Good Morning Friends!

I'm emailing to invite you all to an event to promote resilience and wellness in our community, which my classmates and I at Animas High School are organizing in collaboration with Celebrating Healthy Communities and San Juan Basin Public Health. The event will take place on **Monday, February 4th from 5-7pm in the Student Ballroom at Fort Lewis College's Student Union.**

Please read on to learn more about this event and view the itinerary, and see the attached flyer as well. Also, feel free to spread the word!

Thanks and hope to see you all there,

Event Purpose

It is undeniable that mental health is a growing concern and issue of sustainability in our community. In fact, we have the second highest suicide rate per capita in the country--it's more than twice the national rate. But as the issue grows, so does the awareness and response. This is why our Animas High School senior class is embarking on a grade-wide project entitled "Community of Resilience" in order to support mental health efforts in our community and help increase the overall well-being of La Plata County citizens. We all will face challenging times throughout our lives, but a resilient community is a connected community with the necessary tools and resources to push through those challenging times and support one another in times of need. Our various projects are meant to bring people together, and provide research and resources to support mental health.

The various sub-projects within "Community of Resilience" include a film covering our community members' stories of resilience, a magazine with articles, stories and research on mental health and resiliency, a collection of "Stories of Resilience" interviews, and additional content to contribute to the DurangoCares website. Our event on February 4th from 5-7 pm in the Fort Lewis College Student Union Ballroom will showcase these various projects in addition to hosting community

partners working on mental health. These organizations will hold booths to provide resources and information for event attendees. Additionally, students and counselors will be running seminar rooms whereby event attendees can discuss topics related to mental health and share ideas and solutions.

Ultimately, we hope to inspire community members to connect with one another and to be connected to more resources that might help them in times of need. After all, we are more resilient together!

Event Agenda

1. 5:00-5:02 Animas High School Humanities Teacher, Ashley Carruth, will briefly welcome everyone and introduce 12th grader, Baylee Beals.
2. 5:02-5:10: Welcome address and introduction of keynote speaker (Baylee)
3. 5:10-5:35 Keynote Speakers: Kate Jones from San Juan Basin Public Health and Doty Shepherd from Resilience Colorado
4. 5:35-5:45 Student Film introduction and Film Screening (Ryan Colley and Owen Hickerson)
5. 5:45-6:00 Student MC: Introduces agenda, launches expanded Durango Cares website and the publication (Acacia, Ethan, Cady, Alma) *the goal here is to show part of the solution! Yes, heavy film and heavy topic, but we're working on this issue and helping our community come together to be more resilient and provide the resources, etc… to do so*
6. 6:00-7:00: Open Time + Seminars
    a. Attendees stop by booths of partner organizations
    b. Seminar Rooms:
        i. Room 1: 2, 25 minute sessions (6:05-6:30, 6:35-7:00): *Join this seminar to share concerns about mental health in our community and brainstorm possible solutions. Hear from an expert with San Juan Basin Public Health on the facts!*

ii. Room 2: 3, 15 minute sessions (6:05-6:20, 6:20-6:35, 6:35-6:50): *Community connection is an important aspect in building resiliency. Join this "connection circle" to have some light-hearted conversation and meet new people!*