


The White Family Foundation
Grant Request #797
Speak Up: Let's Talk About Mental Health, Inc.
March 18, 2023

Date of grant proposal submission	Saturday, March 18, 2023
Are you an IRS compliant 501(c)3 public charity/nonprofit?	Yes
Legal name of organization	Speak Up: Let's Talk About Mental Health, Inc.
Address	 1303 Vermont Ave Tarpon Springs, Florida 34689 United States
Website	http://speakupformentalhealth.org
Telephone	7274927452
Organization Director/Title	Dawn Handley/President
Contact Person/Title	Dawn Handley/President
Contact Person's Telephone	727-492-7452
Contact Person's Email	dhandley61@gmail.com
Grant Request Amount	\$1,500.00

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

My family founded our organization in 2022 to honor the life of my oldest son, Scott. Scott struggled with schizophrenia for 10 years before dying by suicide in February 2020. Our mission is to educate the youth, parents, law enforcement and the general public by having open dialogue about mental illness. We are currently working with youth community centers, recreation departments, and schools to offer programs to the youth to teach them about mental health and how to talk about it. We also offer town hall discussions with parents to learn about their concerns and suggestions. Dawn works with Law Enforcement to share Scott's experience with LEO and how important it is that all officers and dispatchers are Crisis Intervention Team trained in order to learn how to interact with someone in a mental health crisis. We also started the first Surviving a Suicide Support Group in north county and continue to be a resource for people who have lost someone to suicide. We continue to think of unique ways to offer programs to remove the stigma of mental illness and suicide. We work closely with other organizations (NAMI, JWB, and others) and advocate to our delegates for the importance of increasing resources for mental health and suicide prevention. We may be starting out small but will continue to grow to bring awareness about the importance of teaching about mental health, removing the stigma, teaching others how to talk about it and what to do if someone needs help.

Grant Purpose (one paragraph)

We will be working with Mattie Williams Neighborhood Center during their summer camp session. We will be offering youth wellness programs to be added to their summer curriculum. These services will include sessions for mental health activities (journaling, art, activity books, how to understand your feelings, etc.), drumming, meditation/yoga, financial basics for the older children, and reading activities. This grant would be used to purchase books that focus on mental health issues that affect our youth today. The younger children will each receive a book on bullying and how to work together that was written by a local author and the older children will each receive a book on self-esteem, understanding feelings, and the importance of mental wellness. If we are able to receive the full grant, we will also offer this at another youth community center.

Annual Project/Program Budget (if request is for a specific project)	\$3,000.00
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Annual Organization Budget	\$25,000.00
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Grants @ The White Family Foundation <grants@thewhitefamilyfoundation.org>

Fwd: White Family Foundation Grant Proposal

2 messages

Dawn Handley <dhandley61@gmail.com>

Mon, Jun 26, 2023 at 8:00 AM

To: "Grants @ The White Family Foundation" <grants@thewhitefamilyfoundation.org>

Hi Ruth,

I hope you had a great weekend. I have attached the proposal and all required documentation as a pdf. Hopefully, this is what you need.

I did make a change in the program budget. After talking with the youth and the directors this summer, I felt that if we were awarded the grant, we could apply the funds to some other programs that may be more beneficial to the youth. I heard several of the campers say that they are not able to attend some of the field trips because their parents could not afford it. This makes them feel excluded when they have to stay behind while their friends are able to go on field trips. Also, the directors mentioned some other programs they would like to be able to offer the campers next year. I adjusted the program budget to reflect including these options. Please let me know if I am not allowed to make these changes from the original proposal and I will send you the first proposal in a pdf format.

Please let me know if you need any further information.

Thank you and I appreciate you considering Speak Up: Let's Talk About Mental Health as a recipient of The White Family Foundation grant.

Dawn

Please let

 **White Family Foundation Grant Proposal May 2023.pdf**
1397K

Grants @ The White Family Foundation <grants@thewhitefamilyfoundation.org>

Mon, Jun 26, 2023 at 10:54 AM

To: Dawn Handley <dhandley61@gmail.com>

Thank you, Dawn!

Ruth Banther, BA, SHRM-CP, PHR
Partner
Non Profit Advisors
Family Office and Foundation Support Services

Banther Consulting
600 E. Tarpon Avenue
Tarpon Springs, FL 34689

Direct: 727-687-3551
Office: 727-938-8927

Speak Up: Let's Talk About Mental Health

1303 Vermont Ave
Tarpon Springs, FL 34689
727-492-7452

The White Family Foundation
Tarpon Springs, FL

May 19, 2023

Board of Trustees,

Speak Up, Let's Talk About Mental Health would like to submit a proposal for a \$8000 grant for the purpose of providing mental health educational programs at four 2024 summer camps in North Pinellas County. These programs will include a full curriculum of mental health activities that will include yoga for youth, interactive activities and discussions, nutrition, cardio- drumming, creating a library with books specific to understanding the importance of emotional well-being, providing the youth with books to read at home and a beginning financial program for middle school age students. We would also provide scholarships for the students that can't afford the field trips that are taken at the camps. By not being able to participate in the field trips, the youth feel left out from participating in programs that the other campers are able to go to.

Our mission is to provide education on mental illness and suicide prevention in addition to removing the stigma of mental illness and suicide by working with youth, parents, community, and law enforcement officers. When working with youth we address all aspects of mental health to include emotional, social, physical, financial, and nutritional.

Our grant request aligns with The White Family Foundation's vision of bringing positive changes to people's lives and enhancing the community which we live in by supporting local education and healthcare.

This grant will impact our community by educating our youth, as young as the age of five, to understand their feelings, how to ask for help, what empathy means, how to respect others and much more. We will work with our youth to give them coping skills to use throughout their lives. We will work to decrease the stigma of mental health in the effort to lower the increasing number of youth suicides and to provide resources for people that are seeking help.

Thank you for your consideration,
Dawn Handley
President: Speak Up: Let's Talk About Mental Health
Dhandley61@gmail.com
727-492-7452
Speakupformentalhealth.org

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Case Statement

- **Who we are:**

Speak Up: Let's Talk About Mental Health, Inc. is a nonprofit that was founded in May 2022. We started our organization to honor my oldest son's life and create a purposeful legacy for him. Scott was an amazing young man, who had the entire world in front of him until he was diagnosed with schizophrenia at the age of 23. Scott and our family were thrown into the mental healthcare system, which was and is broken. After struggling with his illness for ten years, Scott died by suicide in February 2020. I also lost a sister-in-law to suicide in August 2022 after she struggled for many years with an undiagnosed mental illness. After Scott died, our family knew we needed to have a purpose and that was to make a change in the mental health care in our community. We wanted to ensure that funds we raised would go directly back to our local community, particularly North Pinellas County. We are dedicated to giving hope to those struggling with a mental illness, their families and to others that have been affected by suicide. Our mission is to educate and bring awareness about mental illness and suicide, to remove the stigma of both, and to be a resource for people who have lost someone to suicide.

- **What we do:**

We work with local community centers, schools, city recreation departments, and colleges to offer programs on mental health and suicide awareness. We also work with law enforcement officers by participating in the Crisis Intervention Team Training to educate them on how to interact with someone in a mental health crisis. We partner with NAMI-Pinellas and JWB by participating in the events and programs they offer. We also collaborate with many other groups and individuals to speak at community events, town hall meetings; wherever we can speak and educate about mental health. Even though we are a newer nonprofit, we are proud of the accomplishments we have made in the last year and the upcoming programs we have. We are making an impact. The accomplishments we have made in our first year:

- Holding an open town hall meeting in Safety Harbor with parents and students to discuss what they feel we can do as a community to help bring awareness and education to our citizens. We are now working on a plan to roll out the suggestions to the city.
- I personally have presented the NAMI Programs Ending the Silence and In Our Own Voice to students at SPC-Tarpon Springs Campus, at a Safety Harbor townhall meeting, and to a few large employer groups in the area.
- I participate every other month in the Pinellas County Sheriff's Crisis Intervention Team Training by sharing my story about Scott and our family to educate them on how to interact with a person in a mental health crisis.
- We started the first Surviving a Suicide Loss Support Group in North Pinellas. There was a huge need for a support group in this area and we facilitate monthly meetings in Dunedin. There is an average of 15 people at each meeting with at least two new attendees each month. We started this in January of 2022.
- We designed and printed a trifold that has resources for people who have lost someone to suicide. We distribute them to local law enforcement so they can leave them with family members at the scene of a suicide.
- We hold "pop-up" events at local businesses to raise awareness about our organization and have resources available for people that need assistance.

These also serve as mini-fundraisers, and we have had success with these events. Many people are not aware of the resources that are available to them, both as family member and as a person with a mental illness. We have been able to provide these resources for the people in need.

- We have two annual larger fundraising events each year. The funds from each of these events is designated for a specific cause (i.e., youth programs, Veteran's programs, First Responder's, Police Officers', sponsorships for youth, etc.).
- I have gone to the State Capital and advocated to our local representatives about the importance of increasing the funding for mental health programs in our state.
- I also presented at the International Crisis Intervention Team Conference in Pittsburg last year and will be presenting again this year in Detroit. The topic was the importance of the CIT training and how as family members we can make a change in how officers interact with someone in a mental health crisis. This interaction can make a difference in the outcome of the situation. The expenses are paid for by the International Crisis Intervention Organization.
- I presented at the NAMI-Florida Conference last year and will also be presenting again this year in September 2023. This topic will be on working with your local CIT organization and how to become involved in their training. Since I am a presenter, the expenses are paid for by NAMI.
- During the summer of 2023, Speak Up will be partnering with three local youth summer camps to provide mental health activities in their summer curriculum. We are working with Mattie Williams Family Neighborhood Center in Safety Harbor; Union Academy in Tarpon Springs and Cops n Kids in Tarpons Springs. We will be providing mental health activities, gratitude journals, creating a library at each of the locations that will focus on bullying, working together, respecting others, building self-esteem, etc., yoga for youth to teach them how to handle triggers, cardio drumming, having a local author come in and read his book on bullying and give each child a personalized copy, and a basic financial class for 6th-8th graders. We will also be purchasing Buddy Benches for their playgrounds. Each of the students will also receive a backpack with their own book and other items for them to use. We will be impacting close to 300 youth with this program.
- We will also be working with the teen counselors at Safety Harbor's Summer Recreation Camp. We will be teaching how to know the signs that someone may be feeling depressed, anxious, or simply need someone to talk to. We will educate them on the words to use during the conversation and when to let an adult know.
- We also nominated a youth for the 2023 Hershey Heartwarming Young Heroes Grant for her program, "I Am Enough." Her classmates and her have purchased books that focus on acceptance, self-confidence, how to work through change, and how to achieve your goals. These books will be distributed to a lower income community center so that each child will have a book to read.

- **The “Problem”**

- **United States Facts:**

- 1 in 4 Americans have a mental illness.
 - 1 in 6 American Youth, between the ages of 6-17 experience a serious mental illness each year.
 - 30% of middle and high school students reported that within the past year have felt sad or hopeless for two or more weeks in a row. This statistic is up 9 % from 2019.
 - Suicide is the 2nd leading cause of death among people between the ages of 10-14. It is the 3rd leading cause among people between the ages of 15-24.

- **Florida and Pinellas County Facts:**

- 180,000 Floridians ages 12-17 have depression.
 - High School Students with depression are more than 2x likely to drop out of school than their peers.
 - 35 Middle School and High School students have died by suicide in the past three years.
 - Pinellas County has the HIGHEST suicide rates compared to other large counties, such as Broward, Hillsborough and Miami-Dade.
 - 25% of surveyed Pinellas high school students reported having seriously thought about killing themselves in a 2017 Youth Health Survey. These numbers are increasing.

Youth today are not taught about mental health, mental illness, or suicide awareness. High school students have a 6-hour class taught once through their four years at school and the topics are limited, due to laws that prevent educators from talking about sexual orientation and suicide. We must talk about these topics so the stigma of mental illness and suicide can be reduced and ultimately non-existent. Due to the stigma, youth as well as adults are hesitant to ask for help and, in some situations, they feel that the only way to get peace and feel better is by taking their own life. The community is not aware of the resources that are available to adults and youth, as well as for family members of someone with a mental illness. Family members need to be aware of what the process is if you call 911, who to ask for, and what will happen to the person in the crisis. When a student dies by suicide, everyone is quick to blame everyone else. There should be no blame, we as a community need to work together to find a solution.

- **How to Solve the Problem**

- We need to start teaching our youth at a young age about understanding their feelings, knowing empathy, kindness, having a go-to person if they are feeling sad and we must continue this education at every age of their youth. Their thoughts change as they get older, and we need to keep the activities current and interactive. By the time a child starts middle school they should have a better understanding of mental health, understanding it is okay to not feel okay, to not be afraid to ask for help and identify a go-to person that they can trust to talk to. They need to know the resources and peer groups that are available to them, and their parents need to be educated in this also. Parents need to understand how to talk to their child or another youth, know the signs of a mental health crisis, know the resources that are available, how to ask for help and not be ashamed that their child needs help.

For this “problem” and the purpose of the grant proposal, Speak Up: Let’s Talk About Mental Health will be providing mental health activities to the curriculum of four youth summer camps in North Pinellas County for the summer of 2024. The students are in classes K-8. We will reach out and coordinate with Union Academy in Tarpon Springs, Cops n’ Kids in Tarpon Springs, and the Mattie Williams Neighborhood Family Center in Safety Harbor. I would like to work with at least one more summer camp; Boys and Girls Club, a local church camp or possibly a city recreational camp in Tarpon Springs or Palm Harbor.

Our summer curriculum will include:

- Mental Health Interactive Activities specific to the age groups. These will include art projects, gratitude journals, book readings, understanding how the brain works, and engaging conversations. We work with the students to embrace their uniqueness as well as others’ and to understand that by working together more can be accomplished.
- We will offer yoga for youth which will help the students learn how to calm themselves if they are triggered by an event.
- We will offer cardio drumming. Not only is this great exercise, but it also helps with team building.
- We will have a basic financial presentation for the older students. This is another topic not taught in school and can lead to a lot of stress as they get older.
- We will bring in local authors to read their books to the classes and all the students will receive a personalized copy for them to take home.
- We will also create a library or add to an existing one at each center.
- Any other activities or presenters that we feel would be appropriate for the centers and improving mental health for all ages.
- Provide Buddy Benches to the youth centers.
- With any additional funding available we would offer financial scholarships for youth to attend summer camps and sponsor the children that are unable to participate in the field trips because of the cost. They will not feel excluded if they are able to participate in all events.
- We will also meet with the parents and caregivers to talk about how to discuss mental health with their children.

The success of our program will be measured with follow-up visits to the centers to speak with the teachers to learn how the students are interacting with each other and how the overall behavior of the students is. We will also do some activities with the after-school program students and ask how they are applying what they learned as well as some refresher activities.

- We are hoping that The White Family Foundation will share our mission and support us by approving our grant proposal request for \$8,000 so that we can educate and bring awareness to our youth in North Pinellas County about mental health, the resources available and how to help themselves as well as others. With this funding we will be able to successfully offer our programs to approximately 400 youth in our area that attend summer camps.

Financials:

- **Balance sheet** : included at end of proposal
- **IRS 990 form** : included at end of proposal
- **Organizational Budget:** Due to being a new non-profit, our funds are currently distributed as follows:

70% goes directly to the programs held in our community.

15% is allotted for printing and marketing materials.

10% is allotted for miscellaneous expenses.

Our funds continue to grow based on new sponsorships, fundraisers, grants, and individual donations. During 2024, we will develop an organizational budget based on a more consistent pattern of sponsorships, donations, etc.

- **Program Budget:**

\$8000 starting budget, \$2000 used for each of the four centers.

- \$350 yoga offered every other week at each center (total \$1400)
- \$300 cardio drumming, twice at each center (total \$1200)
- \$300 for four Buddy Benches (total \$1200)
- \$200 to create a library at each of the four centers, average of 20 books for each center, for all age groups (total \$800)
- \$375 for each center to buy supplies for mental health activities, backpacks, books for each student and a reward at the end of the summer (pizza party, etc.) (total \$1500).
- Sponsor the children that are not able to attend the field trips at the camps (total \$600).
- Sponsor other programs that the Directors at the camps have expressed an interest in offering their campers (i.e., gymnastics, dancing, jiu jitsu, etc.) (total \$1300).

TOTAL \$8000 for summer program at four local youth community centers.

The mental health activities and discussions are presented by me, and we also have donations of gratitude journals and activity books from JWB Pinellas. We bring in a trained professional to offer the yoga and meditation as well as the cardio drumming classes. The financial and nutrition programs are provided at no charge. I may also explore the opportunity to bring in Reading with Paws (no fee) and the local authors do not charge for their time.

Board Members:

- President: Dawn Handley
 - On board since May 2022
 - Lived Experience as a mother of a son with schizophrenia who died by suicide. Experience navigating the mental health care system for ten years.
 - NAMI trained to facilitate and teach: In Our Own Voice, Ending the Silence, SMARTS, Sharing Your Story with Law Enforcement, Family Support Group, Family 2 Family Education Course, Certified Crisis Intervention Team Coordinator.
 - Certified Crisis Intervention Team Training Coordinator.

- Have presented at National and International Conferences speaking about my lived experience, surviving the loss of my son and how to become involved in the Crisis Intervention Team training for law enforcement.
 - Have spoken to college students, large employer groups and community gatherings about how we can work together to make an impact.
- Vice-President: Brian Handley
 - On board since May 2022.
 - Lived experience as a sibling of someone with a mental illness and who died by suicide.
 - Being available to talk to others who have a sibling with a mental illness and understanding how that affects them.
- Treasurer: William Handley
 - On board since May 2022
 - Lived experience as the father of someone with a mental illness and who died by suicide.
 - Being available to talk to parents, particularly fathers of someone who has experienced the same loss. Males generally process this grief differently.
- Heidi Lovering: Secretary
 - On board since May 2022
 - Has lived experience as someone with a mental illness and has a successful career and life.
 - Being available to talk to peers who are experiencing some of the same symptoms and feelings as she struggled with.
 - Talented and creative in assisting with unique fundraisers and promoting our organization.
- All Board Members participate in our fundraisers and events. We hold bi-monthly meetings to discuss upcoming events and programs, budgets, and new initiatives to meet our goals.
- We also have committee members that assist us with fundraising events and programs held throughout the community.

Additional Information:

- We were featured on a Bay News 9 segment on 10/7/2022 highlighting mental health awareness and our organization.
- **A letter of support from NAMI-Florida's Director of Programs, Jo De Nicosia.**
- **A current newsletter that we send to subscribers of our website.**

Non-Profit Status Documentation: included at end of proposal

- **501(c)(3) IRS letter**
- **Florida Charity Solicitation of Contributions approval letter**

Goals for 2023-2024:

- We will be working with PTAs of Pinellas County Schools. I am on the agenda to speak at the first meeting of all PTA presidents at the beginning of the school year.
- We will be forming a “One Voice” committee that will meet quarterly to discuss how we can work together to have an impact on mental illness and suicide preventions in the schools. The committee members will include a parent of a MS or HS student, a PCS Student Services employee, a law enforcement officer, a high school student, a member of a county organization with resources (NAMI-Pinellas, JWB,), and a college student. PCS Student Services have already committed to serving on this committee and are supportive of the idea. The idea being that we should not be placing blame on anyone when a student is in a mental health crisis or dies by suicide. We need to work together and see all viewpoints to find solutions that will decrease the incidents.
- We would like to hold a Youth Mental Health Summit in 2024. We will invite keynote speakers that will address youth mental health, activities, people with lived experiences sharing how they learned to live and thrive with their illness, a celebration of youth, and vendors for resources available in our community. This would become a yearly event.
- We will continue to work with the local youth by engaging them in conversations at after school programs, community sports teams, private and charter schools.
- We will be working with NAMI-Florida to bring the Crisis Intervention Team training course to School Resource Officers, FDLE employees and other law enforcement municipalities that are not able to attend PCSO courses. I will be training other NAMI affiliates how to become involved in this training in their areas. Even though #988 is in place, police officers will still be called for many mental health crises calls and they should be educated on how to interact with that person.
- We will continue to offer mental health programs to the youth summer camps in North Pinellas County. In the summer of 2024, we will increase the number of camps we work with.
- We will be organizing a Third Friday activity for the youth in Safety Harbor and possibly Tarpon Springs. There have been concerns about the youth not having activities to keep them occupied during these events. I have spoken with the youth and they have given me some great ideas about what they would like to do on these Fridays.
- We would like to start working with equine therapy organizations that specialize in helping children with mental health concerns.

Long Term Goals (within the next 2-4 years):

- To offer a weeklong camp for children who have lost someone they knew to suicide. There are no support groups or resources besides individual therapy for a child who has experienced a loss due to suicide. Therapy can be expensive and is not always an option for their family to support. We would like to have a camp that will have therapists available for individual sessions, group sessions, and a variety of exercises that will teach them coping skills and how to work through their grief. Loss to a suicide is very complicated grief and it is difficult for adults to navigate their way through this process. The children who have experienced this loss seemed to be overlooked, which can lead to long-term trauma and difficulty with life in general as they get older. We want to be able to offer a place for them to heal, be around others with the same loss and have professional guidance.
- To purchase a mental health crisis canine(s) for Pinellas County Sheriff’s Office. These dogs are trained to be taken on a mental health crisis call with a CIT trained officer and assist with

de-escalating the situation. Pasco County Sheriff's Office now has nine of these canines and they have been proven to make a significant difference when the officers are responding to this type of call.

Closing Paragraph:

I know that we are a new non-profit organization, however I want to assure you that we are making an impact in our community on how mental health, mental illness and suicide is addressed and we will continue to do so. I recently retired early from Pinellas County Schools, so that I could devote myself full-time to our organization. It is crucial for everyone, particularly our youth, to have a clear understanding of what mental health is and how to cope with changes in their mental health as well as someone they may know. We as a community cannot be afraid to talk about these topics. By not talking, we contribute to the stigma of mental illness which leads to more people not asking for help. I may not have the grant writing skills perfected yet, but our board members and volunteers do have the passion, the knowledge, and the capability to make a change. We are fortunate to have the support of many individuals and local businesses that understand the importance of our mission. Our hope is that from the tragedy of losing Scott, we can help others ask for help, receive quality care and give them hope. We do not want anyone to suffer in silence due to an illness that they did not do anything to get and that is an actual illness, just like diabetes, hypertension, cancer, etc. Speak Up: Let's Talk About Mental Health will continue to grow and I appreciate your consideration in supporting us to help our youth as well as our community. If there are any questions you have, please feel free to contact me.

Thank you,
Dawn Handley

1:36 PM
05/29/23
Cash Basis

SPEAK UP LETS TALK ABOUT MENTAL HEALTH INC
Profit & Loss
July 1, 2022 through May 29, 2023

	Jul 1, '22 - May 29, 23
Ordinary Income/Expense	
Income	
Direct Public Support	
Corporate Contributions	1,000.00
GRANTS	5,000.00
Individ, Business Contributions	3,467.80
Total Direct Public Support	9,467.80
Other Types of Income	
FUNDRAISER	1,419.00
FUNDRAISER AUCTION	5,977.00
FUNDRAISER SALES	190.00
Miscellaneous Revenue	250.00
Total Other Types of Income	7,836.00
Total Income	17,303.80
Expense	
ADVERTISING	922.00
Business Expenses	
COST OF GOODS SOLD	88.87
Total Business Expenses	88.87
Facilities and Equipment	
OFFICE EQUIPMENT	114.00
Rent, Parking, Utilities	380.00
Total Facilities and Equipment	494.00
OFFICE SUPPLIES	96.00
Operations	
Books, Subscriptions, Reference	430.17
Supplies - <i>Programs</i>	562.24
Total Operations	992.41
Other Types of Expenses	
DONATION	1,000.00
EDUCATION	450.00
FOOD & BEVERAGE	387.00
FUNDRAISER SUPLIES	271.00
Insurance - Liability, D and O	259.00
LICENCE & PERMITS	61.25
MEMBERSHIP DUES	420.00
MISCELLANEOUS EXPENCE	250.00
Other Costs	650.00
Total Other Types of Expenses	3,748.25
Travel and Meetings	
Conference, Convention, Meeting	370.00
Total Travel and Meetings	370.00
Total Expense	6,711.53
Net Ordinary Income	10,592.27
Net Income	10,592.27

Return of Organization Exempt From Income Tax

2022

Under section 501(c), 527, or 4947(a)(1) of the Internal Revenue Code (except private foundations)
 Do not enter social security numbers on this form, as it may be made public.
 Go to www.irs.gov/Form990EZ for instructions and the latest information.

Open to Public Inspection

Department of the Treasury
 Internal Revenue Service

A For the 2022 calendar year, or tax year beginning , 2022, and ending , 20

B Check if applicable: <input type="checkbox"/> Address change <input type="checkbox"/> Name change <input type="checkbox"/> Initial return <input type="checkbox"/> Final return/terminated <input type="checkbox"/> Amended return <input type="checkbox"/> Application pending	C Name of organization <input type="checkbox"/>	D Employer identification number <input type="checkbox"/>
	Speak Up Let's Talk About Mental Health Inc	882592309
	Number and street (or P.O. box if mail is not delivered to street address) <input type="checkbox"/> Room/suite	E Telephone number
	1303 Vermont Ave City or town, state or province, country, and ZIP or foreign postal code Tarpon Springs, FL 34689	7274927452 F Group Exemption Number <input type="checkbox"/>

G Accounting Method: Cash Accrual Other (specify): _____ **H** Check if the organization is not required to attach Schedule B (Form 990).

I Website: speakupformentalhealth.org

J Tax-exempt status (check only one) - 501(c)(3) 501(c) () (insert no.) 4947(a)(1) or 527

K Form of organization: Corporation Trust Association Other: _____

L Add lines 5b, 6c, and 7b to line 9 to determine gross receipts. If gross receipts are \$200,000 or more, or if total assets (Part II, column (B)) are \$500,000 or more, file Form 990 instead of Form 990-EZ \$

Part I Revenue, Expenses, and Changes in Net Assets or Fund Balances (see the instructions for Part I)
 Check if the organization used Schedule O to respond to any question in this Part I

Revenue	1 Contributions, gifts, grants, and similar amounts received	1	3000
	2 Program service revenue including government fees and contracts	2	0
	3 Membership dues and assessments	3	0
	4 Investment income	4	0
	5a Gross amount from sale of assets other than inventory	5a	0
	b Less: cost or other basis and sales expenses	5b	0
	c Gain or (loss) from sale of assets other than inventory (subtract line 5b from line 5a)	5c	0
	6 Gaming and fundraising events:		
	a Gross income from gaming (attach Schedule G if greater than \$15,000)	6a	0
b Gross income from fundraising events (not including \$ 6000 of contributions from fundraising events reported on line 1) (attach Schedule G if the sum of such gross income and contributions exceeds \$15,000)	6b	0	
c Less: direct expenses from gaming and fundraising events	6c	0	
d Net income or (loss) from gaming and fundraising events (add lines 6a and 6b and subtract line 6c)	6d	6000	
7a Gross sales of inventory, less returns and allowances	7a	0	
b Less: cost of goods sold	7b	0	
c Gross profit or (loss) from sales of inventory (subtract line 7b from line 7a)	7c	0	
8 Other revenue (describe in Schedule O)	8		
9 Total revenue. Add lines 1, 2, 3, 4, 5c, 6d, 7c, and 8	9	9000.00	
Expenses	10 Grants and similar amounts paid (list in Schedule O)	10	
	11 Benefits paid to or for members	11	
	12 Salaries, other compensation, and employee benefits <input type="checkbox"/>	12	
	13 Professional fees and other payments to independent contractors <input type="checkbox"/>	13	1000
	14 Occupancy, rent, utilities, and maintenance	14	466
	15 Printing, publications, postage, and shipping	15	
	16 Other expenses (describe in Schedule O) <input type="checkbox"/>	16	
17 Total expenses. Add lines 10 through 16	17	1466	
Net Assets	18 Excess or (deficit) for the year (subtract line 17 from line 9)	18	7534
	19 Net assets or fund balances at beginning of year (from line 27, column (A)) (must agree with end-of-year figure reported on prior year's return)	19	0
	20 Other changes in net assets or fund balances (explain in Schedule O)	20	0
	21 Net assets or fund balances at end of year. Combine lines 18 through 20	21	7534

Part II Balance Sheets (see the instructions for Part II)

Check if the organization used Schedule O to respond to any question in this Part II

	(A) Beginning of year	(B) End of year
22 Cash, savings, and investments	1000	22 8551
23 Land and buildings		23
24 Other assets (describe in Schedule O)		24
25 Total assets		25
26 Total liabilities (describe in Schedule O)		26
27 Net assets or fund balances (line 27 of column (B) must agree with line 21)		27 7534

Part III Statement of Program Service Accomplishments (see the instructions for Part III)

Check if the organization used Schedule O to respond to any question in this Part III

What is the organization's primary exempt purpose? Education and Awareness of Mental Health and Suicide

Describe the organization's program service accomplishments for each of its three largest program services, as measured by expenses. In a clear and concise manner, describe the services provided, the number of persons benefited, and other relevant information for each program title.

	Expenses (Required for section 501(c)(3) and 501(c)(4) organizations; optional for others.)
28 Worked with youth community centers to offer programs on mental health and suicide awareness. We taught them coping techniques, how to look for warning signs for friends, how to act on those signs, and distributed books and materials on self esteem, feelings, empathy and much more. Material was donated. (Grants \$) If this amount includes foreign grants, check here <input type="checkbox"/>	28a 0
29 Held town hall open discussions with the community to determine what they thought we as a community needed to work on to educate the youth and remove the stigma of mental illness. These discussions were applied to our 2023 goals and programs. (Grants \$) If this amount includes foreign grants, check here <input type="checkbox"/>	29a 0
30 (Grants \$) If this amount includes foreign grants, check here <input type="checkbox"/>	30a
31 Other program services (describe in Schedule O) (Grants \$) If this amount includes foreign grants, check here <input type="checkbox"/>	31a
32 Total program service expenses (add lines 28a through 31a)	32

Part IV List of Officers, Directors, Trustees, and Key Employees (list each one even if not compensated—see the instructions for Part IV)

Check if the organization used Schedule O to respond to any question in this Part IV

(a) Name and title	(b) Average hours per week devoted to position	(c) Reportable compensation (Forms W-2/1099-MISC/1099-NEC) (if not paid, enter -0-)	(d) Health benefits, contributions to employee benefit plans, and deferred compensation	(e) Estimated amount of other compensation
Dawn Handley President	30			
Brian Handley Vice President	5			
William Handley Treasurer	5			
Heldl Lovering Secretary	10			

Part V Other Information (Note the Schedule A and personal benefit contract statement requirements in the instructions for Part V.) Check if the organization used Schedule O to respond to any question in this Part V

		Yes	No
33	Did the organization engage in any significant activity not previously reported to the IRS? If "Yes," provide a detailed description of each activity in Schedule O		<input checked="" type="checkbox"/>
34	Were any significant changes made to the organizing or governing documents? If "Yes," attach a conformed copy of the amended documents if they reflect a change to the organization's name. Otherwise, explain the change on Schedule O. See instructions		<input checked="" type="checkbox"/>
35a	Did the organization have unrelated business gross income of \$1,000 or more during the year from business activities (such as those reported on lines 2, 6a, and 7a, among others)?		<input checked="" type="checkbox"/>
b	If "Yes" to line 35a, has the organization filed a Form 990-T for the year? If "No," provide an explanation in Schedule O		
c	Was the organization a section 501(c)(4), 501(c)(5), or 501(c)(6) organization subject to section 6033(e) notice, reporting, and proxy tax requirements during the year? If "Yes," complete Schedule C, Part III		
36	Did the organization undergo a liquidation, dissolution, termination, or significant disposition of net assets during the year? If "Yes," complete applicable parts of Schedule N		<input checked="" type="checkbox"/>
37a	Enter amount of political expenditures, direct or indirect, as described in the instructions	37a	0
b	Did the organization file Form 1120-POL for this year?	37b	<input checked="" type="checkbox"/>
38a	Did the organization borrow from, or make any loans to, any officer, director, trustee, or key employee; or were any such loans made in a prior year and still outstanding at the end of the tax year covered by this return?	38a	<input checked="" type="checkbox"/>
b	If "Yes," complete Schedule L, Part II, and enter the total amount involved	38b	0
39	Section 501(c)(7) organizations. Enter:		
a	Initiation fees and capital contributions included on line 9	39a	0
b	Gross receipts, included on line 9, for public use of club facilities	39b	0
40a	Section 501(c)(3) organizations. Enter amount of tax imposed on the organization during the year under: section 4911: 0; section 4912: 0; section 4955: 0		
b	Section 501(c)(3), 501(c)(4), and 501(c)(29) organizations. Did the organization engage in any section 4958 excess benefit transaction during the year, or did it engage in an excess benefit transaction in a prior year that has not been reported on any of its prior Forms 990 or 990-EZ? If "Yes," complete Schedule L, Part I	40b	<input checked="" type="checkbox"/>
c	Section 501(c)(3), 501(c)(4), and 501(c)(29) organizations. Enter amount of tax imposed on organization managers or disqualified persons during the year under sections 4912, 4955, and 4958		0
d	Section 501(c)(3), 501(c)(4), and 501(c)(29) organizations. Enter amount of tax on line 40c reimbursed by the organization		0
e	All organizations. At any time during the tax year, was the organization a party to a prohibited tax shelter transaction? If "Yes," complete Form 8886-T	40e	<input checked="" type="checkbox"/>
41	List the states with which a copy of this return is filed:		
42a	The organization's books are in care of: Dawn Handley Telephone no. 727-492-7452 Located at: 1303 Vermont Ave, Tarpon Springs, FL ZIP + 4 34689		
b	At any time during the calendar year, did the organization have an interest in or a signature or other authority over a financial account in a foreign country (such as a bank account, securities account, or other financial account)? If "Yes," enter the name of the foreign country: See the instructions for exceptions and filing requirements for FinCEN Form 114, Report of Foreign Bank and Financial Accounts (FBAR).	42b	<input checked="" type="checkbox"/>
c	At any time during the calendar year, did the organization maintain an office outside the United States? If "Yes," enter the name of the foreign country:	42c	<input checked="" type="checkbox"/>
43	Section 4947(a)(1) nonexempt charitable trusts filing Form 990-EZ in lieu of Form 1041—Check here and enter the amount of tax-exempt interest received or accrued during the tax year	43	<input type="checkbox"/>
44a	Did the organization maintain any donor advised funds during the year? If "Yes," Form 990 must be completed instead of Form 990-EZ	44a	<input checked="" type="checkbox"/>
b	Did the organization operate one or more hospital facilities during the year? If "Yes," Form 990 must be completed instead of Form 990-EZ	44b	<input checked="" type="checkbox"/>
c	Did the organization receive any payments for indoor tanning services during the year?	44c	<input checked="" type="checkbox"/>
d	If "Yes" to line 44c, has the organization filed a Form 720 to report these payments? If "No," provide an explanation in Schedule O	44d	
45a	Did the organization have a controlled entity within the meaning of section 512(b)(13)?	45a	
b	Did the organization receive any payment from or engage in any transaction with a controlled entity within the meaning of section 512(b)(13)? If "Yes," Form 990 and Schedule R may need to be completed instead of Form 990-EZ. See instructions	45b	<input checked="" type="checkbox"/>

46 Did the organization engage, directly or indirectly, in political campaign activities on behalf of or in opposition to candidates for public office? If "Yes," complete Schedule C, Part I 46 Yes No

Part VI Section 501(c)(3) Organizations Only

All section 501(c)(3) organizations must answer questions 47-49b and 52, and complete the tables for lines 50 and 51.

Check if the organization used Schedule O to respond to any question in this Part VI

47 Did the organization engage in lobbying activities or have a section 501(h) election in effect during the tax year? If "Yes," complete Schedule C, Part II 47 Yes No

48 Is the organization a school as described in section 170(b)(1)(A)(ii)? If "Yes," complete Schedule E 48 Yes No

49a Did the organization make any transfers to an exempt non-charitable related organization? 49a Yes No

b If "Yes," was the related organization a section 527 organization? 49b Yes No

50 Complete this table for the organization's five highest compensated employees (other than officers, directors, trustees, and key employees) who each received more than \$100,000 of compensation from the organization. If there is none, enter "None."

Table with 5 columns: (a) Name and title of each employee, (b) Average hours per week devoted to position, (c) Reportable compensation (Forms W-2/1099-MISC/1099-NEC), (d) Health benefits, contributions to employee benefit plans, and deferred compensation, (e) Estimated amount of other compensation.

f Total number of other employees paid over \$100,000

51 Complete this table for the organization's five highest compensated independent contractors who each received more than \$100,000 of compensation from the organization. If there is none, enter "None."

Table with 3 columns: (a) Name and business address of each independent contractor, (b) Type of service, (c) Compensation.

d Total number of other independent contractors each receiving over \$100,000

52 Did the organization complete Schedule A? Note: All section 501(c)(3) organizations must attach a completed Schedule A Yes No

Under penalties of perjury, I declare that I have examined this return, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete. Declaration of preparer (other than officer) is based on all information of which preparer has any knowledge.

Sign Here Signature of officer Dawn Handley President Date 5/7/2023

Paid Preparer Use Only Print/Type preparer's name Preparer's signature Date Check if self-employed PTIN Firm's name Firm's address Firm's EIN Phone no.

May the IRS discuss this return with the preparer shown above? See instructions Yes No



May 22, 2023

Re: Letter of Support for Speak UP Grant Application

TO: The White Family foundation:

NAMI Florida (National Alliance on Mental Illness) is pleased to support and contribute to the goals of the Speak UP non-profit organization's grant application. We support Speak UP's mission and vision and continue to refer families to the support and education that they provide. Dawn Handley has been a NAMI Member for years and we value the extended pathway of support that she offers families in need.

Speak UP has been a model agency for promoting cooperative and collaborative relationships among other providers within the region. This organization is fully capable of meeting the objectives outlined in their grant proposal and will certainly continue to provide a great benefit to our state. In addition to assisting families by supporting them after a loss, they provide preventive education on mental health and the importance of increased coping skills.

We have total confidence in Speak UP. We believe that awarding the White Family Foundation grant to Speak UP will result in high quality and much needed family education and support services to Floridians, including rural, low income, minority, English Language Learners, and other traditionally under-served families, as mental health crosses all these socioeconomic lines.

We are pleased to offer our support for this application and look forward to working with Speak UP to support the needs of youth.

Sincerely,

A handwritten signature in cursive script that reads "Jo Dee Nicosia".

Jo Dee Nicosia

Director of Statewide Programs

(813) 841-2115



April News



I know we barely made it in time for an April Newsletter but we have been a busy group.

- We had an open forum parent discussion at Mattie Williams Neighborhood Family Center (MWNFC) and had great participation. A very interactive group that gave us several good ideas about what they feel will improve mental health in the community, so we will be working on bringing those ideas to fruition.
 - Congratulations to Grace Thompson. We nominated her for the Hershey's Heart Warming Hero Youth award and her proposal "I Am Enough" was selected. This award is given to youth who want to make a difference in their community. She will be collecting books that focus on building self-esteem, empathy for others and self-confidence. These books will then be distributed to a youth center in a neighborhood that is in an underprivileged area. If you would like to donate a book, we have a wish list on [Amazon](https://www.amazon.com/hz/wishlist/ls/1LGBSKYO06WVK?ref=cm_sw_em_r_un_un_IVW6OGfQdf5xk)https://www.amazon.com/hz/wishlist/ls/1LGBSKYO06WVK?ref=cm_sw_em_r_un_un_IVW6OGfQdf5xk.

We want to help Grace make her project a success.

- We are partnering with MWNFC to add a full mental health curriculum to their Summer Camp Program. We will be providing yoga for youth, drumming, mental health activity books, gratitude journals, a beginning financial workshop for 6th-8th graders and we are having a local author whose book deals with bullying coming to the center to read with the students. Everyone will get a personalized book to take home. We are so excited and grateful that we can offer this, it is so important to start teaching youth (K-8) about mental health when they are young. We will also be donating a buddy bench for their playground.
 - We are reaching out to other summer camps in hopes of providing this curriculum to their campers.
 - We will be having "pop-up" events at local businesses to get the word out about Speak Up and raffling of baskets full of goodies :). There is currently a basket full of newly released books at the Gilded Page in Tarpon Springs. This is a store that has been missing from our community for a long time, the best bookstore with a wide selection of genres. Stop in, buy a book, and donate a dollar for a chance to win the basket (\$100 value).
 - Next pop up will be at Stokers in Palm Harbor on May 11th, 6p-8p. The basket will have a value of \$200, tickets only \$1. Come out to support Speak Up and Stokers. We thank them for giving us this opportunity.
 - Dawn continues to work with law enforcement officers to educate them on how to interact with someone in a mental health crisis.
 - Visit our new Instagram page [Speakup1022](#) and our FB page to keep up on current events.

Many more projects in the works, I will post on our website to keep everyone updated.

May is National Mental Health Awareness Month.

I will have some resources on our website soon.

"WHEN YOU FEEL LIKE GIVING UP, REMEMBER WHY YOU HELD ON FOR SO LONG IN THE FIRST PLACE."

Thank you to Handley Automotive for being a sponsor for Speak Up and thank you to Jerry and June Thompson for a generous individual donation. We need everyone's support for Speak Up to continue to grow and make a difference in our community and we are. All donations go directly to our programs that we offer.

A huge thank you to the Juvenile Welfare Board (JWB) for supporting us with gratitude journals, backpacks, tumblers and much more to share with the participants at our programs.



Department of the Treasury
Internal Revenue Service
Tax Exempt and Government Entities
P.O. Box 2508
Cincinnati, OH 45201

SPEAK UP LETS TALK ABOUT MENTAL HEALTH
INC
1303 VERMONT AVE
TARPON SPRINGS, FL 34689

Date:
06/27/2022
Employer ID number:
88-2592309
Person to contact:
Name: Customer Service
ID number: 31954
Telephone: 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:
May 15, 2022
Contribution deductibility:
Yes
Addendum applies:
No
DLN:
26053564005022

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. 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.

Sincerely,

Stephen A. Martin
Director, Exempt Organizations
Rulings and Agreements



FLORIDA DEPARTMENT OF AGRICULTURE AND CONSUMER SERVICES
COMMISSIONER WILTON SIMPSON

May 23, 2023

Refer To: DTN3785671

SPEAK UP LET'S TALK ABOUT MENTAL HEALTH, INC.
1303 VERMONT AVE
TARPON SPRINGS, FL 34689-3885

RE: SPEAK UP LET'S TALK ABOUT MENTAL HEALTH, INC.
REGISTRATION#: CH72117 EXPIRATION DATE: May 23, 2024

Dear Sir or Madam:

The Department has received your application submitted under Chapter 496, Florida Statutes, the Solicitation of Contributions Act. Effective July 1, 2013, qualified charitable organizations are exempt from the fee based registration if they meet the following criteria, but are still required to register annually using form FDACS-10110 which will be mailed to you approximately 35 days before the registration expiration date:

- * The charitable organization or sponsor has less than \$25,000 in total revenue during the preceding fiscal year.
- * The fundraising activities of the charitable organization or sponsor are carried on by volunteers, members, or officers who are not compensated and no part of the assets or income of the organization or sponsor inures to the benefit of or is paid to any officer or member of the above named charitable organization or sponsor.
- * The charitable organization or sponsor does not utilize a professional fundraising consultant, professional solicitor, or commercial co-venturer.

Based on the information provided, it appears your organization is not subject to the fee based registration and has complied with the filing requirements of s. 496.406. An annual registration is still required pursuant to s. 496.406(1)(d), Florida Statutes.

PLEASE NOTE: If you no longer meet one or more of the above listed qualifiers, you must submit a registration application using form FDACS-10100 with all required attachments and fees within 30 days of the qualifying change. A COPY OF THIS LETTER SHOULD BE RETAINED FOR YOUR RECORDS.

Every charitable organization or sponsor which is required to file under s. 496.406 must conspicuously display the registration number issued by the Department and in capital letters the following statement on every printed solicitation, written confirmation, receipt, or reminder of a contribution:

"A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE."

Sincerely,

Alexandria Campfield
Regulatory Specialist I
850-410-3680
E-mail: alexandria.campfield@fdacs.gov