

# The White Family Foundation

Grant Request: Liz's Legacy Foundation #744

March 31, 2022

**Date of grant proposal submission** Wednesday, March 30, 2022

**Are you an IRS compliant 501(c)3 public charity/nonprofit?** Yes

**Legal name of organization** Liz's Legacy Foundation, Inc.

**Address**   
P.O. Box 155 423 Courtlea Park Drive, Winter Garden Florida 34787  
Windermere, Florida 34787

**Website** <http://www.lizlegacyfoundation.com>

**Telephone** 4073258185

**Organization Director/Title** David Stokes, President

**Contact Person/Title** Margaret Stokes, Vice President

**Contact Person's Telephone** 321-352-7186

**Contact Person's Email** [mail@lizlegacyfoundation.com](mailto:mail@lizlegacyfoundation.com)

**Grant Request Amount** \$20,000.00

**Please provide us with a brief description of your organization (no more than 500 words).**

Our Mission:

Liz's Legacy Foundation is a faith-based organization dedicated to ensuring that children and teens in crisis receive life changing mental health counseling to improve their lives and their family's lives.

What We Do:

Through our partnerships with qualified counseling centers and counselors, we fund three programs:

- Access to a planned scholarship program for our twelve partner centers,
- Access to emergency counseling help for kids in crisis, such as from threat of suicide or parental abuse,
- and, facilitation of parent and guardian group classes to address needed training for parents before tough situations spiral out of control into crisis.

Our programs work because we provide a quick and efficient way for families in need to access the help they need from

## **The White Family Foundation**

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Christian based Counselors and Centers. We are committed to the understanding that therapy, counseling and any mental health support is not amoral. Our families are in crisis in great part because of the absence of religion in our society. Children need hope and faith. Parents need training on how to help the children in their care before crisis and life-threatening situations become their normal.

In addition to the targeted and emergency counseling scholarships, we have been able to provide group classes for parents and guardians of children and teens. Most of these groups target elementary and preschool aged children. The recent pandemic and our society's response to Covid has revealed extreme mental health instability in many of our community's youngest and most vulnerable members. Parents and Guardians are struggling to address their various needs. The group sessions focus on topics such as anger, anxiety, bullying, social media victimization, mental abuse, and the current trend on gender-related issues.

In February of 2022, Liz's Legacy Foundation hosted a half day seminar for parents and guardians. The event was marketed through local church groups and parent groups. Our partner LMHC Counselors provided 10 different sessions with topics such as those listed above. Two of the most popular classes of the day were TBRI, or Trust Based Relationship Intervention, and ART, Accelerated Resolution Training. We had almost 100 registered attendees for this first event. Based on the positive response and need in the community for events such as this, we intend to offer these on a regular basis, possibly even bi-annually. In this way, we can reach more people and provide the information parents need to help their children.

### **Grant Purpose (one paragraph)**

Your Help is Needed:

The White Family Foundation has approved our grant requests for the past three years; we are proud of what we have accomplished together. It was through your generous grants in 2020 and 2021 that we were able to increase from supporting eight centers to twelve centers. It is our decision to stop with the twelve partner centers for the time being. We believe that the centers are in specific and targeted areas and we can begin to assist the center's leadership with further developing access for children and training for parents in these specific areas.

For 2022 and 2023, we will make the small group for kids, parents, and the ½ day seminars a priority. We believe that these group events are best suited to get the parental training needed to stop the cycle of crisis that many of these families experience as their day-to-day normal. By doing this, we hope to lessen the burden on the counseling centers of the need of one-on-one therapy and emergency therapy. Our focus for 2022 and 2023 is to train as many parents as possible to support their children's mental health needs before they turn into crisis. We hope to become our area's premier source for parent training on children's mental health issues.

Liz's Legacy Foundation is requesting that the White Family Foundation grant us \$20,000.00 for the 2023 year. This is an increase from our requests from the past two years, but we are confident that the scope of this grant will help us to build a reliable template for large group parent trainings and classes. We are able to meet so many more people through this type of parenting help. \$12,000.00 of the requested funds would be used to provide \$1000.00/annual scholarship and emergency scholarship help to each of our twelve approved centers. \$8,000.00 of the requested grant funds would be designated for our small group classes and to help with the costs for another half day seminar, currently planned for the Spring of 2023.

Thank you for your consideration. We are grateful!

# The White Family Foundation

Grant Request: Liz's Legacy Foundation #744

March 31, 2022

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**Annual Project/Program** \$200,000.00

**Budget (if request is for  
a specific project)**

**Annual Organization** \$300,000.00

**Budget**



# LIZ'S LEGACY

*providing counseling for children & teens*

Proposal

Submitted to:

The White Family Foundation

5/11/2022



# **LIZ'S LEGACY**

*providing counseling for children & teens*

## **PROPOSAL CONTENTS**

1. Proposal Narrative/Case Statement
2. Non-Profit Status
3. Program Budget
4. Board of Directors List
5. Additional Documentation



## LIZ'S LEGACY

*providing counseling for children & teens*

May 25, 2022

The White Family Foundation  
P.O. Box 2491  
Tarpon Springs, Florida 34689

Dear Trustees,

Thank you for your continued support for the past three years! We are so grateful. Liz's Legacy Foundation is celebrating its sixth year in existence. We continue to create a way for children and teens to access necessary—and often life-saving—faith based, mental health counseling. In most situations, these children would not be able to afford these expensive services—services that our current health system defines as elective.

We would like to thank you for allowing us the opportunity to apply for a grant from The White Family Foundation. Our hope is that as you read and learn about us and our mission, you will choose to partner with us as we provide mental health counseling help for children and teens in the Central Florida communities.

Sincerely,

Jim and Margaret Stokes  
Founders  
Liz's Legacy Foundation

Phone: 407 325 8185  
[mail@lizlegacyfoundation.com](mailto:mail@lizlegacyfoundation.com)

**Proposal Narrative/Case Statement:**

## **Our Story:**

Liz's Legacy Foundation is a faith-based organization dedicated to ensuring that children and teens in crisis receive free, or significantly reduced, life changing mental health counseling to improve their lives and their family's lives.

Liz's Legacy Foundation began in 2016 to honor our beloved daughter, Mary Elizabeth Stokes, who tragically passed away on July 9, 2015 from an unknown heart condition. Liz was only 32. As a licensed mental health counselor in Central Florida, Liz specialized in working with children and teenagers. Her mission to provide life changing mental health counseling to children inspired her family to continue her work. Since 2016, together with our son and daughter-in-law, David and Danielle Stokes, and an involved board of Trustees, we have worked to continue Liz's purpose to help children.

## **What We Do:**

Through our partnerships with qualified counseling centers and counselors, we fund three programs:

- Access to a planned scholarship program for our twelve partner centers,
- Access to emergency counseling help for kids in crisis, such as from threat of suicide or parental abuse,
- And facilitation of parent/guardian group classes to address needed training for parents before tough situations spiral out of control into crisis.

Our programs work because we provide a quick and efficient way for families in need to access the help they need from faith based Counselors. We are committed to the understanding that therapy, counseling, and any mental health support is not amoral. Our families are in crisis in great part because of the absence of religion in our society. Children need hope and faith. Parents need training on how to help the children in their care before crisis and life-threatening situations become their normal.

In addition to the targeted and emergency counseling scholarships, we have been able to provide group classes for parents/guardians of children and teens. Most of these groups target elementary and preschool aged children. The recent pandemic and our society's response to Covid has revealed extreme mental health instability in many of our community's youngest and most vulnerable members. Parents and Guardians are struggling to address their various needs. The group sessions focus on topics such as anger, anxiety, bullying, social media victimization, mental abuse, and the current trend on gender-related issues.

In February of 2022, Liz's Legacy Foundation hosted a half day seminar for parents and guardians. The event was marketed through local church groups and parent groups. Our partner LMHC Counselors provided 10 different sessions with topics such as those listed above. Two of the most popular classes of the day were TBRI, or Trust Based Relationship Intervention, and ART, Accelerated Resolution Training. We had almost 100 registered attendees for this first event! Based on the positive response and need in the community for events such as this, we intend to offer these on a regular basis, possibly even bi-annually. In this way, we can reach more people and provide the

information parents need to help their children create healthy mental habits so that crisis and life-threatening situations can be avoided.

### **Why We Do What We Do:**

Early intervention is crucial. Mental health disorders are often chronic, progressive, and can become fatal. Childhood experiences impact behavior and mental health throughout a person's lifespan. Left unaddressed, negative experiences result in mental health issues, physical health issues, substance abuse, and increased criminal activity.

### **How We Do What We Do:**

Through an intense interview process, Liz's Legacy Foundation screens and partners with the best counseling centers and counselors in the greater Orlando and Central Florida area. These licensed mental health professionals counsel from a Christian perspective. Children and their families work directly with the centers of their choice and are required to participate financially to the extent that they are able. Liz's Legacy provides scholarship funds directly to the centers; the centers provide the Foundation with detailed reports on the types of issues being addressed and the amount of the need. Liz's Legacy never has access to personal information.

Scholarships are need based and families are required to contribute something, even if only \$5-10 a session. It is important that the families are vested in the desired outcomes. The value of a counseling session is \$100-150 per session; this cost is prohibitive for most families. Liz's Legacy provides \$50-60 per session. The Centers provide an in-kind donation to make up the difference. The typical duration of a counseling series is 10-15 sessions over 3-4 months.

Our counseling centers keep us informed of lengthy wait lists. In the past year we have incorporated the small group parent classes and small group children therapy session to help meet the growing demand for help. Many of our parents are motivated to get the help before the situations with their children become crisis.

### **Some of the issues that our partner centers address, include:**

- Anxiety
- Grief
- Abuse
- Anger
- Sexual Issues
- Bullying
- Divorce Issues
- Suicidal Thoughts
- Self-Harm
- Autism Spectrum Issues
- Substance Abuse
- Eating Disorders
- Depression
- Adoption Issues
- ADHD
- Learning Issues
- Family Conflict
- Sex-Trafficking/Sexual Abuse

### **Your Help is Needed:**

The White Family Foundation has approved our grant requests for the past three years; we are proud of what we have accomplished together. It was through your generous grants in 2020 and 2021 that we were able to increase from supporting eight centers to twelve centers. We also used a portion of the 2021 grant funds for a pilot small group session—exclusively for parents of trauma hurt children. It is our decision to stop with

the twelve partner centers for the time being. We believe that the centers are in specific and targeted areas of high need.

For 2022 and 2023, we will make the small group for kids, parents, and the half-day seminars a priority. We believe that these group events are best suited to get the parental training needed to stop the cycle of crisis that many of these families experience as their day-to-day normal. By doing this, we hope to lessen the burden on the counseling centers of the need of one-on-one therapy and emergency therapy. Our focus for 2022 and 2023 is to train as many parents as possible to support their children's mental health needs before they turn into crisis. We hope to become our area's premier source for parent training on children's mental health issues.

**Liz's Legacy Foundation is requesting that the White Family Foundation grant us \$20,000.00 for the 2023 year.** This is an increase from our requests from the past two years, but we are confident that the scope of this grant will help us to build a reliable template for large group parent trainings and classes. With the group classes and bi-annual day conference, we will be able to help so many more families.

- \$12,000.00 of the requested funds would be used to provide \$1000.00/annual scholarship and emergency scholarship help to each of our twelve approved centers.
- \$8,000.00 of the requested grant funds would be designated for our small group classes and to help with the costs for another half day seminar, currently planned for the Spring of 2023.

Liz's Legacy is a qualified 501(c)(3) charity organization that pursues various fund-raising efforts in support of its mission. Liz's Legacy Board of Directors and 'Friends of the Foundation' donate their time and contribute separately to the Foundation's operating cost. Because of the generosity of our Board and our Founders and many in-kind donations from various vendor partners, Liz's Legacy Foundation continues to use **100% of donated funds to support our programs.**

In closing, thank you for the opportunity to apply for a grant with The White Family Foundation. Please let us know if we can provide more information.

Gratefully,

Jimmy & Margaret Stokes, Founders  
The Liz's Legacy Foundation

INTERNAL REVENUE SERVICE  
P. O. BOX 2508  
CINCINNATI, OH 45201

DEPARTMENT OF THE TREASURY

Date: MAY 02 2017

LIZS LEGACY INC  
C/O DAVID STOKES  
423 COURTTLEA PARK DR  
WINTER GARDEN, FL 34787

Employer Identification Number:  
81-2267058  
DLN:  
17053257318006  
Contact Person:  
SHAWNTEL R SANDERS ID# 31456  
Contact Telephone Number:  
(877) 829-5500  
Accounting Period Ending:  
December 31  
Public Charity Status:  
170(b)(1)(A)(vi)  
Form 990/990-EZ/990-N Required:  
Yes  
Effective Date of Exemption:  
April 13, 2016  
Contribution Deductibility:  
Yes  
Addendum Applies:  
No

Dear Applicant:

We're pleased to tell you we determined you're exempt from federal income tax under Internal Revenue Code (IRC) Section 501(c)(3). Donors can deduct contributions they make to you under IRC Section 170. You're also qualified to receive tax deductible bequests, devises, transfers or gifts under Section 2055, 2106, or 2522. This letter could help resolve questions on your exempt status. Please keep it for your records.

Organizations exempt under IRC Section 501(c)(3) are further classified as either public charities or private foundations. We determined you're a public charity under the IRC Section listed at the top of this letter.

If we indicated at the top of this letter that you're required to file Form 990/990-EZ/990-N, our records show you're required to file an annual information return (Form 990 or Form 990-EZ) or electronic notice (Form 990-N, the e-Postcard). If you don't file a required return or notice for three consecutive years, your exempt status will be automatically revoked.

If we indicated at the top of this letter that an addendum applies, the enclosed addendum is an integral part of this letter.

For important information about your responsibilities as a tax-exempt organization, go to [www.irs.gov/charities](http://www.irs.gov/charities). Enter "4221-PC" in the search bar to view Publication 4221-PC, Compliance Guide for 501(c)(3) Public Charities, which describes your recordkeeping, reporting, and disclosure requirements.

Letter 947

LIZS LEGACY INC

Sincerely,

*Stephen A. Martin*

Director, Exempt Organizations  
Rulings and Agreements

# Liz's Legacy Foundation

4-30-22

## Estimated Cost Projections 2022

		<b>2022</b>	<b>Act to date</b>
<b>Income</b>		Estimated	
Donors	(100 donors)	\$90k	\$ 7k
Foundations		\$65k	\$40k
Corporate		\$10k	
Other		\$2k	\$ 1k
<b>Total</b>		<b>\$165k</b>	<b>\$ 48k</b>
<hr/>			
<b>Expenses</b>			
Counseling Centers	# scholarships	Estimated	
Scholarships	240	<b>\$120k</b>	<b>\$ 36k</b>
Other Events	# Events	Estimated	
-Parent Groups	7	\$15k	\$ 4.8k
-Adolescent groups	8	\$22k	\$11.2k
-Spring Hope and Help	1	\$ 5k	\$ 5k
-Fall Hope and Help	1	\$ 7k	
-Fund Raising Event	1	\$ 5k	
-Other (toys, books, TBD)		\$ 2k	
<b>Total</b>		<b>\$ 56 k</b>	<b>\$21k</b>
Administrative and Management Cost		<b>\$ 24 k</b>	<b>\$10k</b>
<b>Grand Total</b>		<b>\$200k</b>	<b>\$67k</b>
<hr/>			
Delta		<b>(\$ 35,000)</b>	<b>(\$19k)</b>

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James A. Stokes

Treasure., Liz's Legacy Foundation



Liz's Legacy Foundation  
Counseling/Social Media/Donor Metrics by Year Ending

4-31-22

**LIZ'S LEGACY**  
*providing counseling for children & teens*

[www.lizlegacyfoundagacyfoundation.com](http://www.lizlegacyfoundagacyfoundation.com)

Year	Children and Teenagers					Adults									
	Individual		Group			Individual		Group				Conferences			
	#	#	#	# of 1 hr	#	#	sessions	#	# of 2 hr	# of 1 hr	#	#	# of 1 hr		
	Clients	Sessions	Clients	Sessions	group s			adults	Sessions	Sessions	group s		adults	Hope and Help	
2016	20	80													
2017	95	500													
2018	139	842													
2019	165	985													
2020	170	1253	38	30	4	9	27	61	8	6	4				
2021	196	1534	72	18	5	2	20	88	16	1	5				
*2022	99	678	58	30	3	7	34	28	0	40	3	60	15		
<b>Total</b>	<b>884</b>	<b>5872</b>	<b>168</b>	<b>78</b>	<b>12</b>	<b>18</b>	<b>81</b>	<b>177</b>	<b>24</b>	<b>47</b>	<b>12</b>	<b>60</b>	<b>15</b>		

\* Counseling totals inception thru

	#	sessions
<b>Children &amp; Teenagers</b>		
individual	884	5,872
Group	168	78
total	1,052	5,950
<b>Parents</b>		
individuals	18	81
group	177	71
conferences	60	15
total	255	167
<b>Grand Total</b>	<b>1,307</b>	<b>6,117</b>

Children and Teenagers		ave age
Male	40%	11.6
Female	60%	11.7





# LIZ'S LEGACY

*providing counseling for children & teens*

[www.lizlegacyfoundation.com](http://www.lizlegacyfoundation.com)

*'a faith-based organization dedicated to ensuring that children and teens in crisis receive life changing mental health counseling to improve their lives and their family's lives'.*

## 2022 Board Members

David Stokes – President  
423 Courtlea Park Drive  
Winter Garden, FL 34787  
321-228-3074  
[d\\_stokes@ymail.com](mailto:d_stokes@ymail.com)

Margaret Stokes – Vice President  
8611 French Oak Drive  
Orlando, FL 32835  
497-325-8185  
[margstokmail@aol.com](mailto:margstokmail@aol.com)

Jim Stokes - Treasurer  
8611 French Oak Drive  
Orlando, FL 32835  
321-436-1118  
[jasathome@aol.com](mailto:jasathome@aol.com)

Bryce Merideth  
2833 Midsummer Dr.  
Windermere, FL 34786  
407-748-1489  
[bmerideth5@aol.com](mailto:bmerideth5@aol.com)

Lawrence Davis  
857 Golden Pond Ct  
Orlando, FL 32828  
407 453-4279  
[ldavisjr@gmail.com](mailto:ldavisjr@gmail.com)

Summer Darnell \*  
14135 Hampshire Bay Cir  
Winter Garden, FL 34787  
407-620-0810  
[JSummerd11@gmail.com](mailto:JSummerd11@gmail.com)

Barbara Stuart  
523 Bryn Mawr St  
Orlando, FL 32804  
407-694-4101  
[barbaralstuart@cfl.rr.com](mailto:barbaralstuart@cfl.rr.com)

Gary Meloon  
6101 Matchett Rd  
Orlando, FL 32809  
407-466-8355  
[Gary@southeastmarinesales.com](mailto:Gary@southeastmarinesales.com)

Jackie Vozza  
8807 Lake Mabel Drive  
Orlando, FL 32826  
407-808-2979  
[Jackie.vozza@gmail.com](mailto:Jackie.vozza@gmail.com)

Tracie Wood  
308 Forest Haven Drive  
Winter Garden, FL 34787  
407-717-0941  
[tracie.wood@hotmail.com](mailto:tracie.wood@hotmail.com)

*\* Board Advisor, Licensed Mental Health Counselor*

# Mental Health in Florida



**1 in 5 U.S. adults** experience mental illness each year.



**2,889,000 adults** in Florida have a mental health condition.

That's more than **6X** the population of Miami.

It is more important than ever to build a stronger mental health system that provides the care, support and services needed to help people build better lives.



More than half of Americans report that **COVID-19** has had a **negative impact** on their mental health.

In February 2021, **40.8% of adults in Florida** reported symptoms of **anxiety or depression**.

**24.8% were unable to get needed counseling or therapy.**



**1 in 20 U.S. adults** experience serious mental illness each year.

In Florida, **648,000 adults** have a **serious mental illness**.



**1 in 6 U.S. youth** aged 6–17 experience a **mental health disorder** each year.

**180,000 Floridians** age 12–17 have depression.

## Floridians struggle to get the help they need.



More than half of people with a mental health condition in the U.S. **did not receive any treatment** in the last year.

Of the **796,000 adults in Florida** who **did not receive needed mental health care**, **49.7%** did not because of cost.

**13.1% of people in the state** are uninsured.



**Floridians** are over **5x more likely to be forced out-of-network** for mental health care than for primary health care — making it more difficult to find care and less affordable due to higher out-of-pocket costs.

**6,387,811 people** in Florida live in a community that **does not have enough mental health professionals**.

## An inadequate mental health system affects individuals, families and communities.



**High school students** with depression are more than **2x more likely to drop out** than their peers.

**64.2% of Floridians** age 12–17 who have depression **did not receive any care** in the last year.



27,487 people in Florida are homeless and **1 in 6 live with a serious mental illness.**



On average, 1 person in the U.S. **dies by suicide every 11 minutes.**

In Florida, **3,567 lives were lost to suicide** and 610,000 adults had thoughts of suicide in the last year.

**1 in 4 people with a serious mental illness has been arrested**

by the police at some point in their lifetime –



leading to over **2 million jail bookings** of people with serious mental illness each year.

About **2 in 5 adults** in jail or prison have a history of mental illness.



**7 in 10 youth** in the juvenile justice system have a mental health condition.



**NAMI**  
National Alliance on Mental Illness

NAMI Florida is part of NAMI, National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

*This fact sheet was compiled based on data available in February 2021. For full citations, visit: [nami.org/mhpolicystats](https://nami.org/mhpolicystats).*



# Check-A-Charity

KNOW HOW YOUR MONEY IS BEING SPENT

**LIZS LEGACY INC, WINTER GARDEN, FL**

[Print](#)

**Also Soliciting as**

Liz'S Legacy Foundation

Registration Number :CH58652

Expiration Date : 4/25/2023

Revenue Source : IRS 990 Form (12/31/2021)

Total Revenue : \$303,537.00

Program Services Expenses : \$100,782.00 **82%**

Total Expenses : \$122,221.00

Administrative Expenses : \$21,439.00 **18%**

Surplus/Deficit : \$181,316.00

Fundraising Expenses : \$.00 **0%**

### **Statement Of Purpose**

THIS ORGANIZATION WAS FORMED TO RAISE FUNDS TO BE USED TO PROVIDE MENTAL HEALTH COUNSELING FOR CHILDREN AND TEENAGERS.

### **Uploaded Documents**

[Document Financial Information, received on 06/28/2022 for tracking number \(DTN\): 3592692](#)

[Document Application, received on 04/19/2022 for tracking number \(DTN\): 3592692](#)

[Document Application, received on 04/19/2022 for tracking number \(DTN\): 3592692](#)

[Document Application, received on 04/21/2021 for tracking number \(DTN\): 3452839](#)

[Document Application, received on 04/24/2020 for tracking number \(DTN\): 3314478](#)

[Document Financial Information, received on 04/24/2020 for tracking number \(DTN\): 3314478](#)

[Document Exemption Determination Letter, received on 03/21/2019 for tracking number \(DTN\): 3177240](#)

[Document Financial Information, received on 03/21/2019 for tracking number \(DTN\): 3177240](#)

[Document Application, received on 03/21/2019 for tracking number \(DTN\): 3177240](#)