



CAREWALK 12

MENTAL HEALTH AWARENESS
HEALTHY MINDS • HEALTHY COMMUNITY
2019

Today FSA would like to ask you to please join us in our efforts to remove **ALL** obstacles to the life-changing often life-saving mental health services FSA is providing daily to our Burbank youth.

Event Committee

Mickey DePalo
Event Chair
Park & Recreation Board

Eric Hansen
Event Chair
Ret. Director
Park & Recreation Dept.

Mary Alvord
City Manager, Ret.
City of Burbank

Ross Benson
Journalist
Myburbank.com

Chris Krohn
Fundraising
FSA

Pat Smola
Office Administrator
FSA

Teri Stein
Deputy Director, Ret.
Park & Recreation Dept.

Elise
Stearns-Niesen
Commissioner
Police Commission

Christine Ramos
Operations Officer
FSA



Laurie Bleick
Executive Director
FSA

Why your support is critical ...

Last year FSA provided over **13,500 hours** of no-cost vital mental health counseling & preventative education to over **2200 of our Burbank students** through our school-based counseling program and our Student CARE Centers.

In the first semester of this school year, in our High School Student CARE Centers alone, FSA has received over **6000 visits** from over **1100 students** seeking support for issues of depression & feelings of alienation, debilitating anxiety, thoughts or plans of suicide, family violence, peer violence, addiction & abuse, critical illness, grief & loss, sexual identity, date rape & violence, eating disorders & cutting, substance use & abuse while trying to meet the growing, and often overwhelming, expectations of their young lives.

The work is critical. Our young people need our support. Please help us expand and deepen our commitment to our youth in Burbank.

This is Burbank's 12th Annual CAREWALK and we expect 400+ caring members of our caring community to join with us to secure the life-changing - often life-saving individual & group mental health care on 19 Burbank school campuses and our preventive services provided daily in our 2 Student CARE Centers!

Pease consider becoming **our partner in CARE**

Please become a sponsor of the 12th annual CAREWALK of Burbank

20%
of our youth
13-18 are living
with a mental
health condition

The average
delay between
on-set an
intervention is
8-10 years

50%
of lifelong mental
health issues
begin at the
age 14

3rd
Suicide is the 3rd
leading cause of
death for our youth
ages 10-24