



A YEAR IN REVIEW

TAKING A LOOK BACK AT 2020

2020 was a year to remember. The national pandemic created some unique challenges throughout the year, however Jana Marie Foundation rallied and found innovative ways to continue our mission of spreading mental health awareness and building resiliency in young people.





FINDING PEACE AND GRATITUDE

**There is calmness to a life lived in
gratitude, a quiet joy.**

RALPH BLUM

JANA MARIE FOUNDATION

A BRIEF HISTORY

Jana Marie Foundation began in 2012 in memory of Jana Vicere. Despite her vibrant personality and zest for life, Jana battled with depression making it difficult for her to help her own path and ultimately it led to her death by suicide in 2011.

Since inception, Jana Marie Foundation has harnessed the power of creative expression and dialogue to spark conversations, build connections, and promote mental health and well-being among young people and their communities.

Casting the widest safety net possible, Jana Marie Foundation focuses on breaking down barriers to the stigma that surrounds mental and emotional well-being.

Jana Marie Foundation envisions communities working together to knock down walls and transform emotional distress into hope and resilience.

A THREE TIERED APPROACH

Young People

Through innovative programming, Jana Marie Foundation reaches hundreds of young people helping them to build personal strength, coping skills, and resilience.

Caring Adults

Through educational programs, we ensure that parents, teachers, and adults have the most relevant information to help support youth through their transitional years.

Community

Jana Marie Foundation generates conversations that highlight the importance of mental, emotional, and social well-being and fosters understanding, acceptance, and community action.

AREAS OF FOCUS IN 2020

1

Building Community

Casting the widest safety net possible, Jana Marie Foundation focuses on breaking down barriers to the stigma that surrounds mental and emotional well-being.

2

Mental Health Education

Helping to open minds and save lives by offering evidence-based trainings such as Mental Health First Aid and QPR Suicide Prevention for Gatekeepers Training.

3

Practicing Self-Care

Bringing mindful moments into our innovative programs for young people and caring adults in our community.

4

Growing Confidence

Promoting the growth of confidence and resiliency through the power of art, music, and creative expression.



**EVERY CHILD IS ONE
ADULT AWAY FROM
A SUCCESS STORY.**

-JOSH SHIPP

Jana Marie Foundation engaged with 86 families in an effort to promote healthy communication and strengthen bonds through Side by Side and a Chance to Exhale programs in 2020.



FOSTERING BONDS

Jana Marie Foundation strengthens the connections young people have with their peers, family, educators, and community, lending support to celebrate achievements and providing comfort during adversity.

Over 86 families engaged

VIRTUAL WELLNESS CLASSES

Jana Marie Foundation built community through daily virtual wellness classes from March 2020 – May 2020. We've also hosted self-care workshops, conversations on vital topics, and more through social media platforms.

Over 470 hours of videos watched!





BUILDING COMMUNITY THROUGH INNOVATIVE PROGRAMMING

FROM VIRTUAL CAMPFIRES TO DRIVE-IN DINERS, JANA MARIE FOUNDATION CONTINUED TO BUILD STRONGER, MORE SUPPORTIVE COMMUNITIES.

A black and white photograph of two hands clasped together in a supportive grip. The hands are positioned in the center of the frame, with fingers interlaced. The background is dark and textured, possibly a rock surface. The overall mood is one of strength and solidarity.

**“IF IT WEREN’T FOR JANA MARIE FOUNDATION, I
WOULD HAVE SPENT MUCH OF THE SUMMER HOME
ALONE. JANA MARIE FOUNDATION GAVE ME A PLACE
TO BELONG AND THE COURAGE TO MAKE FRIENDS.”**

–2020 SUMMER CAMPER
8TH GRADE



SPREADING HOPE

Jana Marie Foundation delivered over 350 sunshine bags to families in our community. Each bag provided little treats to help brighten someone's day and to remind them that they are not alone.

GROWING CONFIDENCE

Through virtual programs and clubs, Jana Marie Foundation created safe spaces for over 80 upper elementary, middle school, and high school students to grow their confidence, find their voices, and learn practical tools to overcome adversity.



"I have been through a lot in my life, and Jana Marie Foundation has made it easier for me to talk about everything. The staff are outstanding and understanding. They always seem to know what is missing in someone's life and renew that part the best they can. They have helped me break out of my shell, and helped me realize my potential. Thank you Jana Marie Foundation."

-Karri, Grade 10



FROM 2007–2017, THERE WAS A

76%
INCREASE

IN RATE OF SUICIDE FOR AGES 15-19

JANA MARIE FOUNDATION PROVIDES SUICIDE PREVENTION
EDUCATION TO STUDENTS, TEACHERS, AND PARENTS.





QPR TRAINING 2020
JANUARY(PRE-COVID)

430 QPR **Gatekeepers**

JUST AS PEOPLE TRAINED IN CPR AND THE HEIMLICH MANEUVER HELP SAVE THOUSANDS OF LIVES EACH YEAR, PEOPLE TRAINED IN QPR LEARN HOW TO RECOGNIZE THE WARNING SIGNS OF A SUICIDE CRISIS QUESTION, AND HOW TO QUESTION, PERSUADE, AND REFER SOMEONE TO HELP.

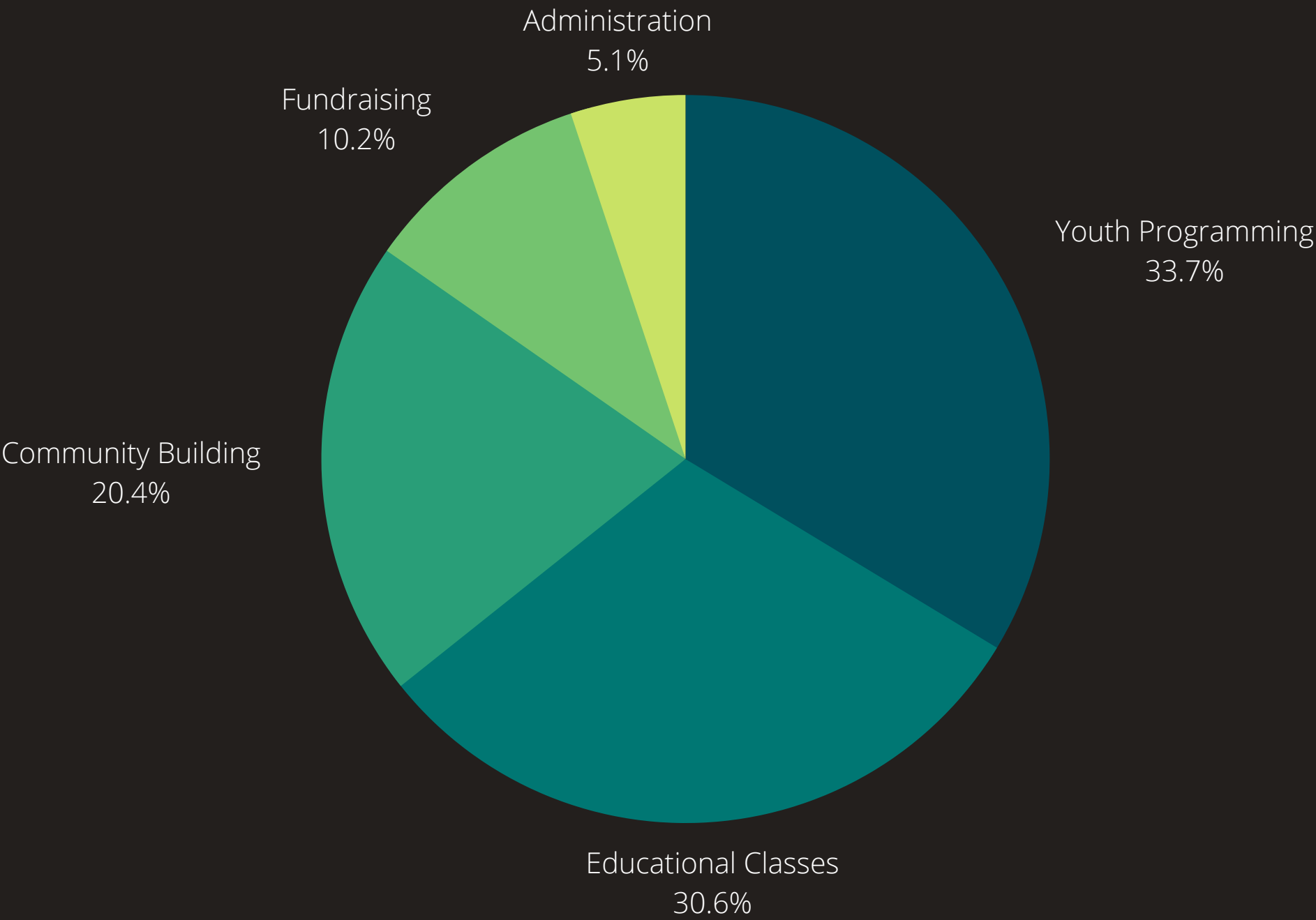
50 Mental Health **First Aiders**

ANYONE CAN BE THE ONE TO MAKE A DIFFERENCE IN THE LIFE OF SOMEONE WITH A MENTAL HEALTH OR SUBSTANCE USE CHALLENGE – IF THEY KNOW WHAT TO DO AND WHAT TO SAY. MENTAL HEALTH FIRST AID GIVES YOU THE NECESSARY TOOLS TO HAVE A COURAGEOUS CONVERSATION.



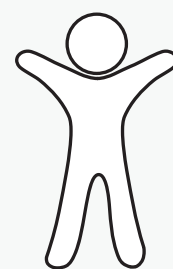
TIME WELL SPENT

FOSTERING HOPE AND MAKING A
DIFFERENCE IN OUR COMMUNITY.



THANK YOU!

IT IS THE COMMITMENT OF OUR VOLUNTEERS THAT DRIVES JANA MARIE FOUNDATION AND ALLOWS US TO BE A VITAL RESOURCE TO THE COMMUNITY.



300+ unique donors



510 gifts



Raising over \$283,000

MEET OUR TEAM



Marisa Vicere

President/Founder



Miriam Powell

Community Engagement Manager



Becky Misangyi

Program Specialist



David Pencek

Communications Specialist



Ali Turley

Program Specialist

Board Members: Wendy Laws, Clarabelle Lin, Amelia McGinnis, Bob McMinn, Al Vicere, Marisa Vicere, Nancy Vicere, Craig Weidemann