

Goodwin Square
225 Asylum Street, 12th Floor
Hartford, CT 06103



We're in it for life™

Please join us in giving HOPE to young adults.

The Jordan Porco Foundation's mission is to prevent suicide, promote mental health, and create a message of hope for young adults.

- H**elp challenge stigma by talking openly about mental health issues
- O**ffer engaging and uplifting programming, emphasizing peer-to-peer messaging
- P**romote help seeking behavior, self-care, and coping skills
- E**ducate about the risk factors and warning signs of suicide and other related mental health concerns

OUR SIGNATURE PROGRAMS

freshcheckday
check-in with college students
freshcheckday.com

90
NINE OUT OF TEN
nineoutoften.org

4 WHAT'S NEXT
Because change happens
4whatsnext.org

2015 ANNUAL REPORT
jordanporcofoundation.org



JORDAN PORCO
— FOUNDATION —

Hartford, CT
860-904-6041



Message from the President

Dear Friends,

On behalf of the Board of Directors, Clinical Advisors, and Staff, we would like to take this opportunity to thank all of the donors, volunteers, and community partners who have generously supported our suicide prevention and mental health promotion programs for young adults.

In 2015 we experienced substantial program growth: Fresh Check Day was implemented by 30 college campuses throughout the Northeast, we had our first national launch at Texas Christian University, and we introduced a new version of Fresh Check Day, tailored to new Military recruits. Fresh Check Day is a conduit for changing attitudes about mental illnesses and understanding that suicide prevention is everyone's responsibility.

Most recently, we responded to issues related to the high school transition by developing and piloting 4 What's Next. Recognizing the needs of high school students and the non-academic challenges related to the transition, 4 What's Next provides a platform for juniors and seniors to have honest conversations about life after high school.

Our programs are unique and the peer-to-peer messaging is strong, relevant, and makes difficult topics approachable. They encourage positive conversations and normalize the human experience by acknowledging that sometimes, "things are not ok." There is an increased recognition at high schools and college campuses that we need to promote mental health and facilitate conversations that encourage young people to seek help, recognize suicide warning signs, and help others.

In four years, we've held 45 events in 7 states, impacting up to 250,000 students. Our programs are saving countless lives—reducing shame, discrimination, and facilitating conversations that were once considered taboo.

But suicide is still the second leading cause of death for individuals between the ages of 15-24. Young adult suicide is a major public health concern and our work is critically important. We reach an incredible number of at-risk students and each year our reach grows exponentially.

We need your continued financial support. Thank you for your commitment to our programs and our mission to prevent suicide, promote mental health, and create a message of hope for young adults. Together we can influence attitudes about mental health. We're in it for life™ and your support is saving lives.

Marisa Giarnella-Porco, LCSW
President, Co-Founder and Chief Executive Officer





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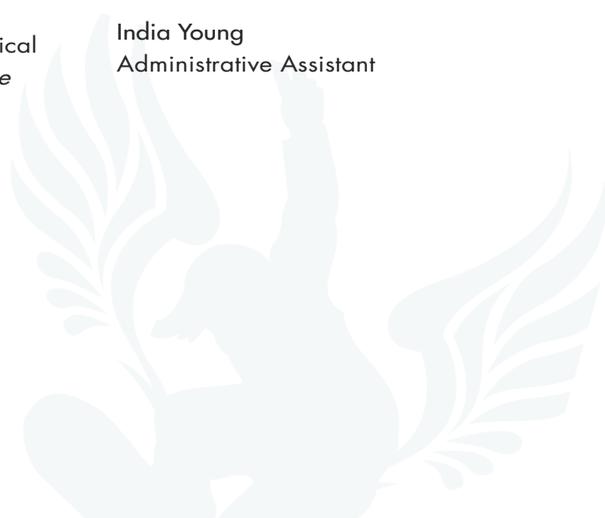
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*“We have no doubt that this event saves lives
(we have heard specific stories to evidence this)
and in the end our faith was incredibly well-placed.”*

– Dr. Betsy Cracco, University of Connecticut



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Fundraising Events 2015

GALA

The Jordan Porco Foundation's 4th Annual Jordan's Journey Gala brought together 1,100 attendees on March 7, 2015 at Mohegan Sun's Uncas Ballroom. The evening's theme was "Shine On: celebrating the light in every life." Ross Szabo, award winning speaker, author and advocate and CEO of the Human Power Project, keynoted the event, sharing his personal experience with mental health and suicide prevention and igniting inspiration and commitment to action in the audience. Other speakers included Masters of Ceremonies, Mark "The Shark" and Renee DiNino, former Commissioner of the CT Department of Mental Health & Addiction Services (DMHAS), Patricia Rehmer, Lt. Governor Nancy Wyman, and Senator Richard Blumenthal. Awards were presented for Outstanding Fresh Check Day Campus (Central Connecticut State University), Student Mental Health Advocate of the Year (Christopher Jackson, Three Rivers Community College), Foundation Champion of the Year (Dave Morency), and Community Mental Health Advocate of the Year (Renee DiNino, iHeartMedia, Inc.). Elaborate food stations, silent and live auctions, passionate and inspiring speakers, and an after party featuring Barefoot Truth helped to make Jordan's Journey 2015 a night that will shine on in our memories.



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TOGETHER AT THE TABLE - BOSTON

On November 18, 2015 JPF presented our first annual Together at the Table Boston, MA fundraiser dinner, supporting our suicide prevention programming. More than 50 guests attended this event that featured an exquisite culinary experience, a heartfelt speech from our Program Manager, Leah Nelson, a Fresh Check Day testimonial from Emerson College student, Joshua Shelor, and musical performances by Berklee College musicians.

BRIGHT MUSIC FESTIVAL

The Bright Music Festival took place in Niantic, CT on May 31, 2015. The proceeds benefited JPF and the Brian T. Dagle Memorial Foundation. The day featured poetry, relaxation, reflection activities, food trucks, and music. This annual event shined its light brightly on suicide prevention, mental wellness, and supportive resources in the Southeastern Connecticut community.

TASTES OF TULIO - FLORIDA

On April 10, 2015 the first Tastes of Tulio event was held in Deerfield Beach, FL. Executive Chef Tulio Castilla Jr. hosted this unique event featuring fabulous cuisine. Guests were serenaded by a musical performance from Tony Martelli. The evening's keynote speaker, Jaclyn Stapp and our Program Manager, Leah Nelson, shared their personal stories and strength in promoting a culture of hope for individuals struggling with emotional distress, and suicidal thoughts and behaviors. Our suicide prevention and mental health promotion work would not be possible without the generosity of our supporters in Florida.

LAZ GOLF TOURNAMENT

JPF was honored to be a beneficiary of the LAZ Parking Charity Golf Tournament again this year. The tournament was held on September 28, 2015 at Tunxis Plantation in Farmington, CT. The event featured great food, fun prizes, and heartfelt speeches as more than 200 golfers participated.



GIVING TUESDAY

On Tuesday December 1, 2015, JPF joined other charities, families, businesses, community centers, and students around the world for one common purpose: to celebrate generosity and to give on Giving Tuesday. The generosity of individuals, businesses, and more made Giving Tuesday a success in raising dollars and awareness.

SOUTH WINDSOR JAYCEES FUNDRAISER

We are grateful for the South Windsor Jaycees support of our work. They donated proceeds raised from their booth at the 2015 South Windsor Strawberry Fest to JPF.

“I have worked in higher education for 12 years and in prevention for 25 years. Fresh Check Day is the best prevention program I have ever worked with - from the content to the procedures, the staff, the whole operation is top notch.”

— Sharon Guck, Western Connecticut State University



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freshcheckday™
checkin'-in with college students

FRESH CHECK DAY

2015 marked a period of immense growth and transformation for our Fresh Check Day program. Implementation changes were made to promote sustainable, cost-effective growth, while ensuring continued fidelity and quality standards. Additionally, JPF partnered with LAZ Parking to facilitate tent service to qualifying Fresh Check Day events in CT, MA, and RI and hired an Operations Coordinator to manage coordination and implementation of the service. 31 Fresh Check Days took place in 2015, tripling the number of events in 2014 and potentially impacting over 150,000 students attending Fresh Check Day schools. With growth in numbers also came an expanded geographical footprint for the program. Fresh Check Day was held in 6 states, including a national pilot at Texas Christian University to position the program for a national launch in 2016. The Connecticut National Guard hosted their inaugural Military Fresh Check Day. 150 soldiers in the Recruit Sustainment Program (RSP) were introduced to vital mental health and suicide prevention messaging and resources, delivered in an uplifting and engaging way. This successful first event of its kind was a partnership between JPF, the CT National Guard Behavioral Health Team, and CT Suicide Advisory Board and included over 40 volunteers from both civilian agencies and military departments. Fresh Check Day survey data continues to indicate that the program is excelling in meeting its stated program goals. In 2015, 93.4% of students surveyed reported feeling more aware of available resources after attending Fresh Check Day, 86.9% felt more comfortable talking about mental health and suicide, 91.3% felt more prepared to help a friend, and 87.9% felt more likely to seek help if experiencing emotional distress. Additionally, 1,500 students took mental health screenings at Fresh Check Days, providing immediate referrals to those students deemed "at risk."

"It was a good way to let students know there's someone out there to talk to, no matter who you are."

-UMass Lowell student

"THANK YOU FOR MAKING MENTAL ILLNESS SOMETHING THAT IS OK TO TALK ABOUT."

- Quinnipiac University student

"This was so important for the community. This could change someone's life."

-Goodwin College student

"I LOVE IT. I'M GOING TO GET HELP FOR MY CONDITION MORE."

- Gateway Community College student



Students LOVE Fresh Check Day





4 WHAT'S NEXT

In 2015, JPF partnered with the Jed Foundation and Partnership for Drug-Free Kids to complete a groundbreaking Harris Poll of 1,500 first-year college students about mental health and the transition to college. This study found that students who felt less emotionally prepared for college fared worse academically and were more likely to use alcohol and other drugs. 60% wish they had gotten more help with emotional preparation for college.

Based on the results of this Harris Poll and other research, JPF created a new program, 4 What's Next, to help prepare high school students for the social, emotional, and practical transitions out of high school. 4 What's Next trains peer leaders, uses peer-to-peer messaging to start conversations about the transition out of high school, empowers students to be prepared for their futures, and builds school community around mental health and future planning. In 2015, we successfully completed our first program pilot at East Catholic High School in Manchester, CT.



NINE OUT OF TEN

The Jordan Porco Foundation piloted and launched its standalone Nine out of Ten program in 2015, teaching students how to respond to a friend who is contemplating suicide. The new program reached 450 students at 6 schools in 5 different states in its first year. Additionally, the Nine out of Ten booth at Fresh Check Day was visited by more than 8,500 students over the course of 30 events.

Scholarship and Spirit Awards

The Jordan Porco Foundation provided three spirit awards and two scholarships to seniors of East Catholic High School.

Majority of US First-Year College Students Feel Underprepared Emotionally for College

Results of an online national survey uncovered that emotional preparedness - defined by the organizations as the ability to take care of oneself, adapt to new environments, control negative emotions or behavior and build positive relationships - is a major factor to students' success during their first year of college.

Results have significant implications for parents, educators and students alike, revealing important touch points for better communication, programming and meaningful intervention.

60%

of students wish they had gotten more help with emotional preparation for college. The following groups of students were more likely than their counterparts to agree with this statement:



Have a lower GPA



Regularly consume drugs or alcohol



Take a leave of absence after the first term.

Small base (n=100) - results should be interpreted as directional only.



Rate their overall college experience as "terrible/poor"

45%

felt that "it seems like everyone has college figured out but me."

Challenges to Getting Support

- 51% found it difficult at times to get emotional support at college when they needed it.
- 11% said they turned to no one for support when they needed it during their first term.
- 65% said they tended to keep their feelings about the difficulty of college to themselves.

- 50% of students feel stressed "most" or "all" of the time.
- 36% do not feel in control of managing the stress of day-to-day college life.

Non-academic pressures reported as extremely or very challenging include:



Not an exhaustive list of the top selections that respondents found challenging

Risk of Substance Abuse

30%

of students reported regularly consuming drugs or alcohol during their first semester.

These students are more likely than non-regular drug/alcohol users to rate their emotional health as "worse than other students" (39% vs 32%)

Rethinking College Preparation

- 87% of students said college preparation during high school focused more on academics than emotional readiness.
- 57% of students felt "a great deal of pressure" to attend a well-known college.
- 50% said their independent living skills need improvement.

Students, parents and school administrators are encouraged to visit SettoGo.org

Set to Go is a new online resource to help prepare for the transition to college and beyond - from developing basic life skills and building social-emotional competence, to learning the fundamentals of mental health and substance abuse and navigating the transition itself - Set to Go helps teens and young adults flourish and lead emotionally healthy lives into adulthood.

The "First-Year College Experience Survey" was commissioned by The JED Foundation, Partnership for Drug-Free Kids and The Jordan Porco Foundation, and conducted online by Harris Poll among 1,502 U.S. college freshmen between March 25 and April 17, 2015. Survey respondents were students 17-20 years old in the second term of their first year at college, and attending at least some classes in person at a 2-year or 4-year college. For complete survey methodology, including weighting variables and subgroup sample sizes, visit www.SettoGo.org or email info@JEDFoundation.org.





TO DONATE

Donations can be made by Credit Card online at www.jordanporcofoundation.org/donate using Visa, MasterCard, or American Express.

Or by check: Made payable to the Jordan Porco Foundation and mailed to:

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Suicide rates are at their highest in 30 years.
Prevention programs like ours need your support more than ever.

Your tax deductible donation to the Jordan Porco Foundation will:

- Support our efforts to expand Fresh Check Day nationwide
- Grow Nine out of Ten
- Further develop our 4 What's Next high school pilot program

We would like to thank the following companies
that participate in employee matching programs:

Alexion Pharmaceuticals • Fidelity Charitable Foundation • JCPenney
YourCause, LLC • Travelers • The GE Foundation
The Ellovich Mendoza Group - UBS Financial Services Inc.

If you have any questions, please call us: 860-904-6041
We are a public 501(c)3 non profit corporation.

We appreciate your generosity and support.
Your tax deductible donation will help save lives.

We thank you.

*“It is very clear to me that the Jordan Porco Foundation has a platform
in place to change university communities and motivate young people
to help themselves and support their friends.”*

– Jason F. Sikorski, Ph.D., Central Connecticut State University

CONTACT US



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