



COMMUNITY CORNER

NEWSLETTER

AUGUST 2021 | SUMMER

COMMUNITY HAPPENINGS

TBD

The ins and outs of networking

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Hello Go Further Community!

The dog days of summer are upon us! The team at Go Further Foundation had a busy July bringing to life several events that we've been excited about. Our first event of the month was Royals for a Cause – Mental Wellness night at the K. Members of our Go Further Community enjoyed some hotdogs and cornhole at the GFF tailgate alongside Carls Cause, another amazing organization working to destigmatize mental health. The Royals also invited us to have an informational table set up inside the gates to talk about our programs and get game goers excited about the organizations making a change in the mental health arena. It was surreal to have the opportunity to dawn a table with the GFF logo, hand out brochures, flyers, and GFF Koozies. It was great talking with a melting pot of people about our mission and the difference our organization is making. After the tailgate concluded, we closed up the table and the group was able to hit the stands and enjoy the rest of the game together. Unfortunately, the Royals didn't get the W but we sure had a blast and can't wait for next year!



Bump, Set, Spike the Stigma

Our next event was a stepping off point for Go Further Foundation. Our first major fundraiser. Partnered with Shawnee Mission Beach Volleyball we held our first annual “Bump, Set, Spike the Stigma” Volleyball tournament. 22 teams made it out for a day full of fun supporting bumping, setting, and spiking the mental health stigma out of our communities. To tack on to all the fun of the competition we also held a raffle where event goers were able to try their luck at winning some awesome prizes! It was an amazing day, but we could not have done it without the support from 19 court sponsors, the companies who donated raffle items, Shawnee Mission Beach Volleyball, and everyone else who helped us organize this event!

Our executive coaching workshop in July was led by Dr. Janis Dickey who discussed Finance 101. Dr. Dickey leads workshops for young people to help them get a head start and make responsible decisions when it comes to their finances. Something I hear a lot when finances come up in conversation is “It would have been nice if we learned X,Y,Z in school” Oftentimes young professionals are not set up with knowledge to responsibly address financial decisions which can lead to financial crisis that can be difficult to dig out from.

One of my favorite quotes from our workshop was when we were discussing budgeting. Dr. Dickey says, “Tell your money where to go instead of wondering where your money went”. I know I could improve in this area. This workshop was great to take a step back and reflect on what we can all do better when it comes to money.



The last topic I wanted to discuss with all of you is in regards to something we have been working on for a long time. Go Further Foundation stands to support the mental health of young people and one of the initiatives we're passionate about is offering mental health 101 training. Our partners at Johnson County Mental Health created a training video where Tim Deweese, the director of JCMH, discusses mental health, what it is, how to identify warning signs, and how to practice resilience. We believe that knowledge is power and being able to learn about mental health makes conversations easier and helps people understand they are not on their journey alone. Every person trained is a step in the right direction to allowing our communities to become more comfortable discussing mental health and a great way to destigmatize mental health. Thank you to JCMH for their support of this initiative and we look forward to sharing it with our Go Further Community and beyond.

Until then all the best,
Mark Potts