



Teenage Anxiety & Depression Solutions

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Thanksgiving Day, 2015

Dear Friend;

Deb & I send our warmest greetings during this holiday season and hope that this message finds you and your family happy, healthy, and full of good cheer.



I have been writing these letters for six years and have continued to be overwhelmed by your response of inspiring generosity. Looking back at the first letter that I sent, just one year after Jeffrey's death, I concluded with this:

Deb & I have learned many things over the past year. One of the things we've learned is that suicide is not a choice. It happens when the pain exceeds the resources for coping with the pain. Please help us to help others to find a healthy way to stop the pain of depression.

Many people have stepped forward to support our efforts over these past six years, and with your help, TADS has been able to establish itself as recognized advocates for mental health in Massachusetts.

I have purposely timed these letters to be received right around Thanksgiving, a time when many of us take stock of our lives, consider our blessings, and then make donations to causes that we find to be worthy of our support. The practice that Deb & I follow for Thanksgiving, has been **thanks** on Thursday and **giving** on Friday, when we would start our day by writing some checks to our favorite charities.

In recent years, a new practice has taken hold - #GivingTuesday – and they even have a web site, which states:

We have a day for giving thanks. We have two for getting deals. Now, we have #GivingTuesday, a global day dedicated to giving back. On **Tuesday, December 1, 2015**, charities, families, businesses, community centers, and students around the world will come together for one common purpose: to celebrate generosity and to give.

It's a simple idea. Just find a way for your family, your community, your company or your organization to come together to give something more. Then tell everyone you can about how you are giving. Join us and be a part of a global celebration of a new tradition of generosity.

That date struck me. #GivingTuesday this year will fall on December 1st, which will be the 6th anniversary of Jeffrey's passing.

Six years. In some ways it seems like a very long time. But it also seems the time has flown by.

So let's see what we have been able to accomplish in those six years. Here are some highlights in the three elements of our mission.

Raising Awareness

We keep a Facebook page – TADS - Teenage Anxiety & Depression Solutions – where we post online articles that address mental health issues intended primarily, but not exclusively, at the parents of teenagers. A sampling of recent articles include “Mental Health Caregiving: 3 Ways to Understand Mental Exhaustion,” “7 Best Exercises For Stress, Because Workouts Can Help Tame Your Anxiety,” and “Nutritional psychiatry: Your brain on food.” Several people from Groton are frequent visitors to this page, as well as people from faraway lands such as California, Oregon, Oklahoma, Tennessee, Virginia, and Australia, India, Pakistan, and the United Kingdom. Information about mental health is yearned for by people all over the world.

Providing Education

Since 2010, TADS has been providing suicide prevention training for educators, by collaborating with *Screening for Mental Health* who have provided trainers for their *SOS Signs of Suicide* curriculum for middle schools and high schools. We have also been fortunate to have received grants from the Groton-Pepperell Rotary for the past three years to help pay for these training events. Two years ago, after getting more requests for the training than we could accommodate, we added a 2nd day of training. Last year, we again needed to turn some people away despite having two days of training. So this year, we have added a 3rd day of training and expect to provide this valuable training to about 200 people.

Enabling Access to Care

When Deb and I first found out about the INTERFACE Referral Service, they were servicing about a dozen towns. Today the INTERFACE Referral Service is available in 45 Massachusetts towns. Eleven of these are directly a result of TADS’ efforts and a few more are as an indirect result of our efforts. This means that every month dozens of people are able to get easy access to mental health care because of TADS.

All of this work is only possible because of your past and continued support. On behalf of the many parents who have benefitted from the information we provide, and on behalf of the many young people who have received the treatment they need to improve their mental health: **THANK YOU for making this work possible.**

Please help us to continue our important work by making a tax-deductible donation to TADS. Please make your check payable to TADS and return it in the enclosed envelope.

Warmest regards,

Steve Boczenowski
President & Founder
Teenage Anxiety and Depression Solutions (TADS)