



Did you know?

- 1 in 5 children ages 11-18 have or will have a serious mental illness.
- Suicide is the 3rd leading cause of death in youth ages 10-24 years old.
- 8% of youth have an anxiety disorder
- 10% of youth have a behavior or conduct disorder.
- 11% of youth had a mood disorder.
- 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.
- 50% of students age 14 and older with mental illness drop out of high school.
- 70% of youth in state and local juvenile justice systems have a mental illness.
- 90% of those who died by suicide had an underlying mental illness

ReDirect Youth Outreach & Boxing is a local Reno/ Sparks nonprofit that services at-risk youth in our community through fitness and boxing. ReDirect has created a program that allows youth to use fitness and boxing as their coping skill for their daily lives. Many of the youth that ReDirect serves struggle with a variety of mental health diagnosis, disabilities, behavioral challenges and much more. We have found that fitness and physical activity is one of the top outlets to manage anger, aggression, anxiety, depression and much more. It is also very instrumental in keeping kids off the street, out of trouble and away from drugs and alcohol,

Many of our youth participants are currently in a foster care placement, cope with a mental health diagnosis daily, struggle with anger/aggression, or are continually finding themselves in trouble because they have nowhere positive to turn. Our goal is to provide these youth with a safe place to work through their challenges and have someone who cares for them to lean on. We take our youth through a variety of fitness activities including now being registered as a USA Boxing club. We have created a team environment for our youth to be apart of and supported by their coaches and team.

The program is provided at no or little cost to the youth or their family! Currently ReDirect has 108 youth on full scholarship with more than 50 on the waiting list. In addition to providing fitness as an outlet, ReDirect provides all youth that set foot in the facility with meals, clothing, a safe place to shower, hygiene products, and as needed tutoring.

With such an amazing Nevada community, we know that many may be willing to help change some of the young lives in our community. I would like to thank you in advance for your consideration and please let me know if you have any questions.

Yours Faithfully,
Tisha LaGrone

ReDirect Youth Outreach Executive Director

Please Note: This letter acknowledges that your gift will be used for the charitable purpose of the ReDirect Youth Outreach program, a 501 (c)3 youth servicing agency operating in the state of Nevada. This gift was without exchange of any goods or services where noted and your contribution may be tax-deductible pursuant to the provisions of section 170 © of the Internal Revenue Code of 1986.

Federal Tax I.D. Number 83-3929960