



Why We Need Help & Hope for YOUTH

Help & Hope for YOUTH brings community awareness and focus to the one in five young people experiencing symptoms of mental illness. Member organizations in the Help & Hope for YOUTH Alliance educate, advocate and reduce stigma so more children and teens will take the critical first step to ask for help.

When you become a member of the Help & Hope for YOUTH Alliance, we work together to let young people who are first experiencing signs of mental illness know that they are not alone, someone cares about them, and that getting help as soon as possible can make a difference. As one student participant said meaningfully about the Ending the Silence classroom presentation, "It can save lives."

Help & Hope for YOUTH Alliance Commitment to Participate

The Help & Hope for YOUTH Alliance was formed in 2017 with the intent to build a collaborative alliance of individuals and organizations brought together to improve the mental health of youth in Arizona. The Alliance members share a passion for serving people, a commitment to long-term collaboration and cooperation, and a focus on engaging and empowering youth and their families.

Values/Guiding Principles

The Help & Hope for YOUTH Alliance is committed to:

- Reducing the stigma of mental illness and improving the mental health of children and young adults;
- Involving youth in the decisions that affect them;
- Providing services and supports that are culturally relevant;
- Establishing and achieving specific outcomes;
- Ensuring open communication;
- Working together;
- Leaving the agency hat or personal agenda at the door; the focus on young people drives our thinking; and
- Being flexible and adapting to the strengths and needs presented by youth.

The Alliance will provide each member with:

1. Relevant information to support their involvement as an Alliance Member.
2. Access to training and education events.
3. Opportunities to participate in collaborative system development, engagement of youth and their families, and mental health system improvements.
4. Access to current and accurate information about youth and family mental health education and support services available in Arizona.

Alliance members are committed to uphold the values of the Alliance and agree to the following:

1. Working to improve youth mental health.
2. Participating in building the Alliance through partnerships and collaboration to advance goals.
3. Keeping up to date on Alliance activities and disseminating information about the Alliance to other interested parties.
4. Maintaining active participation in the Alliance through regular and consistent attendance at Alliance quarterly meetings and/or trainings and events.
5. Being available as an expert in your field and sharing that expertise through the Alliance.
6. Sharing your contact information with other members and interested parties.
7. Being an ambassador of the Alliance and advocating for stigma reduction and improved mental health for youth.
8. Serving on the following Alliance Task Force:
 - _____ Capacity Building: create the infrastructure and mechanisms to carry out the work of the Alliance, including recruitment, resource mapping, communications, fund development
 - _____ Education & Training: expand the use of evidence-based curricula and programs to reduce stigma and increase help seeking
 - _____ Advocacy & Policy: advocate for policy changes and improve access to mental/behavioral health services

The person designated below is a member of the Alliance, either individually or as the representative of an organization.

Name: _____

Organization: _____

Address: _____

Phone: _____

Email: _____

Signature: _____

Organization Website: _____

Organization CEO/Leader Name: _____

CEO/Leader Signature: _____

CEO/Leader Phone: _____

CEO/Leader E-mail: _____

Date: _____

You Can Help Us Do More

At this time, the Help & Hope for YOUTH Alliance is not a dues-paying membership organization. But we are asking for your charitable contribution to help build our capacity to reach more children and young adults throughout Southern Arizona with information and resources about how to deal with their depression, anxiety and other symptoms of mental illness. Your donation sends a clear message to the community and funders that many community organizations from different sectors not only care about youth mental health, but are willing to chip in to give it the attention it deserves. The return on your investment reaches beyond the one in five youth who are directly affected by mental illness. Our educational programs give their peers the needed information and tools to help others. “Thanks for helping me help my best friend,” wrote one student on the Ending the Silence evaluation.

Our fund-raising goal is 100% financial participation from Alliance members. So whether you can contribute \$50 or \$25,000, it all adds up and makes a difference. Your donation will be added to the funding NAMI Southern Arizona has received from The David and Lura Lovell Foundation and a Mental Health Block Grant to carry out the work of Help & Hope for YOUTH, including setting up the infrastructure so that the work outlined in the three-year Initiative continues beyond the initial grant funding. Let’s keep Help & Hope for YOUTH educating young people and advocating for services in Southern Arizona.

Benefits of Your Contribution

Please choose your level of support and review the accompanying benefits of your contribution.

	<i>Visionary</i>	<i>Champion</i>	<i>Community Builder</i>	<i>Advocate</i>	<i>Sponsor</i>	<i>Friend</i>	<i>Supporter</i>
Annual Investment	\$25,000	\$10,000	\$5,000	\$2,500	\$500	\$50	Talent
Speaking opportunities at youth mental health events	X						
Trainings or workshops for your staff	X						
Signage & recognition at quarterly Alliance meetings and other events	X	X					
Recognition in & opportunity to contribute to Alliance monthly newsletter	X	X	X				
Your events posted on our website calendar	X	X	X				
Your materials included in display table at 4-12 events/year	X	X	X	X			
Recognition in Alliance social media posts based on level of contribution	X	X	X	X			
Website listing, profile, logo & link	X	X	X	X	X		
Invitation to quarterly Alliance lunch meetings	X	X	X	X	X	X	X
Alliance monthly newsletters emailed to your list	X	X	X	X	X	X	X

Make Your Contribution

Donation to Help & Hope for YOUth: \$ _____

Monthly Annual One time

Contribution Level (select one):

Visionary Champion Community Builder Advocate Sponsor Friend

Address (if different than your Alliance membership contact information): _____

Please send your completed form to Mary Ann Johnson, Capacity Building Task Force Leader, maryannjohnson1950@gmail.com. Call Mary Ann at 520-370-0341 with any questions. Your donation can be made online, at www.helpfopeforyouth.org, or by sending a check designated for Help & Hope for YOUth to NAMI Southern Arizona, Attention Mary Ann Johnson, 6122 E. 22nd Street, Tucson, AZ 85711. NAMI Southern Arizona is a 501(c)3 nonprofit organization, EIN 86-0450977.

Thank you for contribution of time and money, and your leadership in this endeavor. Together we are changing the future for young people in Southern Arizona!