

# Serving the high school athletic community

MARCH 2024



MJR FOUNDATION



## WHO we Are

Established in 2019 as a 501(c)(3) non-profit in honor of Miles Jeffrey Roberts who died by suicide on May 29th, 2017.

### Mission

Empower the youth athletic community to promote mental well-being and suicide prevention.

## WHY we Exist

In 2022, **suicide** was the **second** leading cause of death for Michigan Residents aged **15-24** with **237 deaths**. – MDHHS

**"It is time to prioritize the education, training and exercising of our minds like we do with our bodies."**

– FOUNDER

## WHAT we Are Doing - MJR Champs



- A transformative approach for engaging youth athletes through trusted adults and mental health professionals.
- Providing support, resources and education for mental well-being.

Click on the Mental Health Champions Logo to watch a video from the students!



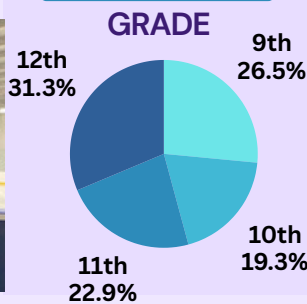
## HOW we Measure the Program



### DETAILS

**15**  
Team Presentations

**209**  
Athletes Reached



### OUTCOMES

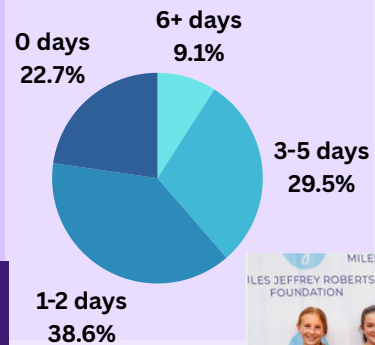
**100%**  
of athletes reported an increase in confidence in at least one or more of these categories:

- **discussing** mental health
- **identifying** teammates that might struggle
- **accessing** mental health
- **seeking out help** with a personal problem

**6** Athletes Requested Individual Follow-Ups

### IMPACT

How many days in the last month have emotional or mental difficulties impacted your athletic performance?



**"I learned how to broach the topic of mental health with a teammate."**  
– STUDENT ATHLETE

## WHERE we Receive Funds\*

Community Donations	Government Funding	Grants
\$290,000	45,000	20,000

\*All funding has been invested in program development, design and implementation. Additional funding requested for program growth.

**"I suffered from mild depression my freshman year, it was really cool to see this being talked about as a Team."**  
– STUDENT ATHLETE



## WHAT we Are Requesting

**\$500,000** Driving implementation to other Michigan High Schools

## Acknowledgements

UM Depression Center, Ann Arbor Public Schools, Washtenaw County Community Mental Health, Washtenaw Intermediate Schools, Numerous Community Business, Friends and Family.