

Celebrating

10
YEARS

LOST & FOUND

2020 ANNUAL REPORT

resilienttoday.org • Sioux Falls, SD • 605-549-5281

Entering a new era of suicide prevention

Dear friends,

It's no secret: 2020 presented more challenges than anyone's best prediction. We witnessed a global pandemic sweep into our communities with staying power and cruelty. We moved into an almost-fully digital landscape, creating new opportunities to engage as a community while also contributing to our shared sense of isolation and loneliness. Add economic uncertainty, racial injustice, political polarization, and long-lasting health impacts from COVID-19, and it's not surprising that we see alarming statistics coming in from all corners of the United States.

Crisis lines calls shot up here in South Dakota and throughout the United States—by 891% in some parts of the country. Adults surveyed by Johns Hopkins School of Public Health showed a four-fold increase in reported depressive disorders compared to 2019, and a doubling of serious suicide contemplation compared to 2018. And that's just during the pandemic.

Evidence-based studies have shown that pandemics and natural disasters often have a “lull” before larger mental health crises appear. It is more likely than not that the suicide problem facing young adults in the United States will accelerate before we can put an end to it, and that's a challenge that will take years, maybe decades to address.

And yet, I have hope. Why?

Because each day, I see people who aren't just absorbing this information and falling into despair. They're adapting to a new environment and finding new ways to support their loved ones and communities. People in South Dakota and all over the country are regularly demonstrating that vulnerability and resilience are learned, not inherited traits, and that for this reason, any person can overcome when given the right level of support, education, and training.

In other words: being human means we can overcome. And when we can overcome, it means that seemingly insurmountable challenges—such as rising suicide rates—can be addressed.

Going into 2020, Lost&Found was prepared and ready to continue its student engagement efforts and build on its research. And for the most part, we did.

As campuses closed and students moved home, Lost&Found had to adapt quickly and with wide-ranging changes to engage students (and plenty of others) online. What started as a side project to navigate “unprecedented circumstances” turned into more than 65 online skill workshops and trainings and, more importantly, a new kind of resilience as an organization.

We learned to lean into the stories of young leaders making a difference on their college campuses, seeking to change conversations and attitudes toward mental health resources while themselves being isolated in a digital world. We discovered that our message of resilience and practical skill development was useful to hundreds of thousands of people nationwide. We discovered the generosity of so many in our community who recognized the threat mental health conditions and suicide ideation posed to the wellbeing of our next generation. We discovered that we have a unique ability to blend data with action that helps leaders make good decisions about mental health.

And with all that learning, Lost&Found finished 2020 stronger and more capable than ever of training peer mental health advocates, providing expert mental health program evaluation, and delivering engaging, useful mental health content online. After reaching more than 750,000 people this year with our work, we're ready for 2021.

Ten years ago, a group of audacious University of South Dakota students decided it was time to do more to put an end to suicide in our state and our country. That group—myself included—didn't know what we had set into motion.

With hindsight, I can see more clearly the vision that was unfolding—collectively putting an end to suicide—and how that vision propels us in one of our darkest years in recent memory.

Forward.

In service,



Erik Muckey



2020 Highlights

	BOARD & STAFF	RECOGNITION	CHAPTERS & PROGRAMMING	FUND DEVELOPMENT	EVALUATION SERVICES
JAN-MAR	Nathan Hofer becomes first full-time L&F employee (Director of Campus Operations).		COVID-19 enters our region, halting in-person events and transitioning all work to virtual outlets.	Bill & Susan Sands commit \$25,000 to Lost&Found. Sioux Falls Community Foundation funds local campus chapters.	
APR-JUN	CEO Erik Muckey joins team full-time. Two additional part-time team members added (Courtney Young, Sadie Swier). Dr. Frank Arpan, Dean of Academics at Sisseton Wahpeton College, joins Board of Directors. Lost&Found launches Fundraising Advisory Committee, engaging 5 volunteer leaders to advance L&F's development.	Nathan Hofer featured in National Association for Campus Activities blog for maintaining digital community. Erik Muckey featured in University of South Dakota's #WeAreSouthDakota column discussing Lost&Found's COVID-19 efforts.	Lost&Found hosts more than 50 resilience and community-building workshops on Facebook, setting off new social media campaigns for the organization. USD Lost&Found hosts the 15th annual Nikki's 5K Run/Walk virtually, generates over \$1K for USD students. The first weekly "Resilient Today" email newsletter comes out, applying resilience tips in the style of Harvard Business Review's "Management Tip of the Day." L&F hosts its first "Voices of Resilience" live-cast, highlighting racial injustice capturing the attention of the country following the murder of George Floyd. Lost&Found finalizes partnerships with 10 new resilience program providers, adding nearly 20 new training offerings.	T. Denny Sanford commits three-year, \$300,000 gift to support L&F core operations Sheldon Reese Foundation awards \$20,000 to launch Peer2Peer Mentor program development. South Dakota Community Foundation awards \$10,000 for campus chapter COVID-19 program development. Ken & Pat Duncan award \$5,000 to L&F to scale and advertise digital mental health content.	Lost&Found conducts first "key informant" interviews, gathering first data points on campus chapter programs.
JUL-SEP		L&F celebrates 10 years since founding by DJ Smith, current CEO Erik Muckey, and team of fellow USD students. Sioux Falls Mayor Paul Ten Haken declares Sept. 3 as "Lost&Found Day" in the city. L&F founding story and DWU chapter are featured in <i>The Mitchell Republic</i> . L&F featured by SD Suicide Prevention Sub-Workgroup as a "Bright Spot" in statewide prevention efforts. Nathan Hofer named to Leadership Sioux Falls.	Over 25 campus chapter officers join L&F staff for two days of virtual training. AU Lost&Found launches its first programs partnering with USF Lost&Found. L&F hosts 10-Year Anniversary celebration with multiple virtual panels and the first L&F Resilience Award, given to Vaney Harii. USF Lost&Found hosts "Talk Saves Lives" event in collaboration with American Foundation for Suicide Prevention – SD. SDSU Lost&Found conducts events for National Suicide Prevention Month. DWU Lost&Found transitions to social media-based programs and hosts Question/Persuade/Refer Training. USD Lost&Found hosts World Mental Health Day event, reaching over 300 students.	L&F raises over \$29,000 through the #10Kfor10Years campaign, with matching sponsorships from The Diamond Room, Vern Eide, First Bank & Trust, American Bank & Trust, and The Astrup Family Foundation.	Programming updates were made based on data collected in key informant interviews. L&F invited to join Governor Kristi Noem's (SD) Suicide Prevention Sub-Workgroup.
OCT-DEC	Dakota Foundation grant paves way for expansion of Evaluation Services unit, adding up to 3 FTEs in 2021.	<i>Poets & Quants</i> recognizes L&F among "Most Disruptive MBA-Led Startups in 2020." L&F's social media followers nearly double from 3,823 to 7,201 and reach over 750,000 users nationwide in 2020.	Chapters report total program reach of 2,363 students in South Dakota during fall semester. 15 additional programming partners added to L&F training and workshop offerings.	More than 75 supporters met a matching challenge to raise over \$4,500 for campus chapters. Following the death of son and brother Ben, the Longley family dedicates over \$5,000 and announces annual memorial golf tournament to benefit L&F programs. The Dakota Foundation awards \$60,000 to launch Campus Mental Health Score and digital training offerings.	The first Campus Mental Health Score testing and research meetings are held with L&F partner campuses. The first State of Campus Chapter report is presented to the Board of Directors, highlighting recommendations provided by chapter leaders.

BOARD MEMBERS



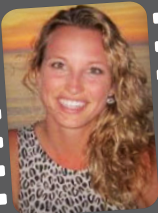
Dr. Anne Kelly
President
Mitchell, SD



Nick Maddock
Vice President
Washington, DC



Tom Parker
Treasurer
Sioux Falls, SD



Anna Hyronimus
Columbus, GA



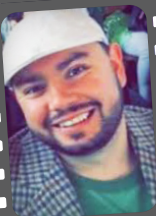
Sandra Melstad
Sioux Falls, SD



Kacey McCarthy
Sioux Falls, SD



Dr. Kimberly Grieve
Vermillion, SD



Dr. Frank Arpan
Sisseton, SD



The team behind the scenes

STAFF MEMBERS



Erik Muckey
Executive Director (CEO)
St. Paul, MN



Dr. Susan Kroger
Director of Programs
(COO)
Sioux Falls, SD



Elliott Breukelman
Director of IT (CTO)
Coon Rapids, MN



Heidi Marttila-Losure
Director of
Communications
Frederick, SD



Courtney Young
Digital Program &
Evaluation Associate
Sioux Falls, SD

Lost&Found's beginning

Who knew an argument over Facebook would be productive?



16-year-olds Dennis “DJ” Smith of Mitchell, SD and Kayla Roszkowski of Dearborn, MI knew the value of To Write Love on Her Arms (TWLOHA), an Orlando, FL-based suicide prevention organization, and its namesake program: writing “LOVE” on arms to remind anyone and everyone struggling with depression and suicidality that they are not alone. They found, however, that not everyone online believed writing “LOVE” on your arm would adequately help those who needed it most.

Inspired by TWLOHA and a Facebook argument over the merits of TWLOHA's had pushed DJ and Kayla to take action. In February 2009, they created a simple Facebook group called “Doing more than writing ‘Love’ on my arm.” The intent? Organizing friends and peers to actively help people struggling with depression or suicide. What was expected to be a small team blossomed into 1,000 members in a year's time, and each month, DJ and Kayla shared 4 goals for group members to achieve to reach someone suffering with depression or suicidal thoughts.

By May 2010, “Doing more” had over 3,600 members, impacted tens of thousands more, and achieved a national audience through presentations at the Family, Career, and Community Leaders of America (FCCLA) national conference and numerous high schools in DJ's home state of South Dakota. Seeing the potential, DJ and Kayla teamed up with six other friends to form a South Dakota-based nonprofit called “The Lost&Found Association” in 2010.

Lost&Found initially focused its attention on two tasks. First, Lost & Found raised awareness and money for families dealing with a loved one who have either attempted or completed suicide. Second, Lost&Found helped colleges continue to provide free counseling or medication to students facing depression.



LOST & FOUND

Virtual celebration honors 10-year L&F anniversary

In a non-pandemic year, marking Lost&Found's milestone of 10 years of working to end suicide would have merited a big in-person celebration. That was not to be in 2020, unfortunately, so founders and fans of Lost&Found gathered online instead on September 3, marking the 10th anniversary in virtual style. Facebook Live events were scheduled from morning until night. Lost&Found's Facebook content reached about 5,000 people that day—which is likely more than would have attended an in-person event, .

Highlights of the day included:

- A proclamation of Lost&Found Day by Sioux Falls Mayor Paul TenHaken
- A conversation among some Lost&Found's founders, reflecting on their early experiences with the organization and what it meant to them
- A review of what's happening now in Lost&Found's chapters
- A panel discussion with representatives of some of Lost&Found's partnering organizations about the current state and future of mental health in South Dakota
- A 10-year celebration featuring the awarding of the first Lost&Found Resilience Award to Vaney Hariri, who also gave a keynote speech, and a presentation of Lost&Found's vision for the future by CEO & Executive Director Erik Muckey

“Lost&Found has come a long way. ... We started with a small but bold group of college students determined to put an end to suicide, and 10 years and more than 450 student leaders later, we now serve five campuses in South Dakota, and our reach is growing quickly. ... I think Lost&Found is poised to take suicide prevention, resilience and mental health in a new direction for adolescents and young adults, and really shape how we think about mental health and how we respond to risk. I'm really excited for you to hear about the direction in which we're moving and our strong vision for the future.”

—Lost&Found Board President Anne Kelly, speaking during the 10th anniversary celebration

Office of the Mayor

CITY OF  SIOUX FALLS

Proclamation

WHEREAS, the City of Sioux Falls, in the state of South Dakota, is home to several of the region's leading and most innovative mental health organizations, including Lost&Found, a 501c3 nonprofit whose mission is to reduce suicide risk for young adults ages 14 to 35 with customized, collaborative, and proactive services;

WHEREAS, Lost&Found will celebrate ten years of serving the Sioux Falls region on September 3, 2020, collaborating with local institutions such as the Helpline Center, NAMI South Dakota, Survivors Joining For Hope, AFSP South Dakota, Avera Behavioral Health, and the Transformation Project to provide mental health resources and training to five regional college campuses, including the University of Sioux Falls and Augustana University;

WHEREAS, the City of Sioux Falls recognizes the rising needs for mental health services in our city, as demonstrated through the recent investment in the new Triage Center, and the ongoing responsibility we have as a city to address the needs of our citizens and to support innovative programs being created in our City;

WHEREAS, Lost&Found's ten-year anniversary coincides with the beginning of National Suicide Prevention Week, a critical time to reflect on the impact suicide has had on the Sioux Falls community as well as the state of South Dakota, as well as recognize and support leadership in our community addressing the scourge of suicide;

NOW, THEREFORE, I, Paul TenHaken, Mayor of the City of Sioux Falls, do hereby proclaim September 3, 2020, as:

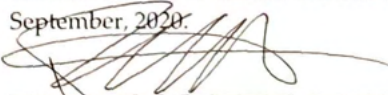
LOST&FOUND DAY

in Sioux Falls.



psf03/5-20

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Sioux Falls to be affixed this 3rd day of September, 2020.



Paul TenHaken, Mayor

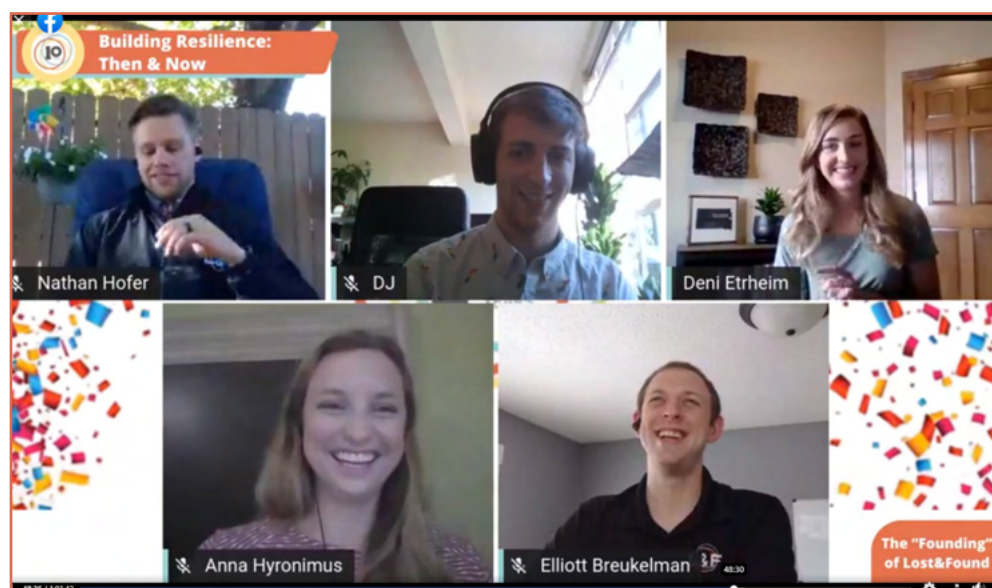
Founders share memories of L&F's milestones

On Sept. 3, some of the people who helped to bring Lost&Found into being gathered virtually from across the United States to share their memories of Lost&Found's early days. Here are a few highlights from that conversation.

Deni Etrheim: "As I entered into my freshman year at South Dakota State, I was ... noticing a lot of students struggling with mental health and not feeling like they had adequate resources. (Erik and I) decided to go ahead and establish a chapter at SDSU. And it's just been a beautiful journey to see ... how that's blossomed and how we've been able to support that university and be a resource for students."

Elliott Breukelman: "The organization was really focused on suicide prevention, which I definitely think is a valiant cause, and one that's near and dear to my heart. But a lot of the board ... said, you know, **we should be taking a more proactive approach, we should be looking at holistic mental health** ... And that's really when the organization started to shift. ... We were joking yesterday ... about how we went through the mission, vision, values almost every single year. ... We kept kind of spinning our wheels, where we felt a little stuck. And then when the when that holistic mental health shift happened, that's when the organization took off ... We realized, OK, there's so much more that we can do with a holistic mental health approach and being proactive than always trying to be reactive."

DJ Smith: "The inception of the USD chapter was really cool. Just seeing so many people come together in that first meeting and say, Okay, we're here, we



want to make a difference. What do we do? Because let's be real—when you are 18 years old, and you're like, 'Hey, I have an idea. And we can do something great.' Okay, now, **how do we take that idea, and we make something sustainable out of it?** And there's a gal named Morgan, who really led USD's Lost&Found chapter, and she did amazing stuff with every year a Battle of the Bands that raised money for Lost&Found with a local band who was impacted by a suicide. Another big thing was working with Elliott. ... Working with Elliott and student government, even outside of Lost&Found, to impact policies to help students with their mental health was, I would argue a milestone that would not have happened, had we not had the passion from Lost&Found."

Anna Hyronimus: "When I truly felt that this could be a legacy that would move on past us was in the 2016 chapter retreat. ...

(We had this concept of) a lantern in the center of the room. And everybody's stories and histories have different perspectives based on that lantern that you're looking at, and how it's impossible to see on the other side of it. So we sat in a circle, and we were just talking about kind of that concept, and also the concept of being lost and being found. And **just being able to have the privilege of creating a safe space for those college members and the board members to sit around the circle, and talk about moments when we felt lost, and then moments when we felt found, heard and understood.** ... The light bulb went off about us creating programming, that turned into a legacy that can help college students year after year after year, and that it can supersede us."

Read a transcript of the conversation here: <https://www.resilienttoday.org/lostfoundsfoundersdiscussionvideoandtranscript/>



Panel discusses the future of mental health

Ensuring the people are aware of the resources that are available was a recurring theme in a panel discussion on the future of mental health among representatives of mental health organizations in South Dakota: Sheri Nelson, Helpline Center; Tosa Two heart, Great Plains Tribal Chairmen's Health Board; Angela Drake, American Foundation for Suicide Prevention – South Dakota Chapter; and Amber Reints, Avera Behavioral Health. The conversation was moderated by Nathan Hofer.

You can find a video and transcript of the conversation here: <https://www.resilienttoday.org/lostfoundspaneldiscussiononthe-future-of-mental-health-video-and-transcript/>

Hariri receives L&F's first Resilience Award

Lost&Found's anniversary program included the presentation of the organization's first Resilience Award. The new award intends to encourage the building of resilience that is the center of Lost&Found's programming: Resilience for Self, Resilience for Others, and Resilience for Community.

Resilience for Self is self-care and training: At some point, everyone will face a tough time when they'll have to look within themselves to find the strength to get to the next day. That strength isn't a trait that some people have and others don't; it's based on skills that can be learned. We want to help young adults build those skills.

Resilience for Others means connecting people with the mental health resources they need. The mental health world isn't easy to navigate, so we train young people to help their peers find their way in that system.

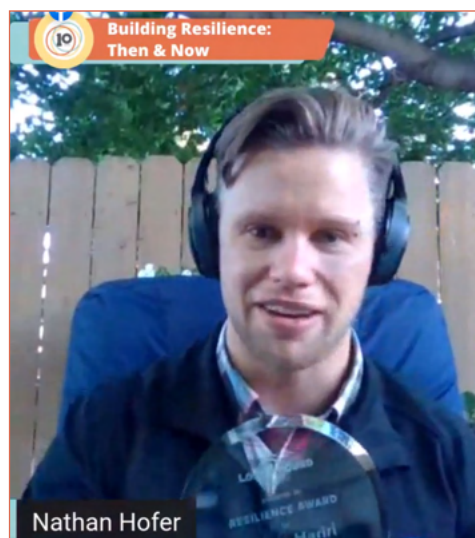
And **Resilience for Community** means making the wider community a better place for achieving mental health—reducing the stigma of seeking help, for example, and advocating for better mental health funding.

Vaney Hariri has worked tirelessly to build resilience in himself, in others, and in his community. Vaney, the co-founder of Think 3D Solutions, is a thought leader and activist in Sioux Falls. He understands the importance of building his own resilience so that he has the strength he needs to face hard situations without backing down in the face of injustice or intransigence. He expresses that philosophy in how he lives his life.

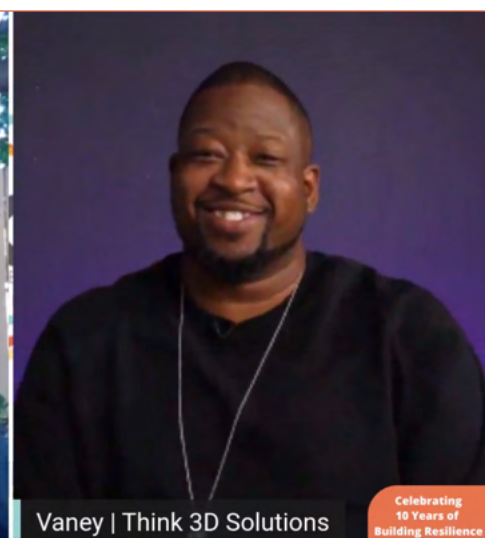
He helps others build resilience through leadership training programs, equipping others with the skills they need to do their work of community-building with confidence and fortitude.

And he has been a strong builder of community resilience for years, but especially this year, as a pandemic and racial injustice and unrest led many to turn to him for wisdom and understanding about how to face this difficult time and find a way for society to move forward. He has worked to unite many diverse communities in a common call for justice.

Nathan Hofer virtually presented the award to Vaney before his keynote presentation.



Nathan Hofer



Vaney | Think 3D Solutions

Celebrating
10 Years of
Building Resilience

In keynote, Hariri encourages action: 'Good has to go on offense'

Vaney Hariri started his keynote presentation with encouraging words for those carrying out Lost&Found's mission. "This is a big thing that you all are doing," he said. "You know, so many young people are out in the world that are left to feel like they're facing it alone, and are in that dark place and don't necessarily have someone to reach a hand in. And so organizations like this are close to my heart."

He asked people to ensure that those wishing to take care of others are also taking care of themselves, because knowing the right thing to do isn't enough by itself. "If you don't have the capacity to do it, to take advantage of it, then it's not an opportunity at all. It's not something that you can actually execute."

But he also prompted people to take steps now to make the world better, even if they don't feel like they are completely ready yet. The world needs this work. Here's an excerpt of that part of his speech:

"Right now the world feels so dark. It feels like we are in this civil war in every aspect of everything that we do. It seems like people are leaving us. It seems like people are frustrated and angry and all they do is argue and bicker and fight."

"But what I would tell you is this: Any space that is not occupied by light will ultimately be occupied by darkness. Light wins 100 percent of the time. All it has to do is be there, be available."

"We have to be there. We have to occupy these spaces."

"Too many times, good people have

(let spaces be occupied by darkness) because they didn't feel like it was their place, because they didn't feel like they had the right words, because they weren't 'there yet.' Let me be clear: There is no 'there.' There is only journey. And you don't have to know how to get someone from here to there. You only have to get someone from there to here."

"You are experts in your journey. You know how to get through what you got through. And the fact that you are here shows that you survived everything that the world has thrown at you. All of those moments where you thought you would crumble. All of those times that you thought you would fold. All of those life-ending circumstances that you went through—you survived them all, and here you are."

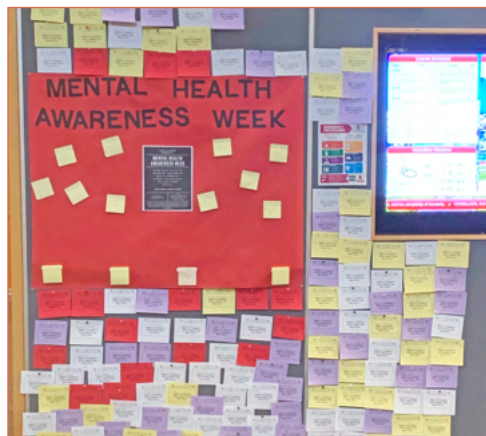
"And that energy, and that confidence, knowing that you have been able to endure the worst that life has been able to throw at you, should give you the confidence to go out into the darkness and spread your light."

"Good has to go on offense."

You can find a video and transcript of the event here: <https://www.resilienttoday.org/lostfound-10-year-celebration-video-and-transcript/>

L&F student leaders support their peers during COVID-19

Lost&Found campus chapters dealt with separation and other challenges during the COVID-19 pandemic. Despite this, the chapters combined to reach more than 3,500 students through on-campus programs in 2020, with an additional 15,000+ reached on social media. Lost&Found student leaders make a difference on their campuses in significant ways.



UNIVERSITY OF SOUTH DAKOTA

New student leaders at the University of South Dakota brought a collaborative spirit to mental health education efforts at USD. Once students were back on campus in the fall, the USD chapter went to work with long-time Lost&Found partner Lumin Therapy to host a meditation event at Prentis Park in Vermillion. The chapter followed up by partnering with USD's Campus Activities Board to ask students to sign a pledge for mental health on World Mental Health Day and placing the National Suicide Hotline on the campus coffee shop's to-go cups.

The spirit of collaboration in Vermillion continues in 2021, as the chapter prepares to host its annual Nikki's 5K Run and Walk and partner with the Alternative Week of Off-Campus Learning (AWOL) student group for a mental health service-learning trip in March 2021. All of these programs support students while larger efforts are underway to raise more than \$100,000 to support mental health counseling services on campus.

SOUTH DAKOTA STATE

A small but enthusiastic group of Lost&Found members was creative in advocating for mental health at South Dakota State University during the pandemic year of 2020. One of the highlights was during National Suicide Prevention Week in September, when they placed 100 white flags where students would walk by them on the way to class, reminding them of those who have been lost to suicide. They also drew messages of hope on the sidewalk with chalk.

Seeing the needs of students during the COVID-19 pandemic, the SDSU Lost&Found chapter has stepped forward to launch a peer mentorship program in partnership with the SDSU Counseling Center and College of Education and Human Sciences in spring 2021. The mighty team of SDSU students, faculty, and staff are taking on ambitious steps to change their campus mental health landscape for good by volunteering their time for 1-on-1 support.



CHAPTERS



The DWU Lost&Found chapter held a Hunger Games competition in February. Above, one of the tributes had been X-ed out. At right are the champions.



DAKOTA WESLEYAN

DWU Lost&Found brought tremendous energy and new program concepts forward prior to the pandemic, raising over \$1,500 and building collaborative partnerships with over 10 student organizations on campus. With the pandemic raging on, DWU L&F student leaders and adviser Jennifer Noteboom had to find new ways to create impact: starting with social media. Starting in August, the DWU chapter invested significant time and energy reaching students via Instagram, creating and sharing new content meant to lift the spirits of students.

Those efforts, combined with a series of mental health discussions, awareness and advocacy events, and a QPR (Question, Persuade, Refer) training helped the chapter continue its momentum and impact on campus, reaching approximately 45% of its student body (424 students). Lost&Found's partnership with DWU continues to build a spirit of student mental health advocacy on campus as new chapter leaders emerge in 2021.



JESSI BEYER
THURSDAY, OCTOBER
22ND - 6 PM (ZOOM)

PASSION, PURPOSE, AND AUTHENTICITY
HOW TO DESIGN A LIFE YOU ENJOY WAKING UP
TO IN 3 SIMPLE STEPS

PRESENTED BY AU & USF LOST&FOUND

UNIVERSITY OF SIOUX FALLS

Launched in 2019, the USF Lost&Found chapter found immediate success advocating for new mental health programs and unlocking new conversations about suicide prevention among the student body. Building a broad coalition of students, faculty, administration, and counseling services, the USF Lost&Found chapter managed an email list of over 135 students, shared mental health content, and hosted a variety of events on campus to spark collaboration and conversation in a community deeply rooted in Christian values.

The COVID-19 pandemic posed many challenges to USF students, and the chapter took action to partner with the South Dakota chapter of the American Foundation for Suicide Prevention

(AFSP-SD) to host a "Talk Saves Lives" event and suicide prevention panel on campus and virtually in partnership with the Augustana University chapter. The event drew over 150 live participants and viewers at a time when support was needed most.

Unfortunately, a series of challenges—including the pandemic—drove the USF Lost&Found chapter to dissolve at the start of 2021. Though the chapter is not currently active, the efforts of student founders, staff, faculty, and administrators won't go unrecognized. Thanks to the efforts of the USF chapter, mental health and suicide prevention discussions have been brought to the forefront for the student body and will create ripple effects on campus for years to come.

Becoming an advocate through L&F leadership

Hailey Nold is a student leader of the Augustana Lost&Found chapter. We asked her a few questions about why she decided to step into that role.

What does L&F mean to you as a founder?

To me, being a founder of a Lost&Found chapter means that I am dedicated to the role of mental health advocacy on my campus and in my community. As a student leader, it was important for me to help my peers understand the power of community and personal capacity to overcome difficulties and obstacles in one's life.

Why did you decide to give up your time and effort for our organization?

As a young adult, I have seen firsthand the mental health challenges that college-aged students face. To me, the time and effort that I gave to start a lost&found chapter was worth it if it meant meeting students where they were at on their personal journeys. Before I leave Augustana, I want to change the conversation surrounding

mental health and resilience. If I were to leave behind a tangible legacy at my university, I would want it to be that students are understanding and willing to talk about lifelong wellness and accessible resources.

How have you seen your chapter make an impact on your community, leadership team, and in your own life?

Personally, starting a Lost&Found chapter has made me a more vocal and passionate advocate for mental health resources. It has also lead me to understanding that resilience is not something we are born with; instead, it is something to be built. I think that resilience is a lifelong journey of understanding how one personally adapts in the face of their unique adversities or stressors.



AUGUSTANA UNIVERSITY

In its first year as a recognized Lost&Found chapter, the leadership team at Augustana University (SD) hit the ground running. In just the fall semester alone, the Augustana chapter reached nearly half of the student body (950) through events like a Self-Care Presentation during Freshman Orientation, a booth at their campus activities fair, and hosting a virtual panel about mental health resources on campus.

Chapter leadership and co-advisers Wendy Mamer and Beth Benschoter have provided a meaningful shift to conversation about mental health at Augustana through the array of student mental health programs put on by the Augustana L&F chapter. To start 2021, there is energy and excitement about the shifts happening on campus and the hope being shared with Augustana students.

EVALUATION SERVICES

Research initiatives advance with new funding and staff support

Lost&Found moved its evaluation services work forward in several key ways in 2020.

Lost&Found continued its collaboration with university administrators, student leaders, and stakeholders across the region to identify pressing mental health needs of students so that all those who work to improve students' mental health have the information they need to have the greatest impact.

The **Campus Mental Health Score**, a new diagnostic tool for universities, will identify opportunities to expand or strengthen existing services, evaluate current programming, and inform policies. The data will help to develop educational tools and programs that maximize resiliency in college students and make sure they're getting the support they need from their university communities.

After pilot projects at South Dakota State University and Dakota Wesleyan University, the Campus Mental Health Score is ready to launch more broadly in 2021.

We are changing the way our state and region looks at suicide prevention through policy and evaluation tools.

Lost&Found joined Governor Kristi Noem's **Suicide Prevention Sub-Workgroup** in September 2020 at the invitation of representatives from the SD Department of Social Services and Department of Health. The group determines the direction of South Dakota's statewide suicide prevention strategies. Participation in this group has led to several key roles for Lost&Found:

- Lost&Found's campus data collection and analysis efforts will be part of statewide suicide prevention strategies for 2020-25.
- In 2021, Lost&Found will take the lead on a few statewide initiatives through the sub-workgroup, leading the development and dissemination of crisis and postvention policies for all post-secondary institutions.

We are also pleased to report this development for 2021: **Our team is expanding its Evaluation Services staff as part of a grant from The Dakota Foundation** (Colorado Springs, CO). The grant gives Lost&Found the initial funds necessary to build a team of expert mental health program evaluators and grant specialists who can support both post-secondary institutions and any organization in the region leading, launching, and funding mental health programs.

Whether contract evaluation, community needs assessments, or grant support, Lost&Found is ready to create impact. Learn more about this initiative here: <https://www.resilienttoday.org/dakotafoundation-grant-partnership/>

LEARN ABOUT THE CAMPUS MENTAL HEALTH SCORE

What is the score's purpose?

1. To clarify the needs of campus mental health systems and service capacity and provide relevant comparisons to regional peer campuses.
2. To assess strengths of campus mental health systems and identify areas and actions for continuous improvement.
3. To provide a tool for advising campus leadership when making decisions on mental health systems and services to best serve students.

What questions will be answered by the Campus Mental Health Score?

- Based upon state, county, and campus data, what policies, procedures, and programs are in place to improve students' mental health?
- What does this campus need to best meet the needs of current and future students, and what actions can make this possible today and in the years to come?

What will the process look like?

Lost&Found will collect secondary data on programs, services, and policies from several community and campus sources. L&F will not collect data related to any personal health information. L&F will ask mental health related faculty and staff for concise and direct information to better inform processes and programs. We will then compile this data into a report for campus and chapter leadership.

Why is this important for a college campus?

The Campus Mental Health Score is meant to create clear understanding of how to prioritize both immediate and long-term student mental health needs. A campus can use this tool to identify appropriate investments and improvements in policies, programs, and personnel needs at your university. The data collected by the score will also provide a snapshot comparison between campus mental health systems.

Lost&Found staff started on developing Campus Mental Health Scores in 2020. This work is expected to ramp up in 2021.

Dec. 31, 2020 Dec. 31, 2019 Dec. 31, 2018 Dec. 31, 2017

ASSETS**Current Assets**

Checking/Savings	75,960	13,875	10,416	2,811
Accounts Receivable	481	869	525	
Other Current Assets	1977	1,371	3,952	

Total Current Assets

TOTAL ASSETS	78,419	16,114	14,893	2,811
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LIABILITIES & NET ASSETS**Liabilities****Current Liabilities**

Accounts Payable	2,808	1,210	0	350
Other Current Liabilities	5,242	1,795	67	0
Total Current Liabilities	8,050	3,005	67	350

Long-Term Liabilities (PPP loan)

Total Liabilities	20,350	3,005	67	350
Net Assets	58,069	13,109	14,826	4,299

TOTAL LIABILITIES & EQUITY	78,419	16,114	14,893	2,811
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Jan-Dec 20 Jan-Dec 19 Jan-Dec 18 Jan-Dec 17

INCOME/EXPENSE**Revenues**

Direct Public Support	180,560	36,120	16,616	3,507
Non-Government Grant Income	87,500			
Indirect Public Support	60	20,037	10,011	19
Investments	33			
Program Income	500			

Total Revenues	268,653	56,157	26,627	3,526
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Expense

Salaries & Benefits	149,997	17,595		
Contract Services	36,955	20,291	11,160	2,993
Non-personnel Expenses	6,845	4,879	2,553	20
Travel and Meetings	8,591	7,478	280	315
Other Expenses	15,644	2,629	269	2,037
Payments to Affiliates	5,660	5,000		

Total Expense	223,692	57,872	14,262	5,365
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Change in Net Assets	44,961	-1,715	12,365	-1,838
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2020 DONORS

Generous, engaged donors have provided Lost&Found with the opportunity to expand the organization itself and the impact it has on young people in the region and the systems that affect their mental health.

MAJOR GIFTS

Financial support from key major donors in 2020 are propelling Lost&Found forward into a new level of effectiveness:

- **T. Denny Sanford**, Sioux Falls, SD – \$100,000 (annual installment 1 of 3)
- **Ken & Pat Duncan**, St. Paul, MN – \$5,000
- **Bill & Susan Sands**, Falcon Heights, MN – \$25,000
- **The Christina Danford Trust**, Winner, SD – \$2,900

GRANTS

Foundations in our region continue to provide the resources Lost&Found needs to test and build its programs, as well as create the stability necessary to move forward long-term.

- **Dakota Foundation**, Colorado Springs, CO – \$60,000
- **Astrup Family Foundation**, Rochester, MN – \$10,000
- **Sheldon F. Reese Foundation**, Sioux Falls, SD – \$20,000
- **Sioux Falls Area Community Foundation**, Sioux Falls, SD – \$7,500
- **South Dakota Community Foundation**, Pierre, SD – \$10,000

CORPORATE SPONSORS

Corporate sponsors provided support and matching funds at key moments to move programming and broader fundraising efforts forward in 2020.

- **American Bank & Trust**, Huron, SD – \$5,000
- **Classic Corner Convenience Store**, Madison, SD – \$695
- **First Bank & Trust**, Brookings, SD – \$3,500
- **Vern Eide**, Sioux Falls, SD – \$500
- **Globus Medical**, Audubon, PA – \$2,500
- **The Diamond Room by Spektor**, Sioux Falls, SD – \$250

FOUNDers CLUB MEMBERS

We are thankful for these donors making an annual \$100 – \$1,000 commitment to Lost&Found.

- **Alison Aadahl**, *Sioux Falls, SD*
- **Joel & Emily Barker**, *Minneapolis, MN*
- **Michael & Teresa Bell**, *Sioux Falls, SD*
- **Phillip Benedict**, *Sioux Falls, SD*
- **James & Lorna Beukelman**, *Maple Grove, MN*
- **Irma Beukelman**, *Madison, SD*
- **Travis Boyd**, *Sioux Falls, SD*
- **Elliott Breukelman**, *Coon Rapids, MN*
- **Tom Brinker**, *Minneapolis, MN*
- **Luke Buffington**, *Oak Creek, WI*
- **Anshuman Chandra**, *Sioux Falls, SD*
- **Kevin Deese**, *Buffalo, NY*
- **Joseph Eckert**, *Sioux Falls, SD*
- **Greg Erickson**, *Sioux Falls, SD*
- **Denielle Etrheim**, *Sioux Falls, SD*
- **The Longo Family**, *Omaha, NE*
- **Joel Farmer**, *Sioux Falls, SD*
- **Mikaela Fischer**, *Goodwin, SD*
- **Greg & Kit Gleason**, *Sioux Falls, SD*
- **Noël Gordon**, *Henderson, NV*
- **Kimberly Grieve**, *Vermillion, SD*
- **Joci Hansen**, *Overland Park, KS*
- **Treye Harrison**, *St. Louis Park, MN*
- **Vaughan Hennen**, *Madison, SD*
- **Nathan Hofer**, *Sioux Falls, SD*
- **Clay Hoffman**, *Brookings, SD*
- **Andrew J. Housh**, *Minneapolis, MN*
- **Jill Johnson**, *Sioux Falls, SD*
- **Jeff Juul**, *Shakopee, MN*
- **Rohan Karmarkar**, *Brooklyn Park, MN*
- **Christopher Karn**, *Rapid City, SD*
- **Anne Kelly**, *Mitchell, SD*
- **Paul & Leigh Longley**, *Sioux Falls, SD*
- **Jacquie Lonning**, *Minneapolis, MN*
- **Elizabeth Lunn**, *Minneapolis, MN*
- **Nick Maddock**, *O'Fallon, MO*
- **Jack Malone**, *Minneapolis, MN*
- **Heidi Marttila-Losure**, *Frederick, SD*
- **Kacey McCarthy**, *Sioux Falls, SD*
- **Wade McIntyre**, *Sioux Falls, SD*
- **Dylan McMahon**, *Minneapolis, MN*
- **Rick Melmer**, *Sioux Falls, SD*
- **Jeffrey Merkel**, *Minneapolis, MN*
- **Jacki Miskimins**, *Mitchell, SD*
- **Erik Muckey**, *St. Paul, MN*
- **Scott & Sheryl Muckey**, *Corsica, SD*
- **Erin Muckey Patel**, *Champaign, IL*
- **Kameron Nelson**, *Sioux Falls, SD*
- **Dr. Julene & Michael Nolan**, *Minneapolis, MN*
- **Tom & Lisa Parker**, *Sioux Falls, SD*
- **Jen Porter**, *Sioux Falls, SD*
- **Adam Rao**, *Minneapolis, MN*
- **Antonio Roa**, *Minneapolis, MN*
- **Terri Schuver**, *Sioux Falls, SD*
- **Michael Shore**, *Astoria, NY*
- **Tom Skovholt**, *St. Paul, MN*
- **Dennis "DJ" Smith**, *Seattle, WA*
- **John Stavig**, *Long Lake, MN*
- **Michael Sund**, *Minneapolis, MN*
- **Meta Swanson**, *Minneapolis, MN*
- **Angela Tona**, *Minneapolis, MN*
- **Tyler Vogel**, *Oelwein, IA*
- **Annie Walker**, *Sioux Falls, SD*
- **Ericka Waterman**, *Hopkins, MN*

A VISION FOR THE NEXT 10 YEARS

During the 10-year anniversary celebration on September 3, **Executive Director & CEO Erik Muckey** shared his vision for Lost&Found's next decade. Here is an excerpt of his speech. Watch the full celebration here: <https://www.resilienttoday.org/lostfound-10-year-celebration-video-and-transcript/>

What does the next decade bring? What it means, in the year ahead anyway, is growth. Lost&Found is growing its chapter presence and resources, doubling the number of skill resource partnerships that we're providing to the current campuses. We serve the University of South Dakota, South Dakota State University, Dakota Wesleyan University, University of Sioux Falls and Augustana University. Even in the midst of COVID, we are moving to new campuses, and I'm excited to share that we are entering new partnerships with a tribal college in South Dakota. We are entering the Black Hills region. And we're also, as of this past week, entering the Twin Cities metro for the first time.

Lost&Found is also piloting new research programs, focusing its efforts on creating a Community Mental Health Score. This tool provides administrators on college campuses with a simple diagnostic view of their policies, programs and personnel needs to help them prioritize how to invest in mental health to increase impact and change over time.

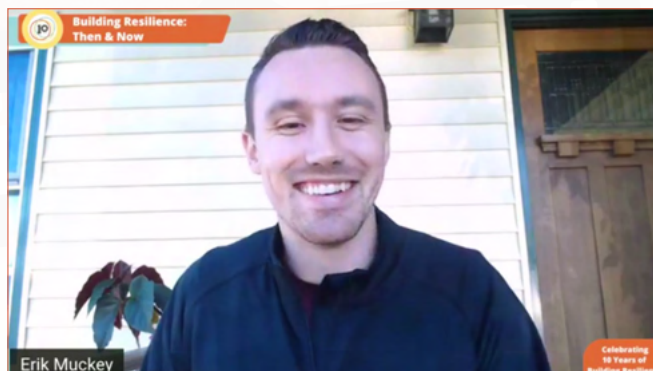
Lost&Found is also piloting new, customized training and skill development offerings to community organizations and businesses in Sioux Falls and the Twin Cities. In this year ahead, there's a lot of change happening.

Now what about the next nine years after that? What we said in the 10-year anniversary video is true. Lost&Found is focusing on reaching every single young adult it can between the ages of 14 to 35. We're not abandoning our current model—in fact, we're embracing it and deepening our commitment to current campuses while developing a network that spans multiple states around the region and country.

Campuses are so important to us, knowing that age demographic between 17 to 24 is really a time where people are developing and finding their mental health needs often for the first time, we won't abandon that. And I'm proud that we are focused fully on college campuses.

But 14 to 35 means we need to do more than serve college campuses. We will partner with current mental health resource providers in the region to begin support in K-12 education systems. We'll provide a variety of custom training and skill workshops to employers that augment Employer Assistance Programs and conduct assessments of organizational mental health. We'll increase our offerings providing resources, training, and professional support to community organizations serving young adults to ensure mental health is prioritized.

What's really awesome about where we're heading in the next decade is we're putting more attention on serving the populations that are most vulnerable among



us, particularly rural and tribal communities where we are rooted. We are rooted in South Dakota, and we are rooted in Sioux Falls. **We're affirming our commitment to Sioux Falls, and we continue to build our team around our South Dakota presence while recognizing that we're not here to play small. We're here to support any young adult we can serve. And that means thinking about new geographies and new places to go.**

Our next 10 years will be dictated by this: We are a resilience organization. And we are an organization in our state, region and country that is fully focused on young adults ages 14 to 35. There are so many organizations that try to focus on just one specific component of that age group, whether it's K-12, or campuses or employers or so on. But we know that life goes on. Once you leave high school, you go to college, you might go into the workforce instead. You might find yourself volunteering or serving in a community organization, whether it's faith community, a volunteer community, a sports community, whatever that is. To be effective in the space you have to think about the whole lifespan of a person, and to do so means thinking bigger about models, and thinking about models that have never been shown before.

When you think of Lost&Found, think of that: an organization that connects young adults with the skills and community for lifelong resilience, no matter what their circumstances might be. Think of us as community leaders, researchers, connectors, public health marketing professionals, fundraisers, whatever function we serve with a single purpose to end suicide for young adults ages 14 to 35 and ensure that their life is not defined by their mental health, but enhanced by it.

