

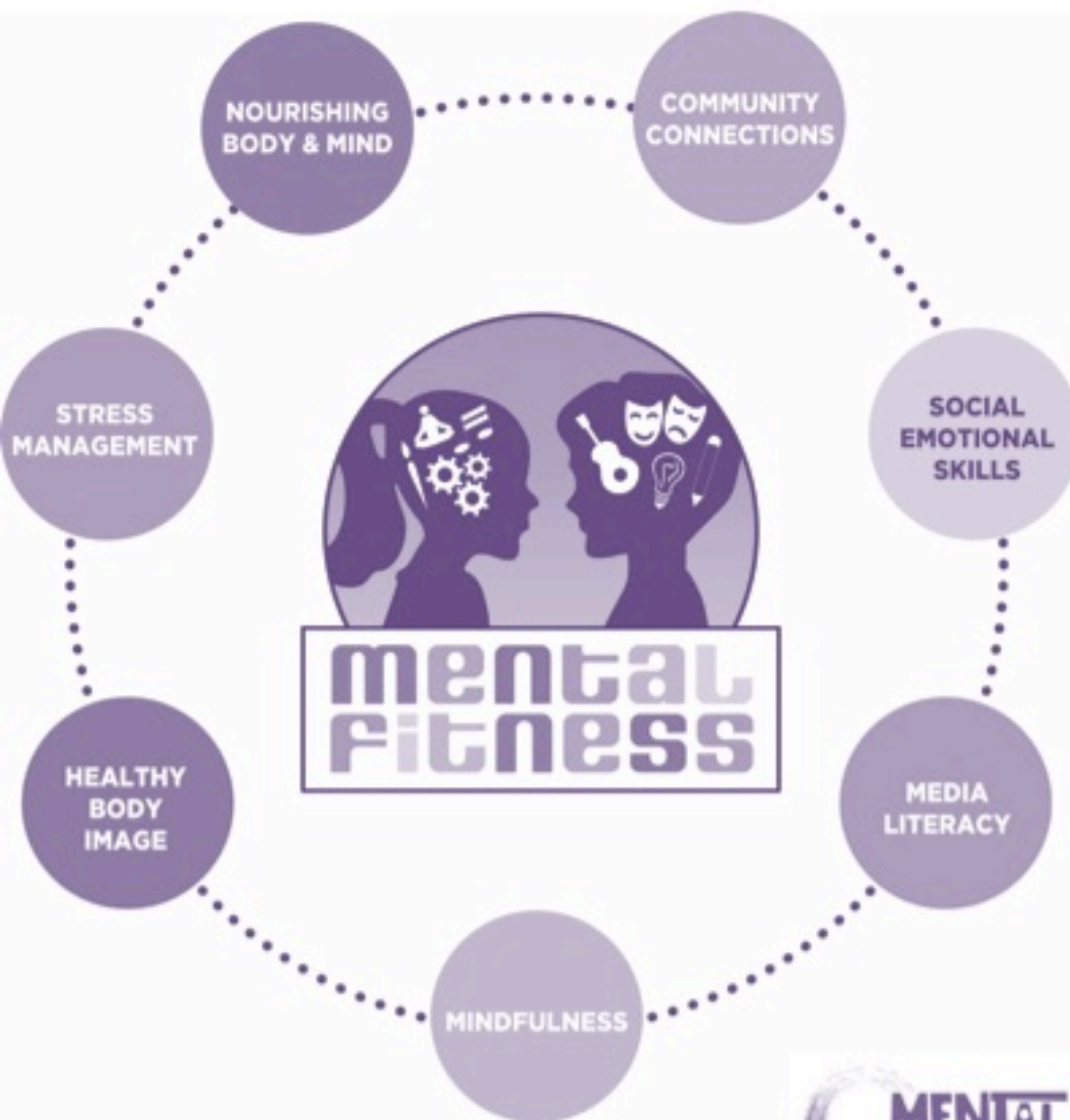


Mental Fitness, Inc.

160 E. Saint John Street
3rd Floor
Spartanburg, SC 29306

Our Mission

We build resilience in youth through evidence-based programs drawn from seven protective factors:



Board & Leadership

In addition to our leadership team, our organization collaborates with dozens of researchers, educators and behavioral health specialists. A full listing is available under the Leadership tab at mentalfitnessinc.org.



BOARD OF DIRECTORS



President
Betsy Neely Sikma



Treasurer
Jessica Mats, CPA



Secretary & President-Elect
Samantha Campbell, MPH



Founder & CEO
Robyn Husa Farrell



Director
Valerie Manatis Barnett



Director
Christen DeRiet



Director
Patricia Leavy, Ph.D.



Director
Samantha Nicholson



Director
Crystal Pace

Certified Program Facilitators

We offer 80 hour certification training to Master's level educators interested in becoming facilitators of our evidence-based programs.

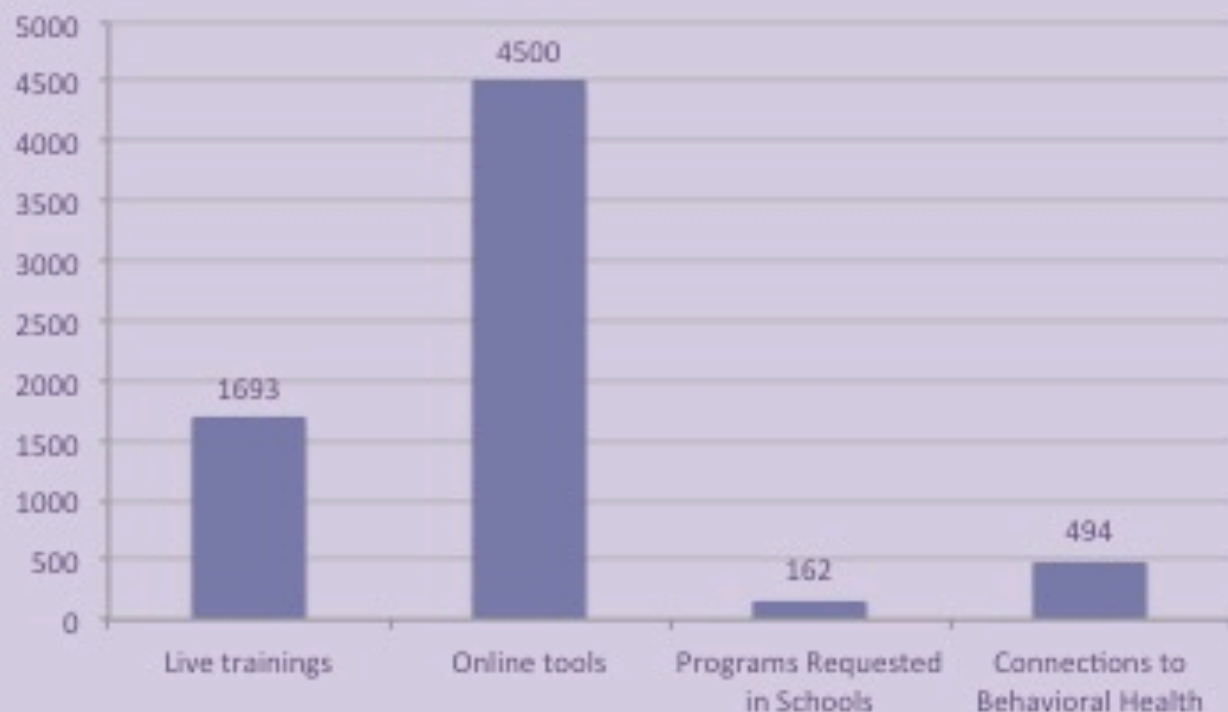


Lee Shirley, M.Ed.



Selena Turnipseed, M.Ed.

Program Impact – Live Trainings & Workshops



In 2017, we proudly served nearly 7,000 audience members nationally with our live and online prevention programs

1,693

Participants attended our live trainings

4,500+

Online program participants including Sharpen and our #RealDeal empowerment blog

162

The number of prevention programs requested in K-12 schools

Live Trainings & Workshops:

- **How to Manage Serious Mental Illness In Schools.** In 2017 our program was published in the peer-reviewed medical journal, *Eating Disorders – Journal of Treatment and Prevention* -- the only evidence-based program of its kind for K-12 schools.
- **5 Minute Mindfulness for Classroom Educators.** This program was featured at the 2016-17 Compassionate Schools Summit and at the 2017 Resiliency conference.
- **Flourish Peer Led Resilience.** This program brings fun and interactive activities to students that build resilience through arts and mindfulness exercises.



- **Mental Health Symposium for Educators.** Over 125 educators attended this state-wide symposium created and directed by Robyn Hussa Farrell, in collaboration with the Forrester Center for Behavioral Health and SC Thrive. The 16 hour symposium brought evidence-based programs to schools throughout South Carolina.



5 Minute Mindfulness For Classroom Educators

In 2017 we led
21 trainings in
7 Spartanburg
School Districts

1,400
people trained

Presented the
model at State
Conferences

Featured
Presenter at
Compassionate
Schools
Summer
Summit



5 Minute Mindfulness for Classroom Educators

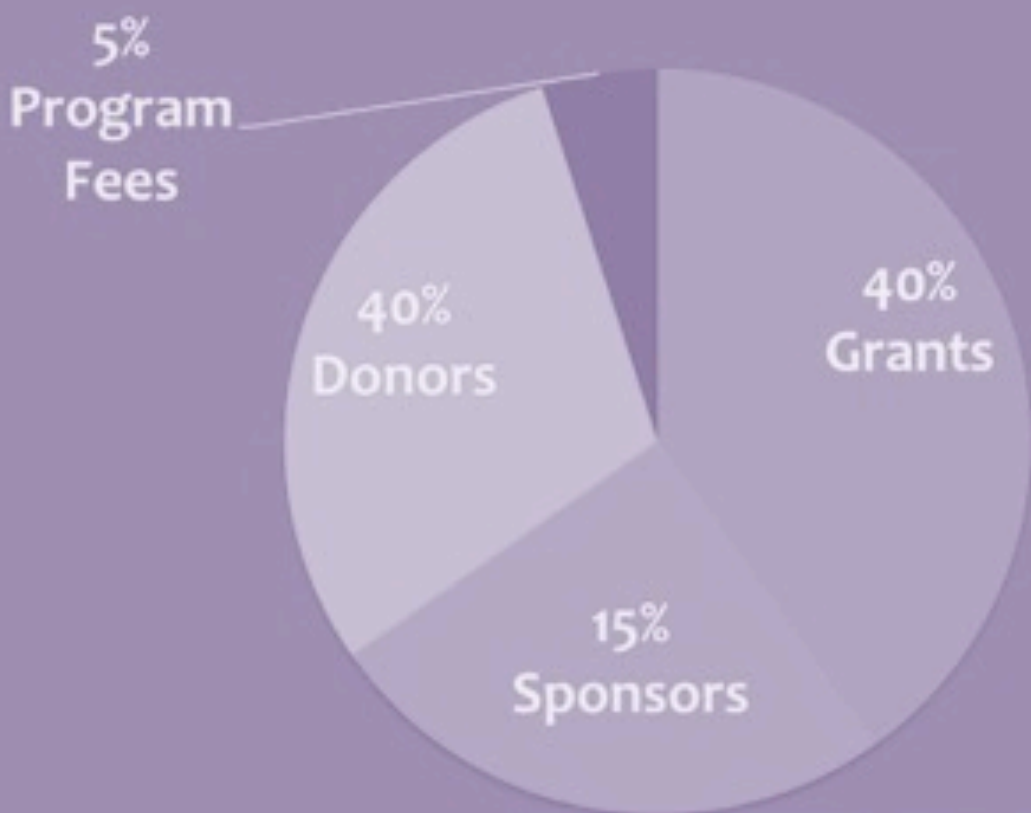
5 Minute Mindfulness is an exciting new program for classroom educators. During the trainings, participants learn the facts about mindfulness including latest research and best practices for teaching stress management to students. The educators are given a curriculum – written in "script" format – so they can deliver 5 minute stress management exercises in any classroom setting. After the program, educators are able to lead evidence-based mindfulness exercises including journal writing, deep breathing exercises and gentle movement for the classroom setting.

Suicide Prevention Task Force



Led by Alex Karydi, Ph.D., and the SC Youth Suicide Prevention Initiative, in 2017 Mental Fitness brought the Suicide Prevention Task Force to Spartanburg County. All 7 school districts participate in quarterly meetings and are rolling out prevention trainings, crisis team interventions and postvention. In December, 2017 we had over 35 participants on the task force ... the request for the program is growing monthly, with one in three teens struggling with depression and suicide ideation.

Income



**2017 Annual
Operating
Budget:
\$125,000**

Expenses



Awards & Honors

**2017 Women of Distinction Award
Girl Scouts of South Carolina, Mountains to Midlands.**



**Robyn Husa Farrell, Left, with Rep. Rita Allison
2017 Women of Distinction**

Our Reach

Robyn Hussa Farrell has been presenter /
our programs have been held in the following locations:

California
National Eating Disorder Association Annual
Conference, San Diego (2007, 2015)
San Jose, CA

Connecticut
Weston Schools

New York
Booker T. Washington Middle School, NYC
Poetic Theatre, The Wild Project
Get Moving program, Long Island – Suffolk
County
The Juillard School
Lincoln Hall, NYC
Long Island University
Marymount Manhattan College
Monte Nido Treatment Center NYC
New York University Panhellenic
New York University Silver School of Social
Work
New York State Association for Health, Physical
Education, Recreation & Dance (NYS AHPERD)
Annual Conference – Verona, NY

Florida
Patel Conservatory of the Arts, Florida

Massachusetts
Boston Female Athlete Conference in
collaboration with Boston Children's Hospital

Maryland
Binge Eating Disorder Annual Conference

Oklahoma
Laureate ED Hospital

Oregon
Eugene Oregon District Schools

Pennsylvania
Berks County Schools

Scotland
Fringe Festival, Edinburgh, Scotland

South Carolina
Ballet Spartanburg
BMW Headquarters, Greer
Carver Middle School, Spartanburg
Chapman Cultural Center, Spartanburg
Clemson University
Coastal Carolina, Myrtle Beach
Converse College
Converse College Marriage and Family
Therapy / Westgate Family Therapy
Department of Mental Health,
Spartanburg
District 1 Schools, Spartanburg
District 4 Schools, Spartanburg
District 7 Schools, Spartanburg
Early Head Start, Spartanburg
Edward Via College of Osteopathic
Medicine (VCOM)
First Presbyterian, Spartanburg
Furman University
Girl Scout Training Center (exact name)
Greenville Health Systems Children's
Hospital pediatricians and residents
Hearth Center, Columbia, SC
Houston Elementary
Hub Bub Showroom
Imagine That - Spartanburg Little Theatre
International Association of Eating
Disorders Annual Conference, Charleston
Lyman Elementary
Mabry Middle School, District 1,
Spartanburg
Mary Black Foundation, Spartanburg
Meeting Street Academy - Spartanburg
Richland One District Schools, Columbia
Richland Two District Schools, Columbia
SC Bio Conference, Greenville
South Carolina Eating Disorders
Association (SCEDA)
South Carolina School Counselor annual
conference, Myrtle Beach
South Carolina Social Workers Conference,
Greenville
Spartanburg Day School
Spartanburg Public Library
Spartanburg Rotary Club
United Way of the Piedmont
USC Upstate
Wofford College
Wofford College Athletics
Wofford College Panhellenic
YMCA of Greater Spartanburg

Vancouver
John Volken Academy

Virginia
Loudoun County schools

Wisconsin
Alverno College
Aurora Psychiatric Hospital
Cardinal Stricht
Carmen High School
Colony High School
Divine Savior Holy Angels High School
Employee Assistance Professional
Association Wisconsin Annual Conference
First United Methodist Church
Frank Lloyd Wright Middle School
Franklin High School
Greendale Community Church
Greendale High School
Greendale High School
IN TANDEM Theatre
Jonesville Parker
Kearney High School
Kettle Moraine Lutheran High School
Lawrence University
Marquette University
Milwaukee High School of the Arts
Nathan Hale High School
Nicolet High School
Our Lady Lourdes Parish
Ripon College
Rogers Memorial Hospital
St. Josephat Parish School, Milwaukee
St. Norbert College
Turner Hall
University of Wisconsin Madison
University of Wisconsin, Milwaukee
University of Wisconsin, Parkside
University of Wisconsin, Whitewater
Waukesha Community Technical College
Wauwatosa East High School
Wisconsin Lutheran College
Wisconsin School Counselors Annual
Conference, Madison
Wisconsin School Nursing Association Annual
Conference, Madison
Wisconsin State PTA Annual Conference

Get Involved

Now in our 12th year, we are eager to collaborate with many partners:

- Volunteer
- Become a Certified Facilitator
- Bring Our Programs into Your District
- Join our Leadership Team
- Collaborate on Research
- Share your Ideas!
- Attend our Events!

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