

MAX
FOUNDATION



HOW CAN WE LEAD CHANGE?

Pack The PIG

The Warroad and Roseau school districts created a fun event called "Pack the Pig". The goal was to help raise money for the Max Foundation and build awareness about mental health. The elementary schools and high schools both were given a giant piggy bank in the office to fill with money for one week. The loser of the two schools agreed to dress in the other schools' colors for one day. "Pack the Pig" was a huge success in that it raised \$24,501.77 and brought the Warroad and Roseau school districts together on a topic that is so very important.....way to go kids!!!

WELCOME

PAULA HEDLUND



The MAX Foundation is excited to welcome Paula Hedlund to the foundation's Board of Directors. Paula is a Wellness Coordinator at LifeCare Medical Center and she brings a wealth of

knowledge and experience to our board. Paula's expertise is the connection between healthcare and community which is ideal for what we are all trying to accomplish.

MAX
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PO BOX 49
WARROAD, MN 56763



IT'S EASY TO DONATE

WE APPRECIATE YOU.



GET IN TOUCH

INFO@MAXMARVINFOUNDATION.ORG
WWW.MAXMARVINFOUNDATION.ORG

OUR MISSION

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

THIS YEAR'S WINS!

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PROJECT 11 HAS HUGE SUCCESSSES IN 2021

Suzi Friesen, Director of Educational Programs for the True North Youth Foundation (TNYF) in Manitoba, facilitates the development of educational programs, including Project 11. Project 11 was inspired and created in honor of #11, Rick Rypien, former player of the Winnipeg Jets and Manitoba Moose. Suzi 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. Their support and love for each other and the desire to do something positive that would empower other kids and other families really spoke to her. "There's a warm homelike feeling that people really care," Suzi said, of the Max Foundation and its members. She saw a lot of parallels between the values and goals of her work with Project 11, making the decision to partner an easy one.

In September 2019, 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.



"Everyone was on board," Suzi commented when describing the commitment of Warroad school administration and staff. "Staff didn't see it as an extra but essential for students to continue to learn and grow. They were really excited about it and wanted to do it. It was nice to have such a good community feel." By that Christmas, all the picture books for the curriculum had been donated by the Max Foundation, something considered unusual, Friesen noted, because schools are often limited by budget constraints.

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.

Three years later, Warroad continues to be "all in" with the Max Foundation's ongoing support for Project 11. 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.

Suzi said, "The Max Foundation's mission to want to make change – an important change – is just going to have such a positive effect not only on their community in these few years but in years to come. These students are going to be practicing these important life skills that many of us wish we had learned or known about when we were younger and it's going to have a long-term impact."

The work done in Warroad has inspired other communities, including Roseau, Laverne and places across Canada, to reach out to the Max Foundation and inquire about how best to incorporate Project 11's programs into their own programs and schools.

Roseau's School Superintendent Tom Jerome commented "It's important that we acknowledge when we're struggling. It's important to learn how we can help each other. And when you go through these events and you lose a loved one, a staff member, or a family member, that leaves a mark on a person or a family, on a school that never goes away. And if there's anything we can do to support any one of our kids, any one of our staff members, anybody in our community, we need to do that. And I think that the

Max Foundation and all others involved has been a nudge, and a push to do something about it, to talk about this, because there are no do overs. I really believe that the Max Foundation has allowed kids to recognize and acknowledge mental health issues, has allowed adults to have conversations not in hushed corners or behind closed doors, but out in the open."



Craig Oftedahl, Superintendent for the Laverne School District loves that the curriculum is a great tool box that is so easy for the staff to use. "I think the need is going to continue to escalate, and having the program in place and having resources available becomes that much more important. I don't know that anybody has all the answers, but you can talk through it and work through it and figure it out, or at least make a concerted effort to go in the right direction."

Warroad Elementary Principal, Brita Comstock, and Kendra Marvin, MS, BCBA, Behavior Specialist, agree that the curriculum is being well received by the teachers and love that you open it up and just start teaching. Kendra continued, "We call it giving our teachers a toolbox, and equipping our teachers with tools so that they can help kids navigate through these big emotions and through trauma and through things from the school perspective. And I think we've seen success with the 15 week program too."

"We want our students to know and understand that being a part of the school means that you are a part of the greater community and the world at large."



Welcome

In June of 2019 we made a decision to create the Max Marvin foundation...our motivation was twofold. We wanted people to remember the life that Max Marvin had lived and we agreed that "doing nothing about the issue of mental health in our youth was not an option!" With that decision we went to work...we assembled a board, partnered with the St Paul & Minnesota foundation, created our mission, built a website and started our social media platforms.

Since that beginning, we have worked hard to stay true to our mission and let the journey take us where it may. You will read in this newsletter about some of the projects that we have been involved in and some of the great partnerships that we have been able to foster. We have teamed up with other communities, non-profits, schools, sports teams and other foundations. All of which share our commitment to make a difference in the mental health of today's youth.

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:

- 50% of all lifetime mental illness begins by age 14, and 75% by age 24
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- Suicide is the 2nd leading cause of death among people aged 10-34 in the U.S.
- Suicide is the 10th leading cause of death in the U.S.
- The overall suicide rate in the U.S. has increased by 35% since 1999

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 (www.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.



"CAMBERSHIP" FUND WITH LAKE TRAILS

The Max Foundation established a "campership" fund with Lake Trails Camp on Lake of the Woods. Since the 1950's Lake Trails Camp has been offering teenage kids the opportunity to experience the great outdoors in its natural state and more importantly their program allows teens to unplug from the busyness of today's world and reconnect with their inner self and learn how to build relationships with others. Max cherished his time on the water, specifically Lake of the Woods, and we are excited to support the great program that Lake Trails offers today's kids.



THANK YOU MAX FOUNDATION FROM LAKE TRAILS

October 20, 2021

Conway Marvin/MAX Foundation
2 Partridge Lane
Warroad, MN 56763

Dear Conway and MAX Foundation,

On behalf of the 38 youth who attended Laketrails this past summer, I'd like to offer my sincere thanks for your efforts and contributions to Laketrails's transportation needs. We're also very thankful for your previous gift as we were able to use it to lower the tuition for the campers who attended this summer. Without your help this experience would not have happened for these teens. We are very grateful!

Thirty-eight is a pretty small number for us at Laketrails, but I do believe it's important to help whoever you can rather than no one at all. Your gift made it possible for Laketrails to have a positive impact on those kids who were able to attend camp this summer. The feedback we received from the campers left no doubt that they were happy to be out of the house and doing something different from their more recent situations. In short, they had fun! And, I hope they grew in a few other ways as well.

As our country has struggled with numerous restrictions over the past year, we've all seen the toll this has taken on our youth. Their mental health has suffered, and the most recent Laketrails experience while not our usual brand of adventure—was still a much-needed morale boost for our local young people. I hope this has propelled them into the school year with an improved mindset and feelings of confidence they won't soon forget.

Thank you again!

Sincerely,

Sue Lettau
Camp Director
Laketrails Base Camp

Laketrails, inspiring teens with an appreciation of self, community, and environment through wilderness canoeing adventures.

FROM LUVERNE SCHOOL DISTRICT

"I think the Project 11 curriculum has been a great addition to the Luverne School District. I am a second grade teacher in my 24th year of teaching. I have used other curriculum to teach children about feelings, respect, and kindness etc... Project 11 is one of the best I've used. I think it's teacher-friendly. For the lower elementary students, it uses a picture book and a video to teach the skill for the week. I love that it has a quick and easy activity to follow up with afterward. It doesn't consume a lot of academic time to teach the skills and to get the message across. The students love listening to the stories and doing the hands-on activity."

- 2nd grade teacher,
Luverne School District

NEW FOR 2022

MAX FOUNDATION

COACHES CARE PROJECT COMES TO LIFE

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. The main project our team focused on this year was a Coaches Clinic in Warroad and Roseau aimed to empower one of the most influential groups of adults in a community - coaches.

Having coached at the high school level, Tim understands well the opportunity coaches have to support youth. Coaches have a unique role in being able to recognize and assist students when they're struggling because they see them so often and for such long periods of time. Endless hours in the coaching-athletic-participation relationship are spent solving the problems of real life. In that relationship, there exists a model of real life that is pressurized and very compact, yet, shows coaches how kids live their lives, how they handle stress, how they handle relationships with other people, and how they handle difficulty.

Unfortunately, because coaches - many who are volunteers - haven't seen themselves as being in a key role for cultivating good mental health and wellbeing, this unique opportunity to influence kids has never really been leveraged. But the Max Foundation is working to change that.

During the Coaches Clinic in Warroad, Tim worked to build awareness around "upstream suicide prevention." This prevention involves building a culture that reduces isolation for all students, improves the wellbeing - both emotional and physical - of all students, and provides a more pro social context in which students can live and thrive. "What we're trying to address are the factors that might bring students to the point of despair," Tim said, "Isolation, trauma history, unmet expectations in students' lives. A big one that we don't think about is anxiety. Many people struggle with that. And, obviously, depression."

The training also focused on identifying student concerns and needs sooner, how to help those students get to effective services faster, and how to build a more supportive network. Nearly 50 participants, both high school staff and volunteer walk-on coaches were trained - a good number for communities the size of Warroad and Roseau.

While one successful 2-hour session is a good opening shot, Tim underscored the importance of a long-term game strategy to reinforce the skills learned in the clinics and to help coaches troubleshoot over time by sharpening these skills and building better connections to the network of mental health services available to students.

Tim praised the Max Foundation, saying, "One of the things that I really appreciated was how the foundation is focusing on Warroad and Roseau as their first priority. Sometimes as soon as we get on something like this we go big, but we can make a bigger difference sometimes if we stay focused on our primary mission."

Coupled with the success of the first Coaches Clinic and with the above objective in mind, the Max Foundation and Tim are at work building a brand and marketing strategy to make the Coaches Clinics available for other communities.

Thanks to these pioneering efforts and commitment to breaking down the barriers around mental health, the work the foundation is doing in communities is fast becoming a model for the rest of the region. In Tim's words, "I wouldn't be surprised if by the end of 2022 we see a number of community-based initiatives that begin to take on mental health, overall wellbeing, suicide prevention, and access to care. It's really exciting."

2022 REACH OUTS



Stronger Together!

We all know and appreciate the competitive spirit that has been cultivated in the state of Minnesota through hockey and other events. The Max Foundation has been asked to share our message with some of our greatest competitors in the rink.

A big thank you to the following groups for inviting us into their programs to share our message: *Roseau Boys Hockey team, East Grand Forks Boys Hockey team and the Grand Forks Knight's Girls Hockey team, Concordia College Men's and Women's Hockey teams, ReHAb Authority 5K run in Thief River Falls, Be The Voice event in Thief River Falls for Mental Health Awareness and Suicide Prevention.* Together we can make a difference!!