



Connections

Girl Scouts of Utah | Monthly Donor Update

May 2024

Celebrating Mental Health Awareness Month



Mental Health Awareness Month

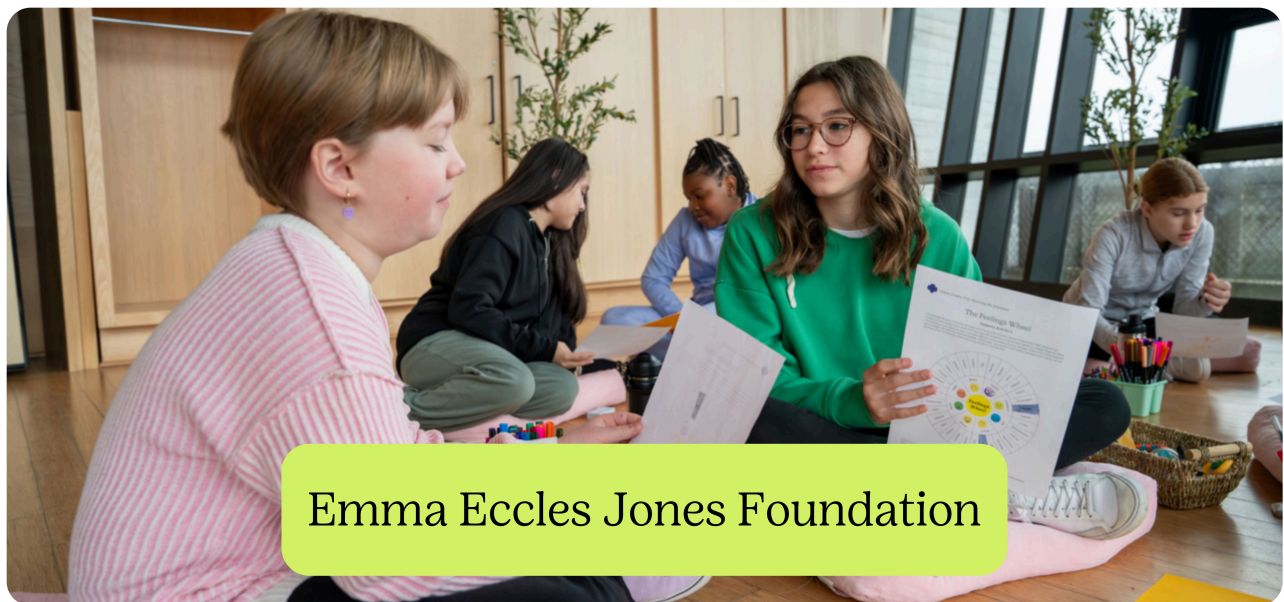
Girl Scouts has always understood the positive and long-lasting health impacts that Girl Scouting has on girls of all ages. But in today's world, we are also mindful that *mental* health is also health, and young people are often struggling with stress, loneliness, anxiety, and other mental health issues at alarming new levels. The Girl Scouts Research Institute reported post-pandemic, "Today's mental health statistics are sobering—in the United States, major depression among teen girls [has] increased significantly." This research is echoed by the JAMA Pediatrics Journal, in which 29 studies containing more than 80,000 youth participants were compiled to find that depression and anxiety in ages 4 through 17 have doubled since the

pandemic began.

As an organization, it is critical that we take notice of this trend and act accordingly. Girl Scouts of Utah (GSU) began to seek funding for interventional mental health programs following the pandemic as our staff and volunteers personally witnessed the downward trend in youth mental wellbeing.

As you will read below about the generous funding from the Emma Eccles Jones Foundation, GSU was able to launch several new mental health initiatives in 2022 that are still in place. We hired two full-time dedicated MESH (Mental, Emotional and Social Health) Specialists at Trefoil Ranch and Camp Cloud Rim for the camp season. Most notably, we offered mental health first aid training to all Council staff and volunteers; this training has enabled our staff to be successful when mental health challenges arise. Girls now have a safe adult to talk about anything that is bothering them, without fear of stigma.

Partner Spotlight: Emma Eccles Jones Foundation



Emma Eccles Jones Foundation

At GSU, we are deeply committed to addressing the critical issue of youth mental health, particularly in response to the shifting landscape of contemporary society. Following the challenges posed by the pandemic, we identified a pressing need for mental health support within our Girl Scout community. In pursuit of this objective, the grant from the Emma Eccles Jones Foundation in 2022 was instrumental. This funding was dedicated to enhancing our mental health programming and initiatives, enabling us to provide essential training and support for our staff and

volunteers. Moreover, it facilitated the creation of various mental health badge and patch programs designed to meet the unique needs of our girls.

Upon establishing our partnership with the Emma Eccles Jones Foundation, we swiftly realized their pivotal role not only as a vital supporter of youth development for our organization but also for numerous others across Utah. The foundation bears the name of Emma, affectionately known as Aunt Em to the present-day Eccles family, who was born in 1898 into arguably one of the most philanthropic families in Utah's history. Emma's philanthropic journey began following her graduation from Columbia University with a Master's in Education when she founded a kindergarten program at the Whittier School and became the first kindergarten teacher in Northern Utah (Logan), opting not to accept a salary so that the funds could directly benefit children through programs and supplies. Later in life, Emma also founded a preschool at Mills College in California. She epitomized a woman ahead of her time, fearlessly pursuing education, traversing the country, and realizing her aspirations.

Throughout Emma's lifetime, her dedication to youth development and education flourished. When her Trust was established in 1972, she directed her focus towards literacy, education, science, and the arts. Emma's philanthropic impact is evident in the plethora of college and university buildings bearing her name across Utah, as well as in the countless youth programs that have benefited from her foundation's support. During our discussions with Hannah Eldredge, the administrator for the Emma Eccles Jones Foundation, we inquired about Emma's perspective on the Girl Scouts of Utah. "Of course, I'm just speculating", Hannah shared, "but she would have loved Girl Scouts of Utah." We are thankful to the Emma Eccles Jones Foundation for entrusting us with the stewardship of Aunt Em's legacy and her unwavering dedication to youth. Just as she tirelessly sought to do, we remain steadfast in our commitment to being part of the solution for young people. Hannah illuminated Emma's remarkable story and emphasized how Emma would have desired today's girls to have an organization like GSU to aid in their personal and professional endeavors, much like she had experienced. We extend our sincere gratitude to the dedicated staff and Board of Directors at the Emma Eccles Jones Foundation for their support.

Camping for a Cause 2024: August 9-10

Camping For a Cause



Join us for *Camping for a Cause*, our annual campership fundraiser, at the beautiful Camp Cloud Rim, August 9-10, 2024. This overnight event starts at 4:00 p.m. and offers attendees a chance to unwind with cocktails, dinner program, and silent auction, followed by a choice of a dance party or movie under the stars.

Tickets start at \$250 with early bird pricing available until June 30. Day two features a range of outdoor activities, including yoga, kayaking, hiking, and so much more. Lodging options include six 8-person cabins and 15 4-person tents. For those looking to further support our cause, sponsorship opportunities and auction donations are warmly welcomed.

[Bookmark the event page](#) so you're ready to go. Register starting May 30 and help make a difference while having fun!

For more details, call (801) 716-5147. We're excited to see you there and share this special experience.

Partnering with PBS Utah!



We're gearing up for our awesome partnership with Nature Cat and Girl Scouts of Utah! On June 17 from 5:00-7:00 p.m., we're teaming up with PBS Utah to bring you an unforgettable experience at Tracy Aviary's Jordan River Nature Center. This special event, open to families with girls in Pre-K to 2nd grade, is designed to ignite a passion for nature and exploration.

Girl Scouts of Utah was selected as a council to participate in a GSUSA pilot program aiming to introduce Nature Cat as a fun and engaging learning tool for young Girl Scouts. Partnering with PBS Utah allows us to expand our reach and bring Girl Scouts to even more families. Together, we're excited to foster a love for learning through engaging experiences like our Nature Cat Adventure.

Char Corbit Campership Fund



You may have seen some emails and social media posts from us over the last month asking for your financial support of our Char Corbit Campership Fund. This fund provides *camperships* (camp scholarships) to girls in our community who would otherwise not be able to afford camp. There is still time to support this campaign before Summer Camp begins in June. **YOU can still make a difference for girls in need by providing them with the life-changing experience of camp; donate today on our [website](#).**

Here at GSU, we truly believe in the power of camp for girls of all ages. And, as you read above, our ability to be a safe and stigma-free environment for girls to address the stress, anxiety, depression, and other mental health issues in their lives, is invaluable for their growth and development. In fact, the Girl Scout Research Institute conducted a qualitative study of former Girl Scout campers and the effect that camp had on their lives and futures. Here's what just a few Girl Scout camp alums had to say about their experiences:

"Our society [supports] such a social media-driven, attention-seeking lifestyle, it is hard to find self-worth in a world that constantly asks for 'likes' and attention from others for reassurance. Camp gave me the confidence to believe in myself and my abilities and a sense of self-worth that I was unable to find through other [activities in] my life." - Now age 18 camper.

"[I learned] that there are valuable things within myself, I am a part of something much bigger than myself, and I have worth in this world. Being surrounded by empowered, confident, and sometimes silly women inspired me." - Now age 18 camper.

For Girl Scouts of Utah, we provide this positive impact for thousands of girls every camp season. Be a part of the movement to make girls of courage, confidence, and character, who make the world a better place.

DONATE TODAY

[Support our Movement by joining Girl Scouts as an Adult Member](#)

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Have a question? Don't be shy!
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