



**Mental Health
Coalition**
of Teton Valley



ANNUAL IMPACT *Report*

The Mental Health Coalition of Teton Valley

JANUARY 1ST, 2023-
DECEMBER 31ST, 2023

Everyone deserves *love & care*

While the year brought many challenges, the Coalition remained committed to providing mental health resources to a record number of people experiencing mental health concerns.

INSIDE

- 2 A MESSAGE FROM OUR DIRECTOR
- 3 HIGHLIGHTS FROM THE YEAR
- 4 2023 BY THE NUMBERS
- 5 MESSAGE FROM A CLIENT
- 6 PROGRAMS
- 7 ACKNOWLEDGEMENTS



A message from our director...



I can't believe I'm sitting down to write my THIRD Impact Report.

When I think about what the Coalition was when I moved here in 2011 and what it is now, I am overwhelmed with gratitude.

We sure have come a long way, baby.

And that's because of YOU! Not only have you supported us financially, you've volunteered your time, reached out for services, and shared our work with others.

Your compassion, vulnerability, and care is creating a better Teton Valley.

You helped serve a **record number** of Teton Valley residents this year. And have given us the confidence to look towards expanding our services in the year to come.

For all that we are infinitely grateful. Nothing in this report could have happened without you. **We truly are better together.**

Thank you, thank you, thank you.

Much Love,

Sara McKeown White, Director

Highlights from the year

Our vision remains the same: Everyone in Teton Valley connected to love and care.

We had some big wins expanding our Outreach & Education efforts this year thanks to your support and our continued community collaboration.

We:

- Launched our first community-wide Mental Health Awareness Month Campaign
- Trained all social service nonprofits in Mental Health First Aid and Suicide Prevention
- Started a Suicide Prevention Task Force
- Partnered with ABC to provide after-school social-emotional groups
- Ran summer groups for youth
- Provided training to school counselors
- Went viral on social media and increased our followers
- Started revamping our website to be a better resource hub



Major Accomplishment

For the first time in our history, we were able to host a national mental health expert. Suicide prevention specialist, Dr. Kent Corso, provided 18 local mental health clinicians with 8-hrs of training and gave a free public talk to 100 Teton Valley residents.

Attendees at the public talk ranged from local nonprofit leaders to on shift Fire & Rescue employees.

We hope to continue growing these educational offerings in the coming years.

"Thank you SO much - SO MUCH - for the work you put into bringing Dr. Corso to the valley. I feel much more peace of mind and such a weight lifted with the knowledge that I gained just in that short space of time. I couldn't wait to tell my husband and kids what I'd learned and read them my notes. We talked about creating our own CRPs and by the end of the night, I had learned that one of our kids wants to become a professional cellist - something I hadn't known before :). Because we were talking about finding meaning and purpose. I really can't thank you enough. I want you to know that you made a difference in my life and my children's lives. I think the ripple effect is also at play here. We appreciate you!" -Public Talk Attendee

"I want people to imagine what it would be like to not have the resources you need when you or someone you love is struggling. That's the reality facing so many people in our community."

-Sara White, Executive Director

In 2023,
you helped...

360

People connect to care

273

Counseling Sessions given to those most in need

307

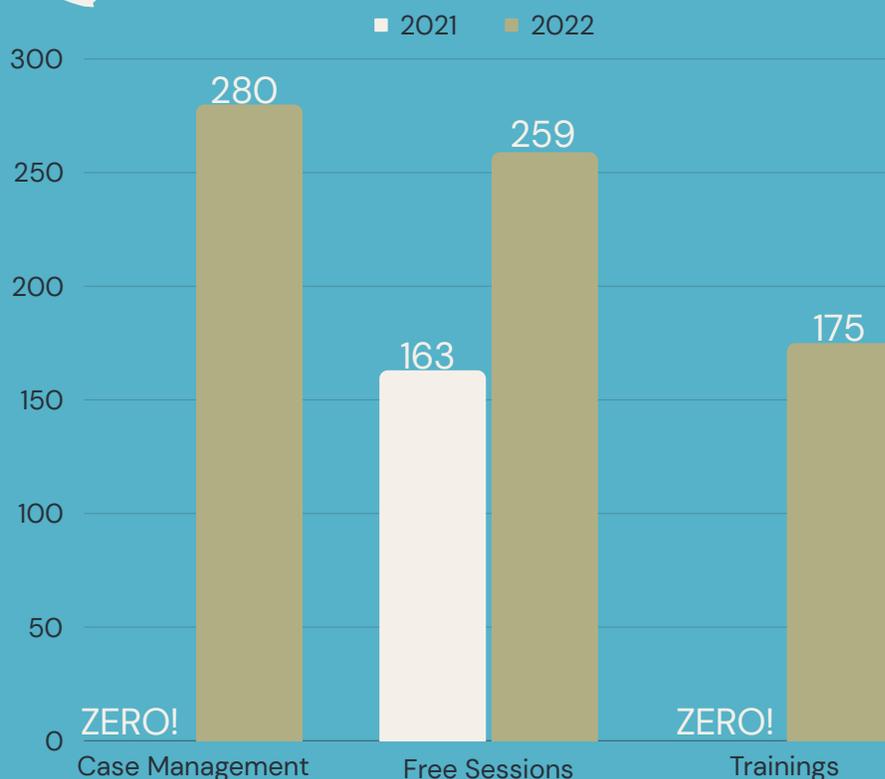
Community members trained in mental health topics

294

Hours of services provided to TCSD401 children

70

Hours of consultation given to local professionals & organizations



A message from a client...

I have been closely following your recent social media campaign on suicide awareness and prevention, and I felt compelled to reach out and share the **profound impact you've had on my family**. You have not only played a vital role in saving my husband's life but also in preserving the well-being of our entire family.

Our journey began when a mental health crisis unexpectedly entered our lives. My husband had been grappling with what we initially believed to be symptoms of depression, which, in a mountain town like ours, didn't seem entirely uncommon. **We thought that the occasional early morning ski session or an afternoon bike ride would alleviate his struggles. However, those episodes of depression gradually became more prolonged and intense. As his wife, I grew increasingly alarmed.**

I sought out a counselor who could assist both my husband and me during this challenging period. Unfortunately, this counselor lacked knowledge about billing, and the associated costs appeared insurmountable. **Desperate for a solution, I turned to the Mental Health Coalition for guidance, and you provided me with several billing codes that might be accepted by my insurance, making it feasible for us to seek the help we so desperately needed.**

Despite ongoing counseling, my husband's mental health continued to deteriorate. I vividly recall the fear that gripped me each time I approached our home, dreading the possibility of discovering a tragedy. While we followed the plan we had carefully constructed, the burden of worry weighed heavily on me. **Your social media feed became a lifeline, offering solace on the most trying days. I often found comfort in the wisdom and encouragement shared through your stories. What's more, I appreciated the privacy it afforded, allowing me to access support discreetly.** Your occasional reminders to take a moment for self-care, like a nap, were invaluable during those times of immense stress.

Even with counseling and a well-thought-out plan, we encountered further challenges. Fortunately, this led to a new diagnosis. Once again, we reached out to you, and you provided us with a list of therapists who specialized in his specific diagnosis. **I remember how terrified my husband was when he composed that initial email seeking help, and he remembers your kindness and understanding in response. Your guidance helped him find a path forward.**

We endured nearly two years witnessing my husband's mental health decline. I spent months in constant fear that despite my best efforts, I might lose him. **But through it all, you were there. I am overjoyed to report that not only is he alive today, but our family is thriving.**

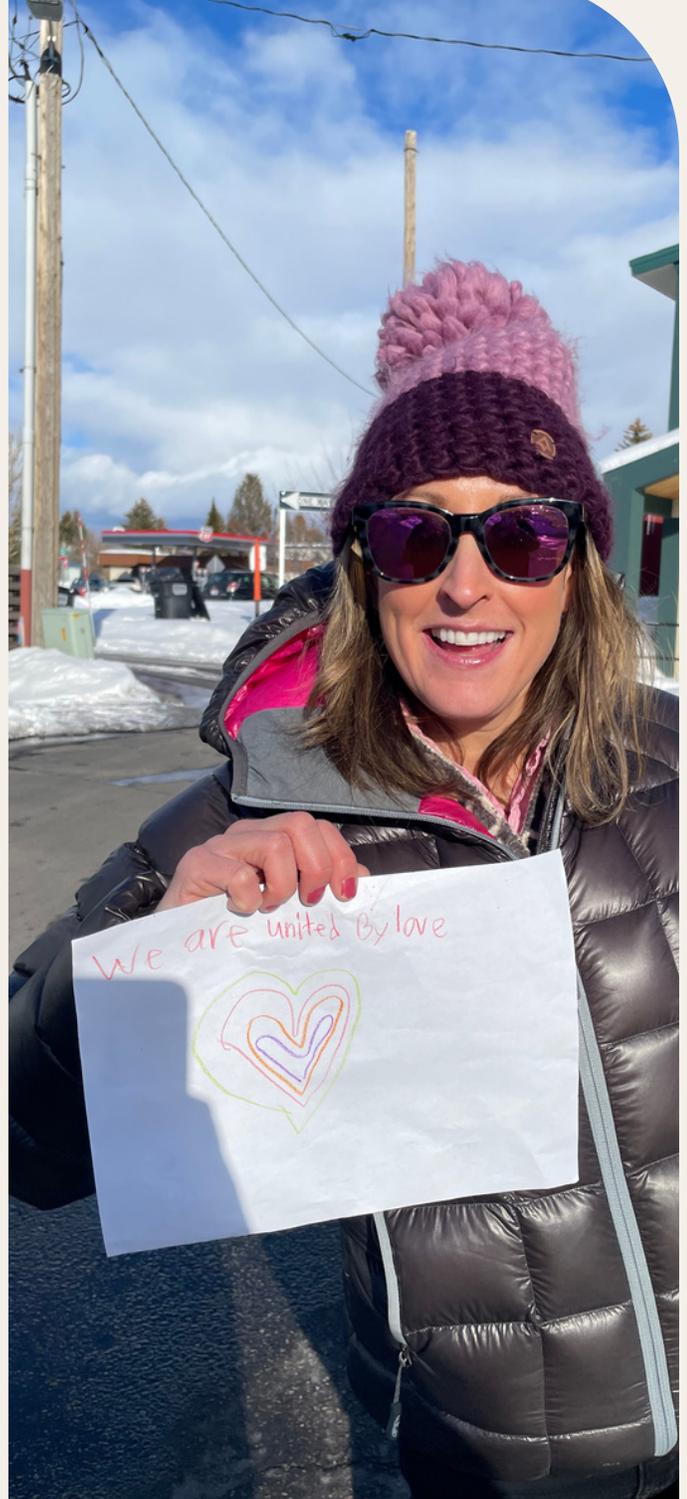
This story is intensely personal, and I have chosen not to disclose our names. However, I felt compelled to convey my heartfelt gratitude. **Thank you for being a beacon of hope during our darkest days. Thank you for equipping us with the tools and resources we needed when our own resources fell short. Thank you for saving his life and, in doing so, saving our family. We would have been utterly lost without your guidance during those challenging years.**

With deepest gratitude,
Your Anonymous Neighbor

You grew...

Program Goal

Case Management	Connect people to care and resources.
Community Counseling	Provide financial support for services.
School-Based Services	Promote the social-emotional health of students.
Outreach & Education	Give community members the knowledge they need to thrive.
Consultation & Supervision	Help professionals, organizations, and businesses navigate mental health challenges.



You gave...

\$184,803.13

Donations

\$40,901.99

Foundation &
Corporate Grants

\$47,200.00

Government Grants

We'd like to thank all our donors for their generous support!



Acknowledgements

This work wouldn't be possible without the hard work, dedication, and generosity of the following people:

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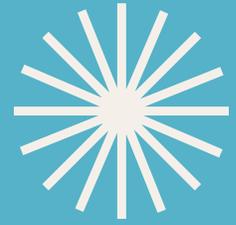
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Thank you for
continuing to support
free mental health
services *for all!*

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