

4/16/2025

Dear Fairbanks Golden Heart Rotary Club,

On behalf of NAMI Fairbanks, I am writing to respectfully request a **matching grant of \$3,000** in support of our *NAMI Ending the Silence* program—an evidence-based mental health education initiative for middle and high school students, their families, and school staff.

This program comes at a critical time for our community. According to the CDC, **Alaska has the 2nd highest rate of suicide deaths per capita in the nation**, and **suicide is the 2nd leading cause of death in Alaska among youth ages 10–24 and young adults ages 24–35**. These devastating statistics underscore the urgent need for proactive, school-based mental health education.

Your support will fund essential program costs such as:

- Printed educational materials and handouts
- Presentation technology and software
- Training for volunteer presenters and youth speakers
- Community outreach and coordination

Through this program, students learn how to recognize the warning signs of mental health conditions, how to seek help for themselves or a friend, and how to reduce stigma through open dialogue. Presentations are also tailored for parents and staff to reinforce these messages at home and in the classroom.

In the 2024–2025 academic year, our goal is to:

- Deliver **approximately 100 student presentations**, reaching **4,500–5,000 students** in 9 borough middle and high schools
- Host evening sessions for parents and borough-wide trainings for school staff
- Expand outreach to include private and homeschool communities

**Success will be measured** through post-presentation feedback surveys, attendance tracking, and qualitative input from students, families, and school personnel. We evaluate changes in knowledge, attitudes, and intent to seek help—critical indicators of improved mental health literacy.

We are currently seeking matching funds from community partners to sustain and grow this impactful program. Your support would not only multiply our efforts but send a strong message of community commitment to youth mental health.

Thank you for considering our request. I welcome the opportunity to provide additional information or meet to discuss how this partnership could benefit youth and families in our community.

Warm regards,

**Nenette Rogers**

Executive Director

NAMI Fairbanks

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