

REACH OUT INDIANA:

Accessible Mental Health Services for Kids and Teens

The Indiana District of Kiwanis is joining Riley Children's Health to take on the alarming rates of youth suicide, depression, anxiety and other mental health conditions devastating our state's children and teens.



SOMBER STATISTICS

#2

Suicide as the cause of death among Hoosier teens

1 in 5

Kids in the US live with a mental health disorder

82

Indiana counties with a mental health care shortage

THE GOAL

Provide Indiana kids with access to high-quality, evidence-based mental health care in locations close to home

THE SOLUTION

Embed mental health services in at least 20 pediatric and primary care offices – creating “hubs” that reach 70,000 to 80,000 children and adolescents in convenient and trusted locations. Riley Children's is recruiting and training a minimum of 40 therapists and interventionists to staff these hubs and provide early interventions that help kids, teens and their families before they are facing a mental health crisis.



How can Kiwanis help?

As part of the Reach Out Indiana campaign, the Indiana District of Kiwanis has pledged to raise \$1 million for this network of youth mental health providers from October 1, 2023 to September 30, 2027. By donating and fundraising, you can help stem the tide of youth suicides and provide children the support they need to be successful in school, enjoy their childhood, and gain skills to thrive as adults.

Donations go twice as far

Every dollar donated will unlock an additional dollar in grant funding from the state's Family and Social Services Administration, meaning Kiwanians will have double the impact.

Kiwanis clubs statewide can:

- Host at least one Reach Out Indiana fundraiser for Riley per year
- Raise awareness about the Indiana youth suicide and mental health crisis and efforts to solve it
- Learn how to support kids in local communities



Helping More Kids Like Nicky

Nicky was 8 years old when he started retreating to his room, where he hid under a pile of blankets for hours at a time, and he lost interest in activities he once loved. Over time, his sadness morphed into rage. He would scream, break his favorite toys, and throw anything within reach. The outbursts sometimes lasted several hours. One night, after an especially bad episode, he told his mom through sobs that he was worthless and didn't want to be alive.

Nicky, now 11, was eventually diagnosed with anxiety, depression and ADHD. Through medication and ongoing therapy, he is learning to cope and manage his emotions. He's doing great in school and is back to playing outside, jumping on the trampoline and spending time with friends. "I don't know where we'd be without Riley," Nicky's dad said. "I don't know where Nicky would be." Adds his mom: "We're so grateful the Kiwanis are going to help more kids get access to the care they need. You're going to change so many lives."

Services Kiwanis is supporting

- Assessments to help identify children and teens in need of mental health care
- In-person and virtual evidence-based therapy for the most common conditions, such as depression, anxiety, and disruptive behavior disorders including ADHD
- Medication consultations with Riley psychiatrists
- Virtual group therapy

A Century of Partnership

Indiana District of Kiwanis has a remarkable 100-year legacy of supporting Riley Children's Health and its flagship Riley Hospital for Children. Kiwanis started raising funds in 1919 to help build and open the doors of the hospital in 1924. Today, Riley is Indiana's only nationally ranked comprehensive children's hospital, with several programs recognized in the top 10 in the United States by *U.S. News & World Report*. Its unmatched expertise and broad reach across Indiana make it uniquely qualified to help solve the statewide youth mental health crisis – with support from Kiwanis.



QUESTIONS

For details about Kiwanis fundraising and service programs, please visit www.indkiw.org.

For details about how your Kiwanis Club can get involved in the Reach Out Indiana campaign, connect with your Kiwanis Riley Regional Advocate or contact:

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