

# RYDER'S FUND

## ONE BY ONE



Winter 2018 Newsletter | rydersfund.org | Ryder's Fund is Administered by the YMCA of Boulder Valley Endowment Committee

### ORIGIN OF RYDER'S FUND

On January 17, 2016, our 20 year old son, Ryder, went missing. It was a parent's worst nightmare. In the following days, weeks and months, hundreds of people searched thousands of acres in the vast and rugged Walker Ranch area west of Boulder. Mercifully, after 1 ½ years, on July 29, 2017, Ryder's remains were found and we were able to bring him home, say goodbye and have some sense of closure. In this tragic shared experience, we witnessed the goodness in people and greatness in our community. Ryder was a warm, caring and empathetic person so it seemed that Ryder's Fund was a fitting way to honor those qualities and begin to give back for a greater purpose. It is from this place that Ryder's Fund was created to enhance the healthy development of young people in our community and assist them in meeting life's challenges. —Rick and Cindy Johnson



There are several elements of our vision for Ryder's Fund, including schools/education, law enforcement, specialized service providers, faith community and youth programs.

### SPONSORSHIP OF YOUNG MINDS MATTER LECTURE SERIES

Ryder's Fund is sponsoring a four-part community lecture series titled "Young Minds Matter." In partnership with the YMCA of Boulder Valley, Mental Health Partners, Hope Coalition and Parent Engagement Network, the lecture series focuses on teens and emerging adults' mental health, and how parents, educators, peers and community members can provide support and guidance in the midst of a changing and complicated modern world. The YMCA of Boulder Valley hosted the first two lectures — Navigating Teen Depression on Oct 17, 2018 and How Concussions in Youth Sports Can Lead to Mental Health Challenges on Nov 1, 2018. The following two lectures to be hosted by Mental Health Partners will take place in January:

#### The Connection Between Drug Use and Suicide

Wednesday, Jan 9, 2019  
6:30pm-8:00pm



Kristina Hindert, MD, child and adolescent psychiatrist, will lead a discussion about how the use of marijuana, alcohol, prescription drugs and other substances is linked to suicide attempts in teenagers and emerging adults. She will also provide information on how parents, peers and community can help, or find help, when facing these challenges.

#### How Stress and Strain Affect Today's Youth

Thursday, Jan 24, 2019  
6:30pm-8:00pm



Young people face tremendous and sometimes conflicting demands of school, sports, families and social lives. Join Chris Bader, PhD, Director, Psychological Health & Performance, University of Colorado Athletic Department, for an informative presentation and conversation about the signs and symptoms of stress-overload and how parents can help provide relief, encouragement and guidance. (Presented as part of Parent Engagement Network's annual Stress and Anxiety Symposium.)

Both events hosted at Mental Health Partners' Ryan Wellness Center, 1000 Alpine, Boulder

### PARTNERSHIP FORMED WITH BOLDER BUFFALOES PEER ADVOCACY PROGRAM TO ENHANCE MENTAL HEALTH AWARENESS

Ryder's Fund has contributed a scholarship to the Bolder Buffaloes Peer Advocacy Group (a/k/a Bolder Buffs) through the University of Colorado Athletic Department. The Bolder Buffs program mission is to promote mental health and wellness through education, programming and support for their fellow student-athletes. They are called upon to be allies, engaged in destigmatizing mental health both within the Athletic Department and in our larger community. Program values include the 3-Rs (recognize, respond and refer); Advocacy/Active Allies; and Destigmatization. A Bolder Buffs video (sponsored by Ryder's Fund) was shown at the CU vs. UCLA football game on Sept 28, 2018, which was the "Mental Health Awareness Game." We are also partnering on the production of future videos to utilize the student-athlete platform to stimulate discussion and destigmatize these issues so that meaningful change can occur. For more information check out CU's new Psychological Health and Performance website:

[cubuffs.com/sports/2018/10/5/about-us](http://cubuffs.com/sports/2018/10/5/about-us)

Ryder's Fund is linked on the Mental Health Awareness, Bolder Buffs and Resources Tabs, along with the Bolder Buffs video shown at the football game.



A special thank you to Jessica Price, General Manager of Mail Solutions & Printing in Erie, who once again donated the printing of the Ryder's Fund Newsletter. Please repay this kindness by considering this business for your next mailing or printing project. You can find Mail Solutions at 649 State Highway 52, Erie, CO 80516. 303-828-5222.

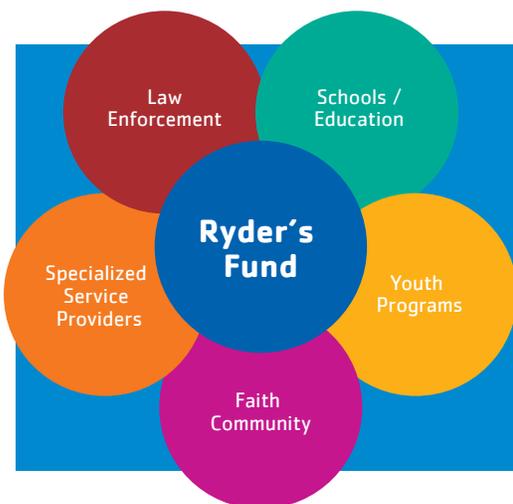


Cindy Johnson at the Ride for Ryder/Roaring Fork Ranch Roping Event in Carbondale, Colorado. The charitable work of Ryder's Fund was highlighted at this western event.



## SCHOLARSHIP HELPS YOUNG ERIE GIRL OVERCOME LEARNING DISABILITIES

For this local 11-year-old girl, dyslexia turned learning, reading and math into a daily struggle. Most of us take reading for granted, but not being able to read can be very hard for a young person and lead to fatigue, anger and depression. Ryder's Fund provided a scholarship for a specialized program for this local girl. The program looks at the whole child, utilizing brain integration therapy, assessments, exercises, schedule, midline therapy and a whole nutritional plan with ongoing support. By addressing the whole child and equipping and coming alongside the parents to help with the daily work, the program changes the way a child learns. This young lady is so excited at the prospect of reading, advancing her math skills and, most importantly, making learning fun again. The family is grateful for the "extra support...to hang in there when days are long and hard."



## HOW YOU CAN HELP

Ryder's Fund seeks to continue to enhance the healthy development of young people in our community and assist them in meeting and overcoming life's challenges. Make a charitable contribution at [RydersFund.org](http://RydersFund.org) or send a check (Payable to YMCA of Boulder Valley – Ryder's Fund) to:

YMCA of Boulder Valley – Ryder's Fund  
2800 Dagny Way, Lafayette, CO 80026

## FINANCIAL SUMMARY

Total Contributions .....\$290,766.51\*  
Total Gifts/Grants.....\$46,295.00  
0% spent on Administrative Costs.

\*includes \$20,635 contributed prior to establishment of YMCA endowment account



## BOCO RETREAT Helping Both Middle School and High School Students through the Faith Community

Ryder's Fund provided scholarships for two middle schoolers to attend the BOCO Retreat Weekend at Timberline Camp in Estes Park held Oct 12-14, 2018. The retreat provides a mountain camp experience along with mentoring to teens in our community. The family expressed genuine gratitude for the scholarship. On the way to depart for camp the boys noted "we have never gotten to do something like this." Ryder's Fund also contributed five scholarships to send high schoolers to the BOCO Retreat held Nov 10-11, 2018 at the Omni Resort in Broomfield. The group includes more than 100 kids from three churches (Boulder Valley Christian Church, First Presbyterian and Cornerstone) across Boulder Valley. The scholarships provided by Ryder's Fund helped kids coming from low-income families or dealing with financial problems arising from medical emergencies or divorce.



## BOULDER COMMUNITY HEALTH MENTAL HEALTH CAPITAL CAMPAIGN

Ryder's Fund is committed to supporting our local hospital in meeting the acute need for mental health facilities and services in Boulder County. Ryder's Fund donated \$5,000 to the Boulder Community Health Mental Health Campaign this year. The campaign is working to close a funding gap in paying for the new Della Cava Family Medical Pavillion, which will house Boulder Community Health's new mental health services, and for funding the Anchor Point Mental Health Endowment (championed by Brad Feld and Amy Batchelor) organized to provide stabilization services in crisis situations and after, treatment, education and health and wellness. The donation from Ryder's Fund was directed toward the Anchor Point Mental Health Endowment to have maximum impact on providing these critical services. Ryder's Fund looks forward to other opportunities for collaboration with Boulder Community Health Foundation.

Ryder's Fund is administered by the YMCA of Boulder Valley Endowment Committee

