



KristenAmerson
• Youth Foundation •

Annual Report

2022

Table of Contents

- 1 Mission and Vision
- 2 Letter from Executive Director
- 3 Kristens's Story
- 4 Initiatives
- 5 Initiatives cont.
- 6 2022 Facts
- 7 Financial Report
- 8 Strike Out Suicide Bowling Night
- 9 Sponsors
- 10 Board of Directors
- 11 Board of Directors Cont.
- 12 We've got new locations
- 13 Our Staff is Growing

Our Mission

To promote healthier lives for youth by providing age-appropriate resources for suicide prevention and positive educational experiences.

Our Vision

To eliminate suicide among all youth in West Alabama.

Letter from Executive Director

JacQuan Winters

Hello,

Thank you for being a continued supporter of the Kristen Amerson Youth Foundation (KAYF). We appreciate you and your continued support.

As the Executive Director of the Kristen Amerson Youth Foundation, I am pleased to present our annual report for 2022's calendar year. In this report, you will find information about the Kristen Amerson Youth Foundation's impact, financials, and more. As always, we value the opportunity to be transparent with our supporters. It is our hope that you find this report as exciting as we do.

Mental health remains a constant need in our community, country, and world. The Kristen Amerson Youth Foundation remains committed to supporting and serving youth, their families, and the West Alabama community. We as an organization aim to be a resource for suicide prevention and mental health awareness. It remains our mission to promote healthier lives for youth through providing resources for suicide prevention and positive educational experience. It is our goal that we continue to make a positive impact in our community.

On behalf of the staff, board, and volunteers of the Kristen Amerson Youth Foundation, I would like to personally thank each of our supporters. Without you, we would not be able to empower the community. With all sincerity, thank you for all that you do! As we embark upon 2023, we ask that you continue to support the mission and vision of the Kristen Amerson Youth Foundation

With gratitude,

A handwritten signature in dark ink, appearing to read 'JacQuan Winters', with a stylized flourish at the end.

JacQuan D. Winters

Kristen's Story

Kristen Amerson was a beautiful young lady who loved experimenting with fashion, make-up, and hairstyles. She was the only girl in a household with three brothers and one of her favorite activities was playfully teasing her brothers. Anyone who knew Kristen could see how gifted she was, and how much of a gift she was to both her family and her community.

Kristen ended her life on Thursday, April 10th, 2014, at the young age of 11. Suicide amongst youth always leaves the family and loved ones wondering what more could've been done, and Kristen's family is no different. There was never a point when Kristen's family pictured life without her, she was a given, and they never thought she wouldn't be with them. With increasing awareness of youth suicide, it is understood that no one can know the truth of what an individual is experiencing.

Kristen's life was just beginning, and she never got the chance to meet her potential or find her purpose, but her life has inspired the formation and work of the Kristen Amerson Youth Foundation to spread awareness of issues including youth suicide, mental illness, trauma, and bullying. The hope of the organization lies in its ability to impact the lives of the local community and underserved youth who need support.

Initiatives

Spreading Prevention & Empowering All Kids (S.P.E.A.K.)

S.P.E.A.K. is a school based program created to prevent suicide, bullying, and other struggles endured by youth through an evidence-based learning curriculum.

Prevention First

Prevention First is comprised of two trainings, Question, Persuade, Refer (QPR) and Signs of Suicide (SOS). For educators, The Kristen Amerson Youth Foundation will conduct QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention. This training consists of a 1–2-hour educational program designed to teach lay and professional “gatekeepers” the warning signs of a suicide crisis and how to respond. Signs of Suicide is a universal school-based prevention program designed for students ages 11 – 17.

My Happy Place Children’s Book

Written by JacQuan D. Winters, My Happy Place was written to help children cope with and handle bad emotions in a healthier way. The Kristen Amerson Youth Foundation uses My Happy Place as a resource to help children explore different coping skills.

Kristen’s Rainy Day Children’s Book

Kristen’s Rainy Day was written by JacQuan D. Winters to continue the legacy of his younger sister, Kristen Amerson, and teach children to remain positive through negative situations. The Kristen Amerson Youth Foundation uses Kristen’s Rainy Day as a resource to help children learn the valuable lesson of positivity at an earlier age.

Initiatives cont.

Presentations

Per request, the Kristen Amerson Youth Foundation is able to conduct presentations on topics such as suicide and bullying prevention.

Presentations use factual information, statistics, and real-life experiences to raise awareness of suicide and bullying and their negative effects on students. Presentations are available for upper elementary students (3rd – 5th grade), middle school students, high school students, college students, parents and community members, administrators and educators, and other professionals.

QPR Gatekeeper Training

QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a 1-2 hour educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond.

Mental Health Backpacks

As a response to COVID-19, the KAYF created mental health backpacks as a mental health resource for children. Mental health backpacks are meant to supply children with resources to help them through their personal issues while waiting for access to a mental health professional. The mental health backpacks include journals, journal prompts, pen/pencils, coloring books, crayons, stress toys, stuffed animals, and lists of coping skills and positive affirmations.

2022 Facts

700

people impacted by Kristen's story through speaking engagements

1,000+

Mental Health Backpacks were provided to children to assist with access to mental health resources and healthy coping skills.

1,500+

people reached through outreach activities.

100+

students received social and emotional lessons

100+

volunteer hours completed by KAYF's volunteers

100+

people educated in the warning signs of suicide and suicide prevention.

10

Established Partnerships.

Kristen Amerson Youth Foundation Impact:

3,500.

Financial Report

Fundraiser Income - \$44,679.69

Grant Income - \$14,700

Individual Donations - \$7,136

Interest Income - \$140

Total Cash Receipts – without Donor Restrictions - \$73,016

Expenses - \$79,165

Annual Strike Out Suicide Bowling Night

25+
Sponsors

300+
People in attendance

\$44,679.69

**Raised to support
our mission**

Sponsors

Pride Tucaloosa

Mercedes

University Medical Center

Movement

Anchor Title

Smartbank

APR

Cadence Bank

Chamber of West Alabama

Tuscaloosa Academy

Coley Agency

Turner Law Group

Alabama Power

Westervelt Lumber

Junior League

TASPA

Nucor

Pritchett Moore

DCH

Druid City Properties

Innisfree

Jack & Jill

Grand Event

Board of Directors

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The University of Alabama

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Birmingham City Schools

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Nucor Steel

Board of Directors Cont.

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Stanton Chase

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Nicole Shine | Board Member

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PRIDE Tuscaloosa

Annette Smallwood | Board Member

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Hotel Capstone

Katherine Waldon | Board Member

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Five Horizons Health Services

Gabrielle Williams | Board Member

gabriellewilliams@soultherapyllc.com
SOUL Therapy

Tanya Winstead | Board Member

tanya@westalabamachamber.com
Chamber of Commerce of West Alabama

We've got new locations



New Heights

3834 21st Street, Tuscaloosa, AL 35401



Chamber of Commerce

2222 9th Street, Tuscaloosa, AL 35401

Our Staff is Growing



Cristy Gilliam is a native of Tuscaloosa, Alabama. She is currently the Executive Assistant for the Kristen Amerson Youth Foundation. She earned her Bachelor of Science degree in Financial Planning from the University of Alabama. She is currently enrolled at Louisiana State University where she is earning her Master of Business Administration. Cristy is an active member of the community, volunteering with Temporary Emergency Services, UAB Family Clinic, and has previously served as a United Way representative. She spends her time with family, being a mom to her brilliant son, catering events, traveling, and being an avid reader.

**WE'RE LOOKING
FORWARD TO STAYING
PROACTIVE WITH
PREVENTION IN 2023!**



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