

MAX
FOUNDATION

MAX-IMIZE
your donation

**Max's Mom + Dad will be
MATCHING DONATIONS
up to \$100,000.**

**HOW TO
DONATE:**

Visit our website maxmarvinfoundation.org to donate with a credit card or mail a check to the Max Foundation, P.O. Box 49, Warroad, MN 56763



Max with his Mom, Dad & Sisters

David and Kallie Marvin, the parents of Max Marvin, have graciously launched the Maximize Your Donation Project and are matching donations up to \$100,000. The campaign launched on October 28th and as of November 25th, we have reached 30% of our goal. The campaign runs through December 31st.

The Marvins have been wanting to do this for a long time and found themselves in a position to finally be able to donate this amount in hopes of creating awareness for the Max Foundation and inspiring others to help the Foundation grow. "Once someone has been touched by the loss of suicide directly, it kind of

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OUR MISSION

"To raise funds to support charitable programs, projects and activities that facilitate mental wellness amongst our youth"

Welcome

The Max Foundation is in its third year of operation and we are humbled by the support and commitment of our donors and volunteers while focusing on our mission.

Since we started the foundation in 2019 we have continued with our focus of *“doing nothing about the issue of mental health in our youth is not an option!”*

You will read in this newsletter about the projects that we have been involved in and how they have grown throughout the year. We have great new partnerships and have grown with the others that we have been able to foster.

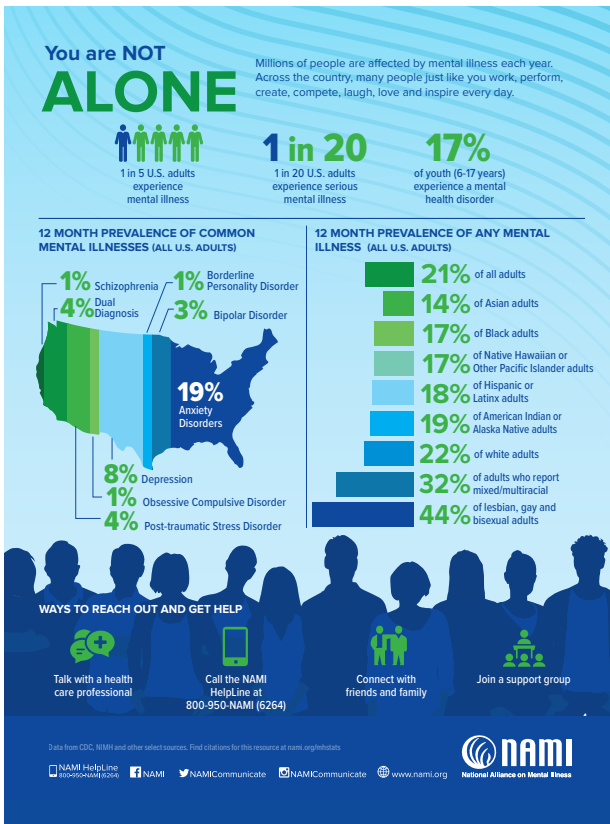
We will need to continue to have the



difficult discussions regarding mental health and we are committed to facilitating those discussions through our work with communities, schools, non profits and sports teams and our positive messages we share through our social media platforms.

Mental health is a serious issue and cannot be ignored....If we are going to make a difference, the stigma of mental health cannot continue. This is a conversation that needs to happen and we are committed to doing what we can to help facilitate a solution to this sickness.

ACCORDING TO THE NATIONAL ALLIANCE ON MENTAL ILLNESS:



If you have donated to our foundation, thank you for your support and know that we are humbled by your generosity and are committed to invest your contribution wisely....If you are new to the Max Foundation and our mission, we encourage you to check out our website (<https://maxmarvinfoundation.org/>). If you are interested in donating you can do that by clicking on the donate now tab or simply send a check payable to the Max Foundation, PO Box 49, Warroad MN 56763.

We are making progress and understand that there is still much to be done....

we are committed to making a difference in the lives of today's youth.

Data from CDC, NAMI and other selected sources. Find citations for this resource at nami.org/instantdata

NAMI Helpline
800-950-NAMI



NAMI



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www.nami.org



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means something different. And unfortunately it's happening to more and more people."

One of the successful initiatives supported by the Max Foundation is Project 11, a mental health awareness curriculum for youth. "Project 11 has 5 schools joining this year and 2 more on the list for the upcoming year. Once educators find out how simple and complete it is to implement into their schools, we really feel like it's going to take off," David said of the program." Our friends in Winnipeg with the True North Foundation have done such a tremendous job in designing and installing it. The Max Foundation donates all the books and program materials for mental wellness to each school that joins Project 11. With the growing expansion of Project 11 throughout Minnesota the biggest challenge for the Max Foundation is to raise enough funds to keep this fantastic programming free of charge to all schools that come on board."

Kallie added, "Schools are starting to realize that there needs to be some type of program in place to help student wellness coordinators facilitate and help students. This is what Project 11 is, and when our small schools in the northern area realize the ease of it and how we are willing to help with it, excitement shows. We want to be ready and don't want to tell anyone no."

"We will not limit our possibilities"



"It all matters"



"The Max Foundation is only 3 years old and evolving. We're not going to limit it and are excited to see where it will go in another 3 years," David said. "We are going to work really hard to reach as many people as we can. When you do that, more people step up and realize the good we are doing. There are a lot of people out there in a position to help from something as small as the lemonade stand our neighbors did on 4th of July, to very, very generous checks people have made out to the foundation. It all matters."

Kallie and David appreciate everything that everyone has done for the Max Foundation. The *Maximize Your Donation Project* is their way of saying thank you and continuing to help as many people as they can. "This is dear to our hearts and this is our focus. We hope our gift inspires others to get behind the Max Foundation."



THIS YEAR'S WINS!

MAX
FOUNDATION

PROJECT 11 GROWS TO 4,000 KIDS IN 2022



Stephen Argyle joins Project 11

Project 11 was inspired and created in honor of #11, Rick Rypien, former player of the Winnipeg Jets and Manitoba Moose. Suzi Friesen, Director of Educational Programs for the True North Youth Foundation (TNYF) in Manitoba, met Conway and the Marvin family in early 2019. She was inspired by how the family had such clarity about wanting to do something in Max's honor. With the support of the Max Foundation, Suzi brought the Project 11 curriculum into the Warroad Public Schools. While many schools opt for a one-off session, Warroad Schools invested in the 15-week program, first for the elementary levels, and later in a program for high school students.

The curriculum's aim is to remove barriers and normalize the conversation regarding mental health. It teaches life skills that help students learn to self-reflect, become more self-aware, express how they're feeling, and develop positive coping strategies. When the entire student body is working on practicing resiliency and building these skills, it lets students individually know they are not alone. Feeling a sense of

community and belonging helps students feel less stuck and more empowered.

3 years later mental health conversations are now happening with almost 4,000 school kids as we have helped launch Project 11 in 5 schools and 2 more that will be implemented in the near future. Schools that are using Project 11 now; Warroad, Roseau, Greenbush/Middle River, Luverne, Stephen/Argyle. Schools ready to add Project 11 curriculum are Shelly/Climax and Ellsworth.

The feedback has been overwhelmingly positive as students relay back to teachers and Project 11 staff how they've incorporated the lessons learned into real life.



Laverne School

BAGLEY CONFERENCE HOSTED BY NWSC



Project 11 books donated by Max Foundation.

Max Foundation was invited to participate in the Bagley NWSC ADMINISTRATOR'S FORUM on September 14th in Bagley MN. The conference was attended by about 35 local school leaders and we had the opportunity to share the success of Project 11 and invite them to join in on the curriculum.



MN WILD “HOCKEY TALKS” March 24th 2022

In an effort to shine a light on mental health, the Minnesota Wild hosted its first-ever Hockey Talks program on Thursday, March 24th when the Wild hosted the Vancouver Canucks. The Wild are one of 17 NHL teams that are encouraging conversations about mental health and are sharing support and information from leading experts in the hopes of alleviating the misconceptions and stigma associated with mental illness. The Max Foundation participated in the mental health expo at the game that evening.

Guest speakers included Clint Malarchuk, Joan Goodley, and Chris Hawkey.

PROJECT 11 MN VIDEO



The Max Foundation produced a Project 11 Minnesota video in the fall of September 2022. You can see that video at <https://youtu.be/Lwgm9hB2OME>.

“BE THE VOICE”

The Max Foundation sponsored “Be The Voice” events in Warroad and Thief River Falls this past year. These suicide awareness and prevention events featured speakers, Renee Rongen and Kevin Hines, along with mental health expos.

MORE IN 2022

COACHES CARE *project*

by the Max Foundation

COACHES CARE PROJECT EXPANDS TO NEW SCHOOLS

In 2021, the Max Foundation solidified a partnership with Tim Denney of Level 5 Services. Based out of Crookston, Minnesota, Tim is a premium provider of training, facilitation, and consultation services in the upper Midwest region. The Max Foundation and its mission was a perfect fit with Tim's passion for wellbeing for everybody, suicide prevention, connecting people with services, and trying to change the trajectory of people's lives when they're really struggling.

This year's project was to work on brand marketing efforts and expanding to offer several Schools in northern Minnesota to the Coaches Care Project Clinics. Many student athletes are struggling with their

mental health today. This impacts not only their athletic performance but also their school performance. The pressure they face to excel at their sport and their athletics can be significant and sometimes overwhelming.

Tim Denney went to Grygla, Badger, and Roseau schools this fall to offer coaches the tools they need so they can prepare to handle the student/athletes and the challenges they face in today's demanding world.

The clinics were a huge success and we plan to continue our efforts in reaching as many schools as possible in 2023.

LET'S GET SOCIAL!

Our social media efforts continue to grow touching our followers with positive mental health messages and encouraging them to live a healthy balanced life! Learn More with the qr codes below:





HUNTER PINKE

The Max Foundation sponsored Hunter Pinke's "No Bad Days" and "Dream Set Go" presentations to Roseau Elementary and High School students on May 20, 2022. This was the Foundations way of "giving back" to the Roseau students for their efforts in the Pack The Pig fundraiser that was held in the fall of 2021.



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ignite generosity • grow giving



IT'S EASY TO DONATE
WE APPRECIATE YOU.

LET'S PLAY HOCKEY

**Jan.
10**

See the the Max Rivalry Games on January 10th. Beginning at 5:30 p.m. Warroad/Roseau, boys and girls doubleheader, Jv and varsity hockey games. This is a yearly event that will rotate between the two schools. Join us each year for a great evening of raising awareness for mental wellness.

More upcoming events for 2023

**Jan.
12**

Max Foundation has been invited to participate in the MSBA leadership conference in the cities on January 12th.

PO BOX 49
WARROAD, MN 56763



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WE APPRECIATE YOU.



GET IN TOUCH

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