
Ent
First Bank
Harris Kocher Smith
High Plains Bank
Hope Coalition
IGNITE
Laura & Andy Lee
Mental Health Partners
Mindy & Jeff Sanders
Monkton Guitars
Mountain View Capital
Rocky Mountain Health Plans
Stapp Toyota
Sunflower Bank
TIKKUN Foundation
Wild Heritage Gardens

Holiday Star

First Bank
Mindful Works
Proto's Pizza Lafayette
Sandstone Care
Schneider Electric
Sunflower Bank

Community

Acme Fine Goods
Big Red F
Domestic Disturbance Car Club
Ever Eve
Jax Fish House
Jeffrey Kash
Joanna Mandell
Louisville Community Yoga
Mike & Melanie Meador
Ozo West Pearl
Paul Cavanaugh
Vintrey Fine Goods

Thank you!

Our Staff AND BOARD



Bill Heaston (he/him/his) - Program Director

Bill joined Rise Against Suicide in May of 2023. Most recently, Bill has worked in the field of suicide prevention throughout the State of Colorado. An avid Creighton Bluejays basketball fan, Bill loves to adventure and is most happy with his two pups, Millie and Phineas.

Michelle Aquino (she/her/hers) - Development Director

Michelle joined Rise Against Suicide in July 2023 and has raised funds for suicide prevention throughout the State of Colorado and is passionate about raising critical funds for youth and supporting their mental health.



2023 Rise Against Suicide Board of Directors

MEMBER

Amy Pattera, 2018
Jonathan Schoenberg, 2020
Andi Jason, 2019
Crystal Salvador-Zapote, 2021
Lori Berman, 2023
Gary Borgese, 2014
Mark Braman, 2020
Peter Burns, 2022
Luis Chaves, 2022
Yadira Cook, 2022
Susan J. Davis, 2021
Jenna Howerton, 2021

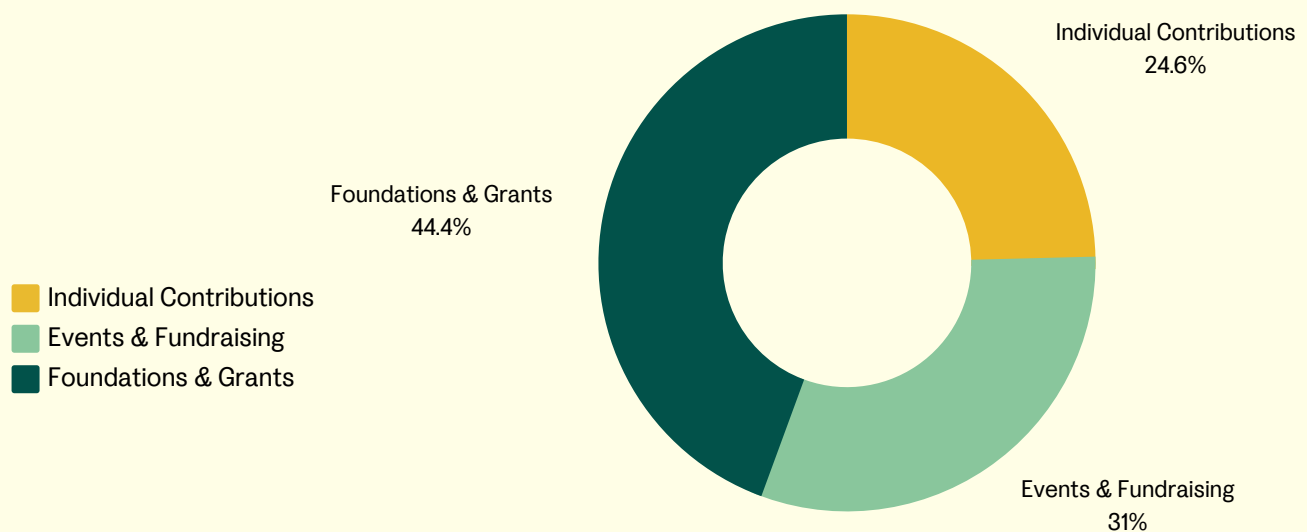
POSITION

President
Vice President
Secretary
Treasurer
Board Member
Board Member
Board Member
Board Member
Board Member
Board Member
Board Member

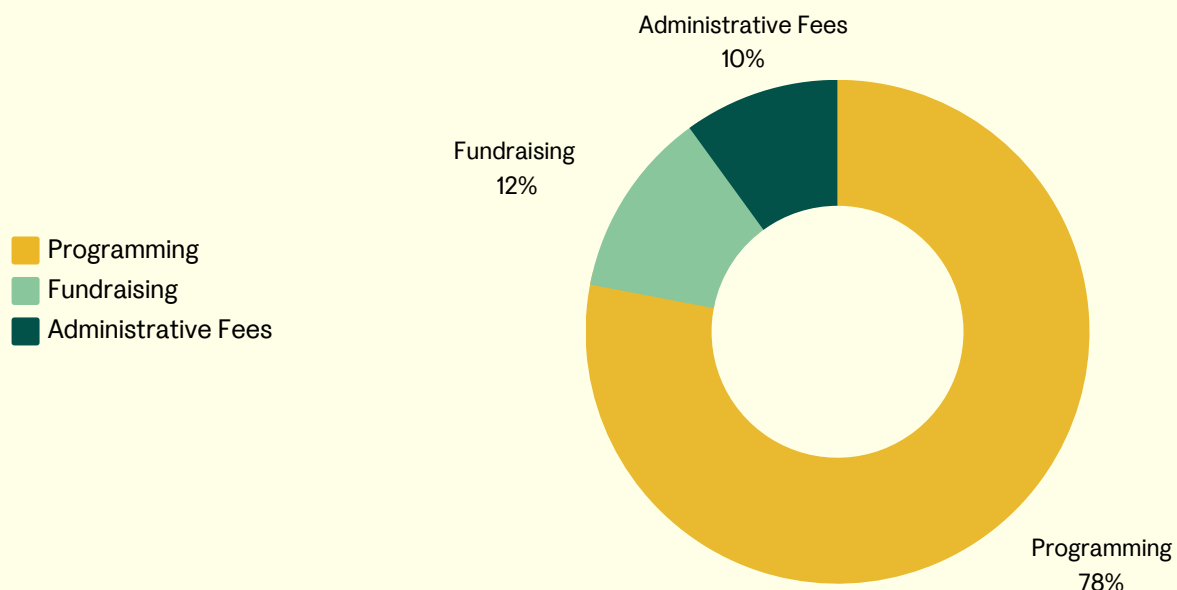
OUR Financial Statement

Through a combination of individual donations, fundraising events, and grants, RISE has had its most successful financial year to date, and was able to fund the highest number of therapy sessions in a fiscal year since the organization's inception.

RISE FY22 Revenue Report



RISE FY22 Expense Report





Together We Can Rise Against Suicide

We want to thank all of our stakeholders, you are a vital part of our community and the work we do.



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riseagainstsucide.org
[@RiseAgainstSuicide](https://www.instagram.com/RiseAgainstSuicide)



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