



# ANNUAL REPORT



2024

Let's  
SUPPORT THE  
CHILDREN







## Executive Annual Letter

Dear Friends and Supporters,

As we look back on the past year and ahead to the promise of 2025, I write to you with deep gratitude and renewed determination. My name is **Jasmine Medina**, and I am honored to step into the role of leading **Let's Support the Children** as we continue our heartfelt mission: empowering young minds through education, mental health support, and access to sports and enrichment programs.

Across communities, we've seen schools face increasing pressure—not only in providing quality academic instruction but also in supporting the *emotional resilience* of our students. The mental health of children and adolescents has become an urgent issue, and our response must be one of compassion, action, and sustained investment. At Let's Support the Children, we believe that academic success cannot be separated from emotional well-being.

Our work continues, and we hope to provide mental health workshops, supplies for classrooms, and equipment to support youth athletics—because we know that sports help children build confidence, discipline, and connection.

As we look forward to 2025, our commitment is growing. We are expanding outreach to underfunded schools and programs in need of urgent support. We are investing more deeply in youth mental health initiatives—partnering with counselors, teachers, and families to build a stronger foundation for every child's future.

This is a mission we cannot accomplish alone. I invite you to join us in creating a brighter, more supportive world for children. Every donation—large or small—makes a tangible difference.

Together, let's ensure that every *child* feels seen, supported, and inspired to thrive. Thank you for believing in the power of education, wellness, and opportunity.

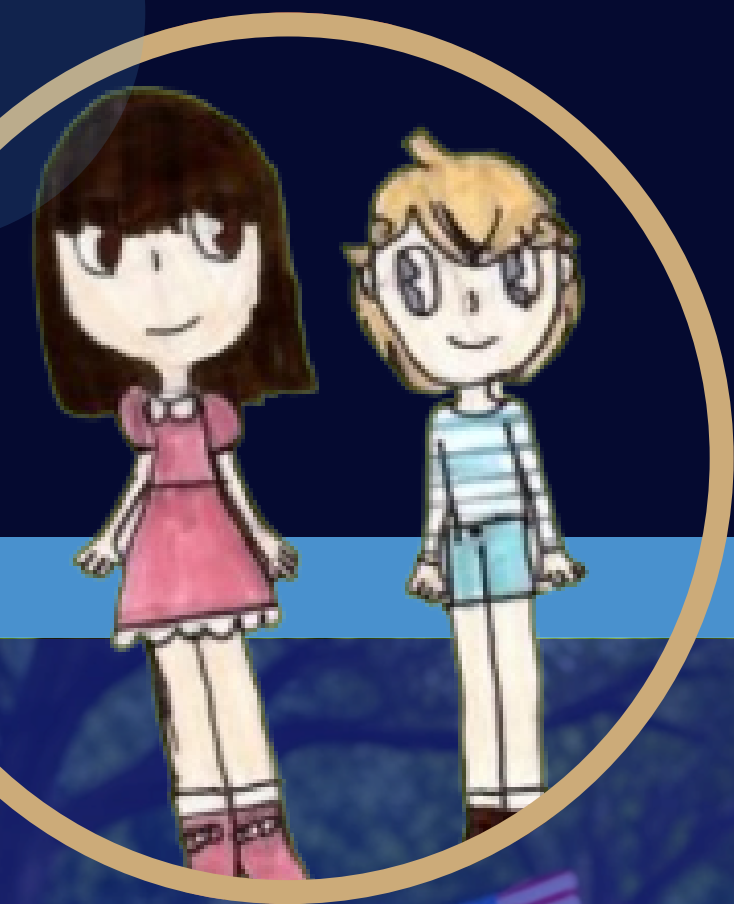
With gratitude and hope,

**Jasmine Medina,**  
Executive Director,  
*Let's Support the Children.*



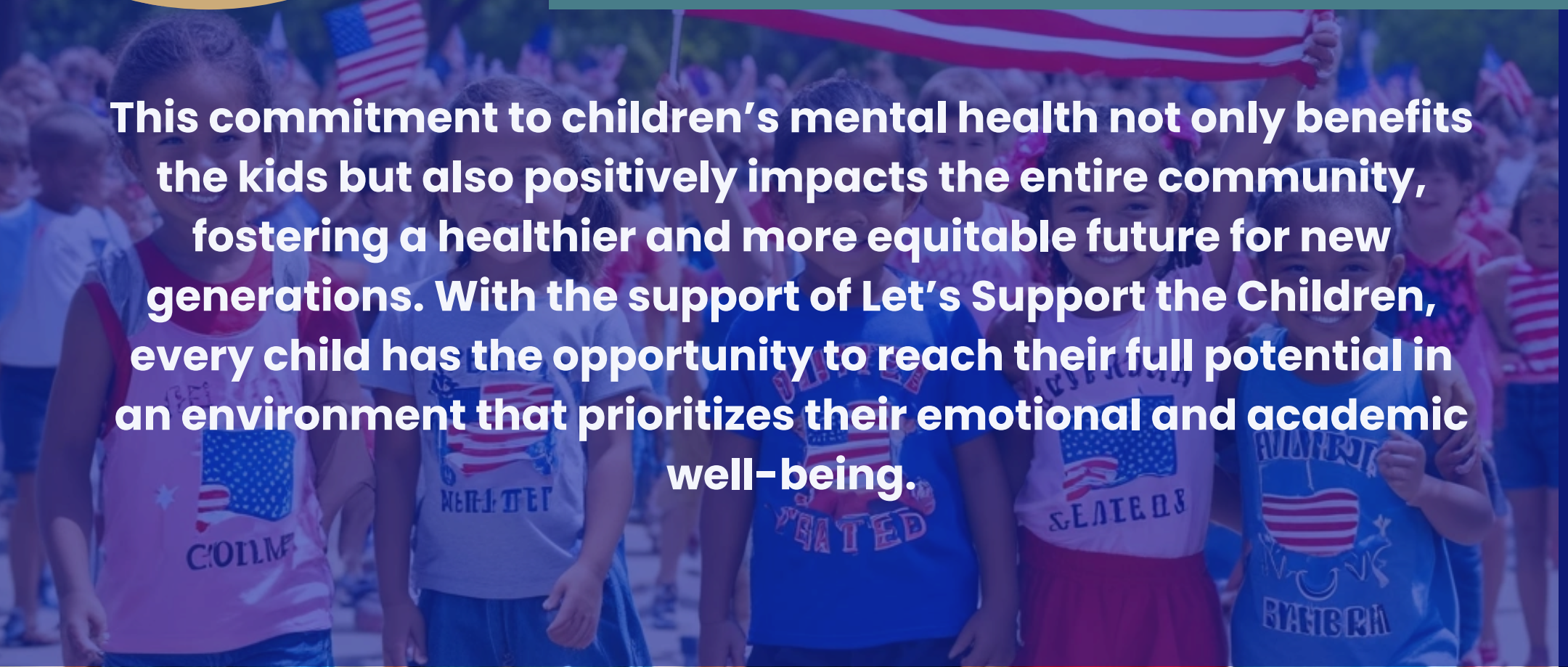
# WELCOME...

Children's mental health is a fundamental pillar for their overall development. Factors such as stress, anxiety, bullying, and family difficulties can significantly impact their emotional well-being and academic performance. A preventive and supportive approach in school environments is essential to ensure that children grow up in healthy settings, strengthening their self-esteem, social skills, and resilience.



Let's Support the Children has become a key ally in this mission by implementing mental health programs in public schools. Through teacher training, access to school counseling, and the promotion of inclusivity, this organization works to provide a safe and enriching environment where children can express their emotions, receive support, and develop strategies to face life's challenges. Additionally, its initiatives in sports, arts, and literature complement this approach, allowing children to find spaces for expression and personal growth.

**This commitment to children's mental health not only benefits the kids but also positively impacts the entire community, fostering a healthier and more equitable future for new generations. With the support of Let's Support the Children, every child has the opportunity to reach their full potential in an environment that prioritizes their emotional and academic well-being.**





# Important elements of the program



Mental Health



Art and Sport



History and Literature

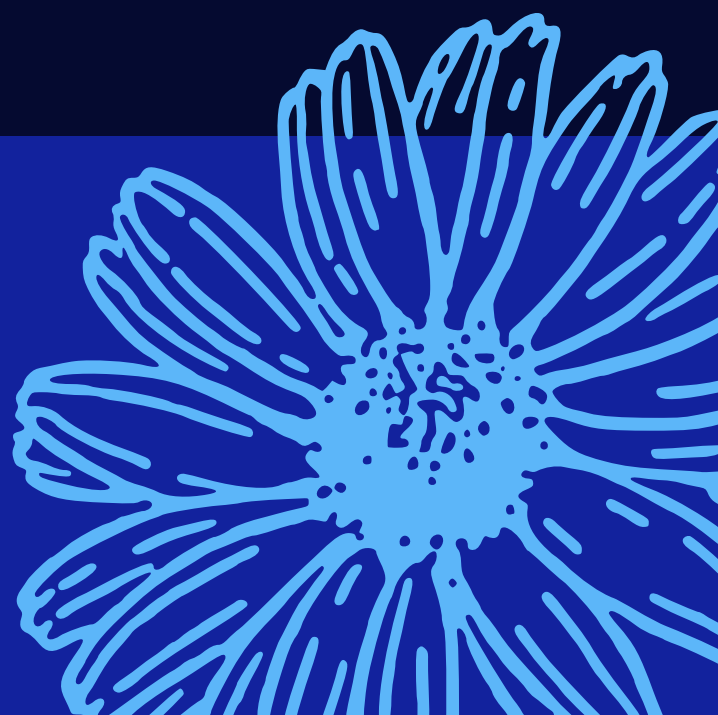
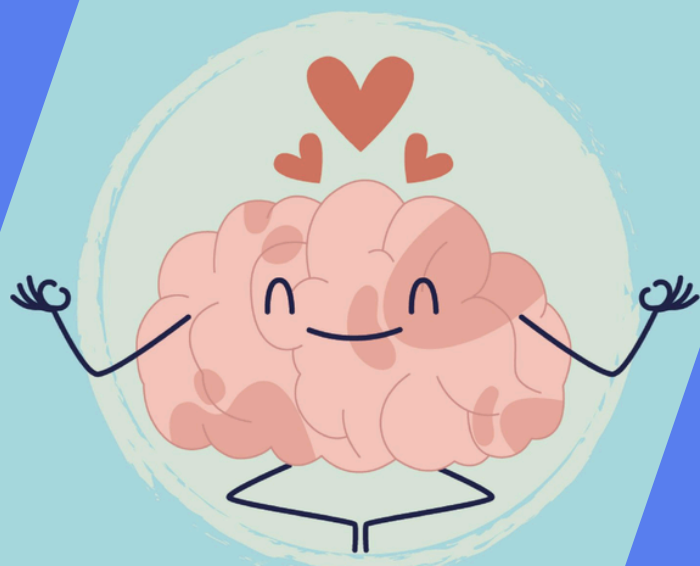


# Mental Health program

The Let's Support the Children program responds to the growing need for mental health support in schools. Issues like stress, bullying, and family problems can seriously affect students.

Providing counseling within schools makes help more accessible and creates a safe environment for children to express their emotions and get support.

Early intervention is key. Detecting problems early helps children build resilience, improve well-being, and succeed in school.





# MENTAL HEALTH IS A TEAM EFFORT



1. Early Intervention
2. Accessibility and Convenience
3. Tailored Support
4. Collaborative Approach
5. Community Impact



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Supporting Let's Support the Children's mental health program through a donation is one of the most impactful ways to create positive change in the lives of young students. Your generosity helps provide schools with essential resources—trained counselors, therapeutic tools, and tailored programs—that address the mental and emotional challenges children face daily.

Mental health is a critical foundation for learning, growth, and resilience. Without proper support, children struggling with stress, anxiety, bullying, or family difficulties may fall behind academically and socially. By investing in this program, you are giving them a chance to build coping skills, self-confidence, and hope for a brighter future.

Moreover, your contribution extends beyond individual students. It strengthens families, supports teachers, and fosters healthier, more compassionate communities. Together, we can ensure that every child has access to the care they deserve and the opportunity to thrive in a safe and nurturing environment. Your donation is not just charity—it's an investment in the well-being and success of the next generation.





# Art And Sport

**Let's Support the Children is dedicated to empowering children by encouraging their participation in after-school sports, music, arts, and theater programs.**

**These activities offer far-reaching benefits that contribute to the children's physical, emotional, and social development. Below are some key reasons why supporting and promoting these programs is essential for nurturing well-rounded and confident young individuals.**







- **Boosts Self-Estee:** Participating in artistic or sports activities helps children discover their talents and feel proud of their achievements.
- **Teaches Life Skill:** They learn discipline, perseverance, teamwork, and problem-solving—skills that are essential for personal and future professional growth.
- **Supports Physical and Emotional Development:** Sports improve physical health, while art provides an outlet for emotional expression and stress relief.
- **Strengthens Social Connections:** Being part of a team or creative group helps children make friends, develop empathy, and learn to collaborate.
- **Encourages Creativity and Self-Expression:** Art allows children to express themselves freely, fostering self-identity and critical thinking.
- **Improves Academic Performance:** Studies show that children involved in extracurricular activities often perform better in school.
- **Reduces Risk of Negative Behaviors:** Staying engaged in positive activities lowers the risk of isolation, bullying, or harmful habits.
- **Promotes Inclusion and Equal Opportunities:** Removing financial barriers ensures that all children, regardless of background, can explore their passions and talents.





# ***Let's Support the Children and Jairo Cajina***

At Let's Support the Children, we recognize that financial challenges can prevent many children from participating in the activities they love. That's why we strive to provide support so that more children have the opportunity to engage in sports, music, arts, and theater without limitations.

When children are given the chance to explore their passions, they discover their strengths, build confidence, and develop lifelong skills. Our mission is to open those doors—and keep them open—so no dream is out of reach.

The story of our founder, JJ Medina, is living proof of what happens when a child is given a chance. By removing financial barriers, we don't just support activities—we change lives. Every child deserves the opportunity to shine, and with your support, we're making that possible.







# LIBRARY

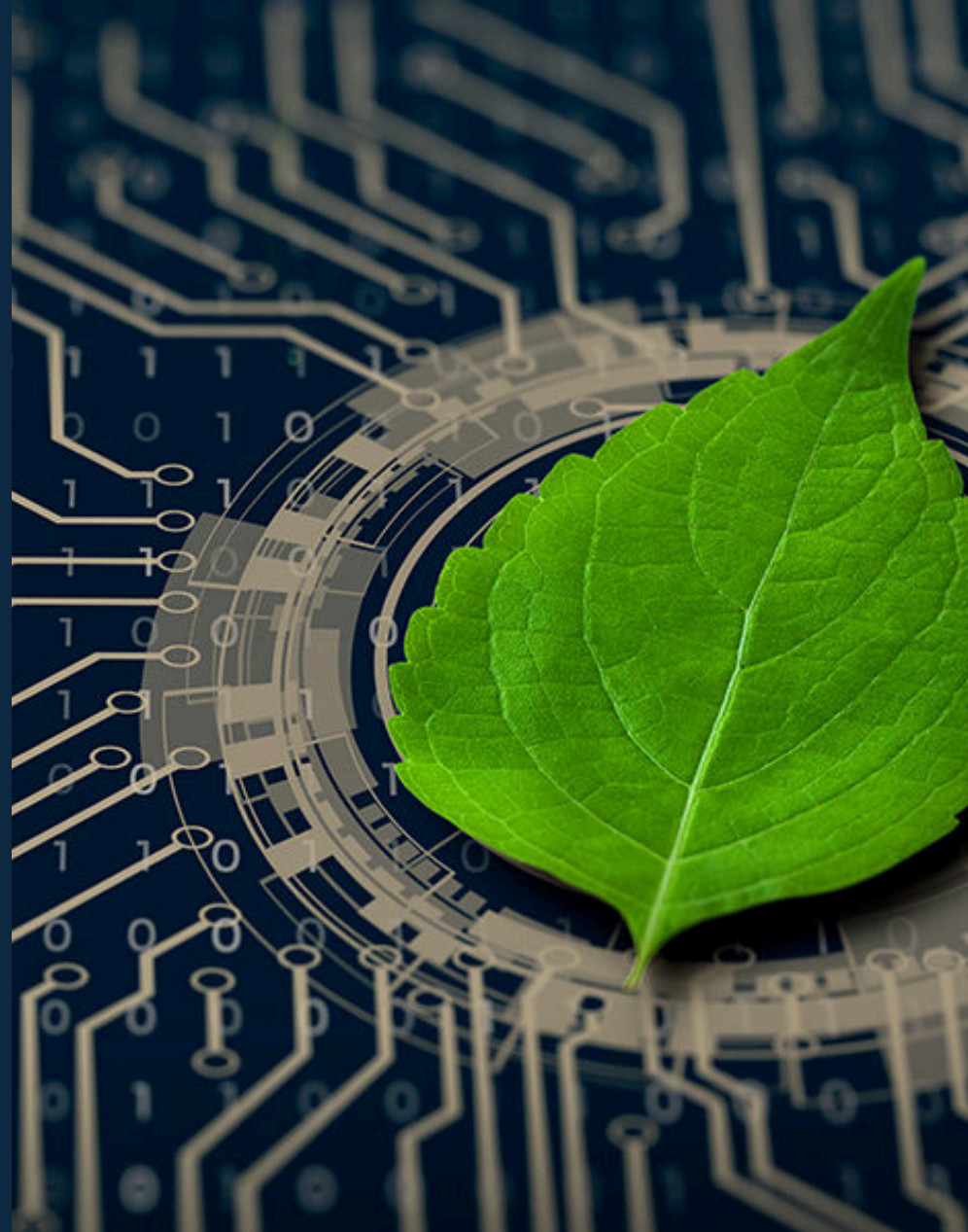


# HISTORY AND LITERATURE

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.







Printed take-home books offer children more than just stories—they create a richer, more personal reading experience. Holding a physical book allows students to connect emotionally with the text, immerse themselves in its world, and develop a lasting love for reading.

Combined with technology—such as e-books, audiobooks, and interactive learning platforms—children can access a wider range of materials, explore different formats, and strengthen both their literacy and digital skills. This blend of traditional and digital resources maximizes engagement and accessibility.

Through literature in all its forms, children gain knowledge, discover new perspectives, and build critical thinking. Whether through printed pages or digital screens, books remain a gateway to endless learning, sparking imagination, empathy, and personal growth.



Placing a book in a child's home is more than giving them something to read—it's opening a door to imagination, knowledge, and personal growth. When children have books they can take home, reading becomes a habit that extends beyond the classroom, strengthening literacy skills and planting the seeds for a lifelong love of learning. And when this tradition is paired with access to digital tools and e-books, it blends the richness of print with the opportunities of technology, preparing children for the world they live in today.



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By supporting the History and Literature program, you give teachers the resources to inspire young minds both on the page and on the screen. Your contribution not only enriches education but also shapes curious, confident, and culturally aware children—empowering them to dream bigger, aim higher, and succeed in a connected, global world.



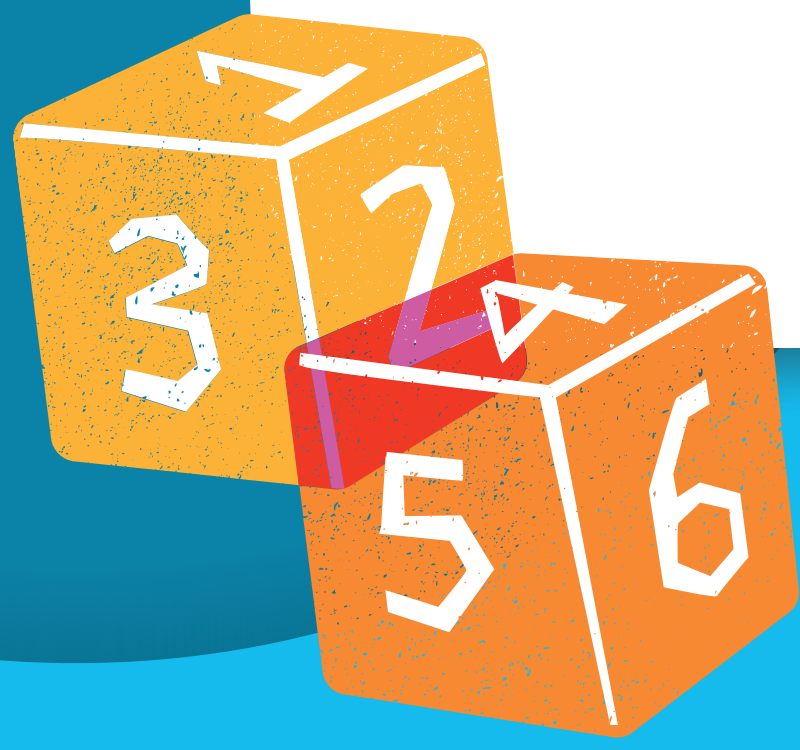


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DID YOU  
KNOW?

# Statistics





# AUTISM

Approximately 1 in 36 children in the U.S. are diagnosed with Autism Spectrum Disorder (ASD)

The CDC's ADDM Network reports a prevalence of 1 in 31 children aged 8 years (about 3.2%)

The rise in reported cases is largely due to improved diagnostic tools, broader awareness, and expanded screening—not necessarily an actual increase in autism prevalence



## Prevalence of Autism

**5.9%** of school aged children were recorded with an autism diagnosis in 2024/25



8.3%

3.4%

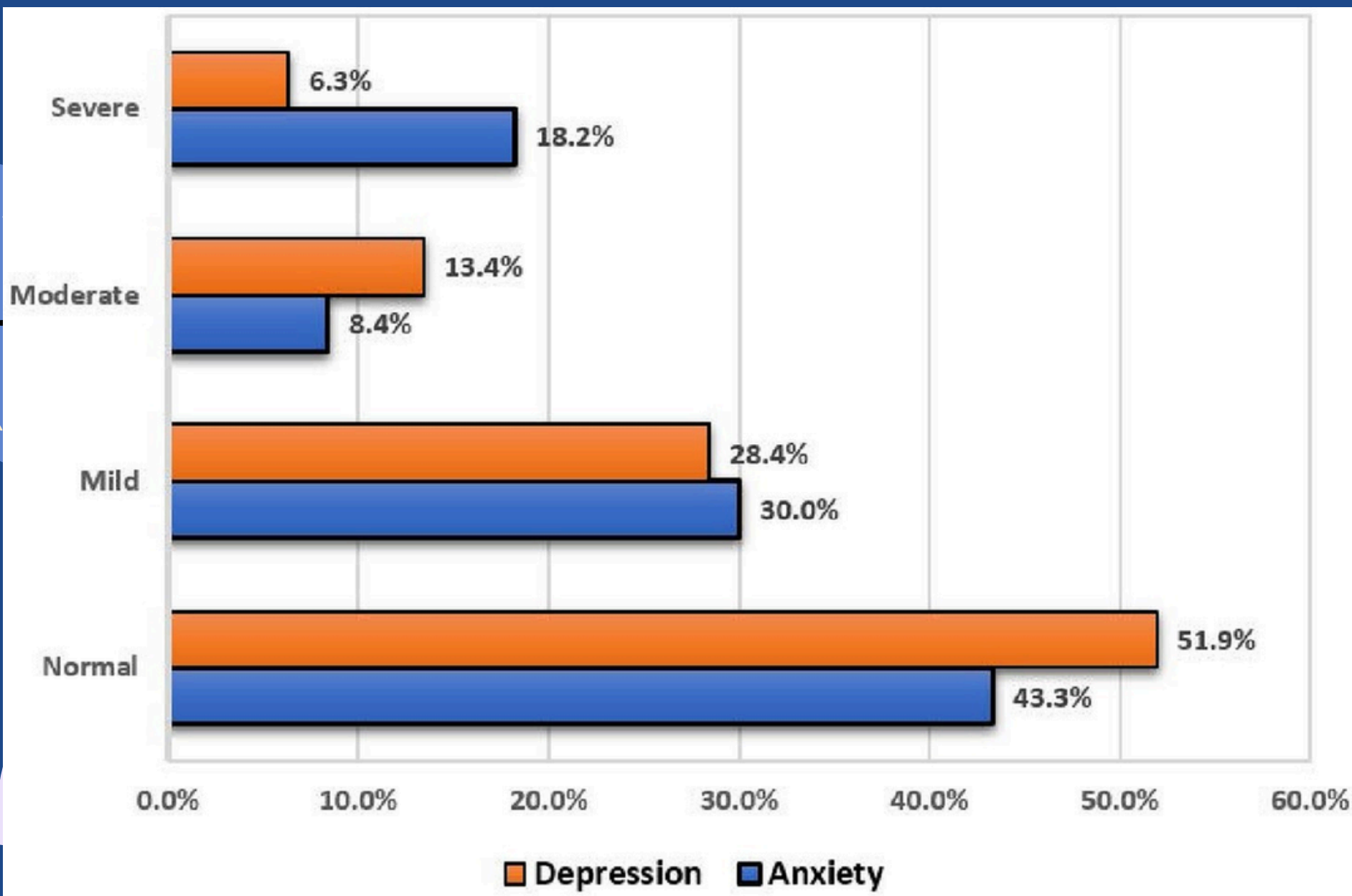
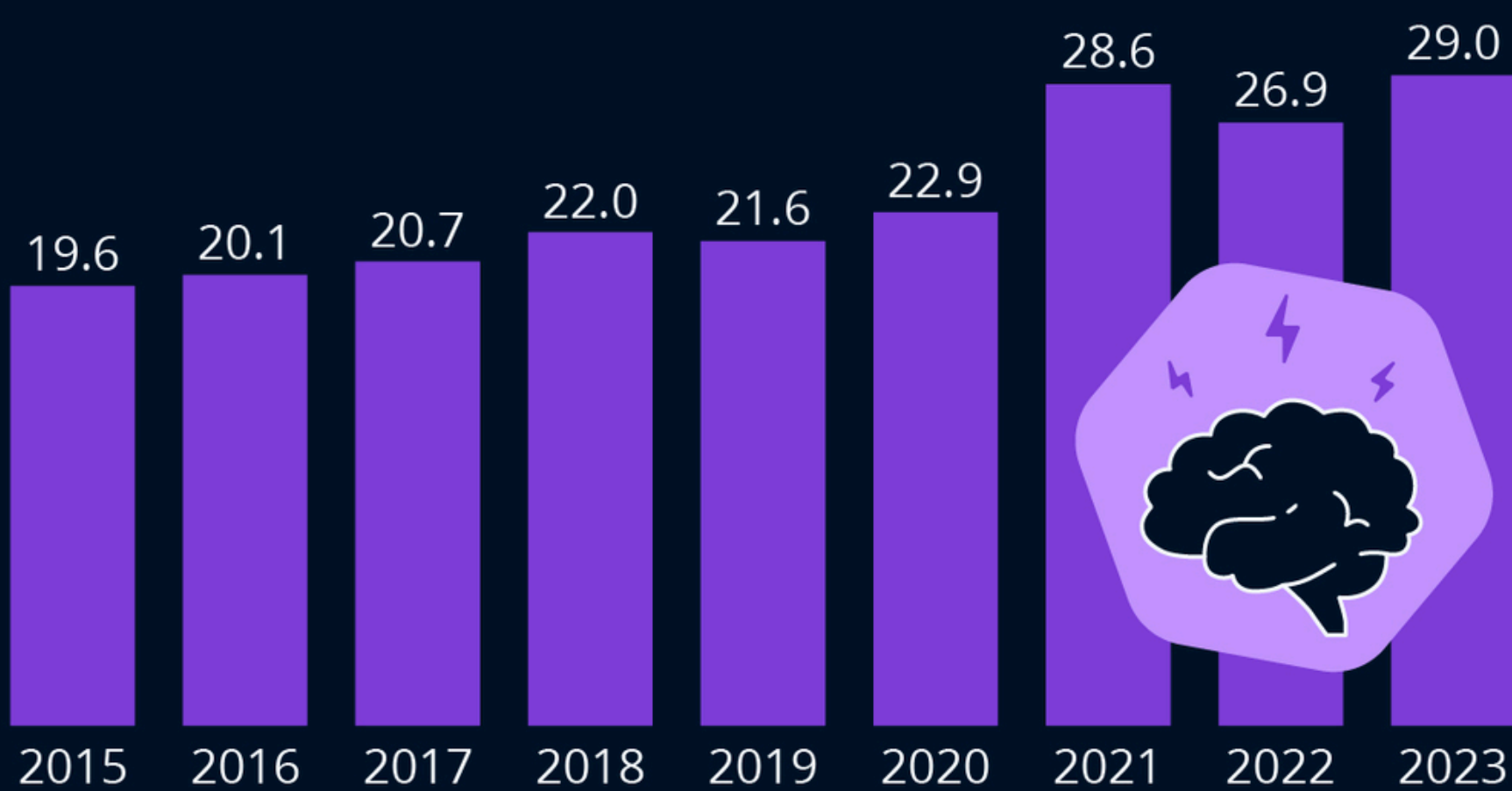
**18%**

of children recorded with an autism diagnosis did not have Special Educational Needs



# U.S. Depression Rate Reached a New High in 2023

Share of respondents who have ever been told by a nurse or doctor that they have depression (in percent)





# Education UNESCO



UNESCO continues to advance Sustainable Development Goal 4 (SDG 4) — ensuring inclusive and equitable quality education and promoting lifelong learning opportunities for all. Efforts emphasize reducing disparities and reaching marginalized groups.

2024 highlights include expanding the ethical use of AI, digital tools, and e-learning platforms to enhance teaching and learning experiences worldwide while ensuring accessibility and equity.

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According to the 2024 Condition of Education Report from the National Center for Education Statistics (NCES), in the 2021–22 school year, the adjusted cohort graduation rate (ACGR) for public high school students in the U.S. was 87%, representing an increase of 7 percentage points compared to a decade ago.







2025

# Annual Plan

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# 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**

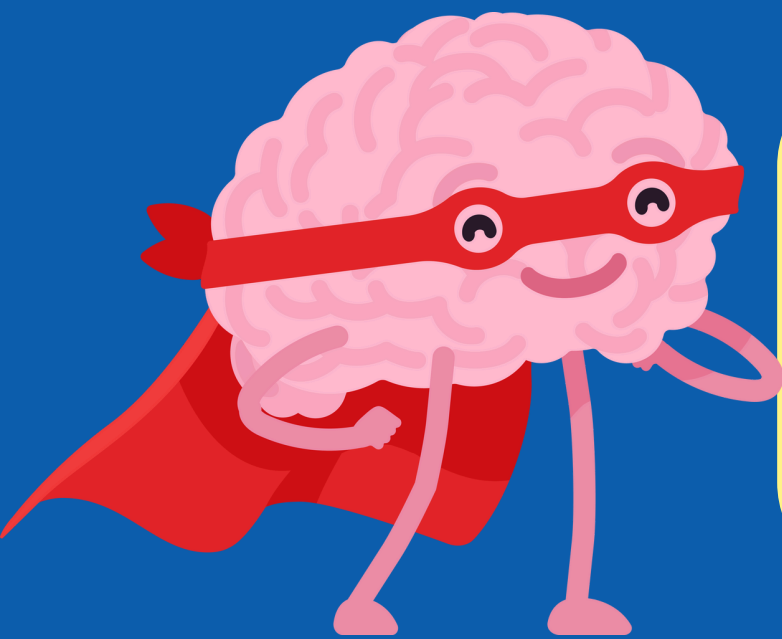
As we reflect on the achievements of the past year and the challenges ahead, Let's Support the Children reaffirms its commitment to strengthening mental health support for children in public schools. In 2025, we will focus our efforts on collaboration, innovation, and evidence-based practices to provide more effective and transformative support.





# 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





# 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

