

**The White Family Foundation
Grant Request: #715
Remember Me NFP, Inc.
January 31, 2022**

Date of grant proposal submission	Monday, January 31, 2022
Are you an IRS compliant 501(c)3 public charity/ nonprofit?	No
Legal name of organization	Remember Me NFP, INC
Address	11212 Regal Lane Largo, FL Largo United States
Website	https:// www.programsforsuicideprevention.com
Telephone	727-213-4856
Organization Director/ Title	Nannette Prevost-CEO
Contact Person/Title	Nannette Prevost-CEO
Contact Person's Telephone	727-213-4856
Contact Person's Email	nanprevost@gmail.com
Grant Request Amount	\$10,000.00

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

My story: I lost my husband to suicide 8 years ago. I was left to raise our 2 young boys 6 and 12 at the time. Shane was diagnosed with Bipolar in high school. I met him after he completed 4 years in the army when he started working in surgery with me as a PA. Shane & I were married for 16 years. Through our years of marriage I had to witness some of the harmful effects of stigma on mental illness such as lack of understanding by family, friends, and coworkers or in Shane's case his reluctance to seek help or treatment in fear of somebody finding out he had Bipolar. For the past 8 years I have struggled to find support groups and programs for myself and children and watched the effect on them not wanting to let their friends know in school what happened to their father. Through this journey what I have learned along the way with my 2 boys I have dedicated my time and efforts in a nonprofit called Remember Me NP. Remember Me offers interventional programs with mentorship throughout the community that help to educate, decrease the stigma and raise awareness for Suicide Prevention. Programs are created for individuals, families, or groups that are struggling with mental health issues. Programs are on and off the water and are to relieve stress, gain confidence, and to learn to trust individuals. Volunteers are surgeons, nurses, mental health counselors, teachers and athletes. Our volunteers are Certified Mental Health First Aiders in Youth or Young Adults from the National Council for Behavioral Health. I have been advocating and leading walks for The American Foundation for Suicide Prevention called "Out of the Darkness" , in Vinoy Park, St. Petersburg for the past 4 years listening to stories what they felt was lacking in the community which was education and programs. Paddle for Prevention—a 2 hour program is offered to individuals, groups or families that address mental health issues and provides healing using water therapy with mentorship. This program works towards trust and confidence. Paddle boarding in nature is intended to relieve anxiety and to establish calmness. You will learn to focus on all aspects of paddling from water safety, navigating, stroke technique, board control, balance and coordination. As you balance all these physical elements to stay afloat, you'll most likely be more in touch with focusing your body and how to move with water in a natural and healthy way to relieve stress because you're effectively avoiding the

neatny way to relieve stress because you re effectively avoiding the negative thoughts running circles in your mind. You will feel a sense of self satisfaction. Spending time with people who are important in your life is a great way to relieve stress. You will have a support group network doing wonderful things for your peace of mind. Together your crew can paddle through the water and soak up sun . All safety gear will be provided. Paddle boarding saved my life after losing my husband, it was a way for me to find balance and calmness. I wholeheartedly believe that paddle boarding offers the most accessible, immediate and direct path to achieving a healthier, calmer and more fulfilling life. Your donation will enable me to be mobile with my programs. I learned with red tide where I'm currently at I could not go out for months because of respiratory issue. I need to be able to use different locations of water due to weather conditions, and for safety concerns of individual clients. An indoor program , Gizmo's Pawesome Guide to Mental Health- is for ages 2-11. Supports mental health to youth by introducing the concept of mental health and sharing how to identify their own mental health daily. This is a 45 min class with a trusted caregiver -we practices self care using stories, music therapy and puppets. For preschools, daycare centers, out-reach centers and churches.

Grant Purpose (one paragraph)

Grant Purpose (one paragraph)	To be mobile with programs to better serve the community- need 10x30 storage unit to store paddle boards & equipment \$484 monthly \$2,800 to purchase trailer to tow boards to various locations to better serve you and for safety conditions. . A 36 month lease vehicle to tow trailer at \$450 a month with \$1000 down to lease. Water liability insurance \$1000 a year Vehicle insurance on lease \$300 a month./ Your donation will provide Paddle for Prevention programs up to 540 individual, families or groups a year.
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Annual Project/Program Budget (if request is for a specific project) \$10,000.00

Annual Organization Budget \$38,000.00