

2. PROVIDER DIRECTORY

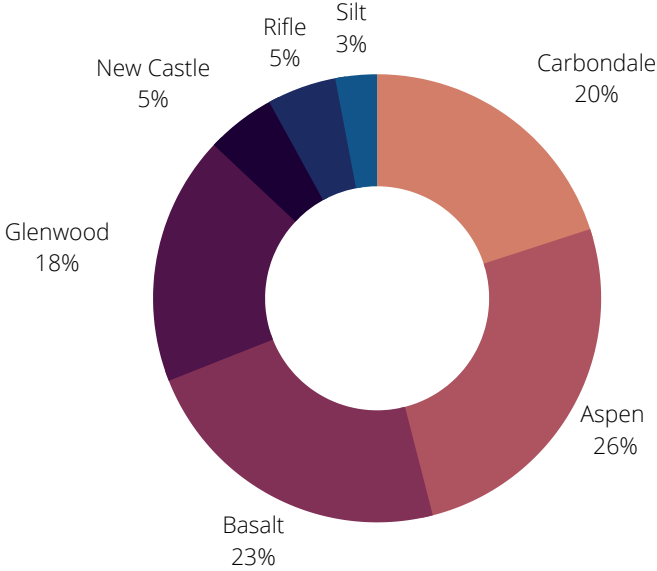
Aspen Strong recognizes much of our value is in our ability to *CONNECT* the resources to support our community in identifying gaps in the spectrum of services and providing that data to our local governments. We also act as a referral agency for you or for businesses and professionals looking to support their clients and staff. Since 2014, we have sought to do just that by creating an online, anonymous, and searchable directory. Currently, our provider directory includes **98 mental health providers and 32 organizations and was visited 1,322 times in 2021**

- Newsletter circulates to 1,780 People
- 9,271 social media followers
- Audience Demographics
 - Female 62%, Male 38%
 - Age: 26% 25-34, 38% 35-44, 21% 45-54



3. EMOTIONAL TOOLKITS

Aspenstrong.org hosts **toolkits for youth, the general public, and workplaces** providing tips and tools to boost emotional literacy on a variety of issues. These resources provide the tools to help reduce stress and build resilience towards the everyday emotions involved in achieving mental wellness. They also provide **Loved One's** of people who are struggling in finding the tools needed to understand their stress & disposition in order to play an active part in their recovery. **Our toolkits were accessed over 531 times in 2021.**



4. MENTAL HEALTH FUND

Aspen Strong contributed \$5,048 to the valley's mental health fund in 2021. The fund, located at the Aspen Community Foundation, distributed \$78,730 throughout the valley supporting 1800 therapy sessions. The average amount awarded to an individual seeking financial aid was \$1,165 for an average of 10 mental health sessions.

Quarterbacking Mental Fitness