



## Media Release

- Contact 1: Cindy Ardis Jenkins, Tim Ardis Foundation for Hope Board Secretary, 309-687-7205
- Contact 2: Katie Jones, Mindock Counseling & Consulting Associate, 309-339-9211
- Contact 3: Steve Ptacek, Richwoods High School Principal, 309-693-4400
- Contact 4: Stacey Shangraw, Peoria Public Schools District #150, 309-672-6745

(Peoria, IL. January 18, 2011) The Tim Ardis Foundation for Hope is pleased to award a grant to support Programs for Awareness, Screening and Support (PASS) for freshman students at Richwoods High School during the 2010 - 2011 school year. Administered by Mindock Counseling and Consulting, these programs unite teachers, parents and youth in promoting mental health and well-being.

This generous grant of \$20,000 will fund educational programs that teach youth how and when to help a friend in need. In addition, parents will be invited to register their youth for the TeenScreen® program, an evidence-based screening model of the TeenScreen® National Center for Mental Health Checkups at Columbia University. Teachers, counselors and staff at Richwoods High School will be given a presentation on how to respond if a student is identified as being at risk for suicide. Furthermore, students will be encouraged to "Say It Out Loud" if they or someone they know is dealing with a mental health issue with the help of the *Say It Out Loud* campaign, a program of the state of Illinois Department of Human Services, Division of Mental Health.

"It is so important for youth as well as adults to understand that depression is an illness much like cancer, heart disease and diabetes and, as such, we should not be ashamed or embarrassed to seek treatment in order to maintain our emotional well-being," says Cindy Ardis Jenkins of the Tim Ardis Foundation for Hope. "We are proud to support this project that is well-aligned with our mission to provide education and awareness about depression and other mental health illnesses to put an end to the associated stigma and prevent the inconceivable tragedy of suicide." Programs will continue throughout the school year, and students will be referred for additional community-based services. Contact persons listed above are available for interview for additional program information.

Founded in 2003, the Tim Ardis Foundation for Hope was created as a means to assist those suffering from depression and other mental illnesses, through funding programs aimed at awareness, education and support. More information can be found at [www.timardisfoundationforhope.org](http://www.timardisfoundationforhope.org).

Mindock Counseling and Consulting offers a continuum of services including prevention education, early intervention screening, direct counseling, and postvention services. The group is led by Sharon Mindock, LCPC, and is comprised of Katie Jones, MSW, Sylvia Murphy, MSW, MA, and Heidi Pompe, MA. Visit [www.mindockconsulting.com](http://www.mindockconsulting.com) for more information.

Richwoods High School is one of the three public high schools in Peoria, with approximately 450 freshman students enrolled for the 2010-2011 school year. This project has received the full support of the Richwoods High School administration, counseling department, Parent Teacher Organization, and student council representatives, as well as District 150 officials. Visit [www.psd150.org](http://www.psd150.org) for more information on Peoria Public Schools.

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