



MIKID improves the behavioral health and wellness of children and youth through a family-centered approach.

**Mentally Ill Kids in Distress**

# MIKID History

- Founder: Sue Gilbertson
- In 1984, her son, Eric, was diagnosed with a mental illness. She struggled to find resources to help him.
- The conventional medical community was not equipped to help her and met other families with similar issues.
- The first support group meeting took place on March 11, 1987.
- Sue focused on helping families, advocating at the State legislature, and State Agencies to improve the children's behavioral health system.



## What Makes MIKID Special

**MIKID** is the largest family-run behavioral health organization in Arizona, expanding to Colorado in January 2022.

Over 51% of the staff and the Board of Directors have lived experience as family members, parents, and/or young adults with behavioral health issues.

# What Makes MIKID Special

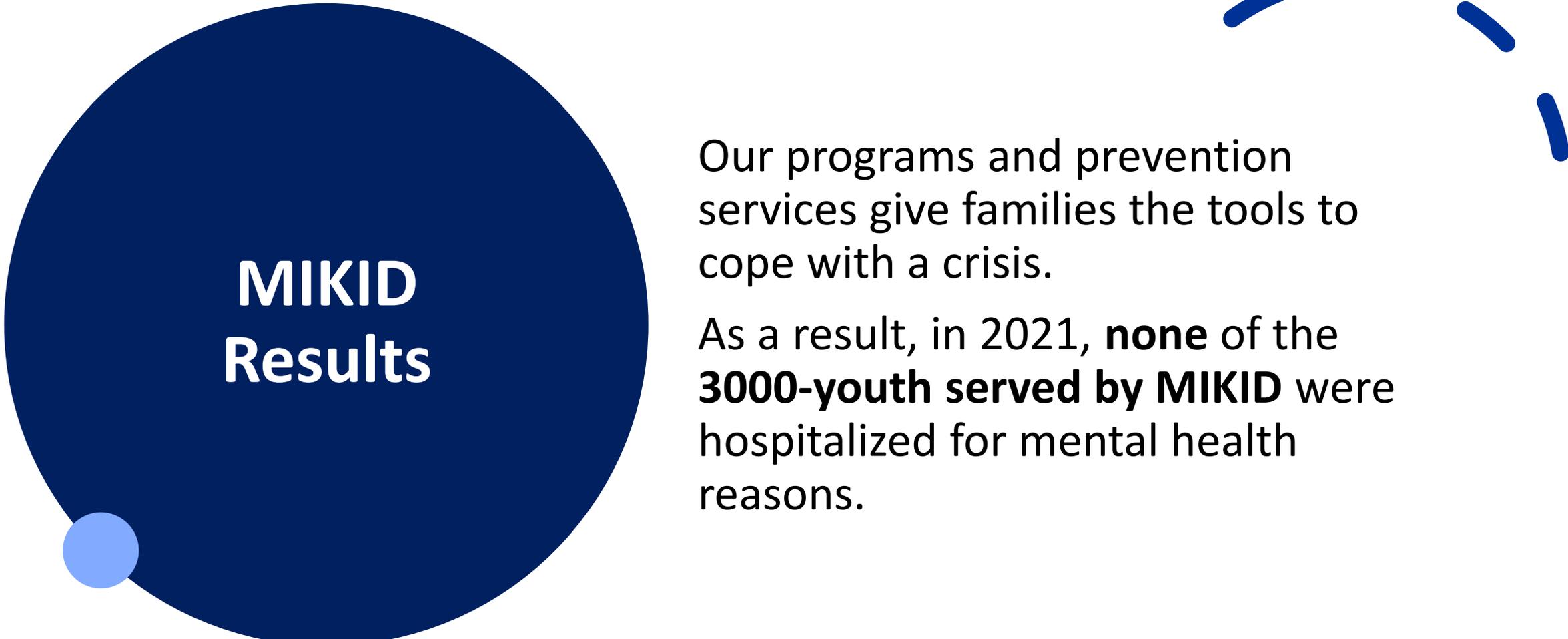
Through **evidence-based programs**, we create healthy family dynamics emphasizing the prevention of;

- Suicide
- Homelessness
- Domestic violence
- Child abuse
- Reduction in incarceration and recidivism.

# What Makes MIKID Special

We prioritize minimizing the economic impact for businesses through;

- The prevention of turnover
- Onboarding
- Advocating for lower dropout rates
- Reduction in hospitalizations
- A better, safer, and healthier community



## MIKID Results

Our programs and prevention services give families the tools to cope with a crisis.

As a result, in 2021, **none** of the **3000-youth served by MIKID** were hospitalized for mental health reasons.



It is estimated that 13-20 percent of children living in the United States experience a mental disorder each year.

The impact on children, families, and communities, children's mental disorders are an important public health issue in the United States.

# Colorado Statistics

**\*\*Partners for  
Children's Mental Health**

50% of mental health  
conditions occur before  
age 14

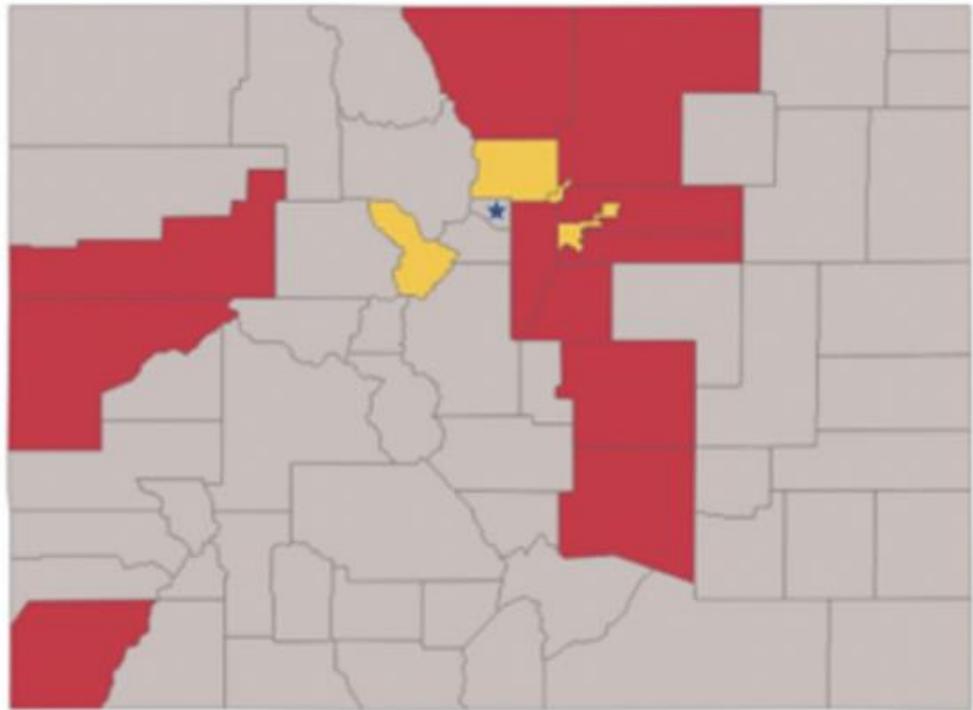
Colorado Children's  
Hospital has declared a  
"State of Emergency"  
for youth mental  
health

Ranks #2 in suicide in  
youth between 10-24

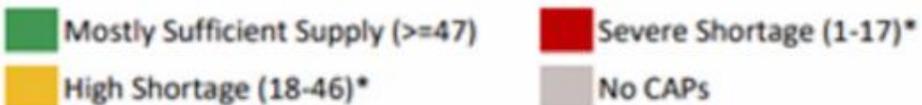
Only 22% of youth with  
mental illness are  
receiving care

90% increase in  
demand for youth  
behavioral healthcare  
in 2021

# Workforce Shortage



CAPs Per 100K Children



**49/64 counties do not have a child & adolescent psychiatrist**

- Colorado has a severe shortage in mental health providers.
- **Zero** counties have sufficient providers of child & adolescent psychiatrists for their population.
- **MIKID** is actively hiring.

\*\*Colorado Pediatric Psychiatry Consultation & Access Program

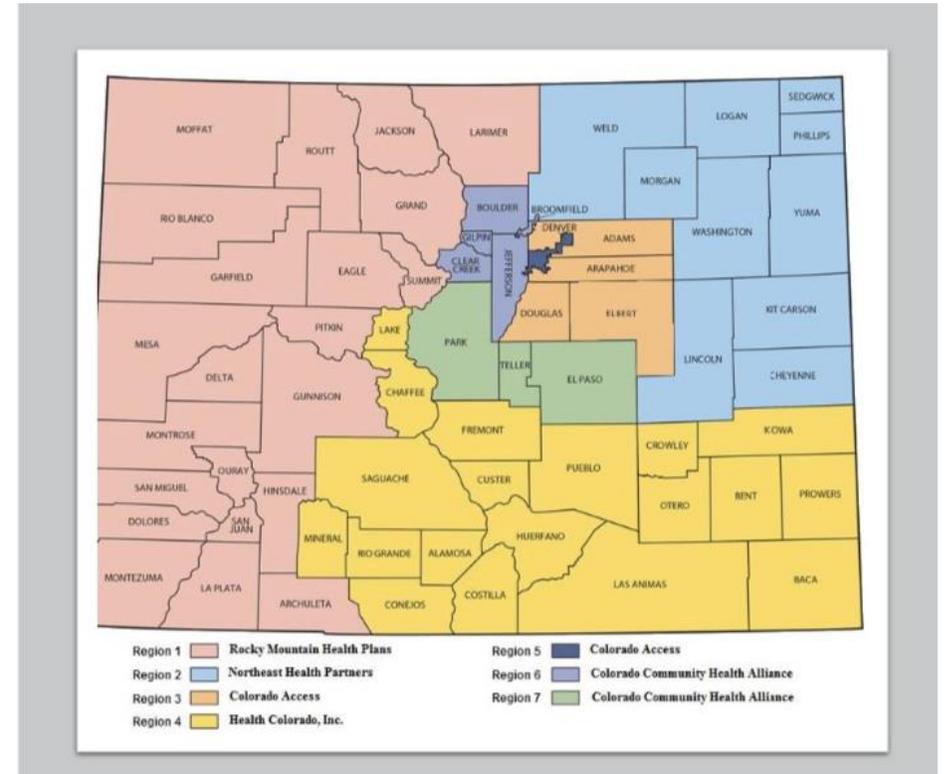
# MIKID Colorado

# Pueblo County & Arapahoe County

## Colorado Office Location

**PUEBLO COUNTY, COLORADO**

115 E Riverwalk, Suite 110  
Pueblo, CO 81003



# Colorado MIKID Services

## **FAMILY SUPPORT**

- Court advocate, IEP/504 Plans

## **TRANSITIONAL AGE YOUTH (TAY)**

- Evidence based curriculum, foster youth 13-25, Pre-job training, independent living skills

## **HEALTH & WELLNESS EDUCATION**

- Suicide prevention, Signs of Suicide Training

## **PARENT SUPPORT NOW**

- Strengthening families through teaching advocacy, discovering and utilizing natural supports

# How To Help



## Creativity Supplies

- Texture and visual puzzles (foam, plastic, wood, etc.)
- Beads, bead pattern cards and strings
- Child-safe sewing materials
- Small, themed toys for sorting, such as fruit
- Shape puzzles and displays
- Paintbrushes, paint cups and palettes
- Smocks, aprons or paint shirts
- Easels with canvases or large cardstock for painting
- Musical instruments such as kazoo, glockenspiel, maracas, tambourine, recorder, drums, toy piano, etc.



## Calm Supplies

- Sand boxes: tables, bins, tubs, and sinks.
- Sand, modeling sand and or pellets
- Fidget toys
- Calming cards - curriculum
- Headphones
- Weighted lap blanket
- Water table



## Other

- Books
- Child car seats (new)
- Bus passes
- Vehicles
- Gravel, turf, awnings, playground equipment
- Food and/or restaurants to cook and prepare meals for programs



## Health and Wellness

- Balls (variety, and sports)
- Soft tumbling mats
- Catcher's mitts and plastic bats
- Hula hoops
- Crawling tunnel
- Exercise resistance bands
- 3lb or 4lb dumbbells
- Yoga mats
- Kidzlane Dance Mat
- Field/sport cones

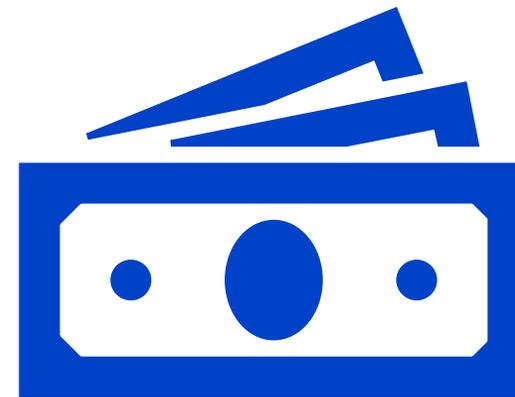


## Seasonal Programs

- Back to school supplies
- Connections to local movie theaters, museums, zoos, water parks, aquariums, jump parks, amusement parks, and sporting events near our 9 locations.

# The Gap in Funding

Independent funding is necessary to fill the gap to meet the growing need for staff, programs, food, and supplies.



# Financial Help

\$10,000 will assist 16 families with programs

\$5,000 provides 3 Suicide Prevention Education Trainings for up to 50 participants

\$2,500 provides 5 Support Groups for one year

\$1,000 provides 2 Support Groups for one year

Support M.I.K.I.D at:



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amazon smile

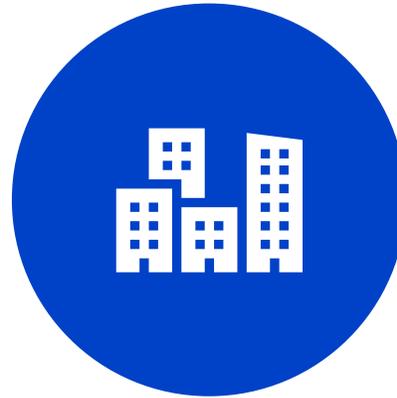
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MIKID PUEBLO: 602-253-1240



PUEBLO EMAIL:  
[COMMUNITYOUTREACH@MIKID.ORG](mailto:COMMUNITYOUTREACH@MIKID.ORG)

