



RISE

Against Suicide

Annual Report
2023-2024



Breaking Barriers:

A Note from Our Executive Director & Board President

Rise Against Suicide is driven by a deep commitment to empower at-risk youth by removing the barriers that prevent them from accessing essential treatment, offering them a path to hope and healing. Founded in 2009, Rise Against Suicide (Rise) operates as a board-governed 501c3 organization solely dedicated to providing free therapy sessions to youth at risk of suicide. With a dedicated team of 35 licensed therapists, Rise has helped nearly 2,200 young individuals with over 18,470 therapy sessions since our inception. The year 2023-2024 has brought our highest numbers yet with 400 referrals and 6,470 therapy sessions funded.

In 2023, we witnessed a decrease in youth suicides, a heartening development that many have asked us about. This positive shift can be attributed to increased funding for mental health services from state and federal sources, which enabled us to extend our support to more young people struggling with suicidal ideation than ever before. It's clear: funding for mental health services saves lives. Every donation to Rise directly impacts a young person's chance at life. We deeply rely on the unwavering support of our community, county, cities, and partners to sustain our vital work. It truly takes a village to continue reducing youth suicide rates in our area, and we are incredibly thankful for the steadfast support of our community.

This past year has been marked by significant milestones for Rise. We participated in 13 community events, raising over \$30,000 to further our mission. Additionally, we started our first year of the Catapult Project through SVP, a transformative three-year partnership that will expand our capacity to serve suicidal youth in our community. To meet the needs of our partnering schools, we've added a service to our program, group therapy. Moreover, we formed new partnerships with Medicine Horse and the Kiva Center to expand our therapy modalities in equestrian therapy and somatic therapy respectively.

Looking ahead to the upcoming school year, we are inspired to continue developing innovative approaches to meet young people in their mental health journeys. Our vision includes expanding our services to more schools directly affected by suicide and enhancing support for our therapists so they can reach even more young people facing suicidal ideation. Together, with your support, we are making strides towards a future where every young person in our community feels valued, supported, and equipped to overcome their mental health challenges.



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

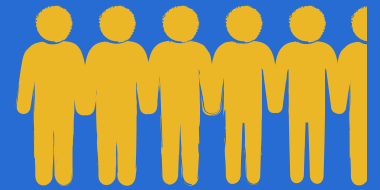
Navigating emotional challenges can be incredibly daunting, both for young people grappling with their feelings and for those who strive to support them. The uncertainty of how to proceed, particularly when facing thoughts of suicide, can be overwhelming and frightening. However, there is hope.

At Rise Against Suicide, we are committed to providing vital support to youth in our community. We offer access to trained therapists for individuals aged 19 and under in Boulder, Longmont, and surrounding areas. Our therapists are dedicated to helping young people understand and manage their thoughts and emotions.

We believe that no barrier should prevent young people from receiving the help they need. Our mission is to connect youths with therapists while eliminating obstacles such as cost, transportation, and social hurdles.

Our goal is to help our youth recover and become resilient, guiding them toward a future filled with hope and determination.

Youth Suicide in Colorado



5.5% of Colorado youth have attempted suicide one or more times in 12 months

25.7%

of Colorado youth have felt sad or hopeless most days for 2 weeks straight



28.4% of Colorado youth have a friend tell them they have thoughts of suicide one or more times in 12 months

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.

Step 2 **Therapist Selection**

The client, with help from the Qualified Referral Source (QRS), selects a state-licensed therapist from the Rise roster. Currently, 35 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 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.

Step 4 **Treatment**

Rise clients have access to 10 free sessions. Rise will never deny therapy to a young person struggling. Rise pays the therapist directly, and the client's family is not burdened with a bill.

Our PARTNERS

Thank you to our therapists!

Rise wouldn't be what it is today without your genuine commitment to the young people in our community. From the bottom of our hearts, we want to express our deepest gratitude on behalf of our organization and everyone whose lives you've touched.

Thank you to all of our partners!

Your partnership is crucial to Rise's mission of reaching and supporting the youth in our community. It allows us to evolve as an organization, refining our efforts to more effectively serve the young people who rely on us.

- Blue Sky Bridge
- Boulder Community Health
- Boulder County Public Health/Coroner's Office
- Boulder County CASA
- Boulder Valley School District (BVSD)
- Children's Hospital
- Clinica
- C.O.R.E. (Crisis Outreach Response and Engagement)
- Crossroads School
- Saint Vrain Valley School District (SVVSD)
- Hope Light Clinic
- Longmont Youth Center
- OASOS
- Rocky Mountain Equality
- TGTHR

Partner Testimonial

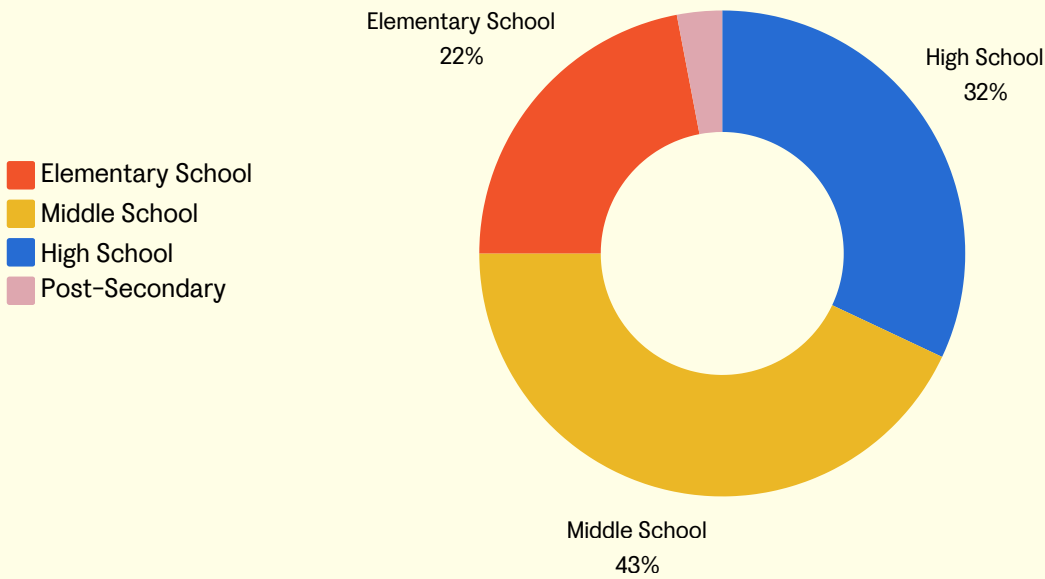
In my experience working with Rise through BVSD, I have had a committed and effective experience. The referral process for youth needing their services is straightforward and the therapist's response is timely and caring. As an advocate for youth, Rise provides compassionate and capable care. I plan to continue to support and advocate for the mental health of our community's youth through my partnership work with Rise.

- Verity McArthur, QRS

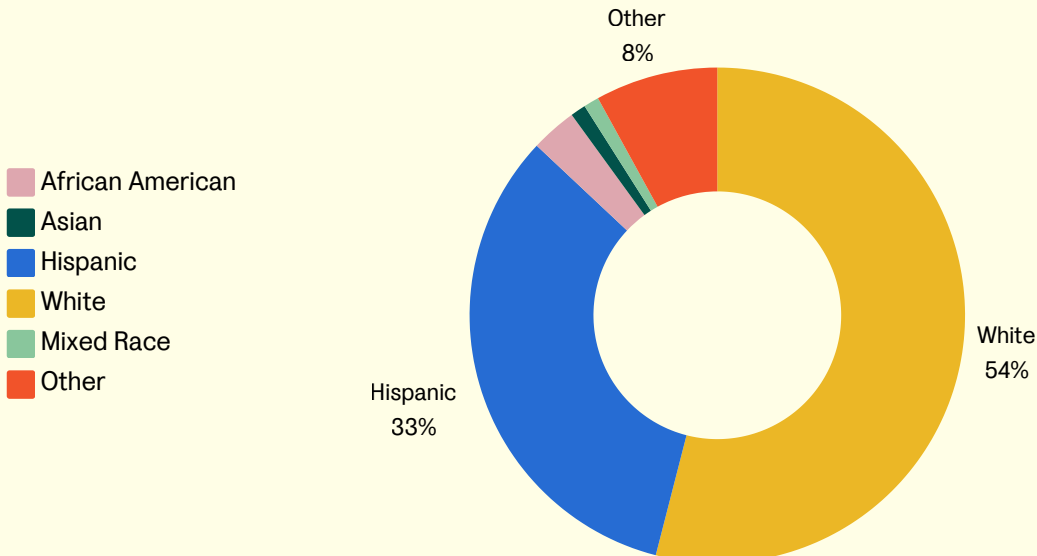
Our YOUTH

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

School Level Break Down of Rise Referrals in FY23



Racial Demographics of Rise Referrals in FY23



13

Average age of youth referred to Rise

73%

of Rise referrals are at least 12 years old

63%

of Rise referrals were for female-identifying youth

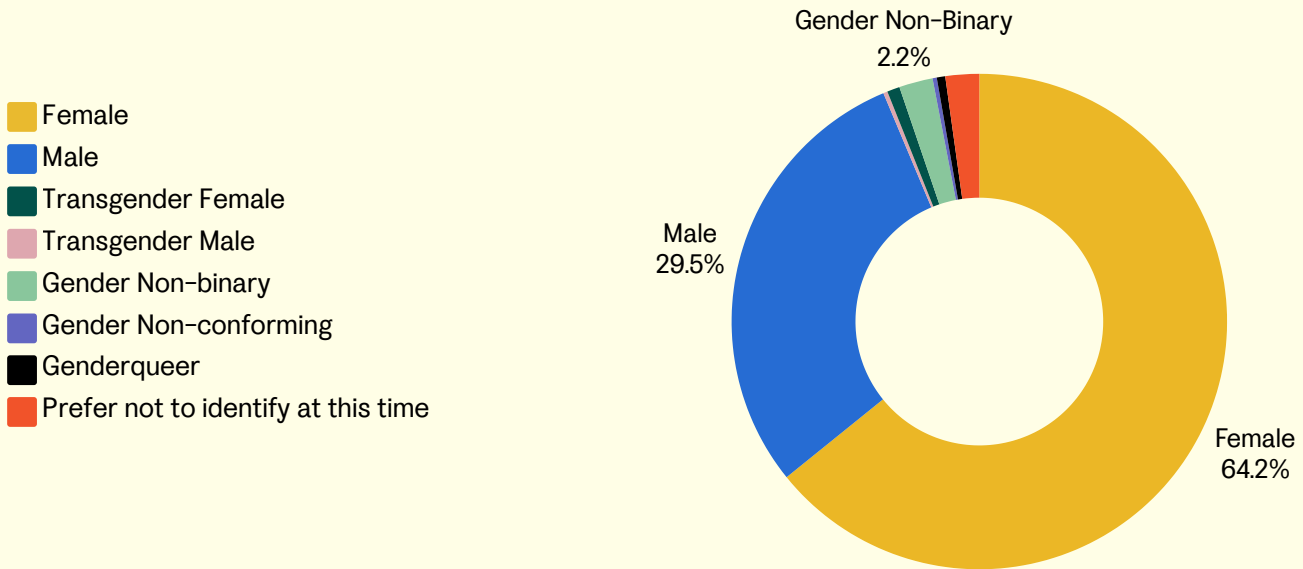
75%

of youth have either stabilized or have decreased suicidality.

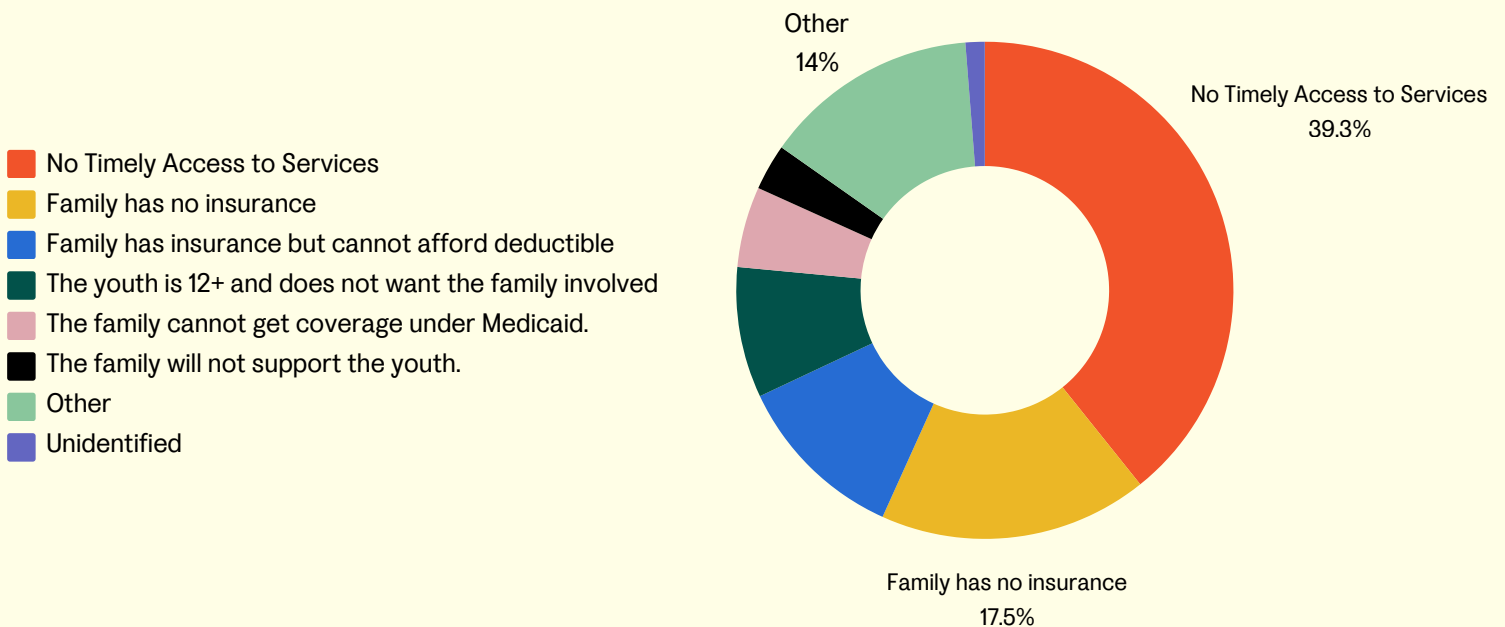
Our YOUTH

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Gender Demographics of Rise Referrals in FY23

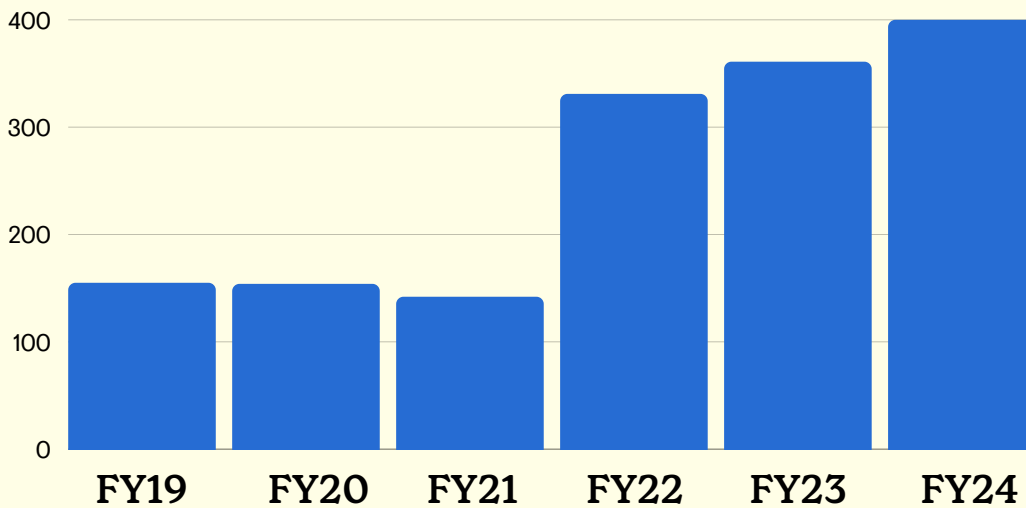


Youth Access to Services FY23

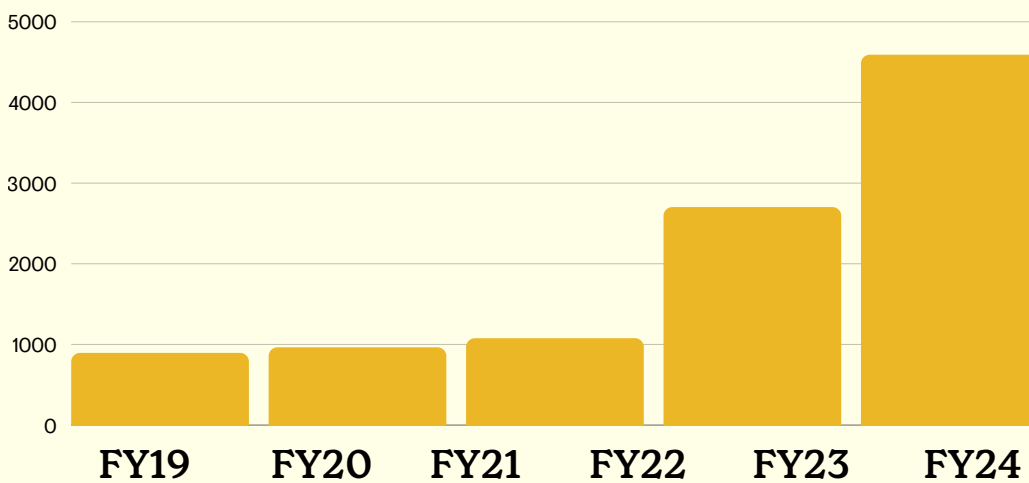


Our IMPACT

Rise Youth Referrals



Rise Funded Sessions



400

Youth referred
to Rise

6,470

Number of
sessions funded

75

Number of
schools who
referred to Rise

During the 2023/2024 fiscal year, Rise received referrals from 75 schools across Boulder Valley and St. Vrain Valley school districts for 400 young people and funded 6,470 therapy sessions for young people at risk of suicide. We received 253 referrals from Boulder Valley and 123 referrals from St. Vrain Valley school districts. We received 3 referrals from private schools and 21 from community organizations.

We Rise TOGETHER

YOUTH TESTIMONIAL

My Rise therapist has been helping since last year. She has been wonderful. She's the bright fireflies that guide me through the darkest nights. She truly is a blessing. Not only do I feel heard, supported, we have a nice bond, and I know she listens because she tends to remember small details that I usually forget about. She has helped me become a better and stable version of myself.

We have talked about multiple things, and she is able to provide valuable and helpful advice for each situation. My therapist has been able to help me handle my depression, anxiety, fear, and anger in healthy ways. She has helped me articulate my feelings better. She has also taught me a lot and even provides wonderful poems, advice, words and stories. I was also brought to the realization that some problems I have go a little deeper than the surface. I just want to let you know how grateful I am for my therapist. She's been a walking angel in my life.

I've received all the help I need in order to become the best version of myself, and I have my therapist to thank for that. I also want to thank the wonderful program that helps people like me receive help from lovely people like my therapist. Thank you so much.

- Young person who received Rise services

PARENT TESTIMONIAL

We have been very blessed to be connected with Rise for our middle-school daughter. We did not know that she was struggling with her mental health until things blew up at school one day, and luckily the school counselor was able to connect us with therapy services through Rise. Our therapist at Rise has been a great asset to our daughter and provides support for us as a family. Our daughter has connected with her therapist and values their therapy sessions and insights her therapist has given her. We had been trying for many months to get our daughter into therapy that would not interfere with her school schedule, to no avail. Rise was able to direct us to a female therapist with appointment hours outside of the school day, and we were able to get therapy started very quickly. We are now aware of several previously unknown mental health diagnoses that our daughter was struggling with, and have the resources now to help manage them. The Rise program is a true asset to the community, school districts they serve, families, children, and patients. We hope one day our daughter will do great things in this world because of the love, time, understanding, and support of both Rise and her therapist.

- Mother of a Boulder Valley School District Youth

Rise IN THE COMMUNITY

Emerge 5K

Our annual EmERGE 5K is the cornerstone of our fundraising efforts, helping to provide countless therapy sessions for those in need. Beyond fundraising, the event fosters open dialogue about mental health and suicide, encouraging vulnerable youth and their families to discuss these vital issues and pursue the support they require.



Holiday Star

The Holiday Star Program allows local businesses to create a lasting impact in our community. Each year, Rise teams up with businesses to support young people facing mental health challenges. We set up a tree or a star-themed display at each location, with every star symbolizing a young person who has benefited from Rise's therapy services. Customers can make donations, helping to fund critical therapy sessions for at-risk youth in our community.

Community Fundraisers

Thirteen community fundraisers were hosted in support of Rise, with the proceeds helping us continue providing vital services to young people in our area. We are deeply thankful for the overwhelming support from the community—your contributions make a profound difference.



Rise SPONSORS

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

Emerge 5K

Boulder Community Health
Burke Builders
Centennial Peak Hospital
Colie's Closet
Colorado Trust
Colorology
Dogtopia Foundation
Dr. Wong/Wong Orthodontics
E&L Team (ReMax Elevate)
Ewing-Leavitt Insurance Agency
Fast and Wreckless Transportation

FirstBank
High Plains Bank
HOPE Coalition
IGNITE
Johnson & Repucci
L & N Andreas Foundation
Lockton
Medtronic
Mental Health Partners
Mindful Works

Mindy and Jeff Sanders
Monkton Guitars
Mountain View Capital
Parallel Path
PB&T
Qrati
Ryder's Fund
Stapp Toyota
The Family of Walker Carlson
Tikkun Foundation

Holiday Star

Mindful Works
Schneider Electric
Tikkun Foundation
UCHealth

Community Fundraisers

Acreage by Stem Ciders
Colie's Closet Art4Awareness
Conscience Bay 929 PRL
Summer Series
Domestic Disturbance Car Club
eXp Realty/Homes in Boulder
First Congregational UCC Boulder

Longmont Rotary
Lyfe Gallery 3.0/Kevin Ginsberg
Masters of the Grill
Meador's Masters Foundation
Music for Teen Mental Health
Temple Grandin School

Thank you!

Our Staff



Michelle Aquino,
Development
Director



Jenna Clinchard,
Executive Director



Elise Ertl,
Communications
Specialist



Bill Heaston,
Program Director

Our Board of Directors

MEMBER

Amy Paterra, 2018
Jonathan Schoenberg, 2020
Andi Jason, 2019
Crystal Salvador-Zapote, 2021
Lori Berman, 2023
Mark Braman, 2020
Peter Burns, 2022
Susan J. Davis, 2021
Jenna Howerton, 2021
Lindsay Burke, 2023
Brady Burke, 2023
Andy Jacobs, 2023
Alma Nielsen, 2023

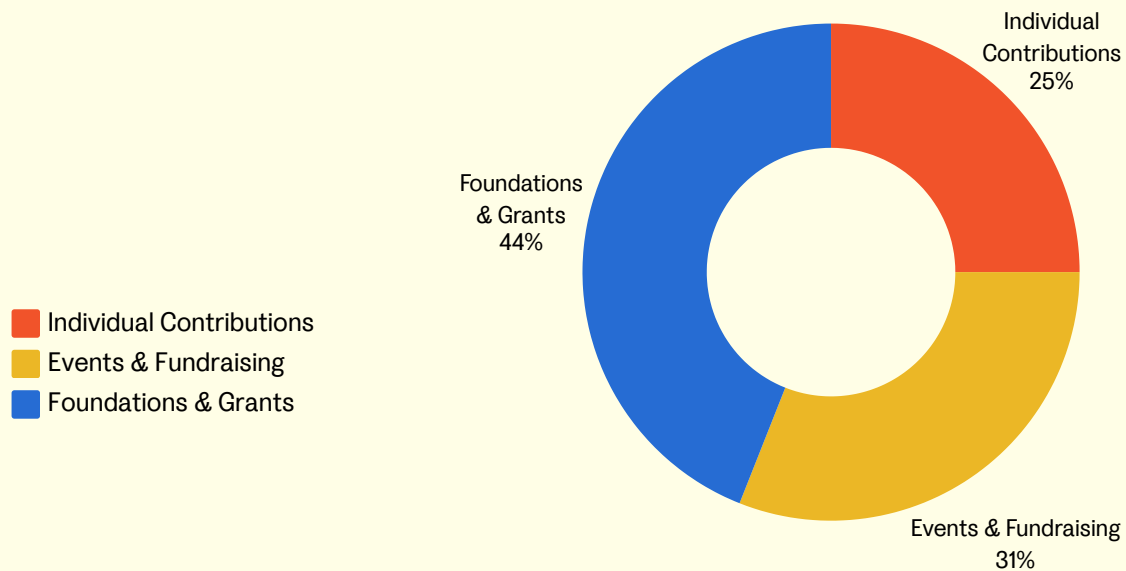
POSITION

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

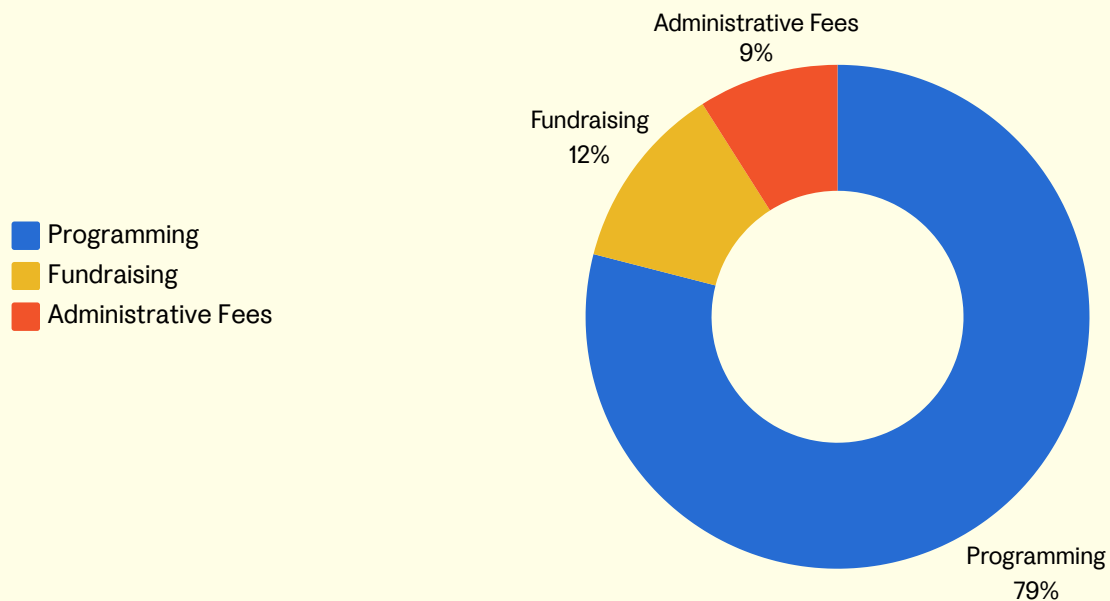
Our Financial Statement

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 FY23 Revenue Report



Rise FY23 Expense Report



Together We Can Rise Against Suicide

We are incredibly thankful for all our stakeholders. Your involvement is crucial to both our community and the success of our mission.



FOLLOW US

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



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