Sky's the Limit Fund

THE PATH
Newsletter

Making an Impact

Sky’s the Limit Fund (STLF) has the privilege of partnering with you and working together to make wilderness therapy accessible to youth in crisis. Because of you, we were able to serve 179 families and provide $821,099 of support this past fiscal year ending June 30, 2021. Since 2010, we have served over 871 families and provided $4.4M of support, $8.4M with our partner program match. You help break the barriers for families who otherwise can not afford wilderness therapy. We are truly grateful for your support!

“Our son has thrived since returning from wilderness...We could not be prouder of how far he has come, successfully using his skills from the therapeutic program. It saved our family!”
- grant recipient parent

Message from Rochelle Bochner, Co-Founder

As we venture into Fall, it’s time to reflect and show gratitude. I personally thank you, our donors, staff, and board of directors for your continued support. Without you, we are not able to help those that need our services most!

The past 18 months have been unprecedented in our communities with the pandemic, jobs lost, riots, wildfires, etc. Thus, the need for mental health services has jumped exponentially. Our committed and caring Family Support Team and Coaches work tirelessly to support the families we serve.

As we navigate through these stressful times, please be extra kind, patient and compassionate to others. Remember, a random act of kindness goes a long way!

With much gratitude and respect,
Rochelle Bochner
Sky's the Limit Fund Co-Founder
Featured Article

Fearless Fundraisers

A HUGE THANK YOU to these Fearless Fundraisers who together have raised over $55,000. We are deeply humbled and inspired by their drive, passion, and dedication to transforming the lives of youth in crisis and their families through wilderness therapy.

Paul Webb is a wilderness therapy alumni parent and ultra cyclist. RAW is Paul's second fundraiser for STLF.

David Chandler is the Field Director at SUWS. This is David's third fundraiser for STLF- he also ran and biked across America.

John Kraft is a nature enthusiast. He raises funds and awareness throughout his trek.

Frank Byrne, a friend of David's, is raising funds and awareness through his reflections and experience as a field guide at SUWS.

Sophia Buie biked from San Diego to New Orleans in memory of her brother, Stu.

There are many ways to make good things happen! Join your personal journey, race, or a fun event with your desire to help youth in crisis through wilderness therapy, and also raise funds. For information on how to get started with your fundraiser, contact info@stlfgives.org.
STLF Speaker Series

The STLF Speaker Series is an educational resource for parents seeking information about topics close to wilderness therapy. The LIVESTREAM series features remarkable guest speakers with expertise in the field of outdoor behavioral healthcare who have brought many different perspectives to the table and provide much insight to our STLF community. Please join and learn with us! To register, click below.

Mariah Loftin, MA, LPC Senior Clinical Therapist - Young Adults Group at Open Sky Wilderness Therapy

Thursday, October 21st at 1:00 p.m. PT
Mariah Loftin MA, LPC
"How can I establish boundaries when my young adult child is struggling?"

Thursday, December 3rd at 12:00 p.m. PT
Trina Grater, MA, LCHMC Assistant Clinical Director & Therapist at Evoke Entrada
"How Does Wilderness Therapy Save One's Sense of Self?"

As we begin to emerge from a difficult year and face new challenges that reach far and wide, it is very clear that the impact of mental health remains significant, especially on youth in crisis, and the need for wilderness therapy continues to grow. The more support we can provide families in need, the better. Please help us continue to break the barrier of cost to wilderness therapy and donate to our Annual Giving Campaign and on the global day of giving, #GivingTuesday on November 30th.

"The support from STLF made it possible for us to even consider Wilderness Therapy... STLF made it possible to get our daughter the much-needed help. Today she is thriving and doing much better. She has goals to go into nursing and has talked about wilderness nursing or even being a therapist to give back."

-grant recipient parent

Events and Campaigns

Annual Giving Campaign
October - December

GIVING TUESDAY

Monday, November 8th at 5:00 p.m. PT
Brenda Ferber, author and crisis counselor, and Faith Ferber, LMSW, therapist, and graduate of wilderness therapy discuss, "How can wilderness therapy help your teen not only survive but thrive?"
Young Adult Coaching Service & Local Continuum of Care

**Coaching Service** - STLF now provides coaching specific to young adults. Offered free-of-charge, this 12–15-week direct service supports the young adult post wilderness therapy. The support provided to young adult meets their specific needs and is offered independently of the support provided to the parent(s). The young adult may return home or to an independent living environment.

**Local Continuum of Care** - We provide families and young adults participating in the STLF Coaching Service the opportunity to be reimbursed for up to $2500 of treatment for the youth or young adult in his/her home community. This may include individual and/or group therapy, counselor/mentor, IOP, psychologist, psychiatrist. This funding helps alleviate the additional financial burden of post wilderness therapy treatment placed on our families.

Welcome!

New STLF staff and board member

- **Stephanie Smith, LCSW, LAC**
  - Family Coach

- **Mackenzie(Kenzie) Keefe**
  - Young Adult Coach

- **Kyra Kuhn**
  - Donor Engagement Manager

- **Ty Beemis**
  - STLF Board Member

**Testimonial**

"Our family was in crisis and needed support expeditiously. We were met with referrals and resources including a wilderness program and support through STLF. Had there not been a wilderness Intervention and financial support, we are not sure where we would be today. We were in a dire situation. Upon completion of the program, our family needed continued support and we were so grateful to receive coaching for us and for our son. With the coaching support, we were able to set and maintain healthy boundaries and have realistic expectations. Our son is doing very well and has gone on to be a direct line worker in a similar program. He wouldn’t be where he is today had we not had the resources and support that was provided by STLF. Thank you to those who have chosen to provide financial support to STLF."

- **grant recipient parent**
Ways to Support STLF

Donate
Sky's the Limit Fund is a 501(c)(3) non-profit organization (tax ID 27-2592172). Your tax-deductible donation supports youth in crisis through wilderness therapy. Consider making a recurring gift with a monthly or quarterly donation. For information on donating stock or mutual funds, please contact info@stlfgives.org.

Company Matching
STLF donor Paul Kimball recently took advantage of his company’s generous matching program to not only double his own contribution, but also make it easy for his colleagues to support Sky’s the Limit Fund. "As soon as I found out the organization qualified for matching, I saw that others in my company began donating as well, so the effort continues to bring value beyond my own financial support. All at the cost of just a tiny bit of admin work on my part." Thank you Paul for your donation and pursing a company match!

Birthday Fundraiser
Every day more than 45 million people give birthday wishes on Facebook. Here's an opportunity to make your birthday more meaningful by creating a fundraiser on behalf of Sky's the Limit Fund. Start your Facebook birthday fundraiser: 1) go to your Facebook home page, 2) on your news feed, scroll to Fundraisers, 3) select Sky's the Limit Fund, 4) personalize your story, and 5) share your fundraiser.