



Hackensack Meridian
Carrier Clinic

Walk
of
HOPE

VIRTUAL

2020 CARRIER CLINIC WALK OF HOPE

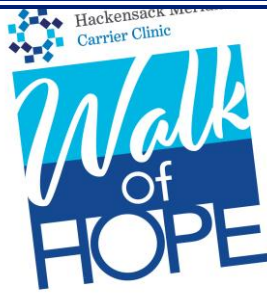
*Join our fundraising campaign
TODAY to help those suffering with
mental illness and addiction.*

**SATURDAY, September 26, 2020
RAIN OR SHINE!
Virtual Walk: 10AM @
www.facebook.com/carrierclinic**

**FOR FURTHER INFORMATION VISIT:
hackensackumcfoundation.org/2020WalkofHope**



Hackensack Meridian
Carrier Clinic



HACKENSACK MERIDIAN CARRIER CLINIC WALK OF HOPE



Walk as an INDIVIDUAL or
create your own TEAM

- **FUN for the WHOLE family!**
- **Raise funding for a Multi-Use Sport Court**
- **Help raise awareness about mental health**
- **Help put an end to stigma associated with mental illness**

JOIN US!



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Carrier Clinic

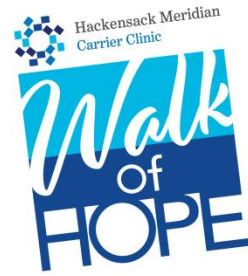


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For more information:
Carrier Clinic Fund Development Office
908-281-1615 or 908-281-1495 or
email ramona.larsen@hackensackmeridian.org

WHY HACKENSACK MERIDIAN *HEALTH* CARRIER CLINIC? WHY MENTAL HEALTH?

Because the numbers tell us that millions of people are suffering & many suffer in silence...

- In more than 100 years of continuous service to the community, Carrier Clinic has touched over 1,000,000 lives and the need continues to grow.
- Each year more than 26% of Americans, 1 in 4 adults, will suffer from a diagnosable mental illness.
- Mental disorders are the leading cause of disability in the United States and Canada.
- Depression, Anxiety Disorder, Panic Disorders, Bipolar Disorder, Schizophrenia, Addiction Disorders, and Dementia are all examples of mental illness.
- Today, 15 million Americans are caring for someone with Alzheimer's or dementia.
- Untreated addiction costs Americans \$400 billion every year...this affects you, your families, and your companies!
- In an average high school classroom of 30 students, 6 will struggle with depression and 3 will attempt suicide.
- There is a growing trend, among baby boomers, of drug addiction, depression, anxiety, and panic disorders.
- Suicide is the third leading cause of death in 10-24 year olds and the second leading cause of death in 25-34 year olds.
- You can say, "This isn't happening in my town", but the statistics tell us it is!

It is time for change...57 million Americans are counting on us this year!



WHY DO WE NEED TO RAISE FUNDS?

Established in 1910, Carrier Clinic is not-for-profit behavioral health care facility located in Belle Mead, New Jersey. We are dedicated to providing outstanding mental health services to more than 6,300 teens, adults, and older adults each year.

Carrier Clinic's mission is to inspire hope & recovery through expert treatment, education, compassionate care, & outstanding service.

Your Donations Have Helped...

- More than 6,300 people every year who are admitted to Carrier Clinic
- To provide Healing Arts therapies to patients and residents
- To support more than 90 teens who live on our campus
- To support STEM curriculum in our fully accredited special needs school, the East Mountain School
- To provide much needed personal items such as clothing, journals, and hygiene products to the people we serve
- To provide Equine Assisted Therapy to our adolescent and adult patients
- To provide hundreds of gifts to patients, residents, and students during the holiday season, regardless of beliefs
- To support Music Therapy for our patients
- To provide funding for critically needed capital improvements to our facilities

LET'S GET STARTED!

5 EASY Steps...

1. Sign up at <http://www.hackensackumcfoundation.org/2020WalkofHope>
2. Set your dollar goal—aim high
3. Invite others to join you! Start your own team of family and friends or start a team of colleagues at work.
4. Ask for donations! Don't be shy—be sure to let everyone know you are supporting an important cause! Send emails, post your link on Facebook, Tweet or use word of mouth but be sure to let everyone know!
5. **Saturday, September 26 @ 10AM**– VIRTUALLY ANYWHERE. You can even bring your doggie!

Why Online Fundraising?

- ✓ It's easier for you! Online fundraising allows you to raise more money with less effort!
- ✓ It helps to spread the word about the Walk of Hope and makes fundraising easier!
- ✓ Through online fundraising you can help us spread the word about the important mission of Carrier Clinic.

Starting My Online Fundraising

1. Go to <http://www.hackensackumcfoundation.org/2020WalkofHope> and register today.
2. Click on the “**Register**” button and follow the prompts. You will be able to set up your own individual page (participant center) as well as a team page.
3. Don't forget, once you have created your page, click on the Facebook, Instagram and/or Twitter icons and post the link to your Walk of Hope page.

BUILDING YOUR TEAM

There are a few ways to involve others in your efforts on behalf of the Walk of Hope. Read on to learn more about how to get started.

Tell your family, friends, co-workers, or fellow students about your decision to participate in the Walk of Hope. Invite everyone to support you or to join you in your efforts. Follow these easy steps and have some fun while creating a “buzz” about the Walk of Hope!

CREATE A TEAM OF WALKERS!

CREATE YOUR TEAM! Just follow these easy steps to success!

1. Find other champions within your company/school/club
 - ✓ Create a committee by asking others to help you to build your team.
 - ✓ Find a management champion! Ask a senior level manager to support your efforts by sending an email, a memo, or by leaving a company wide voicemail asking everyone to join the fun (or a combination of all three support ideas).
 - ✓ Create your team tee shirt! Be creative and have fun with your teams!
2. Educate your co-workers/members/fellow students by sharing information about the important work being done by Carrier Clinic. Contact the Fund Development Office at Carrier Clinic and ask a representative to do a presentation or to supply brochures for you to distribute.
3. Register yourself and your team at <http://www.hackensackumcfoundation.org/2020WalkofHope> Set a goal and let others know how much your team is trying to raise in support of Carrier Clinic’s mission...then go for it!
4. Get Social and spread the word. In addition to asking everyone to join your team by using email, Facebook, Twitter, and good old fashioned posters, be sure to post your event on your favorite social media with the hashtag #2020WalkofHope! It doesn’t matter how you do it as long as you spread the word!



MORE WAYS TO INVOLVE OTHERS!

Here are ways to get people behind this important cause at your place of work or your school!

Plan a special event at your company, school, club, park, neighborhood or organization to benefit Carrier Clinic and the Walk of Hope! **The money you raise will count toward your team's total.**

CREATE YOUR EVENT!

1. Decide what you would like to do in support of Carrier Clinic. Some ideas include planning any one or more of the following:

- ✓ Jeans Day or Dress Down Day, make this even more fun by incorporating a theme such as Sports Fan or Hawaiian/Beach theme.



- ✓ Candy sales
- ✓ Bake sales
- ✓ Coin Wars, see which



- department/class can collect the most change and give the winning department/class a pizza party! (Please convert all change to one check made payable to Carrier Clinic.)
- ✓ Flea market or Rummage sale; ask employees to donate gently used items to be sold with proceeds benefitting Carrier Clinic.
 - ✓ Host a your Virtual Walk, where you get choose your own course, what time you start, and who walks with you! (be sure to post to your favorite social media outlet and use the hashtag #2020WalkofHope)
2. Pick the date for your event
 3. Set a goal and let others know how much you are trying to raise in support of Carrier Clinic's mission...then go for it!
 4. Let Carrier Clinic know your plans! Email ramona.larsen@hackensackmeridian.org
 5. Publicize! Create posters, emails, desk drop flyers, let everyone know!
 6. Hold your event.
 7. Convert all cash and send checks only to Carrier Clinic, Fund Development Office, P.O. Box 147, 252 Route 601. Belle Mead, NJ 08502
 8. Celebrate your hard work and recognize those who helped make your event a success!

WHAT TO EXPECT ON THE DAY OF THE EVENT

- ☺ The Walk of Hope is **RAIN OR SHINE!**
- ☺ **Date: Saturday, September 26, 2020**
- ☺ **VIRTUALLY ANYWHERE**
- ☺ Join us for a 20-22 minute Facebook Live video by visiting www.facebook.com/carrierclinic at 10AM
- ☺ Make sure you dress appropriately for your event and wear comfortable shoes.
- ☺ Be sure to follow the CDC Guidelines for COVID-19.
- ☺ Where your mask, social distance.
- ☺ Stay hydrated!
- ☺ Create your posters, your CONQUER BOARD messages, add the hashtag #2020WalkofHope.
- ☺ Share your videos and photos to your favorite social media platform with #2020WalkofHope.
- ☺ The route:
 - Anywhere
 - Set a step or distance goal
 - Safely walk, run, swim, bike etc...

Thank you for your interest in Carrier Clinic!
See you on **September 26** at the **Walk of Hope!**

Questions??

Email ramona.larsen@hackensackmeridian.org
or call 908-281-1615/908-281-1495