

# Sparks of HOPE

SECOND EDITION • 12/01/2023



## A Note from Kari and Jason

The last month of 2023?! Feels fast and slow altogether. For many of you the academic year is soon half over. May winter break be a time of rest and reset. I know I look forward to the winter solstice on Dec. 21 as the daylight starts getting longer. May the holiday season be a time with family and friends that brings you joy. I know there will be situations that cause anxiety for many... practice grace and use your coping strategies. Looking forward to raising awareness with you in January for our annual Hopeful Drive.

With Hope   
Kari and Jason



## CLUB SPOTLIGHT

This past month, Lakewood High School in Lakewood Colorado held their first Robbie's Hope club meeting. They have started by building up their presence in their community by making appearances at a variety of school events to share resources and collect donations. Check out their social media for updates!

 @ROBBIESHOPELHS



## Important Dates



Colorado Gives Day  
DECEMBER 5TH, 2023

Colorado Gives Day is a 24-hour period of online giving and a movement to celebrate and encourage philanthropy throughout Colorado. Visit <https://www.coloradogives.org> and search Robbie's Hope to make a donation.



CO Ambassador Event  
DECEMBER 11TH, 2023

The HOPE barn is hosting another in-person event for Colorado's HOPE group to study for finals and do a white elephant gift exchange! Stay posted on the [@robbieshope\\_denver](https://www.instagram.com/robbieshope_denver) Instagram for specific times and what you need to bring!

## NEW ACTIVITIES!

There's so many new activities to check out on BrandChamp including affirmations, working with Pinterest, stress management, and more! Go check it out and don't forget you can redeem your points for gift cards/items to the Robbie's Hope Online Store!

### DID YOU KNOW?

A single act of thoughtful gratitude produces an immediate 10% increase in happiness, and a 35% reduction in depressive symptoms.  
- Mental Health First Aid

# Ambassadorsgiving

Colorado Ambassadors started back up their in-person events as a HOPEgroup with a gratitude themed night at the new HOPE barn! The Ambassadors spent the night talking about ways to apply gratitude to being a mental health advocate and writing thank you notes to someone they appreciate. In honor of Thanksgiving, they also enjoyed some delicious pie!



# AMBASSADOR OF THE MONTH

Sarah Schramm

WESTFIELD, INDIANA



“My name is Sarah Schramm, and I am 16 years old. Mental health is so important to me as I have struggled with it from a very young age. Having the chance to spread awareness, help others, and make an impact is something that I will forever cherish with in my heart. My favorite coping mechanisms are music and writing in my notes app!”

**KEEP COMPLETING ACTIVITIES AND BEING AN ENGAGED AMBASSADOR FOR YOUR CHANCE TO GET SELECTED!**

**HOPE**full  
Conversations  
with Kari Eckert

## EPISODE 28: Paws for Patrick

Studies have shown that animals can boost mood, decrease loneliness, and create feelings of social support. Physiologically, human interaction with animals has been shown to reduce blood pressure and lower levels of the stress hormone cortisol. Pets can also give teens purpose and an increased desire to live.”

## EPISODE 29: Harm Reduction & Psychedelic Use

Psychedelics present a paradox because of their potential therapeutic benefits for people with PTSD, depression and other mental health issues. A harm reduction approach discourages young people from using alcohol and other drugs, but it goes further, providing information to help them keep themselves and their peers safe if/when they encounter these substances.

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