



SKYE'S THE LIMIT FOUNDATION

Resilient Youth & Trauma Informed Community Program

July 2023

Hello!

I hope this letter finds you well. I know it's been a while since I have sent an update. My main focus these past years has been to share my passion and lived experience in helping those who are misunderstood by establishing and securing the foundation of our programs. We are 4/12 years strong and moving forward! A special thank you goes out to Neighborhood Ministries for being a blessing in my life through their loving support as Skye's the Limit! Foundation spreads its wings and takes flight. Our pillar programs are: 1. Trauma-Informed Care and Approach awareness and education 2. Substance Abuse Prevention Education 3. Trauma-informed group arts and wilderness therapy, and 3. Follow Skye's Dream Nursing Scholarship. There have been many challenges and we have always found ways to continue providing the needed services for those living with adversities and needing resources and attention towards the path to wellness. Our operational model has been to contract teams to help get the job done! Although successful, this has led me to wear many hats and thus behind on providing regular updates to all of you. I am very sorry. I hope that my efforts to inform you through our social media sites has made it possible for you to see our progress. Please accept my sincerest apologies for not sending more regular newsletters to update you on how your support has been reaching our community. Being able to thrive through our adversities truly takes a village and I appreciate all of you for being a part of the village!

Thank you for your support of Skye's the Limit! Foundation and our mission to prevent trauma-related loss by substance overdose or suicide by building resiliency

and empowering youth, families, and communities. It has been an exciting time for our organization as we continue to grow and expand our services, thanks to generous community partners like you. I am proud to report that in 2022, Skye's the Limit! Foundation reached over 1,500 unduplicated youth and adults, and we look forward to growing our impact even further in 2023 and beyond.

In all that we do, we continue to honor the life and legacy of my daughter, Skye Gina Ratcliffe Pilato, who suffered from trauma and died a preventable death by a drug overdose at age 19. In her honor and to address our community's need for accessible, trauma-informed youth programs, we offer free harm reduction trainings and trauma education, therapeutic arts, outdoor recreation, and public advocacy presentations. We serve primarily low-income youth (ages 13-24) in and around downtown Phoenix who have experienced multiple stressful and traumatic events, known as Adverse Childhood Experiences (ACEs), which can have serious and long-lasting negative implications on physical and mental health.

In total, since 2019, we have successfully served more than 4,000 individuals by creating spaces where youth feel connected, loved, and safe enough to ask for help, while building protective factors for resisting substance use. For example, survey results from our 2022 therapeutic arts community mural project indicated 82.4% of participants "strongly agreed" and 17.6% "agreed" the project facilitated peer to peer support, community engagement, and skill-building and helped them feel empowered, build resilience, and learn self-regulation. 88% of participants reported the project brought them closer to their peers and 83% of youth reported it brought them closer to a safe adult (a leader, teacher, parent, or guardian).

- One youth said (s)he enjoyed "being able to do something that frees my mind. Life is stressful and doing this project grounded me."
- A youth leader noted, "I enjoyed...seeing the complete change in one of our challenging students. He has a hard time focusing on one thing and always says he's bored, but the day he came into the studio, his eyes lit up, and he was so eager to get started. He followed instructions, which is something he has hard time with. He was so happy and in his zone. As we were leaving, he said he loved painting and asked when we could come back. I'd never seen him enjoy something so much."
- Lastly, a teacher wrote "the project was a great way to connect our students to the overall goal of ending the stigma surrounding mental health!"

In 2022, with the help from our many dedicated community partners and supporters, we successfully (1) completed our [mural project](#), "Expressing Ourselves! Identity, Diversity & Thriving in Adversity"; (2) hosted numerous trauma-informed community trainings; and (3) expanded operations to a now \$200K+ budget including CFO, bookkeeping, and grant writing services. We were also blessed with an invitation to temporarily share a downtown-Phoenix-based studio, Art by Nik Ridley, which will expire at the end of August this year. We are currently seeking a downtown Phoenix location to continue the healing to wellness, Resilient Youth & Trauma-Informed Community Program.

So far in 2023, we have delivered Opioid Education and Narcan Training services to the entire Mesa School District Nursing staff and Safety and Security personnel thanks to our contracted team ALT Mental Health, created a [Zen Garden](#) at Gallery No. 4 in the Arizona Center, launched a new holistic prevention + art workshop pilot program, and much more!

As we work to build up our organizational capacity and double our reach in the community this year, Skye's the Limit! will need further community support to more effectively improve youth life outcomes and prevent substance use, overdose-related deaths, and suicide among vulnerable Arizona youth. We are aiming to hire full and part time staff in the new year to come. I understand there are many wonderful organizations in our community doing valuable work who similarly need financial and in-kind support to achieve their charitable missions, so we greatly appreciate your consideration of Skye's the Limit! Foundation. If we do not receive the needed financial support needed to sustain our 2023 and 2024 budgets, we are committed to working with the tools we have to do the job! This is my life mission, and I will always be doing the work of Skye's the Limit! Foundation, whether it becomes large or small. Every effort to make a positive impact makes a difference.

Thank you again for your continued support of our integral work with community youth and adults. If you would like to learn more about Skye's the Limit! Foundation's mission and ongoing activities, please do not hesitate to reach out to me.

Sincerely,

Keiko Ratcliffe

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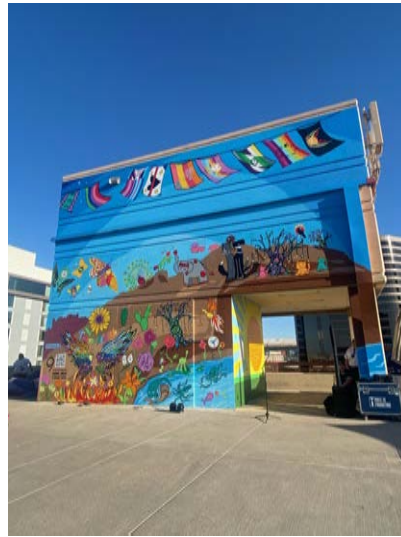
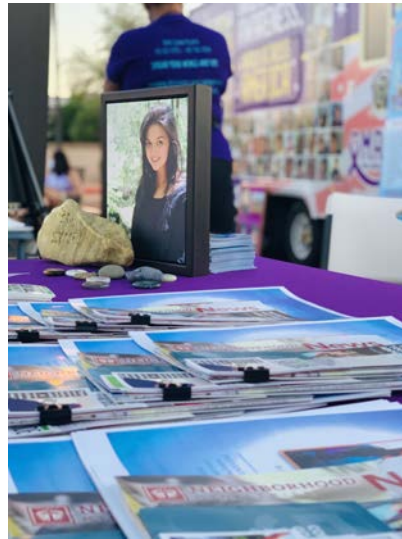












A new mural reaches for the sky atop the @Arizona Center parking garage.

Titled "Expressing Ourselves! Identity, Diversity & Thriving in Adversity," the colorful mural encourages a resilient world of acceptance for all. #MentalHealthAwarenessMonth

dtpfx.org
 'We can all thrive' New mural at Arizona Center aims to the sky, brings awareness to mental he...



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Skye's the Limit! Foundation

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