

Choices

By Choose Mental Health

Quarter Three, 2024

Live One *Hopeful* Day at a Time

**Common Mistakes Cripple
Children's Resilience**

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Board Revamps Scholarships

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Double Your Donation Today!

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**Establishing
the Cause of
Mental Health
For Kids**



CHOOSE
MENTAL HEALTH



Save Kids

DONATE



CHOOSE TO EMPOWER KIDS

Tips for Fostering Youth Resilience

In recent years, there has been a noticeable shift in young people's ability to persevere through hardship. This shift has manifested in several ways, including delaying getting their driver's license, lower tolerance to stick with undesirable or difficult jobs, challenges in navigating mental difficulties, and more.

Consider Parker, a 16-year-old high school student who's eager to get more involved in athletics. Encouraged by his father to join the soccer team, Parker dives into the sport. However, when faced with the challenges of intense practices and tough competition, Parker becomes overwhelmed and expresses a desire to quit. Despite his father's initial resistance, wanting to spare his son from discomfort, he reluctantly allows Parker to drop out. This pattern repeats itself when Parker encounters difficulties in his math class, leading his father to intervene and request a transfer to an easier course. Unwittingly, his father's well-meaning actions teach Parker that it's acceptable to give up when things get tough, depriving him of the opportunity to develop resilience in the face of adversity.

This scenario is becoming all too common for parents today.

Fostering resilience in young people is critical to promoting their... [\[continue\]](#)



BIG CHANGES

Board Votes to Add Loan Option in 2025

The Choose Mental Health Board met and made some innovative changes. At the top of the list, Choose Mental Health will continue offering scholarships and enhance the offerings by helping parents and caregivers with loans. The Board voted to add a loan option that will provide more customized help. This will begin in 2025.

The board also has a goal to expand our network to all licensed mental health providers. This may potentially range from the therapist working alone to a large hospital treating children in a mental health capacity.

“This change has the potential to enhance our company’s reach in a dramatic way,” remarked Craig LaMont, Chair of Choose Mental Health. “We are aiming to help thousands of children and youth regardless of their ability to pay.”

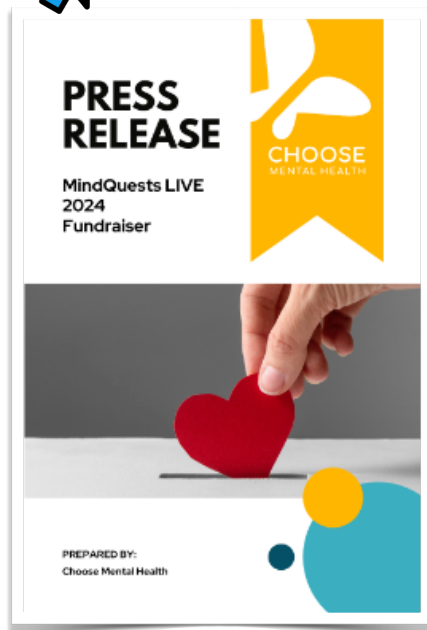
Other notable changes include:

- Make membership of providers faster to obtain
- Allow easier patient application
- Offer earmarked funds to all member providers



PRESS RELEASES 2024

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PAX West 2024



NASCAR style marble races were all the rage at PAX. Racers came from all over to join the fun. Everyone was invited to sign up to stay connected with Choose Mental Health.



By the Numbers

- 120K Attendees
- 5,000+ Racers
- 480 Heats
- 350 Signups

Bike Race



Cherokee Creek Boys School rallied executives, staff and friends to bike for kids. This incredible feat of endurance and grit covered hundreds of miles to raise money and awareness for children's mental health.

By the Numbers

5 Cyclists

350 Miles

\$200K Goal

\$94K Raised

Deadline Dec 31

**Donation
Matched**



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