



IMPACT REPORT 2023

Heartspace Kids, Inc.
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A MESSAGE FROM OUR FOUNDER

Dear Friends,

2023 was a year full of learning opportunities-often disguised as challenges-that helped us become a more conscious, capable, and focused organization. Our foundation has been strengthened through our trials and tribulations, and we are so excited to continue providing access to essential mental health care and educational resources to youth in our community.

In the past year, we created valuable partnerships with like-minded organizations, established new methods and goals for community engagement, and strengthened our focus on our most important venture-The Kids First Fund.

I would like to sincerely thank you for your generosity and dedication to our mission. The support of our community, including our board members, volunteers, providers, and donors is essential to the work that we do.

It is our hope that we can continue to provide access to essential mental health care and critical educational resources to our youth in need and empower them to live happy, healthy, and productive lives.



Dina Mark

WHO WE ARE

OUR MISSION

Our mission at Heartspace Kids is to support the healthy social, emotional, and academic development of children, teens, and young adults through counseling and education.

OUR VISION

Our vision at Heartspace Kids is that all kids and their families will have access to high-quality mental health services and educational resources at a cost they can afford.

OUR HOW AND WHY

Our **Kids First Fund** provides access to essential mental health care and critical educational resources to uninsured, underinsured youth in our community. Eligible youth are awarded a minimum of 12 free or reduced-cost therapy sessions each. This fund was created in response to the high demand for affordable youth mental health services in our community of El Paso County.



17.2%

OF COLORADO YOUTH
WITH PRIVATE
INSURANCE

DO NOT HAVE COVERAGE FOR
MENTAL OR
EMOTIONAL PROBLEMS

Mental Health America Report, 2023

KIDS FIRST FUND 2023 IMPACT

"The therapy and programs Heartspace Kids has provided for my daughter have been such an amazing support for her mental health! She has learned so many coping skills that she will utilize in her life now and in her future!"

297

Individual
therapy sessions
awarded

63

Group therapy
sessions
awarded

61

Youth in our
community received
12 or more free or
reduced-cost therapy
sessions

"Hearspace Kids saved my child's life. The pandemic was over, but my daughter was still isolating in her room and becoming more and more withdrawn...One night she came to me and said she wished she could go to sleep and not wake up...Over the course of the next year, they provided my daughter with a total of 24 therapy sessions completely free of charge. Heartspace Kids brought my happy fun, loving daughter back to me and I will be forever grateful."

\$38,650

Financial
assistance
awarded

KIDS FIRST FUND

2024

GOALS

1.

Award 500 or more free or reduced cost individual therapy sessions.

The demand for affordable mental health services remains high. In 2023, **40,000 youth in Colorado with private insurance did not have coverage for mental health care.** Colorado ranked **49th** in the nation.

3.

Serve 100 or more underinsured or uninsured youth through the Kids First Fund

17.05% of Colorado youth (age 12-17) **reported suffering from at least one major depressive episode (MDE)** in the past year. Those without adequate insurance coverage often go untreated and unheard.

2.

Award 100 or more free or reduced cost group therapy sessions

Heartspace Kids values the educational, emotional, and social needs of youth in our community. Our groups help youth increase their self-awareness, self-esteem, and develop coping skills—all while having fun!

4.

Increase community outreach efforts and partnerships

We recognize that there is strength in numbers. Our vision for 2024 is to engage the community through strategic partnerships with youth serving organizations, mental health education, and meaningful connections with parents and families as a whole.

HOW YOU CAN HELP

Become a Monthly Donor

Donate Online at www.heartspace-kids.org/donate-1

Or

Mail checks to:

Heartspace Kids

1235 Lake Plaza Drive, Suite 230

Colorado Springs, Co. 80906

Become a Heartspace Hero

Our Heartspace Heroes Club was established to highlight our supporters who are passionate about the mental health of our youth and highly committed to providing essential mental health care and critical educational resources to youth in need in our community. Our Heartspace Heroes Club is comprised of individuals who have made a contribution of \$1200 or more annually (can be a recurring donation of \$100 a month).

Visit www.heartspace-kids.org to join the club!



Become a Partner or Sponsor

Together, we can build a healthier, happier, and more connected community, ensuring a brighter future for our children and fostering a sense of belonging right here in Colorado Springs. Visit our website to learn more about the benefits of giving for your organization or business!



ACKNOWLEDGEMENTS

The work that we do would not be possible without the support of our community. We sincerely thank **YOU** for supporting our mission and vision!

We would also like to extend our appreciation to:

Our **amazing group of therapists and staff**

Our **Interns, volunteers, and board members**

Every **donor**, whether big or small

Our **partner organizations**

Our corporate, foundation, and government **funders**

WE THANK YOU

FOR YOUR CONTINUED SUPPORT!



Heartspace Kids
Helping kids thrive!

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