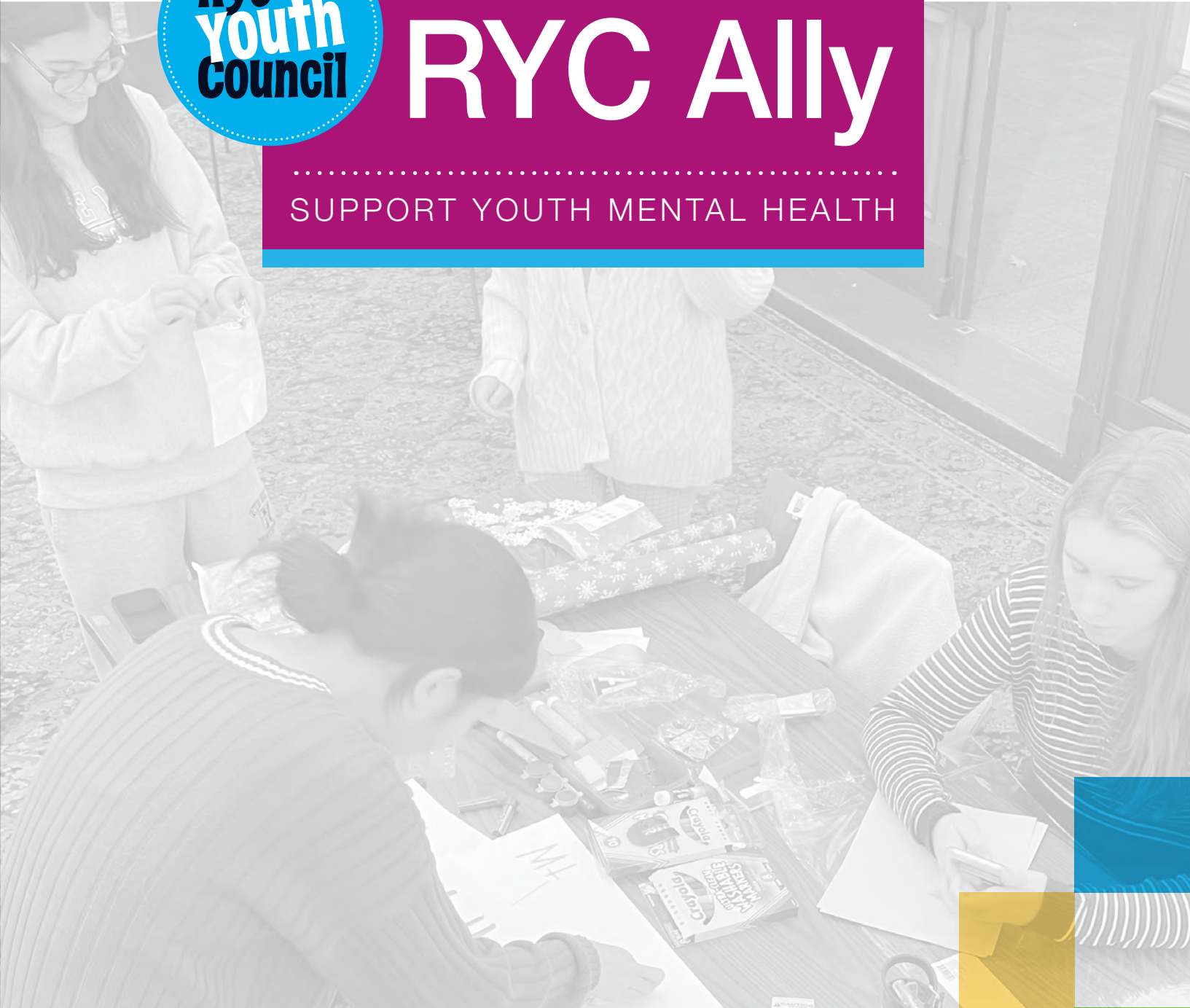




Become an RYC Ally

.....
SUPPORT YOUTH MENTAL HEALTH





In 1963, a group of citizens gathered to address the character of Rye's youth: house parties and poor teen choices gained attention in national newspapers and shined an unwelcomed spotlight on Rye. Thus, the Rye Youth Council (RYC) was created to engage our youth, understand their social and emotional needs, and deter them from harmful behaviors.

Almost ten years later, RYC incorporated as a 501(c)3 nonprofit organization to "develop youth programs, serve as a forum for discussion, and provide a means for cooperative effort to fulfill youth needs and solve youth problems in the City of Rye, NY." Since its beginning, RYC's commitment to youth and families has not wavered: programs are offered before, during and after

school and serve as protective factors that strengthen the vitality and resilience of children, teens and young adults. RYC is and has always been the only Rye-based nonprofit whose mission focuses solely on protecting and nurturing youth social and emotional development.

Today, RYC is a trusted partner to many youth-serving organizations and is recognized by the Rye City School District for delivering expert training, curricular support and leadership. Superintendent Dr. Eric Byrne notes, "Supporting the mental health and wellness of our young people in Rye is critically important. Through our partnership with the Rye Youth Council, we continue to make huge strides in building the foundation for strong mental health support structures in the schools."

MORE THAN 50 YEARS WITH

one mission

To support the social, emotional, and mental health of youth by engaging students, parents, and educators with valuable, intentional, and accessible programs and support services.

Though RYC continues to deliver tried-and-true programs to support children and families, we now focus our staff, programs, and services to combat the growing crisis in youth mental health. It's easy to look at the staggering mental health statistics and think, "not my child, not my family." Yet with 1 in 5 youth ages 12-17 experiencing a mental health challenge, it is certain that each of us has a personal story or knows someone whose child is struggling.

Building awareness, early detection, and prompt intervention and care are critical to helping young people experience positive mental health outcomes. Generous funding from recent grants enabled RYC to launch mental health programs with direct, measurable impacts on the lives of young people and their families. With the financial support and commitment of our new RYC Ally initiative, there is so much more we will be able to achieve. We are asking for your help to do so.

Warm regards,



Lisa Dominici



WITH YOUR COMMITMENT, WE CAN DO MORE.

Building awareness, early detection, prompt intervention, and care are critical to helping young people **experience positive mental health** outcomes.

All Programs Grounded in Social Emotional Learning

✓ Designed to support social and emotional learning (SEL) competencies

✓ Created for kids in grades K–college and their parents/guardians

✓ Provide the building blocks of mental resilience and wellness



Our Programs:

Classroom-based curricula for elementary and middle school students

5th to 6th Grade Transition

8th to 9th Grade Transition

College Transition

Youth Employment and Job Skills

Executive Functioning Skills

Leadership and Citizenship

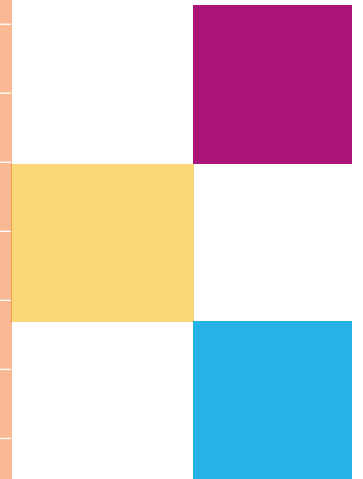
Intergenerational Connections

Community Service and Outreach

Digital Literacy and Safety

Parent Workshops on Teen Dating, Positive Behavior Strategies, Social Media, and more

Social Awareness, Conflict Resolution, and Responsible Decision Making



Why is SEL so Important?



Social and Emotional Learning (SEL) is an integral part of education and human development. It's the process through which all young people and adults learn and apply the knowledge and skills to recognize, understand, and manage their emotions.

When students have supportive relationships and opportunities to develop and practice social, emotional, and cognitive skills across many different contexts, academic learning accelerates.

SEL helps to:

- Develop healthy identities
- Achieve personal and collective goals
- Feel and show empathy for others
- Establish and maintain supportive relationships
- Make responsible and caring decisions

Research consistently shows that SEL bolsters academic performance, reduces emotional distress, increases positive social behavior, and decreases behavioral problems.



THE STATISTICS ARE ALARMING

1 in 5

adolescents experiences a mental health disorder
(such as anxiety, depression)

1 in 6

U.S. children aged 2-8 years, has a diagnosed mental,
behavioral, or developmental disorder

44% of teens

felt persistently sad or hopeless in 2021

1 in 4 youth

has clinically elevated depression symptoms;
1 in 5 has clinically elevated anxiety symptoms

50%

of mental health illnesses begin by the age of 14;
75% by the age of 24

1 in 4 youth

has seriously considered suicide

1 in 10 teens

has attempted suicide

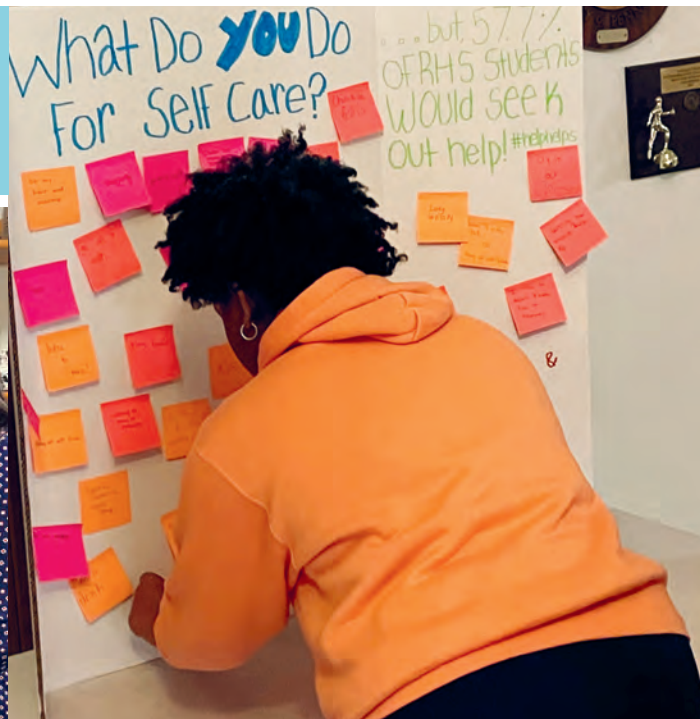
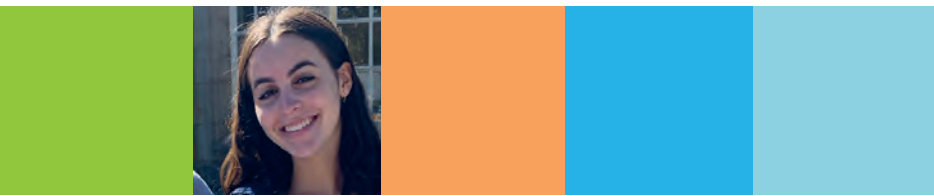
In youth 10-14

suicide is the second leading cause of death

WE PROVIDE A WAY FORWARD

Rye Youth Council is Responding and Helping

Recent financial grants enabled RYC to increase staff, launch prevention and direct care mental health support programs, and educate parents, educators, and school staff about youth mental health illness.



Peer to Peer (P2P) Depression Awareness and Suicide Prevention

Evidence-based programs in Rye's High School and Middle School to increase awareness, decrease stigma, and increase help-seeking.



RYC Restore

Low-cost mental health therapy for children ages 8-22. Provides short-term counseling, in-person and telehealth services which are available Monday-Friday, 3:30-6:30 pm. RYC Restore has helped more than 75 children and provided more than 600 individual sessions of care.



Student-Athlete Mental Health

Addresses the increased risk of student-athlete mental health challenges by providing tools and strategies to manage stress, support teammates, and maximize mental wellness.





Parent Support Groups

Created for parents whose kids struggle with depression, anxiety, and other mental health challenges.



Adult Certification in Youth Mental Health First Aid

Learn to identify, understand and respond to the signs of a youth mental health challenge, disorder or crisis.



Parent Workshops

To educate and support their efforts to strengthen children's social, emotional, and behavioral health.

WE NEED YOUR HELP. COMMIT TODAY.

Become an RYC Ally



WITH A 3-YEAR COMMITMENT, YOU RECEIVE:

- Complimentary tickets to any RYC program
- Name recognition in Annual Report and Spring Benefit
- Mental Health First Aid course and certification
- RYC Ally car magnet
- Team participation at NAMI walk
- Annual Private Event for all Ally members



WE HAVE MADE A

direct impact

THERE IS SO MUCH MORE TO DO

70% of funding comes from generous donors like you.

With your help,
we can ...

- ✓ Maintain and grow programs to reach more youth
- ✓ Significantly impact more children and more families
- ✓ Serve our mission for the next 50 years



Become an RYC Ally



Go to ryeyouthcouncil.org or scan the QR code below.





Rye Youth Council
21 Locust Avenue, Rye, NY 10580
914.967.3838

ryeyouthcouncil.org | office@ryeyouthcouncil.org



Scan QR Code
to learn more.