

Katrina Tagget Memorial Foundation

January 12, 2011

Dear Friend of Katrina Tagget,

It is so true when they say, “helping others is healing”. Truly all the wonderful work you do to help us support the shame, silence, and stigma of suicide is helping us to not only to spread the fact that depression kills but is also helping us to grieve. Thank you for helping us to let Kara be remembered through mental health awareness and suicide prevention programs.

Did you know every year in the United States,

- **There are 34,500 deaths due to suicide**
- **Someone dies by suicide every 16 minutes**
- **1,100 college students complete suicide every year**
- **Suicide is the second leading cause of death among 15 to 19 year olds**
- **4,000 people ages 15-24 die by suicide**
- **One in ten high school students attempt suicide, while one in five has had suicidal thoughts within the previous year**
- **The suicide rate for 10 to 14 year olds has tripled in the last three decades**
- **70% of youth who make a suicide attempt are frequent users of alcohol and/or drugs**

So, what can we do? Unlike cancer and other diseases, suicide is preventable. Suicide is primarily a result of mental illness. Over 90% of suicides have a diagnosable, treatable mental condition at the time of their death. People with mental illness don't “choose to die”, rather their illness takes away their fight to live. With therapy, medication and support we can fight this terrible disease called DEPRESSION!

**If tears could build a stairway,
And memories were a lane,
I would walk right up to Heaven
To bring you home again.
No farewells were spoken,
No time for goodbye,
You were gone before I knew it,
And only God knows why.
My heart still aches in sadness,
And secret tears will flow,
What is meant to me to lose you,
No one will ever know.**

--- Author Unknown



MSU RCPD Awards, April 23, 2010

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2010 Review

Our various fundraising efforts raised approximately \$4,600 which included Kookie Exchange, Kara's Grandpa's Birthday Party, Chili's Fundraiser, Pampered Chef Fundraiser, Katrina Tagget Memorial Bracelet 2010 sales, and general donations. The Kara Tagget Open was another sell-out, hosting 136 golfers, over 25 volunteers, and raised about \$18,000. The Katrina Tagget Fellowship at Michigan State University was awarded to a sophomore student, Marissa Poe, who like Katrina, is an exceptional young woman who exemplifies the spirit of Katrina. Team Katrina "Kara" had 25 walkers and raised \$8,380 for the American Foundation for Suicide Prevention (AFSP) via their Out of the Darkness Walks in Maryland.



Katrina "Kara" Kookie Exchange, May 1, 2010



Kara Tagget Open, July 19, 2010

During 2010, KTMF donated funds to Grass Roots for their crisis intervention program and survivor of suicide support, to National Alliance for Mental Illness (NAMI) of Howard County for their "free" programs to support families and individuals living with mental illness, and to Johns Hopkins University, for their Adolescent Depression Awareness Program (ADAP) for implementation in Howard County high schools. KTMF funded an educational webinar about depression and suicide at Grass Roots. Grass Roots also hosted "Life Matters" an educational program to recognize World Suicide Prevention Day and National Survivor of Suicide Day. The Katrina Tagget Fellowship 2009 recipient and

RCPD mentor, Ginette Golembiewski, was a strong advocate for depression awareness at MSU. MSU received a Garrett Lee Smith Suicide Prevention Grant which has enabled them to launch several programs for awareness about depression and suicide prevention including organizing student led chapters for Active Minds and To Write Love on Her Arms, hosting their first National Survivor's of Suicide Day, and suicide prevention training for faculty, staff and students.

A very special thank you to the following individuals and groups who went above and beyond in their efforts to help us with our mission,

Brian Greenbaum and the HABA group
Tamara Van Newkirk, Grass Roots
Amanda Bruce Ganoë, AFSP
Susan Helsel, NAMI
Jen Walsek, Chili's Fundraiser
Denise Kelehan and Debbie Rohleder, designers of Katrina Bracelet
Tricia Wilson, Pampered Chef
Shirley & Duane Massman, Kara's Grandparents
Dr. Jan Collins-Eagan and the MSU Counseling Staff



Katrina Tagget 2010 Bracelet

www.shopjust4you.com



we give to remember

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2011 Events

- April -- MSU RCPD Awards Ceremony, Maryland
- April -- Out of the Darkness Walk, Michigan
- April 30 — Katrina “Kara” Kookie Exchange & Kara’s Birthday, Maryland
- June 4-5 --- National Out of the Darkness Walk, New York
- July 18 -- Kara Tagget Open, Marriottsville, Maryland
- September 20, 2010 – 3rd year anniversary Katrina’s death
- October – Out of Darkness Walk, Maryland



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