

STEP IN Support Youth Mental Health



lines *for* life

2023 Annual Report

Letter from the CEO

The challenges today's generation of young people face are unprecedented and uniquely hard to navigate. And the effect these challenges have had on their mental health is devastating.

Dr. Vivek Murthy, US Surgeon General – 2021

Dear Friends:

At Lines for Life, we are dedicated to answering the Surgeon General's call to action as we **step in and support youth mental health**. That's why this year our Annual Report highlights our work delivering hope and connecting with young people as they work through the unique challenges of growing up.

In 2021, 42% of high school students reported persistent feelings of sadness or hopelessness. The crisis is particularly acute in communities of color and among LGBTQ youth, where suicide rates are climbing at an alarming pace.

We also see good news, though – while suicide continues to be the second leading cause of death among young people in Oregon, **we have seen reductions overall in youth suicide in Oregon for the last three years in a row.** This bucks a national trend – most states are seeing increasing rates of suicide among young people.

This progress correlates directly with Oregon's commitment and funding to expanded youth mental health programming, including YouthLine services and school-based mental wellness initiatives at Lines for Life, alongside the amazing work of our partners in communities across the state.

At Lines for Life, our strategy for youth mental health leads with **prevention, crisis intervention, and building a culture of support** for young people.

Our prevention work includes helping over 87 school districts in communities from Lake County to Astoria establish mental wellness programs. YouthLine's 200 teen volunteers work with young people every day to break the stigma against asking for help. And our annual summit on addiction and recovery has prioritized prevention as an essential part of addressing the substance use crisis.

YouthLine leads the nation in youth crisis intervention – reaching nearly 25,000 young people last year, in all 50 states. We know that over 350,000 young people reach out to the 988 Suicide & Crisis Lifeline each year – that's why we are building the foundation for an expanded YouthLine that can deliver youth-to-youth peer support for those in crisis nationwide.

Our Annual Report this year focuses on our impact as we answer the Surgeon General's call to step in and build a bright, healthy future for young people.

Thank you for helping make this important work possible.

Best,



Dwight Holton
CEO, Lines for Life

Expanding Youth Connections

Our YouthLine team began work with key partners this year to build a national expansion of YouthLine services.

Over **350,000** young people call the **988** Lifeline each year. With continued funding and support, the YouthLine can grow to be a nationwide option for youth help and crisis intervention.

The pillars of our expansion plan include:

- Building capacity in Oregon to answer the growing number of calls, texts, and chats on the helpline
- Ensuring quality and clinical excellence with more youth volunteers from more diverse backgrounds
- Growing access to the peer service by expanding the hours that youth answer calls, texts, and chats with new call centers in additional time zones

24,450 Calls, Texts,
Chats +
Follow-Ups





Building Capacity and Quality - East Portland Satellite

This year, we began work to open a new YouthLine call center at McDaniel High School in East Portland – our first located on a school campus! The new call center will make it easier for young people east of the Willamette to join YouthLine, *and* our work study program offers financial support to help lift financial barriers to volunteering.

200 Youth Volunteers
Across Portland and
Central Oregon

Supporting Educators to Prevent Youth Suicide

Our School Suicide Prevention and Wellness (SSPW) Program helped schools in **85 school districts** across Oregon build suicide prevention programming. **94%** of schools with suicide prevention plans tapped Lines for Life for help.

YouthLine Mini-Grants for School Suicide Prevention

In 2020, Lines for Life launched a mini-grant program to support school-based suicide prevention initiatives, funded by our state and private sector partners. Since the program launched:

- We have distributed over **\$270,000** to support projects from wellness rooms to food pantries
- Mini-grants have supported over **90 schools** in more than **20 counties** across Oregon

Celebrating Five Years of Support in Central Oregon

Five years have flown by since we began working with our partners to create YouthLine Central Oregon! In Fall 2018, we began the journey to open a second YouthLine call center. Since then, our team has worked tirelessly to help meet the needs of Central Oregon youth.

In the last five years we have:

- Hosted **147** suicide awareness and prevention trainings in the community
- Delivered **164** mental health and suicide prevention lessons in classrooms – reaching over 5,000 students
- Mentored and trained **41** volunteers and interns
- Opened a satellite office together with the Confederated Tribes of Warm Springs
- Helped to support over **24,000** youth via calls, texts chat and emails

Our Safe Social Spaces team has connected with over

1 250

youth on social media – and delivered resources to over **1000** additional youth.

Expanding Horizons: Launching YouthLine Native

In 2022, YouthLine teamed up with the Confederated Tribes of Warm Springs to open a new YouthLine call center. YouthLine Native is a project built of, by and for tribal young people in Warm Springs, as a safe space to promote mental health and wellness.

In the past year, the Warm Springs team has:

- Developed culturally specific youth training and mentoring as the heart of the program
- Trained **15** young people in mental health skills curriculum
- Provided QPR (Question. Persuade. Refer.) and SafeTalk trainings to native youth as preparation for supporting their peers



Supporting Youth Where They Are: **Online**

Our Safe Social Spaces team is reaching young people where they are – online – with life-saving interventions at times of acute crisis.

Every day, young people are on social media posting about their grief, anxiety, and struggles. Many share thoughts of self-harm, often imminent.

The Safe Social Spaces team actively seeks out these young people as they struggle, then reaches out to them directly, offering help, hope, and connection.

This innovative program harnesses the power of social media to find young people on their worst days – and literally save lives.



“I’m connecting with youth that are going through difficult things – and I can give understanding and support that they may not be getting elsewhere.”

**Gen, Social Media
Emotional Support
Specialist**

Helping Communities **Grieve & Heal**

When a community experiences a youth suicide, research tells us that the community faces a heightened risk of suicidality. The data also shows that effective intervention can help reduce the risks following a tragedy.

That’s why Lines for Life created the Suicide Rapid Response team, which delivers grief counseling, community healing and help following youth tragedy.

- Rapid Responses Since Program Launch: **34**
- Community Members Engaged in Direct Care/Support: **1050+**

Skill-Building and Education for Youth of Color

Lines for Life's Cultural Engagement team has expanded its work with Portland Public Schools and Portland Opportunities Industrialization Center + Rosemary Anderson High School (POIC + RAHS). Our team collaborates with teachers and faculty to deliver a research-driven mental health and wellness and empowerment curriculum to students.



Beginning in late 2022, we worked with a group of Black students at Boise Eliot Elementary School and hosted a series of lessons about stress, trauma, self-awareness, and the importance of connection and accountability. The lessons encourage youth to build support for one another and navigate the realities of generational, cultural trauma – including the community violence happening in their neighborhoods.

Our success at Boise Eliot has fueled an expansion of our partnership with Portland Public Schools for the 2023-2024 school year, allowing us to grow our impact in new communities.

“If a student’s basic needs are not met, they are not able to grasp the academic work. These lessons meet an emotional need for this group of students. They have shown tremendous growth since having their needs met.”

Ms. Fitz, Boise Eliot Elementary Engagement Counselor

Crisis Intervention: Helpline Services

Getting help in crisis has never been easier with the new 988 Suicide & Crisis Line. If someone needs support, all you need is a call, text, or chat to 988.

Thanks to 988, we've reached tens of thousands more people in crisis. Public awareness around 988 has resulted in a **40% increase in contact volume** at Lines for Life, which includes thousands of texts and chats on the new 988 text service.

2022 Crisis
Lines Total
Call Volume:

1 66,433

Lines for Life continues to set the bar for excellence in crisis intervention – and we were among a select group of call centers nationally enlisted to serve in the network of National 988 Back-Up Centers.

Focusing Oregon on Prevention

Convening Experts for Change

Each year, Lines for Life hosts Oregon's most important statewide conferences on preventing substance abuse and suicide – and this year, they both made waves in statewide prevention efforts.

In May, we hosted the 2023 Oregon Conference on Opioids + Other Drugs, Pain + Addiction Treatment (OPAT) in Sunriver, featuring local and national changemakers in drug policy, prevention, and recovery. Attendees help develop recommendations for system change that healthcare leaders can commit to – and leave with skills, connections, and a to-do list for promoting community recovery, health, and wellness for all Oregonians.

We convened the 2022 Oregon Suicide Prevention Conference in Ashland in November, highlighting voices of color in suicide prevention and intervention – focusing on rebuilding and growing connections between individuals, providers, local and state resources, advocates, and prevention leaders. These connections strengthen support networks and equip communities to better respond with compassion and care to address the unique needs of individuals – lifting Oregonians to hope when they are struggling.

Focusing Oregon on Prevention

Bilingual Training for Suicide Prevention

This year, Lines for Life launched the bilingual community training program with two distinct offerings: culturally responsive training in English for those serving Latinx communities, and training in Spanish with additional material designed to break stigma and raise awareness of mental health issues in Spanish-speaking communities.

“Culturally, a lot of us come in with preconceived notions that mental health issues are happening “over there” or to other people – not us and our families. The reality is that many people in our community are struggling, and once that’s out in the open, we have an opportunity to learn the skills to support each other better.”

Jenny, Bilingual Community Training Specialist



Partnership Highlight

The Construction Suicide Prevention Partnership (CSPP) is working to revolutionize the industry by redefining “workplace safety” to include mental health and wellness. CSPP trained and supported over 100 construction and organized labor organizations – thanks to the generous support of our funders, including **Hoffman Construction** and **Andersen Construction Foundation**.

Over **1075** construction industry workers attended substance abuse and suicide prevention training and presentations with CSPP.

Celebrating 30 Years of Service: Fundraising Events

Our partners at Les Schwab hosted another sell-out for their annual golf tournament supporting Lines for Life. This event has become so much more than a golf outing, as participants gather to share about their experience with mental health and wellness – and support our work.

Over 400 friends and supporters joined us for the 30th Annual Always Hope Gala, where we highlighted our work and inspiration, including remarks by Dr. John Draper, who founded direction of 988 and the National Suicide Prevention Lifeline. With the help of many partners – including the teams at **Cambia Health Foundation, Pacific Bells** and the **Taco Bell Foundation** – the 2023 Gala set a record as our most successful fundraiser to date!



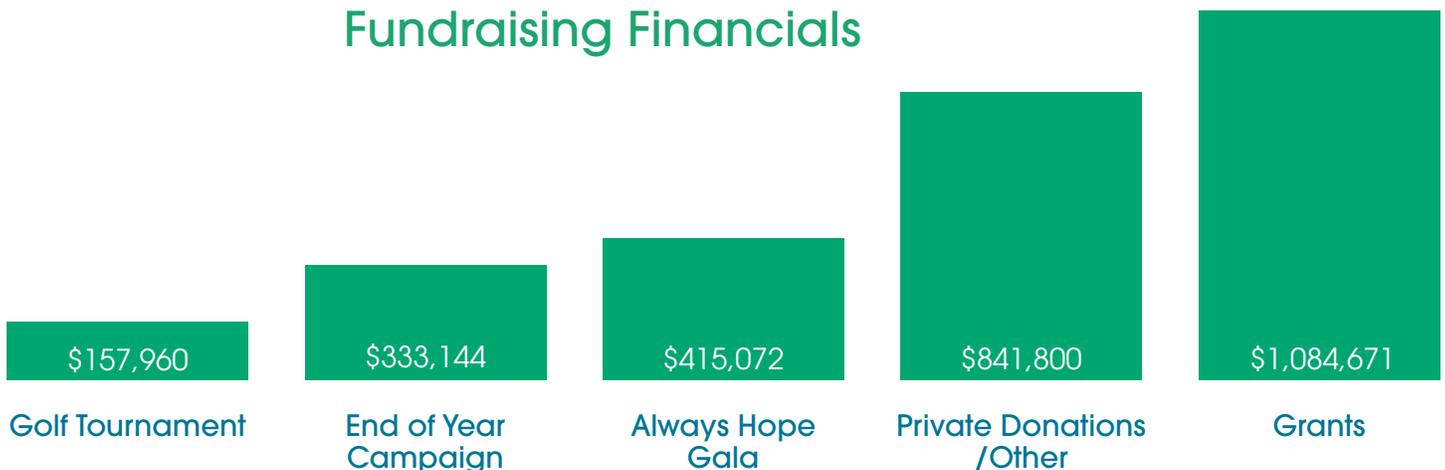
Upcoming Events

Coming Soon – Join us for our Annual Fundraising Campaign, beginning mid-November! Step In to help us prevent substance abuse and suicide and promote mental wellness through the end of the year.

Save the date: Don't miss out on the 2024 Always Hope Gala – scheduled for Friday, April 19th at the Portland Art Museum!

For more information on how to support Lines for Life please contact our Director of Development, Jean McGowan, at jeanm@linesforlife.org

Fundraising Financials

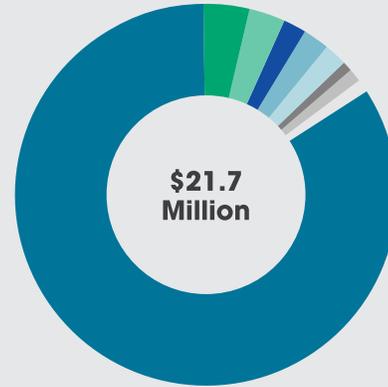


Total Amount Raised | **\$2,832,647**

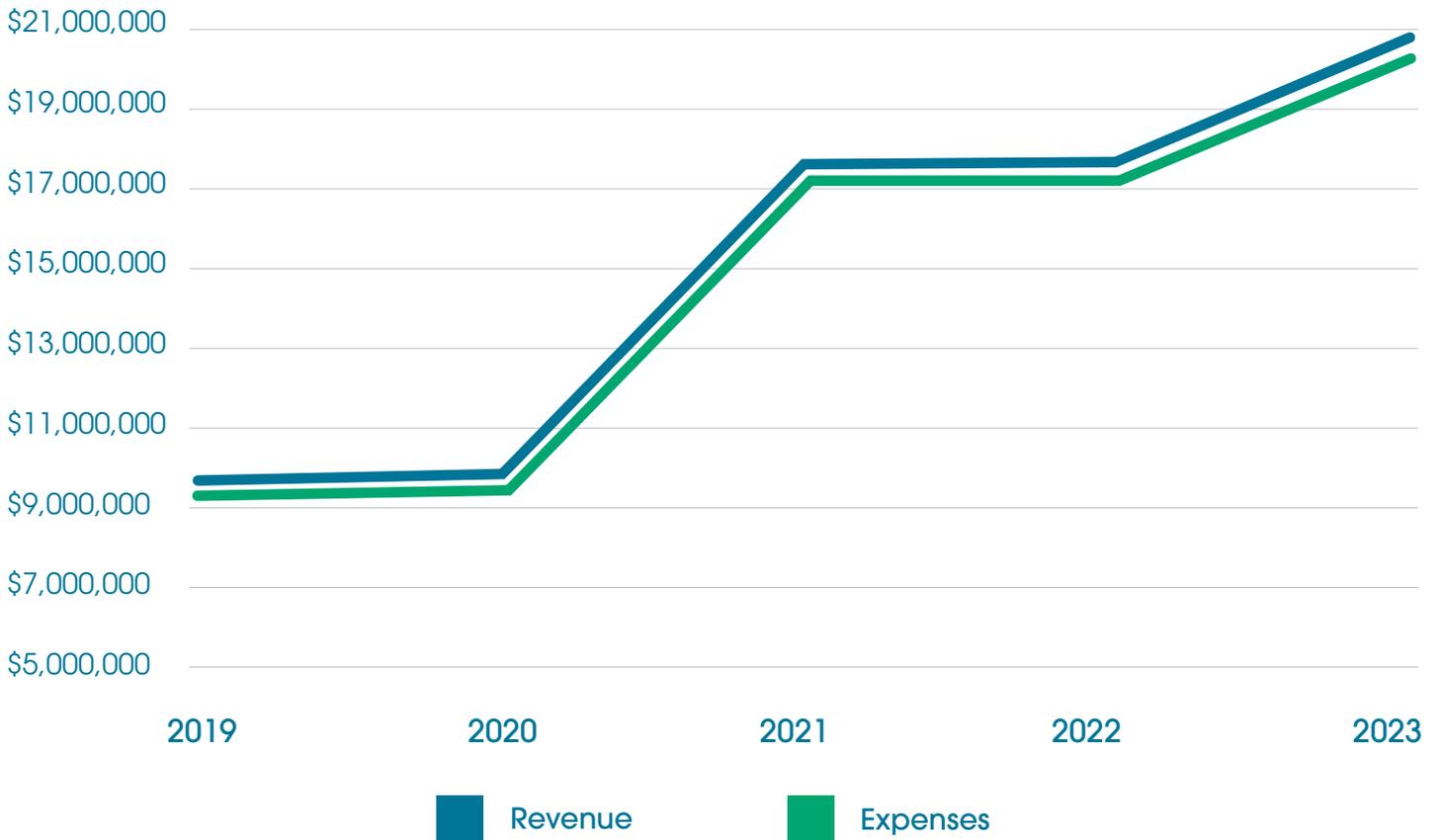
Fiscal Year 2023 Financials

Expenses Fiscal Year 2022-2023

- 84% Personnel
- 4% Telephone & IT
- 3% Professional & Contracted services
- 2% Occupancy
- 2% Events & Marketing
- 2% Conferences & Training
- 1% Dues & Licenses
- 1% Repairs, Maintenance & Equipment
- 1% Supplies, Fees & Other



Year by Year Revenue & Expense Growth



2023 Top Supporters

We are filled with gratitude as we celebrate the steadfast support of our partners. The highlighted projects in this report serve as a powerful reminder of the impact that is achieved through collaboration and community. Your steadfast commitment is crucial to preventing substance use and suicide, making our challenging yet rewarding work possible.

Andersen Construction Foundation

Angeli Law Group

Anne Naito-Campbell

Aramark

Boeing

Burrow Family Foundation

Cambia Health Foundation

CareOregon

Central Oregon Health Council

City of Beaverton

Cochran Inc.

Columbia Pacific CCO

Deschutes County Sheriff's Office

Epping Family Foundation

Fast Undercar

Ford Family Foundation

Greater Oregon Behavioral Health, Inc.

Harbourton Foundation

Hoffman Construction

Joseph E Weston Public Foundation

Les Schwab Tire Centers Oregon

Marie Lamfrom Charitable Foundation

Marsh

Maybelle Clark Macdonald Fund

McCall Enterprises

Meyer Memorial Trust

Multnomah County

Olive Bridge Fund

Oregon Health Authority

Oregon-Idaho HIDTA Program

Pacific Bells, Inc. Taco Bell Foundation

Portland Public Schools

Providence Health & Services

Reser Family Foundation

Ryder System, Inc

Spirit Mountain Community Fund

The Elster Forbes Foundation

The Roundhouse Foundation

The Standard

W.M. Keck Foundation

Thank You

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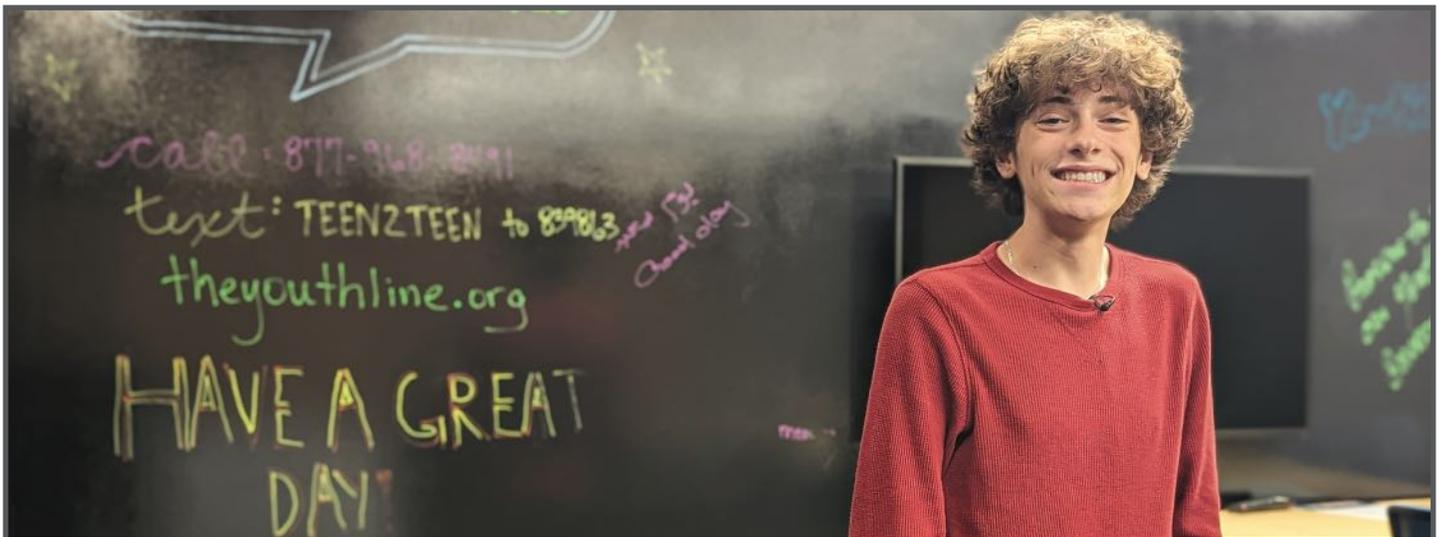
Multnomah County Circuit Court

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AVP, IT Infrastructure & Operations
The Standard

Dwight Holton

Chief Executive Officer
Lines for Life





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