



samaritans

2023

Breakfast for

HOPE

Community & Connection
to prevent suicide together

Tuesday, May 23rd • Boston Park Plaza

samaritanshope.org



•
We never
settle
•

We are an innovative global healthcare company, driven by one purpose: we chase the miracles of science to improve people's lives.

We are dedicated to transforming the practice of medicine by working to turn the impossible into the possible. We provide potentially life-changing treatment options and life-saving vaccine protection to millions of people globally, while putting sustainability and social responsibility at the center of our ambitions.

sanofi

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Dear Friends, Sponsors, Volunteers & Colleagues,

For a long time, suicide prevention has looked similar no matter the audience. It's been based on research and best practices, but it didn't necessarily consider that suicide and mental illness impact communities, cultures, races, ages, and identities in very different ways. It's time for that to change.

Over the last year, we have expanded our approach to suicide prevention to better serve the communities most at risk, including communities of color, LGBTQ+ folks, young people, and those in certain professions.

We have focused this work on building partnerships with community organizations. When we are invited to their table, we listen, we ask questions, we share our expertise, and we give the autonomy for our partners to determine what suicide prevention looks like for them. Our education workshops are then developed in collaboration with that organization to build connections, foster conversations, and encourage hope within their community.

This re-imagined approach to suicide prevention is making our services more accessible to those most at risk. Today, at our 2023 Breakfast for Hope, you will hear from some of our community partners and learn how this work is saving lives by putting community and connection at the center. Because, as we like to say: *Community and Connection* is Suicide Prevention.

Thank you for joining us today and for supporting this essential work.

In gratitude,



Kathleen C Marchi
Chief Executive Officer & President



**We view love as our most important untapped resource.
Let's use it!**

This is the Bancel family's approach to philanthropy: engage individuals, especially young people, to take action and make the world a better place.

The entire Bancel Family are active supporters of Samaritans. Brenda and Stéphane Bancel have generously supported Samaritans, including encouraging others to give through matching challenges.

Daughter Chloe is a member of the Samaritans Council and participant in the 2022 Breakfast for Hope, where she was joined by her parents and sister Olivia.

Brenda is the President of the Champions of Love Foundation and Bancel Philanthropies. She teaches a class at the Epiphany school on Gratitude and love.

Stéphane Bancel is CEO of the Cambridge-based biotech firm Moderna.

F E A T U R I N G
Our Community Partner



Anthony Thompson
Founder, Follow Suit

Community & Connection to prevent suicide together

Networking

Welcome State of Samaritans

Kathy Marchi, *President & CEO*

Community & Connection

Video by The Boston Group

Follow Suit Introduction

Kacy Maitland, *Chief Clinical Officer*

The Story of Follow Suit

Anthony Thompson, *Follow Suit*
Katio Barbosa
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Breaking the Stigma Ceremony

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The Bancel Family, *Bancel Philanthropies*

Thank You / Closing

Kathy Marchi, *President & CEO*

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MONICA DICKENS LEGACY SOCIETY



Leave a Lasting Legacy

In honor of her leadership and foresight, we have named Samaritans' Legacy Society in honor of founder Monica Dickens. For more than 40 years Monica's legacy has comforted and saved countless lives.

We invite you to join the Society to leave your own legacy for Samaritans' future. The simplest way to make a legacy gift to Samaritans is through your will or by designating Samaritans as a beneficiary of your retirement plan, life insurance policy, or bank account.

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"We personally know the struggles of people we love with mental health and depression, and we're thankful that Samaritans is there for them. We're blessed to be in a position to help their great work in our community during our lifetimes, and through our bequest."

– Mark & Grace Sullivan, Monica Dickens Legacy Society members

Making a decision to include Samaritans in your estate plans is a very personal choice. As you review your estate planning needs, feel free to call

Janet Lawn, Chief Development Officer,
at **617-674-5223** or jlawn@samaritanshope.org.

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Samaritans 5K Run/Walk for Suicide Prevention



Anthony Thompson

Founder, Follow Suit

Anthony (Ahmad) Thompson was born in the Orchard Park housing projects in Boston, MA. Anthony was a high school basketball player who left his passion for ball for the drug game in the 1980s. This drastic change of character, Anthony would say, was a lesson well learned later in life, after he subsequently became a fugitive before serving his time in prison. Upon his release in the mid-2000s, Anthony saw some of his own mistakes playing out in the lives of young men and sought to be a change in his community and family.

Anthony had a vision, with the goal of giving back through service and leadership. Anthony's commitment and dedication to giving back to his community has put him in the position to become a supervisor for the City of Boston Public Works where he strives every day to serve his community.

Along with his nonprofit program Follow Suit, Anthony also has a YouTube podcast called "Follow Suit Fashion Unfiltered," where he highlights coaches, mentors, father figures, and community activists who have been serving our community for many years.

His legacy and mantra? "Follow suit is a mantra that means to follow the suit, and as you follow suit you are going to come to realize that the suit is a role model and mentor: whose purpose is to give guidance to the young men of this community and to society!"



Steven Karaiskos

Samaritans

Steven is the Senior Director of Community Education & Outreach with Samaritans. Steven is an educator and emotion scientist, a leader in the development of whole child emotional well-being, an advocate for educator well-being, an activist for suicide prevention/awareness and bereavement, as well as a dynamic and creative community builder. A veteran educator with over 23 years of experience, Steven has taught for public and independent schools at every grade level including pre-kindergarten/ kindergarten, middle school, and high school as well as supporting college/university and adult learners. He has trained and mentored educators in social and emotional learning, well-being, behavior management, classroom management, and support of students with learning differences. Additionally, he facilitates peer grief support groups for those who have had a loss to suicide and is on the board for Camp Kita — a non-profit summer camp providing support for young people, ages 8-17, who have lost a loved one to suicide. A loss to suicide survivor, Steven earned his Ph.D. in Psychology, lives in Providence, RI, and enjoys writing and Tai Chi.



Dr. Dani Cimino

BetterVet

Dr. Dani Cimino graduated from Michigan State University's College of Veterinary Medicine in 1997 and has been practicing mobile veterinary care for the last 20 years. She enjoys improving the quality of life for her patients and connecting with families over their kitchen tables. She is the Chief Veterinary Officer of BetterVet where she leads a team of 47 veterinarians across the country in 26 cities. Dani has two grown children and lives in Southborough, MA, with her husband and two wonderful dogs who keep her grounded every day.



Chib Belonwu

Awareness617

Chibunna Belonwu is an educator based in Dorchester, MA. Presently, he serves as Wellness and Athletic Director at Codman Academy Public Charter School, where he coordinates athletic and health programming for students, families, and the wider Dorchester community. In 2019, Chib co-founded Awareness617, a nonprofit whose aim is to educate people of color on the importance of mental health and personal wellbeing. So far, Awareness617 services 900 youth and their families through seminars, sports, and counseling. Chib lists prevention and destigmatization of mental health as central to the organization's mission.



Nina Selvaggio

Greater Boston PFLAG

Nina Selvaggio Consulting helps nonprofits reimagine their impact. Nina provides support and services centered around ideal management & leadership, rigorous annual planning, thoughtful communications, sustainable operations and inspired staff engagement.

Nina's core passion, expertise, and abilities are grounded in the goal to integrate improved ways of operating so talent can focus their energy on bringing a mission to life. As a management professional with 20+ years of leadership experience in the social sector, Nina has held strategic leadership roles with several local and national nonprofits. These have ranged from annual budgets between \$100K and \$20M, a handful to hundreds of employees, and multiple sites. The operating status of these organizations ranged from turnaround to highly-sustainable.

Nina is currently the Executive Director of Greater Boston PFLAG, whose mission is to advocate for and advance equity and societal affirmation of LGBTQ people by building and strengthening loving families, safe communities, and a diverse and inclusive society.



Alberto Vasallo

El Mundo

Alberto Vasallo III is President and CEO of El Mundo Boston, an iconic Latino multimedia company that has been in the publishing, broadcasting and large-scale event business for the past 50 years in Boston, MA.

He has received numerous awards for his work in the community as well as for his groundbreaking events and exclusive and in-depth coverage of the Latino community through his various media platforms. He has also become a fixture and well-known public figure in the New England region through his extensive work on television, radio, print, and digital platforms.

Born and raised in Boston, Alberto is a graduate of Boston College High School ('85) and Boston College ('89) and in 2018 he received an honorary doctorate from his alma mater Boston College, making him a Triple Eagle.

He is part of a family that has become synonymous with Boston, as El Mundo Boston remains a family business. His father Alberto Vasallo Jr. was born in Havana, Cuba, and his mother, Flor, is a native of Ecuador.

Currently, he is also the longest-running Latino television personality in the market with over 27 years of on-air presence on Channel 7, WHDH.



Andrew Leavitt


Ryder System, Inc.

Andrew Leavitt is Senior Director of FMS Safety at Ryder. His responsibilities include the development and execution of the company's internal and external safety programs. Andrew currently lives in New Hampshire with his wife and two sons.

Andrew joined the Council in 2022 after partnering with Samaritans on a suicide awareness training program for Ryder. Andrew participates in honor of his cousin Grant Leavitt.



At the heart of important issues



PwC is proud to support Samaritans as part of our commitment to making a meaningful difference in the world and helping others thrive.

[TheNewEquation.com](https://www.thenewequation.com)

The State of Suicide Today

Suicide continues to be a leading cause of death in our country and the world, and the effects of mental illness and suicide are profound and wide-reaching.

With each death by suicide, more than 130 people are affected, and those who lose someone to suicide are at a higher risk for suicide themselves. There is no denying that these statistics paint a grim picture, and we are seeing that the effects of social isolation, increased substance misuse, economic pressures, and other ramifications of the pandemic have only exacerbated the problem.

At the same time, these past few years have also enabled progress to be made in the acceptance and awareness of mental health challenges. This progress in breaking the stigma of suicide and mental illness has created a larger role for organizations like Samaritans to play in prevention suicide. It has made the demand for our lifesaving work, suicide prevention education, and grief support services greater than ever before, and we are honored to step forward to meet that need.

We believe that the state of suicide today does not have to remain the reality. We believe that everyone has a role to play in suicide prevention, and we will continue to work passionately each and every day because we believe it is possible to create a world without suicide.

According to the Centers for Disease Control and Prevention (CDC):

In 2020,
suicide was the
**12th leading
cause of death**
in the US

Suicide claimed
the lives of
**45,979
people**
in 2020

**Suicide was
the leading cause
of death
among millenials**

Emergency
room visits for
**Suicide attempts
increased**
among 12 to 17-year-olds
**during the
pandemic**

**46% of
people who
died by suicide**
had a known
**mental health
condition**

There were nearly
2.5 times
as many
suicides
in the US
as homicides

Make the Call

24/7 HELPLINE

When you need to talk, Samaritans is here to listen.

Any time. For any reason.

Call or text us at 988

You are not alone.



You are not alone.
text: 439-726

A dedicated peer-to-peer texting service for people up to 24 years old. Designed for and staffed by young people, Hey Sam gives youth the opportunity to reach peers if they are struggling, need someone to talk to, or need support. Whatever the reason, reach out.



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MORE
HERE ↑



Trusted Advisor and Partner in IT, Ardent Supporter of Mental Health

ConRes is proud to support Samaritans and their mission to provide suicide prevention services across our home state of Massachusetts.

We join them in breaking the stigma of suicide and offering hope and support to those affected.

www.conres.com
800-937-4688



Prevention
COMMUNITY EDUCATION & OUTREACH

8,510 people reached at workshops and community awareness events
260 events and suicide prevention workshops
85% of workshop attendees say they can recognize warning signs

Intervention
24/7 HELPLINE

81,659 calls, texts, and chats answered
377 trained Crisis Center volunteers
36,998 hours volunteered

Postvention
GRIEF SUPPORT SERVICES

1,554 people received support
131 SafePlace meetings held serving attendees from
24 states and **3** countries

Bring a suicide prevention workshop to your office

Community Education & Outreach

Community connectedness has a role to play in reducing the stigma associated with suicide and mental illness—a stigma that inhibits people from discussing their feelings and challenges.

Break the silence and initiate conversation by bringing a suicide prevention workshop to your office. During the workshop, you and your colleagues will learn how to:

- Recognize the symptoms of depression as well as warning signs and risk factors of suicide
- Manage stress and develop effective coping skills through discussion
- Find resources to help yourself or a loved one

Visit samaritanshope.org to schedule a workshop for your organization

Diversity, Equity & Inclusion Statement

We believe that everyone in society has a role to play in preventing suicide and simultaneously recognize that social disparities and oppression impact communities' ability to prevent suicide and support suicide loss survivors. Respecting and recognizing who people are, where they live, and how they show up in the world through their lived experiences is essential to effectively directing suicide prevention efforts. Historically marginalized groups differ in their access to culturally appropriate and meaningful care with regard to mental health and suicide prevention. Due to profound disparities across income, racial, and class lines, there are many in our shared society that are rendered more vulnerable to factors that increase suicide risk.

Our values of integrity, befriending, equity, justice and inclusion, belonging, courage, and hope, create the backdrop for us to pursue the development of a comprehensive Diversity, Equity & Inclusion (DEI) workplan.

SAMARITANS COMMITS TO

1. Creating organizational and programmatic goals that articulate concrete actions we can take that expand and operationalize diversity, equity, and inclusion in our work
2. Allocating our resources to support our goals and learning that creates and expands our understanding of DEI and how to incorporate it into our work
3. Engaging the Board of Directors in their own set of goals and objectives, and in supporting the staff's DEI work
4. Assessing our progress and addressing challenges
5. Embracing transparency about our journey

We are on Indigenous land.

We acknowledge the original inhabitants of the land we are on — the Massa-adchu-es-et (Massachusetts) and Pennacook (Pawtucket) people, and we pay respect to their descendants who reside in this region today.

Deloitte.



Stronger together

At Deloitte, we share a tradition of supporting the communities in which we live and work. We are proud to support the Breakfast for Hope and congratulate Samaritans for their impact in our community.

www.deloitte.com

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Every day.

We're a health plan that is proud to support the meaningful work of Samaritans to help people find hope and live healthier lives.

MassGeneralBrighamHealthPlan.org





Serving communities.
Changing lives.
What matters to
you matters to us.

At EY, we're proud to support Samaritans. It's one of the ways we're helping to make our community a better place to work and live. A better and brighter future starts with all of us.

Visit ey.com

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Partnering for better

Point32Health, the parent company of Harvard Pilgrim Health Care and Tufts Health Plan, is proud to support the Samaritans' Breakfast for Hope.

Together, we can work toward better for everyone in our communities.

Learn more at Point32Health.org

Point32Health



Delta Dental is proud to stand with Samaritans.

Your compassionate suicide prevention work makes a difference for so many.



Delta Dental of Massachusetts

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KEOLIS

Keolis Commuter Services is proud to partner with Samaritans and support them in their mission of providing lifesaving mental health resources to people across Massachusetts.

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grief support services

FIND COMFORT WITH YOUR PEERS

Losing a loved one to suicide is a painful and difficult experience. For those bereaved by a loss to suicide, the most helpful support may come from someone who has been through a similar loss. Samaritans' Grief Support Services provide peer support to people who have lost loved ones to suicide, also known as suicide loss survivors. These services focus on nonjudgmental listening and compassion, and are free of charge.

Learn more at samaritanshope.org

SafePlace

Samaritans' SafePlace meetings are open groups of caring people who have lost a loved one to suicide. SafePlace peer support groups for suicide loss survivors are facilitated by trained volunteers who have also lost a loved one to suicide. SafePlace is not a professional therapy group, but rather a peer support group providing a forum for exploring feelings often not understood by others. It offers a chance to share helpful resources, and to give and get support through the long process of grieving. Meetings are free, ongoing, and drop-in. There is no registration necessary.

Meetings are in person and virtual.

Survivor to Survivor Visits

Talking about such a tremendous loss can be overwhelming for some. For suicide loss survivors who are not ready to attend a support group or need some extra time outside of SafePlace meetings, Samaritans' volunteers are available to offer individualized support. During Survivor to Survivor visits, trained suicide loss survivor volunteers meet with bereaved individuals or families in their homes or another comfortable setting. Volunteers are available to listen, answer questions, and provide support and resources.

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For more information on EBSCO Information Services, visit www.ebsco.com

The Boston Foundation is very proud to have been there at the beginning with early funding for the Samaritans in 1974 when it was a small a suicide hotline located in Arlington Street Church. Millions of calls later, Samaritans is still saving lives and educating all of us about how to prevent suicide and support those considering it.

Thank you for the crucial work you do, especially during these unparalleled and challenging times for everyone.

To learn more about the Boston Foundation, visit tbf.org.



The Boston Foundation 

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Feeling

inspired?



and want to become more

engaged

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Your time, your expertise, and the gift of your commitment are needed. We welcome strong leaders with diverse backgrounds and the desire to deepen their engagement with Samaritans. Please consider these opportunities to help us:

One-time volunteering opportunities: Assist with our annual 5k Run/Walk for Suicide Prevention.

Event Committees: Help plan our fundraising events including next year's Breakfast for Hope.

Board Committees: Share your professional input on marketing and technology, for example.

Council: Support our fundraising efforts, help raise visibility by introducing others to the organization, and provide expertise to senior staff

Board of Directors: Responsible for leadership giving and strategic direction of the organization.

Email us at info@samaritanshope.org to learn more about these roles.



Samaritans is proud to be an official partner of John Hancock in the marathon Non-Profit Program. The Non-Profit Program provides over 1000 Boston Marathon® bibs to select non-profit organizations throughout the community, which provides organizations with a significant fundraising opportunity. Last year, John Hancock Non-Profit Runners raised over \$13.1M for their causes.



Interested in running for Samaritans in the **2024 Boston Marathon®**?

Email Chris Chirco at cchirco@samaritanshope.org to be notified when applications are available.

Learn more about the members of the 2023 Marathon Team at samaritanshope.org/2023bostonmarathon

SAMARITANS 5K RUN/WALK FOR SUICIDE PREVENTION



Samaritans, the largest provider of suicide prevention services in Massachusetts, invites you to our annual 5K Run/Walk for Suicide Prevention.

We run for those we remember.

We walk for those we love.

**We come together to
make a difference.**



samaritans

samaritanshope.org

Feeling hopeless? We're here to listen.
Call or text 988



Saturday

September 23, 2023

DCR Artesani Park

1225 Soldiers Field Road

Brighton, MA

Register at:

Samaritans5K.org

For More Information:

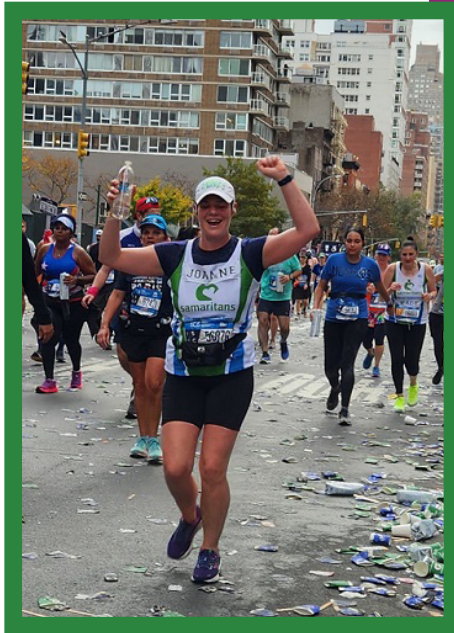
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Samaritans is so honored to have once again been chosen to take part in the TCS New York City Marathon Charity Program in 2023! The mission of the NYRR is to help and inspire people through running, and together with the help of NYRR members, supporters, participants, and partners, they work hard every day to fulfill that goal. Over \$460 million has been raised through the NYRR charity program since 2006!

**Interested in running for Samaritans
in the 2024 NYC Marathon?**

Email Chris Chirco at cchirco@samaritanshope.org
to be notified when applications are available.

Learn more about our New York City Marathon Team at
samaritanshope.org/events/tcs-new-york-marathon-team



Be there when
someone needs
you most

Volunteer on Our 24/7 Helpline

Each day, people who struggle with loneliness, depression, or suicidal feelings turn to Samaritans' 24/7 Helpline for nonjudgmental support. On the other side of a phone call or text message, they find a caring listener ready to provide compassion. You can be that caring listener!

We have a variety of volunteer opportunities on our Helpline. Volunteers include teens (15+), students, working adults, and retirees. You don't need to worry about having any prior training.

All we ask is that you:

- Connect with our mission of suicide prevention through compassionate listening
- Follow our model of not giving advice or offering your opinion
- Provide a safe and nonjudgmental place for our callers and texters to share
- Practice open and honest communication
- Have basic computer skills

Few things can be as rewarding as knowing that you were there when someone needed you most. The more trained volunteers we have, the more people we can serve.

To learn more about our volunteer opportunities,
visit [samaritanshope.org](https://www.samaritanshope.org)



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is proud to support Samaritans



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O'Connor Professional Group

www.oconnorpg.com

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Beth Israel Deaconess Medical Center commends the impactful suicide prevention work of Samaritans and its dedicated volunteers.

bidmc.org

Beth Israel Lahey Health 
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Unlocking Potential For Those Who Advance The World.

BCG is proud to support Samaritans, and the great impact they have on the community in which we work and live in.

BCG



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We proudly support Samaritans and their mission of suicide prevention because we know that community and connection start with **you**.

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We're proud to support Samaritans, who work tirelessly to prevent suicide and offer hope and support to those affected.



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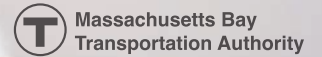
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To learn more, visit www.sarahsvillage.org

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We are proud to
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Samaritans
Breakfast for Hope

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in solidarity with the mission to
prevent suicide and provide hope.



MAMH
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*We are proud to support Samaritans
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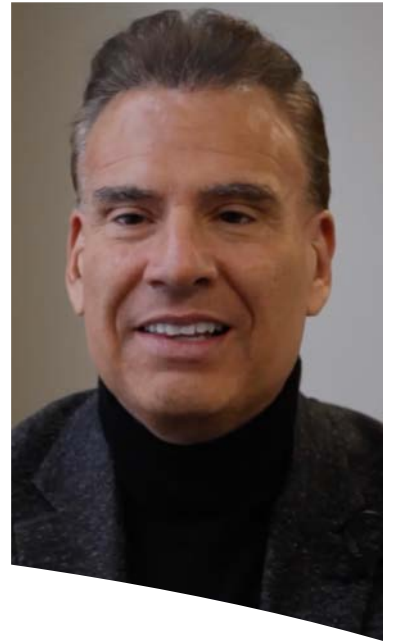
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The Boston Group is honored to have produced and donated this morning's opening video in support of Samaritans, who contribute so much toward such an important cause. TBG specializes in helping brands tell their stories... and there's no more important one than breaking the stigma around mental health.



Bostongroup.com



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We thank Samaritans for their commitment to suicide prevention and are proud to sponsor their **2023 Breakfast for Hope**.



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Community & Connection
is Suicide Prevention.



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