



LET'S SUPPORT



THE CHILDREN

**LET'S  
SUPPORT  
THE  
CHILDREN**

**Annual report 2023**



December 31, 2023



Dear donors and friends of our organization,

As we step into the new year 2024, we reflect on the incredible impact your generosity has had on the children we serve through Let's Support the Children. Your commitment to our cause, supporting public school programs, has truly made a difference in the lives of countless young minds.

In 2023, thanks to your unwavering support, we were able to expand our reach and enhance the quality of education for children in public schools across Nevada and California. We finally managed to register our organization in California. Your donation has directly contributed to the success of various programs that aim to empower and inspire these students, fostering a love for learning and providing them with essential tools for a brighter future.

Here are just a few highlights of what we achieved together:

We hope to continue promoting programs that are able to provide much-needed resources such as textbooks, learning materials, and technological tools, creating environments where students can thrive academically.

Your support enabled us to organize and fund extracurricular activities, including sports, arts, and STEM programs, ensuring that children have access to a well-rounded education that goes beyond the traditional classroom setting.

Our aim is to invest in professional development opportunities for teachers, equipping them with the skills and knowledge needed to create engaging and effective learning experiences for their students.

Your generosity facilitated community outreach programs, bringing together parents, educators, and local businesses to collaboratively support the educational journey of every child in our community.

We are immensely grateful for your belief in our mission and your commitment to making a positive impact on the lives of children. Your continued support allows us to dream big and work towards creating a future where every child, regardless of their background, has access to quality education.

As we embark on another year of empowering young minds, we invite you to stay connected with Let's Support the Children. Follow our journey on social media, attend events, and witness firsthand the transformative power of your contribution.

Once again, thank you for being an integral part of our community and for championing the cause of education for all. Together, we can build a brighter tomorrow for the children who need it the most.

With heartfelt gratitude,

A handwritten signature in black ink, appearing to read 'JJ Medina', with a horizontal line extending to the right.

JJ Medina  
President and Founder  
Let's Support the Children



# ART

# &

# SPORT

Let's Support the Children's focus on helping children participate in after-school sports activities, as well as supporting sports, music, arts, and theater programs, can have numerous benefits for the children involved



# Here are some key reasons why supporting these activities is important:

## Boosting Self - Esteem

Engaging in sports and creative activities can boost children's self-esteem and confidence

- Develop skills
- Showcase their talents
- Experience a sense of accomplishment



## Developing Life Skills

Sports and creative activities teach children important life skills, such as teamwork, discipline, perseverance, and problem-solving

- Through participation
- Learn to work together
- Communicate effectively
- Manage their time
- Overcome challenges



**Healthy physical and emotional development**

Participating in sports activities promotes physical fitness and overall well-being

**Building social connections**

Sports teams and creative groups provide opportunities for children to connect with their peers, make friends, and develop social skills.

**Inclusivity and equal opportunities**

Supporting children from economically disadvantaged backgrounds to participate in after-school activities ensures that they have equal opportunities to explore their interests and talents.





By providing support for uniforms, equipment, instruments, or other needs, **Let's Support the Children** helps ensure that financial constraints do not hinder a child's participation in these activities. This support opens doors for children to pursue their interests, develop their skills, and experience the numerous benefits that sports, music, arts, and theater can offer.

The story of your founder, JJ Medina, highlights the importance of helping children overcome financial barriers to participation. By making these activities accessible, you are making a positive impact on the lives of children and empowering them to pursue their dreams.





# MENTAL HEALTH PROGRAM



The creation of Let's Support the Children's mental health program to address the growing demand for school counseling is commendable. Mental health concerns such as stress, family problems, and bullying can significantly impact young students, and having access to psychological counseling within the school setting can be crucial.



# Here are some key points about the importance of supporting such a program

## Early Intervention

Identifying children with mental health needs early on is vital for their well-being and academic success

School-based mental health programs

- Early intervention
- Provide support
- Resources to help children resilience.



## Accessibility and Convenience

Having mental health services available within the school environment increases accessibility for students and their families

## Tailored Support

School counselors trained in mental health can provide targeted interventions and individualized support to address specific concerns





## Collaborative Approach

School-based mental health programs often involve collaboration among various stakeholders

- Teachers,
- Administrators
- Parents
- External mental health professionals

Participate



## Community Impact

By supporting the mental health program, community members contribute to the overall well-being of children in their area





**Donating to Let's Support the Children's mental health program is an excellent way to make a difference in the lives of children and support the overall health and well-being of the community. By providing financial assistance, individuals can help ensure that schools have the necessary resources to offer counseling services and address the mental health needs of their students effectively.**



**Remember, mental health is a crucial aspect of a child's overall development, and supporting programs like this can have a lasting positive impact on their lives.**





# HISTORY

# &

# LITERATURE



The History and Literature program offered by Let's Support the Children sounds like a valuable initiative to promote reading and provide additional books to classrooms.



**Here are some key reasons why supporting these activities is important:**



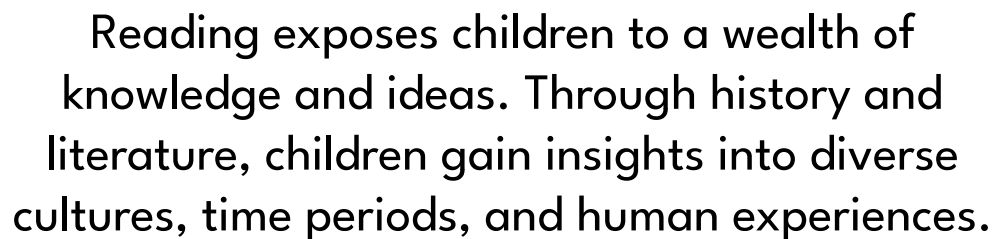
### Enriching Reading Experience



Having printed take-home books enhances the reading experience for students.



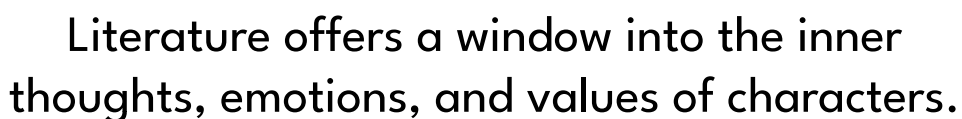
### Intellectual Development



Reading exposes children to a wealth of knowledge and ideas. Through history and literature, children gain insights into diverse cultures, time periods, and human experiences.



### Character Development



Literature offers a window into the inner thoughts, emotions, and values of characters.

## Gateway to Learning

Books serve as a gateway to learning across different subjects

## Encouraging the Tradition of Reading at Home

Having a book at home helps foster a culture of reading beyond the classroom





BPL children's library graphics

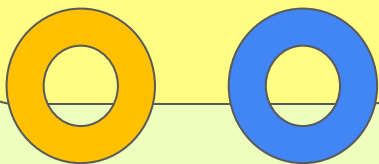


Southfield Public Library

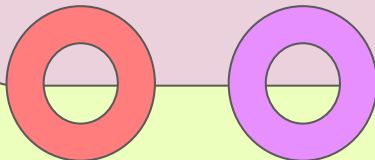


# Free Resources at Public Libraries for Your Child

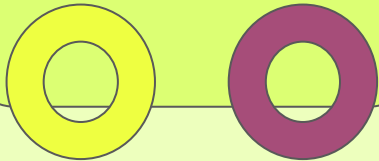
**Help with homework**



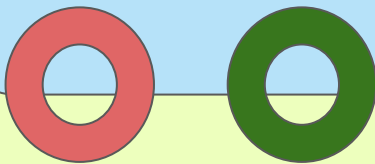
**Computers and high-speed Internet**



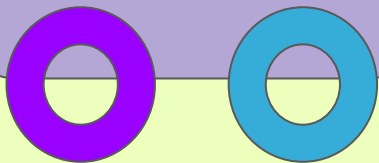
**Movies, music, board games, video games and e-books**



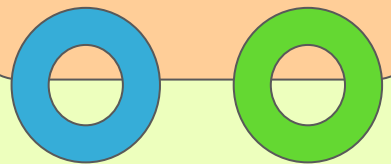
**Storytelling for toddlers**



**Afterschool and summer programs**



**Teen rooms**



**Fitness classes**



**Help those who read with difficulty**





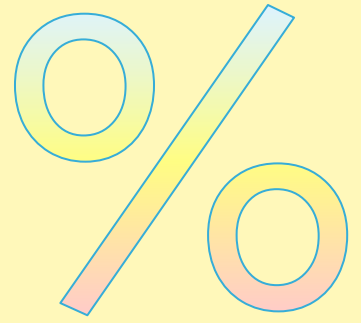
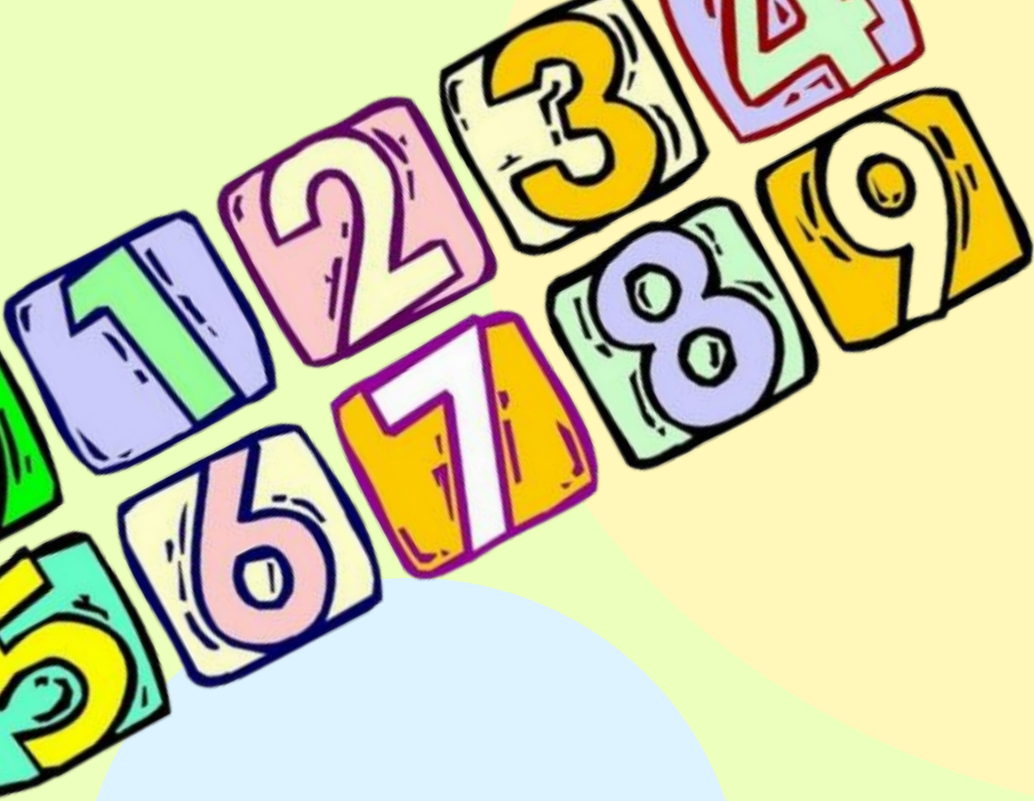
LETS SUPPORT



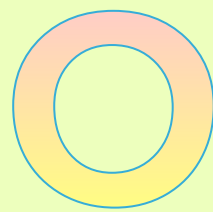
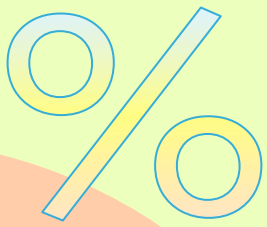
THE CHILDREN

By donating to the History and Literature program, individuals can contribute to the fulfillment of teachers' requests for additional books. This support ensures that classrooms have the necessary resources to promote reading, enrich the learning experience, and help children achieve their reading goals. By investing in this program, you are helping children develop their intellectual, emotional, and cultural understanding through the power of literature.

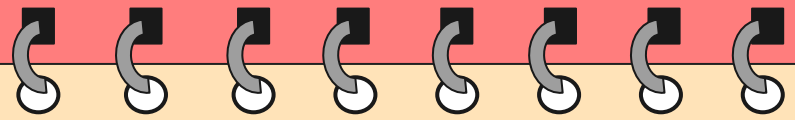




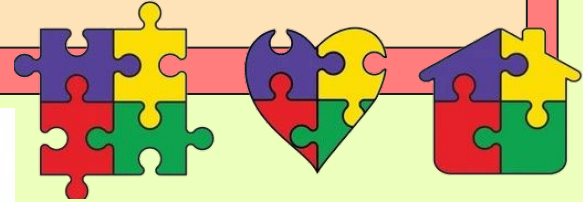
# Statistics



# AUTISM



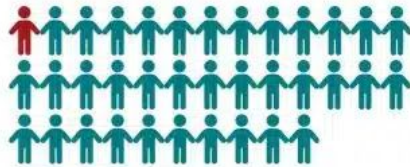
The latest research in 2023 from the CDC shows that one in 36 children is now diagnosed with autism. This is an increase from one in **44 CHILDREN TWO YEARS AGO**. Since the report was recently released, the data is likely to stay the same through 2024



## AUTISM QUICK STATS



**1 in 36 kids** identified with autism




**241%**

higher than baseline stats in 2000

Although autism can be diagnosed before a child reaches the age of two, most kids are diagnosed only after the age of

**4**



**2.2%**



**BOYS** are 4X more likely to be diagnosed than **GIRLS**

**40%** are nonverbal

**44%** Have average or above average intellectual ability

**31%** have an intellectual disability

Some areas have higher than average prevalence rates:

**California 1/26**  
**South Korea 1/38**



**36.5%** of autism caregivers use ABA

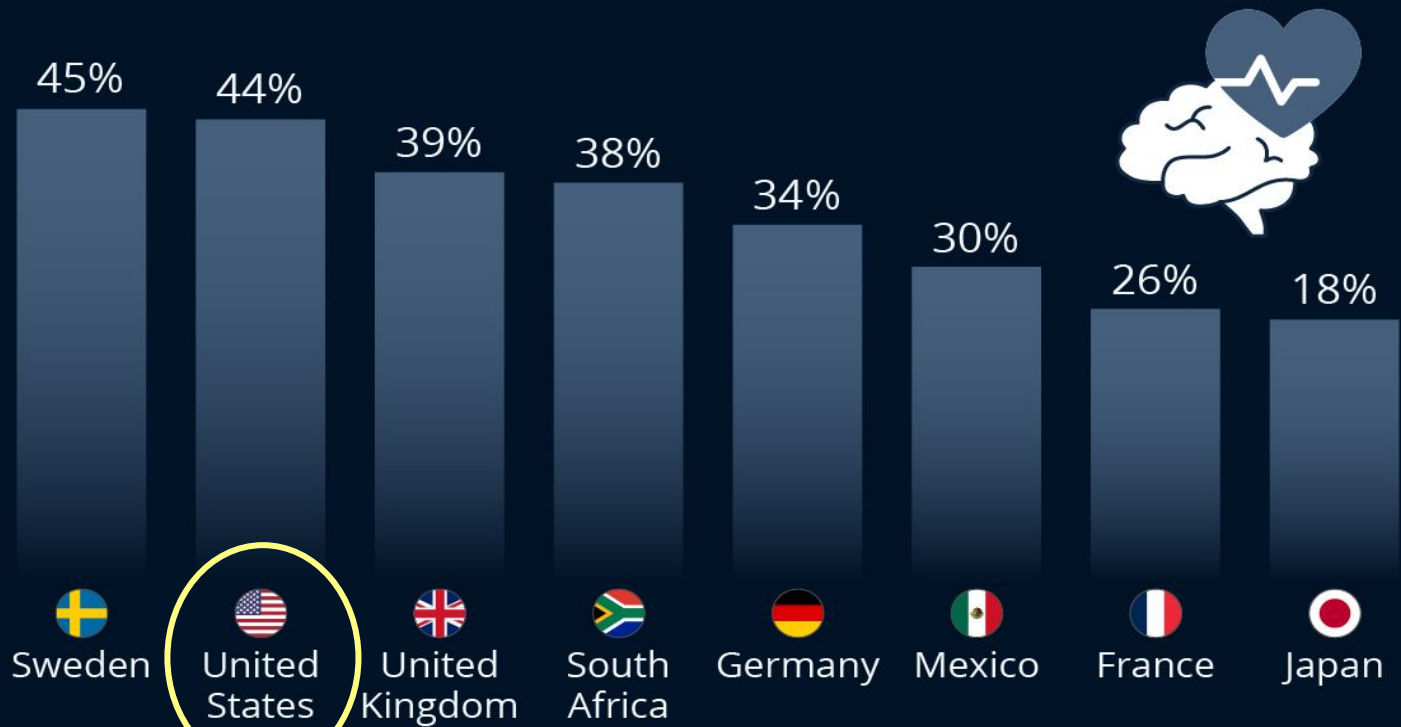


**20%** of caregivers give CBD to autistic kids



# How Widespread are Depression, Stress and Anxiety?

Share of respondents in selected countries who have experienced mental health problems in the last 12 months



1,000-10,000 respondents (18-64 y/o) surveyed per country Jul. 2022-Jun. 2023  
Source: Statista Consumer Insights

According to a survey by Statista Consumer Insights, nearly half of the respondents interviewed in Sweden and USA reported having experienced mental health problems such as depression, stress or anxiety in the twelve months prior to the poll. The share was comparatively lower in countries such as Mexico, India, France and China

# Education - UNESCO

%  
99

The literacy rate is approximately 99%. The **UNESCO** assigns the country an education index of 0.97, the 12th highest in the world. According to Unesco, the United States is the country with the second most higher education institutions in the world, with a total of 5,758 and an average of more than 15 for each state.

## Graduated

**Students  
graduated from  
high school  
(REDEM, 2022)**

87%



# Annual Plan

# 2024

LET'S SUPPORT



THE CHILDREN

# Mission Statement

**Let's Support the Children is dedicated to promoting mental health and well-being among children in public schools through comprehensive support programs, advocacy, and awareness campaigns**

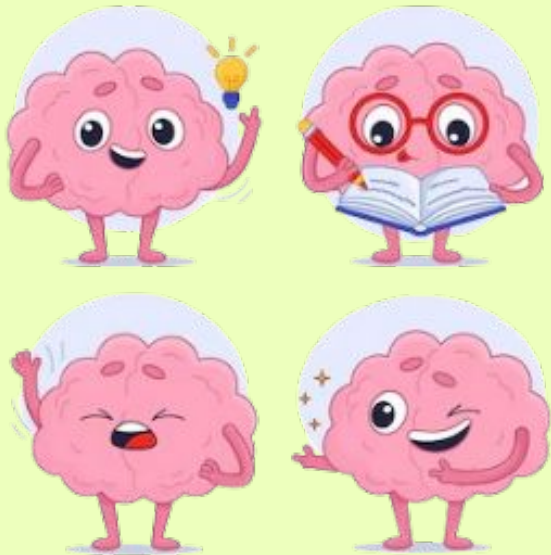
**As we reflect on the accomplishments of the past year and the challenges that lie ahead, Let's Support the Children is committed to enhancing our efforts to address the mental health needs of children in public schools. With a focus on collaboration, innovation, and evidence-based practices, we present our plan for 2024.**



# GOALS

## Expansion of School-based Programs

Expand the reach of our existing mental health programs to more public schools across the region, prioritizing underserved communities

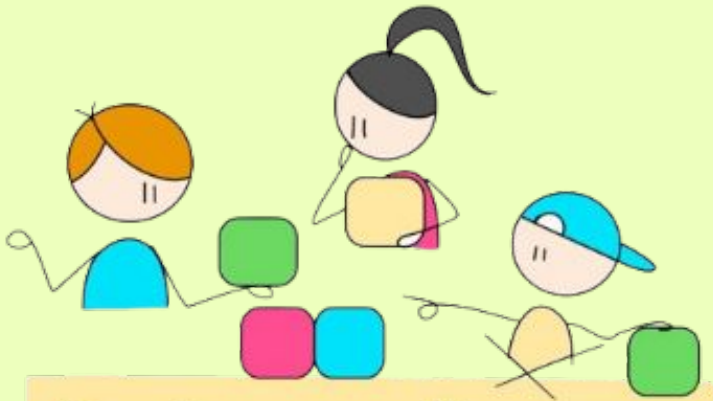


Develop tailored interventions and workshops to address specific mental health concerns prevalent among children, such as anxiety, depression, and trauma.





# ***Training and Capacity Building***



Provide comprehensive training sessions for school counselors, teachers, and administrators on recognizing signs of mental health issues and implementing effective support strategies

Foster partnerships with mental health professionals and organizations to offer specialized training and resources for school staff



# ***Community Engagement and Advocacy***

Launch community forums and workshops to raise awareness about the importance of mental health in children and reduce stigma associated with seeking help

Advocate for increased funding and resources for mental health services in public schools through strategic partnerships with policymakers and stakeholders



# Technology Integration



Explore innovative ways to leverage technology to deliver mental health support and resources to children, families, and educators, including online counseling services and mobile applications

Collaborate with tech companies and developers to create interactive tools and platforms aimed at promoting mental well-being and resilience



# Research and Evaluation

Conduct research studies to assess the effectiveness of our programs and interventions in improving children's mental health outcomes.

Utilize data-driven insights to continuously refine and adapt our approaches to better meet the evolving needs of the communities we serve



# Partnerships and Collaborations



Strengthen partnerships with local schools, government agencies, community organizations, and mental health professionals to enhance the impact and sustainability of our initiatives

Collaborate with universities and research institutions to explore cutting-edge strategies and best practices in child mental health promotion

**In 2024, Let's Support the Children remains steadfast in its commitment to empowering children with the tools and support they need to thrive emotionally and academically. By prioritizing collaboration, innovation, and advocacy, we aim to create a future where every child has access to the mental health resources and support they deserve. Together, we can make a lasting difference in the lives of children and build healthier, more resilient communities.**