

# The 100% Effect

### Investing in a brighter tomorrow by giving them a better today!

Mental Health: In Escalating Crisis Among Children

3 in 5 Children with Major Depression do not Receive any Mental Health Treatment

## 2023 In Review

On March 20, 2023 we began our 7<sup>th</sup> year.

We are so very grateful to *each* and *every one of you* for your support and generosity.

#### THANK YOU !!!

### Your Generosity is Transforming Children's Lives

It is due to your generosity that our mental health initiative, in partnership with Lakeside Counseling Associates of Sparta and Newton, made great strides in 2023. The children receiving therapy are in treatment for many issues including: OCD, ADD/ADHD, depression, anxiety, grief/ loss, body image issues, adjustment disorders, eating disorders, suicidal ideations, self-harming/cutting, behavioral issues, family issues, and trauma. As a matter of fact, most of these children have trauma related issues that include: sexual abuse, divorce, and/or substance abuse. Some families are homeless, living in hotels.

Together, LCA and SOJI, along with *your* help, have subsidized the cost of therapy sessions for over 100 children and families. THIS is the positive impact **your** donations have made.

Feedback from grateful parents whose children are receiving therapy sessions subsidized by Soji proves that our new mental health initiative is not just working but is very much needed.

We thought we'd share some of the gratitude with you:

*"Without the financial help of Sojihuggles Children's Foundation I could not afford the help my daughter desperately needed."* 

*"I don't know where we'd be without the financial help of Sojihuggles, it's literally been life changing, for all of us."* 

"Sojihuggles Children's Foundation has been a lifesaver for many of our families in the community. Without their foundation, we wouldn't have been able to support our families and provide the much needed services. We will forever be grateful for their dedication and generosity to our clients at Lakeside Counseling Associates." *"We have been faced with tremendous challenges in recent years, one of those being financial burdens. Having Sojihuggles support has been so helpful for our children."* 

*"Because of the support of Sojihuggles our kids have learned so much about themselves and how to manage stress. We're so grateful!"* 

"When my husband lost his job and our health insurance it was devastating to our family. My child has been in treatment but without Soji we would have had to terminate treatment due to big life changes."

*"Partnering with a therapist has helped my son feel supported and cared for. I would have never been able to provide this for him if it weren't for the financial support from Soji!"* 

"We have faced many challenges in the last few years that have affected our family. Soji has given my child a chance to help learn coping skills that she will have for the rest of her life. Thank you Soji and LCA."

*"We feel blessed that in our time of need, Sojihuggles has allowed us to keep our child's mental health a priority."* 

# <u>NOTE</u>: There remain over 250 children on the wait list in need of mental health services. As we continue our Mental Health Initiative, we want to help even more children.

OUR GOAL: GET ALL THE CHILDREN OFF THAT WAIT LIST AND INTO THE MENTAL HEALTHY THERAPY THEY SO DESPERATELY NEED.

*"With the help of Soji, we were able to keep our child in therapy and continue to support his mental health needs. We are forever grateful that we can see a brighter future."* 

"The Sojihuggles Children's Foundation has been a tremendous support for many of my clients who otherwise would not have been able to receive therapy services. I am so thankful for the generosity of this wonderful, compassionate foundation. I know the support has touched many of my clients' lives."

"The mental health of our family is always a priority. High deductibles forced us to stop therapy for our daughter. Then we learned about Soji. THANK YOU Soji, for allowing us to continue therapy for our daughter."

"I had been struggling for so long to find proper help for my child because we have Medicaid and unfortunately do not have many Medicaid resources in our area. Then I heard about Sojihuggles Children's Foundation. I felt so much hope and relief! My child has been in therapy now for several months and actually looks forward to coming each week. I'm so glad I can help provide her with the support she needs. Thanks, Soji!"

"Sojihuggles Children's Foundation's generosity has helped our child continue their mental health treatment after it was terminated due to job loss. Words can't express my gratitude for Soji."

"Not only has my child gained so much from his therapist, but I have learned more about how best to parent him."

"Sojihuggles is an amazing foundation that has helped so many children receive the mental health services they need and deserve. I am so appreciative of this foundation and how focused they are on supporting the needs of our community."

*"I am grateful for the Soji Huggles organization. Their foundation and support has made a significant impact on my 4-year-old son's mental health."* 

"Their mission of support for children is extraordinary. Thanks to their foundation my son was able to have access to a remarkable therapy group who provided strong child-centered therapy."

"I have seen huge progress in my son's mental health, and I am forever grateful for Soji's support."

"As the office manager at Lakeside, I have been gratified by how much our clients have benefited from the Soji services. Myself, and our staff, are grateful for the opportunity to provide this option to our clients in need, and we love to hear and see how much our clients benefit from this. As part of my management responsibilities, I am handed difficult situations, many of these revolving around anxious clients who worry about being able to afford the treatment they need and want. Being able to offer Sojihuggles services increases our client satisfaction and allows more clients to receive treatment without the added anxiety of their finances."

BECAUSE OF EACH OF YOU, WE WERE ABLE TO MAINTAIN OUR PROGRAMS PROVIDING FOOD, CLOTHING, WINTER COATS, DIAPERS, FORMULA, VISION EXAMS AND EYE GLASSES, AS WELL AS DENTAL EXAMS AND PROCEDURES.

YOU are the Beacon of HOPE for so many children.

# WITH HEARTFELT GRATITUDE, WE THANK YOU !!!



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