



2024 ANNUAL REPORT

Connect, Grow, Thrive

resilience1220.org

Donate:



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Making an Impact for Our Youth



2024 Board Chair Ben Shay and Youth Advisor to the Board Tyler Guyton



Executive Director Lindsey Breslin

A Dynamic Year

2024 was a dynamic year for Resilience1220! We continued to fulfill our mission with passion - serving more than 7,000 youth seeking free individual counseling, group therapy, and peer connection. We strengthened our community partnerships and welcomed new friends who assisted us through financial donations, volunteerism, and advocacy. We transitioned leadership with the departure of executive director Annie Cooley in December and onboarding of our new executive director Lindsey Breslin in January.

Building Relationships

Resilience fostered relationships with middle and high schools in Jefferson and Clear Creek counties, collaborated with community partners in Park County, and laid the foundation for new programs in Gilpin County. Our team of 30+ professional therapists provided support and coping strategies to students facing anxiety, depression, the pressure to achieve and the pain of loss.

Financial Stewardship

Our board is pleased to have ended 2024 in a solid financial position, thanks to our team's focus on containing costs, the generosity of individual, corporate and foundation giving, grant funding, successful fundraisers, and a healthy year-end campaign. Financial stewardship shapes the policy direction of the board, coupled with accountability to our funders and constituents.

Tapping the Potential

As we have begun 2025 and envision the future, the potential is great! We will reach more young people in need of mental health services, build new partnerships with community organizations, schools, and benefactors, and we will expand our peer leadership program realizing that the youth we serve are our best ambassadors!

Thank you for your interest in Resilience1220. Together let's create a bright future for our youth!

Ben Ghay & Lindsey Breslin

Our Mission



Resilience1220 provides free counseling services to youth ages 12-20 in Jefferson, Clear Creek, Gilpin and Park counties. Through individual counseling, support groups and community outreach, we work to raise awareness of the social, emotional, and mental-health issues young adults face, and to provide the necessary life skills to create wellness and resiliency in their lives.



In May of 2019, our mountain communities faced the reality of three teen suicides . We became painfully aware of the mental health issues that young people face and the lack of life saving resources accessible to them. Resilience1220 was founded by local therapists and community members who worked tirelessly to break down barriers to mental health resources and the social stigmas around seeking care.



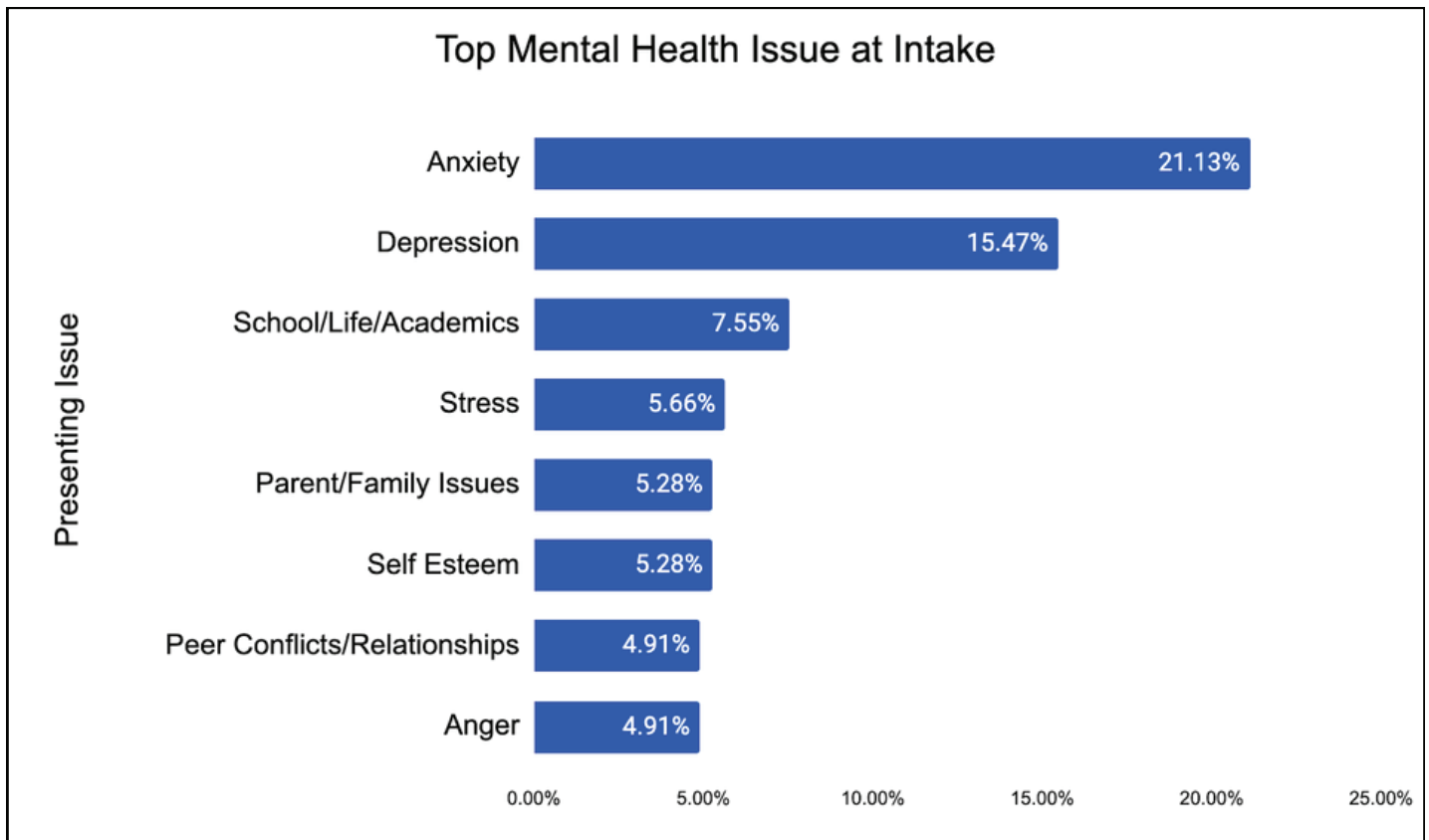
We empower young people and their families in our mountain communities to build resilience, strength, and the tools to master life's challenges.

Meeting a Growing Need



"I cannot stress enough how much I would still be struggling if it wasn't for therapy. Having Ariel (R1220 therapist) has been such an incredible blessing. She has helped me to not only understand how my brain works, but she has helped me to work through shame and practice mindfulness and effective strategies to help combat my anxiety."

**Former R1220 Client and
CU Boulder student**



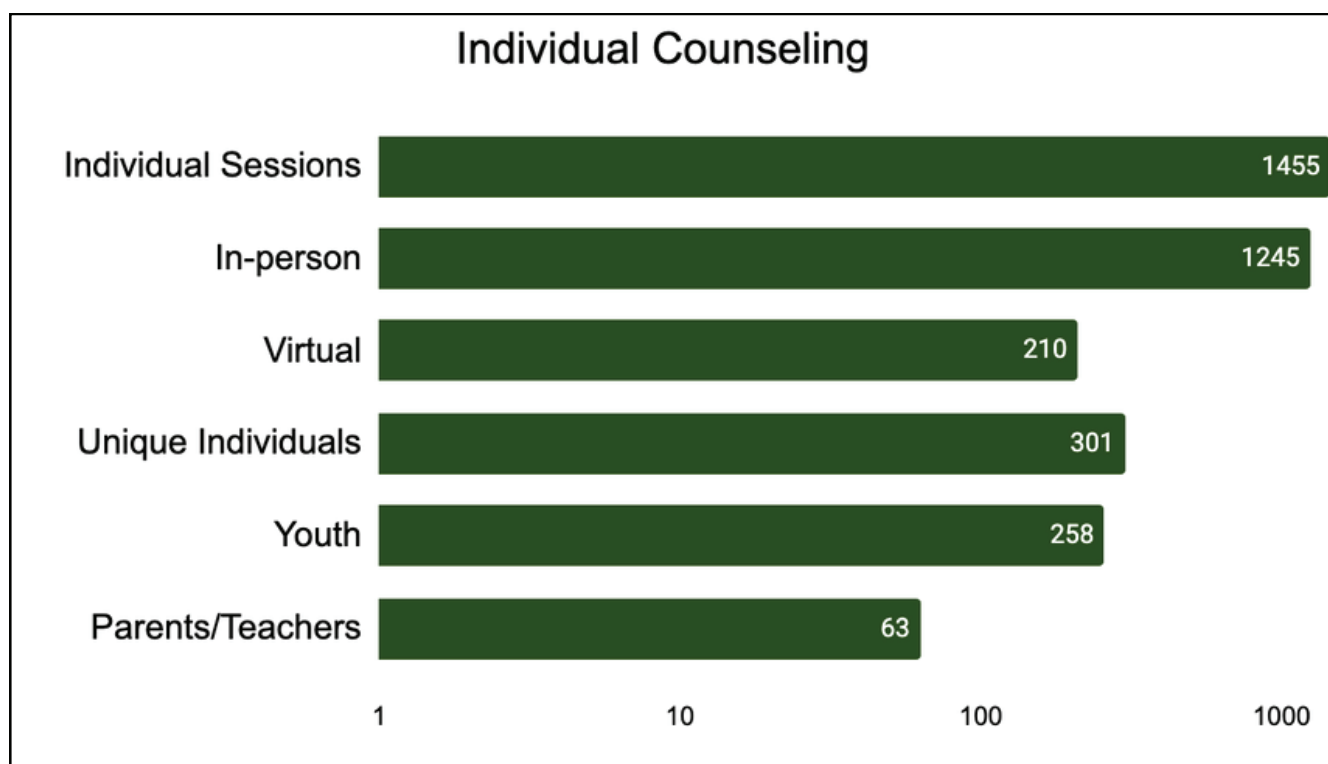
"I think my biggest struggle as a student is the constant stress and rigor expected from us. I personally love challenging myself, but there is a layer of unnecessary stress that I feel falls upon us from those who seem to lack understanding of all the other things going on in our lives."

High School Student Comment, R1220 Teen Forum

Caring for Our Clients



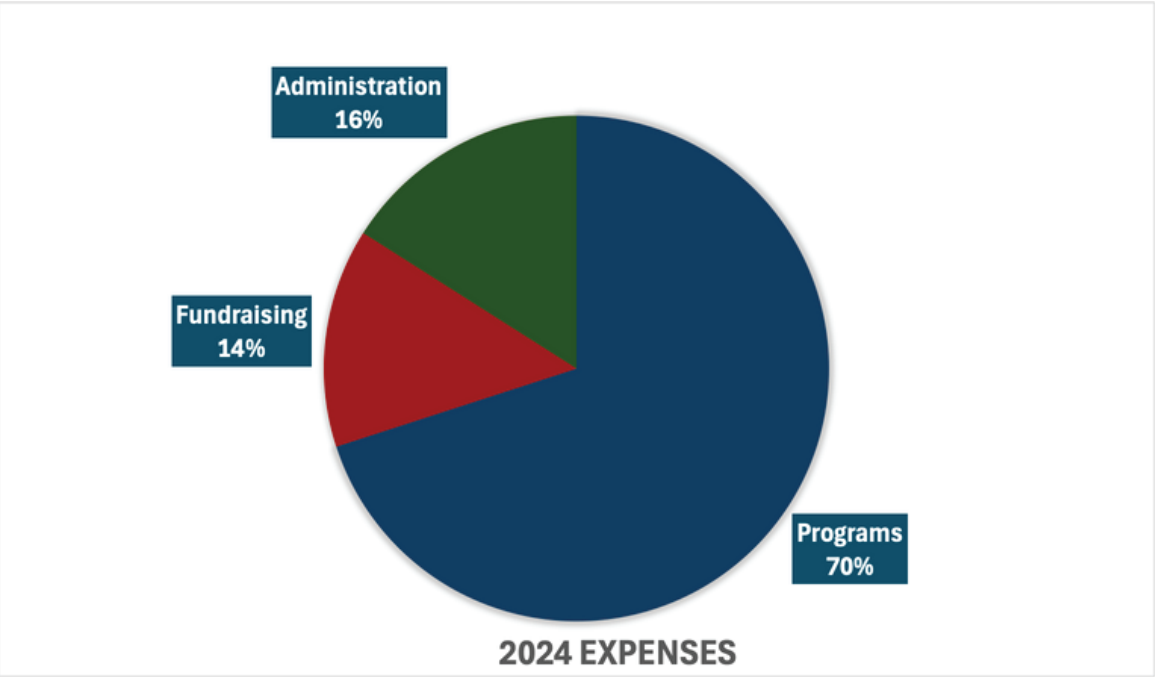
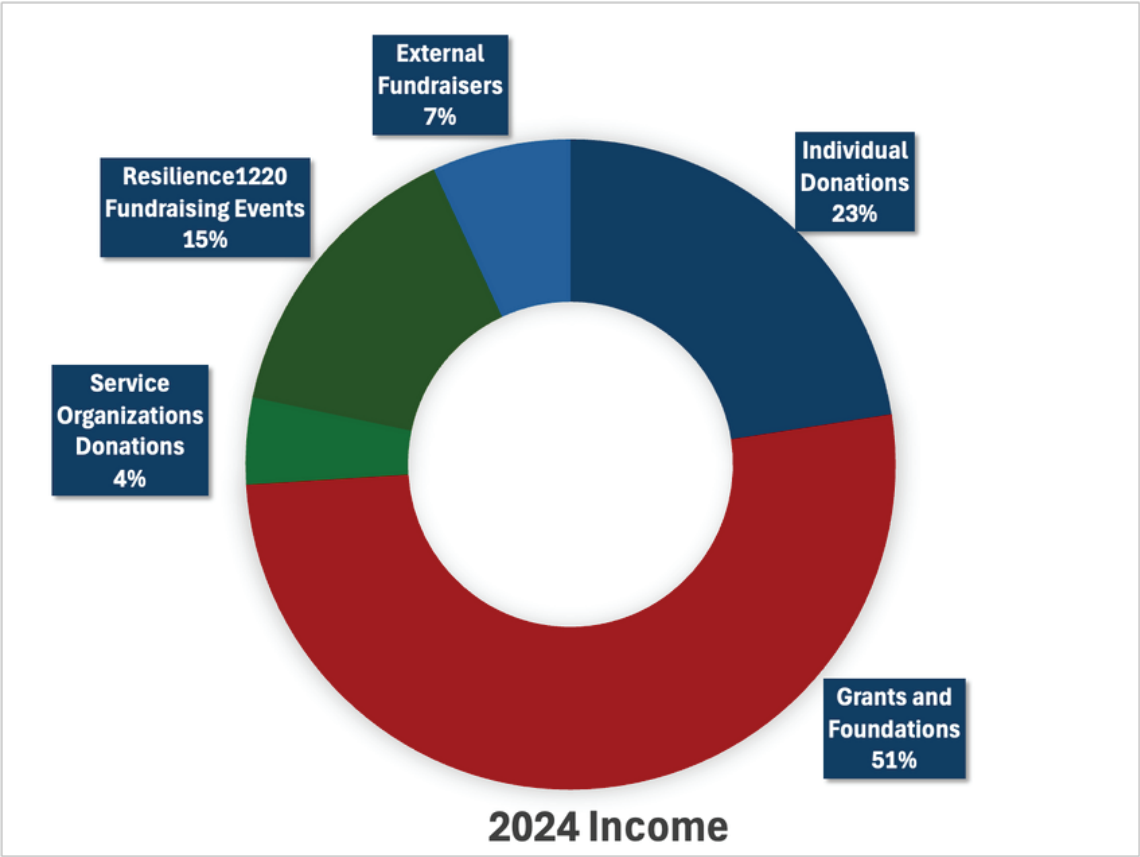
- 1,455 Individual Therapy Sessions
- 258 Teens Served
- 63 Parent/Teacher Clients



"I appreciated the intake process matching of my daughter to a therapist. I was so relieved there was someone she could talk to in a safe space other than her parent. After the first session, I could see her relief. I found it really beneficial for our relationship, too."

Mom of a 6th Grade Client

Financial Stewardship



Reaching Out: Group Therapy and Community Engagement

173 Therapeutic Group Sessions

73 Community Outreach / Events

1073 Therapeutic Group Attendees

1692 Community Outreach / Events Attendees

The Resilience1220 team seeks to provide safe spaces for clients to express themselves and feel connected. In 2024, 1,073 clients participated in 173 group sessions. Among those were the Suicide Loss, LGBTQ + and Beyond the Rainbow groups.

Outreach in area schools creates other pathways to reach youth. Whether speaking at an Evergreen Country Day School event, presenting a team building session at the Montessori School, leading an outdoor adventure at King Murphy or addressing conflict management at the Rocky Mountain Academy of Evergreen, our team members create greater awareness of the services offered by Resilience1220.



Our open art studio program has introduced Evergreen High School and Middle School students and Clear Creek youth to the benefits of art therapy, and our mural club in Bailey has engaged students in a community-focused Beautify Bailey project.



People of Resilience1220

Our Administrative Team

Lindsey Breslin, LCSW, Executive Director
Ariel Shea, LCSW, Director of Therapy
Cindy Lempke, Director of Communications
& Community Engagement
Sam Harwood, Operations Coordinator



Our Therapists

Ariel Shea	Sam Harwood
Charis Jaeger	Kelly Andrews
Gail Bartkovich	Kim Walniak
Abby Matt	Laura Thompson Beato
Heather Aberg	Laura Womack
Heather Kassman	Lisa Beeson
Jeff Leichtman	Margaret Hodges
Jessica Barks	Michelle Wilson
Jim Orsund	Rebecca Kitey
Karen Torf	Robin List
Kari Read	Renee Lockhart



2024 Board of Directors

Ben Shay Board Chair	Chris Davis Board Treasurer	Erica Haag Board Secretary
Dr. Sarah Davidon	Amanda Gregg	Jessica Bartok
Justin Shulz	Michele Vanags	Courtney Kline
Tyler Guyton, Youth Advisor		

Thank you to our dedicated volunteers & youth Peer Leaders!