I hope you all enjoyed the long relaxing summer. The morning commute full of traffic and school buses reminds us of the beginning of another new school year, and Minding Your Mind has much to share!

We spent the summer months assessing last year's progress and gearing up for the new year. Last year, we provided **over 800 school presentations**, and **reached over 70,000 individuals**. MYM programs have now reached hundreds of thousands of students in 490 schools throughout PA, NJ/NY, CT and beyond. We have had multiple inquiries and noticeable interest from schools in Maryland and D.C. and we will be working to provide programs in that region. This year, speaker Drew Bergman will focus his efforts on outreach in the area as an added responsibility. Additionally, a Minding Your Mind program will take place this September in Sarasota, Florida. A dedicated Florida-based committee was instrumental in planning a program designed to introduce Minding Your Mind to school administrators in the community. We are grateful for their efforts!

In an attempt to fulfill the ever-increasing request for MYM programs, **we trained two new presenters and added three new programs.** We welcome Tamia Govan, who is joining us as a new young adult presenter, and Julie Coopersmith, who will be working with Deb Cyb to offer additional Mindfulness Sessions. Select presenters were certified in QPR (Question Persuade Refer), an additional Best Practice Registry Program designed to meet the requirements of the new PA State mandate for suicide prevention education for schoolteachers and staff. We are adding a new Peer Support Program and a Multi-Session Speaker Program. All three programs will be available to schools this year. Some other notable undertakings include the filming and production of all new speaker videos and a PSA. We can't wait to share them with you.

After completing just one full year of programming in NJ, the first regional fundraising effort, **A Celebration of Life: New York**, was held on 9/9/2015. It was enormously successful! We were overwhelmed with commitment and enthusiasm of the mostly volunteer committee. Please read about it under ACOLNY. Finally, as many of you know, our Annual Blue Gene Gala is always held in the month of October. This year, our **6th Annual Blue Gene Gala will take place on October 18th** at 4PM at the Lutheran Deaconess House in Gladwyne. The location is magnificent, the food is always great, and the program promises to be spectacular.
Join Us at the 6th Annual Blue Gene Gala

Honoring Dr. Martin E.P. Seligman with the Changing Minds Award

Minding Your Mind will hold our Sixth Annual Blue Gene Gala on Sunday, October 18, 2015, at the beautiful Lutheran Deaconess House in Gladwyne. We are delighted to announce that Minding Your Mind will be presenting the 2015 Changing Minds Award to Dr. Martin E.P. Seligman, director of Penn Positive Psychology Center, former President of the American Psychological Association and a leading authority in the fields of Positive Psychology, resilience, learned helplessness, depression, pessimism and optimism.

This year's program is in memory of our dear friend and devoted board member, Patricia Bell Cuddy, and will be hosted by her husband, Gerard P. Cuddy, president & CEO of Beneficial Bank.

New this year is the introduction of Emerging Minds, a collective of young adults age 20 to 40 who recognize the importance of mental health education and suicide prevention programs for adolescents and teens. We are privileged to have Pennsylvania State Representative Mike Schlossberg as Honorary Chairperson for Emerging Minds. Rep. Schlossberg co-founded the state's first Mental Health Caucus, on which he serves as Democratic co-chair, and was recently named to the Mental Health and Justice Advisory Committee.

Emmy Award-winning journalist Tracy Davidson will serve as our 2015 Honorary Gala Chairperson. Tracy co-anchors NBC10 News Today weekdays from 4am to 7am in the Philadelphia area. She has been a dedicated supporter and devoted friend to Minding Your Mind by raising awareness of our programs and promoting events that benefit the greater Philadelphia community.

Minding Your Mind speaker Jackie Ricciardi will provide a special presentation, and entertainment will be provided by musicians from local schools who have benefited from Minding Your Mind programs.

According to the most recent statistics released by the Centers for Disease Control (CDC), suicide has moved up to the second leading cause of death among young people ages 10-24 from number three. One in four teens will experience a mental health issue this year, but less than 20% of them will seek treatment. Minding Your Mind's mission is to change these statistics, and we are making great progress.
The Blue Gene Gala is Minding Your Mind's most significant fundraising event of the year. Because of our commitment to continue providing mental health education and suicide prevention free of charge to middle and high schools, we rely on the generosity of sponsors and attendees to ensure its success. Over 350 of the region's most influential individuals and professionals from a diverse array of fields gather together each year at the gala to support Minding Your Mind and learn more about advances being made in mental health education and suicide prevention. We hope you will be one of those to join us this year, reflecting your strong commitment to Minding Your Mind and the young lives in communities throughout our region.

**Spotlight on Speakers**

**Welcome New Speaker**

**Tamia Govan**

After being abandoned at the age of two, Tamia Govan struggled to find acceptance in the world. She found it difficult to feel connected to anyone, resulting in a struggle with depression and suicidal ideation since early childhood. Although adopted by a stable family, she never found her "place" within the family. In her quest for acceptance, Tamia poured all of her energy into academics and was in the top 5% of her graduating class. School became the only place Tamia felt a sense of belonging. She was voted Class President, selected for the Homecoming Court, and excelled in athletics. Nevertheless, the relief she found at school came to an abrupt stop when the pressures of college proved to be too overwhelming. Her depressive symptoms grew progressively worse, and after a failed attempt to end her life, she was compelled to get help.

Participating in talk therapy and with a period of time on medication, Tamia found her way out of the fog of depression. It is now with great pleasure that Tamia is able to share her story of recovery and hope. At present, she enjoys everyday life and has developed positive coping mechanisms to turn to when dealing with any trials and tribulations that come her way. Major depressive disorder is her diagnosis, not her identity. Tamia hopes that sharing her story openly and honestly will inspire others to do the same. She desires to put an end to the stigma and shame often associated with the topic of mental health. Although her battle has been long, she is determined to WIN!

**Looking Back**

**A Celebration of Life: New York Raises Nearly $160,000**

On Wednesday, September 9, 2015, *A Celebration of Life: New York* (ACOLNY) was held in honor of Kyle Craig, a 21-year-old student at Vanderbilt University who took his own life in May of 2010. Kyle's friends and family became involved with Minding Your Mind as a way to constructively memorialize Kyle's life and to help prevent others from experiencing a similar tragic loss. Since 2011, programs have been held at Vanderbilt to spread the message of hope and raise funds in support of MYM. As Kyle's friends have graduated and moved away from Vanderbilt, they looked to create a way to expand their outreach to new audiences and experiences.

ACOLNY welcomed over 300 attendees to 230 Fifth, where they remembered Kyle, learned the importance of mental health education in suicide prevention, and supported Minding Your Mind. Through ticket sales, a silent auction, and generous sponsors, over $157,000 was raised and will go to expanding MYM programs through the NY/NJ/CT region.

MYM is incredibly grateful to the members of the ACOLNY Planning Committee (pictured above with MYM staff members Carl Antisell and Jackie Ricciardi): James Wolf, Paul Mackey, Sean Judge, Sam Eady, Eliza Robie, Nick Carcaterra, Billy Egan, Avery Carpenter, Erica Canning, Jordan Craig, Derek Craig, Mike Lotito, and Donna Chambers. Thank you for your dedication to #BeTheOne.
Jackie Ricciardi Accepts Position as MYM Associate Director of Marketing & Operations

We are thrilled to announce that MYM speaker Jackie Ricciardi has joined our administrative staff in the newly-established position of associate director of marketing & operations. In her new role, Jackie is responsible for cultivating relationships with schools new to MYM, and assisting in supporting and expanding existing relationships. Jackie's experience as a speaker makes her the ideal person to introduce MYM to institutions unfamiliar with our programs and put a voice to our mission. Jackie will continue to give presentations as part of our Speaker Program. We are fortunate to have her talent and dedication with us in both of these positions. Get to know Jackie.

MYM Speakers Film PSA

In August, Broadway actor Justin Bohon (Book of Mormon, Oklahoma!, On the Town) produced and directed a mental health PSA with Minding Your Mind speakers. Carl Antisell (pictured above), Drew Bergman, Jackie Ricciardi, Tamia Govan, and Billy Egan shared their messages of recovery and hope to end the stigma surrounding mental health.

Run for Your Mind 5K

The 5th Annual "Run for Your Mind" 5K took place on Sunday, April 26 at the Cynwyd Trail in Bala Cynwyd.

Over 200 runners came together on a beautiful morning with ideal temperatures for a run. Participants enjoyed a pre-race yoga and mindfulness session with Kristin Page of Kristin Page Yoga. Our generous sponsors provided food, raffles, and other fun activities for all runners and their cheering sections. WJBR brought the music and the face painting, while those in the race put their best foot forward on the trail.

Thank you to all of our sponsors, racers, and supporters for making this a fun and fulfilling event.

See MYM Speakers in Action!

This summer, MYM filmed videos of all of our speakers, including Kristin Nordeman shares a laugh with the crew during her filming.

Visit our Facebook Page to see pictures of the entire day, and read the powerful essay written by James Wolf about the origins of A Celebration of Life.
Ryan Star and Jackie Ricciardi provide highlights from each of their presentations. These videos will allow schools and organizations to review the subject matter discussed by each speaker and consider which best fits their needs. Our speakers are professional, inspiring, and gifted, and we are thrilled to be able to share their abilities with a greater audience. See each speaker's video on his or her expanded biography at the MYM website beginning October 1.

Grace & Gratitude

Grants Received since April 1, 2015

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<td>Altruistic Artists Foundation</td>
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<td>Boeing Community Employee Fund</td>
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<td>CCRES Educational and Behavioral Health Services</td>
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DONATE NOW

The Altruistic Artists Foundation Donates $10,000 to MYM

"End the Silence" Benefit Concert with Ryan Star and The GoAround

Over 100 members of the community gathered at the New Leaf Club in Bryn Mawr in June to enjoy an intimate evening of music in support of Minding Your Mind.

Island Records recording artist Ryan Star headlined the event, and local band The GoAround stole the show with a full orchestra accompaniment.

The event, planned by MYM speaker Jackie Ricciardi and her sister, Erica Ricciardi, welcomed the crowd and spoke about raising awareness of mental health and making sure young people understand there is help available to them. By the end of the evening, the all-ages crowd (babies included!) was singing along with an emotional Ryan Star.

Food was catered by generous local vendors such as Jules Thin Crust Pizza and Primo Hoagies of Ardmore.

Beta Theta Pi 5th Annual Celebration of Life: A Tribute to Kyle Craig

The brothers of Beta Theta Pi continued to honor the legacy of Kyle Craig by holding the 5th Annual "A Celebration of Life" spring philanthropy event and concert at Vanderbilt University.

MYM Speakers Jackie Ricciardi and Billy Egan spoke to over 100 students the evening before and discussed healthier ways of dealing with mental health. The following night, the brothers joined forces with the MYM to host the event, which featured a live performance by Gracie & Gratitude.
The Altruistic Artists Foundation (AAF) is dedicated to raising awareness and funds to help depressed and homeless teens. They aid organizations that tackle the depression and mental health issues faced by these children by bringing together a wonderful ensemble of performers and enthusiasts.

AAF is based in New Jersey and founded and run by Radhika Devrajan, Jayashree Natarajan, and Bala Ganti.

Pictured above is Minding Your Mind New Jersey Regional Director, Donna Chambers, gratefully accepting a check from representatives of Altruistic Artists Foundation.

Gala Committee News

The 6th Annual Blue Gene Gala Committee gathered at the home of MYM Board Members Diane and Bob Roskamp to assemble and address invitations for the upcoming event. Pictured seated, left to right, are Maura Wheeler, Kathy Strailey and, Mollye Readinger-Scott. Standing, left to right, are Beth Smith, Marianne Marquet, and Heidi Diskin.

Looking Forward

Former NFL Star Ricky Williams to Keynote MYM Event on March 30, 2016

Minding Your Mind, with support from the Andrew Kukes Foundation for Social Anxiety, will hold a presentation on the evening of March 30, 2016, focusing on educating the community about the signs, symptoms, and treatment options for Social Anxiety Disorder.

Former Heisman Trophy winner and NFL star Ricky Williams will highlight his journey after being diagnosed with Social Anxiety Disorder while living in the limelight and playing in the NFL. MYM speaker Jackie Ricciardi will share her journey through a mental health crisis, and Dr. Judith Beck, president of the Beck Institute for Cognitive Therapy, will lead a discussion of Cognitive Behavioral Therapy as an effective treatment option for Social Anxiety Disorder.

The Anxiety and Depression Association of America national conference is taking place in Philadelphia March 31-April 3, 2016, and this pre-conference event is expected to draw over 500 social workers, clinicians, psychiatrists, psychologists, and mental health workers who will be in Philadelphia to attend the conference. Additionally, local college and high school students, their parents, teachers, and caregivers will be welcome to participate. The event will be open to the public.

Please join our mailing list to receive details on registering for this program.

MYM Joins the Campaign to
Upcoming Events

OCTOBER 18 6th Annual Blue Gene Gala at the Lutheran Deaconess House in Gladwyne, PA

NOVEMBER 1 MYM @ TCS New York City Marathon in New York, NY

Follow MYM on Social Media

MYM hosts an active and ever-growing community of individuals who are interested in making mental health education a priority in our communities. We have over 4,000 followers on Facebook, Instagram, Twitter and LinkedIn, and there is always room for one more. Come see what everyone is talking about!

Featured Speaker

Ali Warren is a national speaker who shares her experience with embracing the gift of challenge, overcoming adversity, and learning true resilience. As a sixteen-year-old, Ali became a volunteer firefighter and experienced sexual harassment, sexual assault, and years of bullying at the hands of her fellow firefighters. Unaware of how deeply the constant stress was affecting her, Ali began to change psychologically and emotionally until she was no longer mentally well. While struggling to pursue her passion for firefighting, Ali developed Post Traumatic Stress Disorder, which kept her stuck in the past and prevented her from engaging in life. By working with a wonderful therapist and surrounding herself with the love and support of family and friends, Ali learned how to take back her life and live it freely. Ali was able to re-identify herself as a victor instead of a victim and loves helping people do the same.

As a lifelong journal writer, Ali had been documenting her feelings and the events of her first few years in the fire service in an effort to bring closure. In the writing, she discovered she had a story to share, and in 2010 she self-published Where Hope Lives, which she also developed into a presentation and lesson plan that currently is being taught in high schools across the country.

Ali has served on numerous national committees working to make the fire service more inclusive and diverse. She has been a firefighter for nine years and also works as an Emergency Medical Technician. Ali is passionate about sharing her struggles with bullying, adversity, and a mental health crisis to encourage others to persevere through their challenges. Ali believes that we all have a reason to be hopeful about our futures, and she is thrilled at the opportunity to share her message through Minding Your Mind.
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Every Time You Shop Online!

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Enter "Minding Your Mind" as your charity and checkout as you normally would! Thank you for your support!