

Fetchin' Into The Future 2.0: The Role Of Therapy Dogs In Our Nation's Mental Health Crisis

You're Not Alone
your story continues.



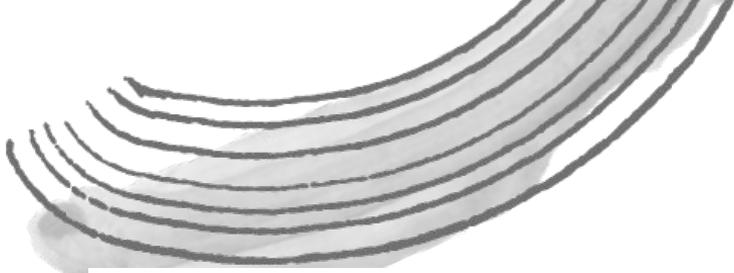
Amy Theisen Walz, Founder & Director of YNA;

Mental Health Defined

A person's condition with regard to their psychological and emotional well-being.

If you have a brain
you have...





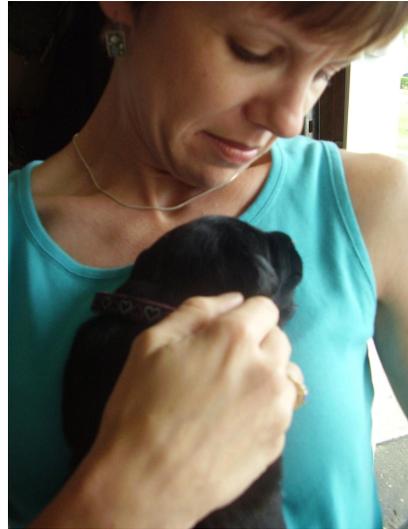
Nearly **1 in 5** American adults will have a diagnosable mental health condition in any given year.

46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.

1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.







The background features abstract watercolor washes in shades of grey and black, interspersed with thin, curved black lines. The overall aesthetic is artistic and textured.

**We need to remember,
we never truly know
what goes on behind
closed doors in a
family.**

**What is perceived is
not always truth.**



Introducing

Willow

The Therapy Dog



Willow & Ms. Walz
Will be Visiting
our Media Center
Today.





**Don't take our word for it -
Check out these
testimonials.....**

A decorative illustration in the top-left corner features a grey watercolor wash and several parallel black lines that curve downwards. A similar grey watercolor wash is in the top-right corner.

A seventh-grade student said,

**“Now I can make it through the afternoon,”
after receiving a hug from Willow.**

**—Kari Green,
Monticello Middle School Media
Specialist**

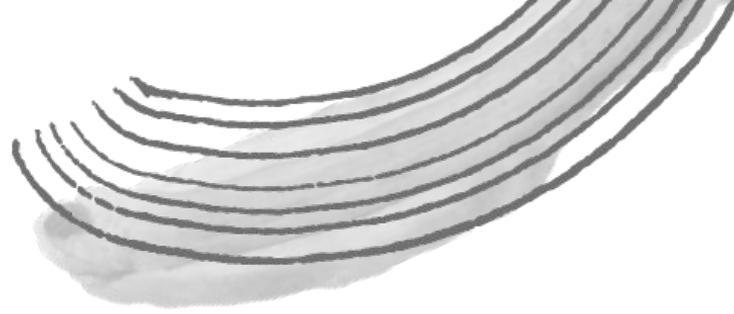
A decorative illustration in the bottom-right corner consists of a grey watercolor wash that forms a curved, shell-like shape.

A decorative pencil with a grey eraser tip and a wooden body with black lines, positioned diagonally on the left side of the page.

“There is nothing like seeing the faces of children light up with excitement when they see Amy and Willow inside the school helping children be stronger and equipped with new skills.”

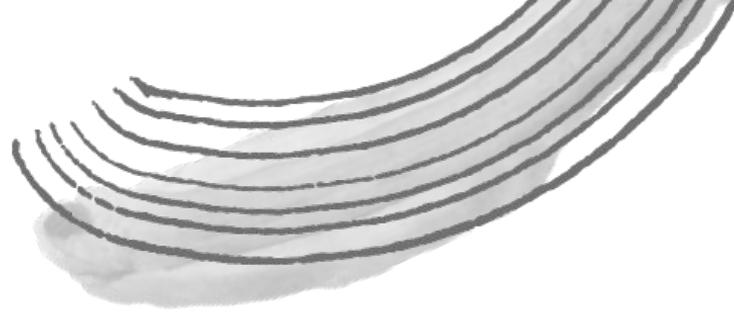
**—Eric Olson,
Superintendent Of
Monticello Public Schools**

A decorative pencil with a grey eraser tip and a wooden body with black lines, positioned diagonally on the right side of the page.



At You're Not Alone; we seek to help raise awareness, provide hope & to utilize the gifts that we have been given in therapy animals.



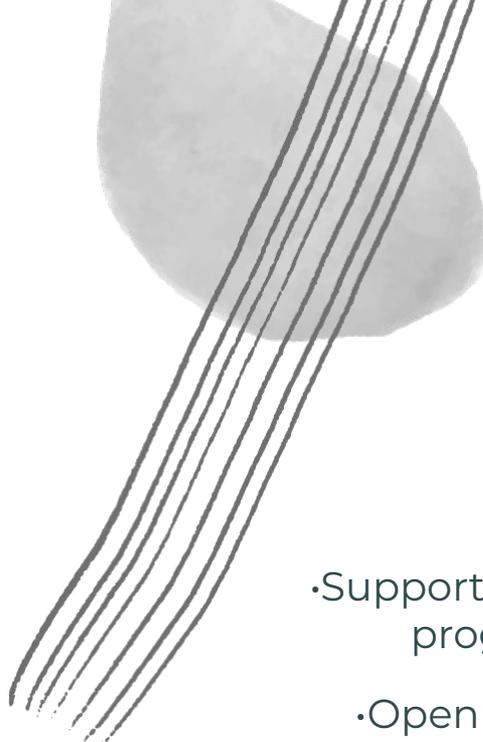


your story continues.

Mission Statement:

You're Not Alone strives to shatter the stigma that surrounds mental illness, one therapy dog at a time.



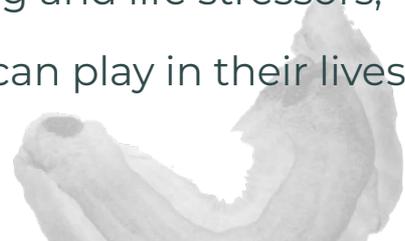
A decorative pencil with a grey eraser tip and a bundle of lines representing the pencil body, extending from the top left towards the center.

You're Not Alone; Therapy Dog Program

A decorative pencil eraser tip, grey and rounded, located in the top right corner.

School

Our programming strives to:

- Educate and implement social-emotional skills
 - Promote and encourage mental health and wellness
 - Support the mental health needs of both students and staff through our programming, which centers around a visit from a therapy dog
 - Open communication about mental health, well-being, acceptance, understanding, empathy and non-judgement.
 - Promoting and teaching strategies to combat bullying and life stressors,
 - Educating students on the amazing gift that animals can play in their lives
- 
- A decorative pencil eraser tip, grey and rounded, located in the bottom right corner.

You're Not Alone



your story continues.

WCCO Feature Follow Up

YNA's Impact So Far

- Started 2021:
 - Year 1 & 2 :
 - (1 school : Monti MS
est students **1631**)
 - Year 3 (2023 -2024)
(first year of expansion):
Goal 10 schools
Actual = **23 Schools**
 - Year 4 (2024-2025):
42 Schools,
Waiting list = 30+ schools
20,000+ Students

Current Schools and Districts: 42 schools

Monticello = 4 (1 pending)

Big Lake = 4

Becker = 4

Elk River/ISD 728 = 9 (need 9)

Spectrum MS & HS = 2

Kaleidoscope Charter = 1

Champlin Park HS = 1

St Cloud School District = 3 (need 13)

Albany = 1

Hudson School District = 4 (need 4)

St. Francis School District = 4 (need 2)

Roseville elementaries = 2

Kellogg-Wabasha K-12 = 1

Rochester Kellogg MS = 1, awaiting elementary start

San Miguel, Providence, Rhode Island = 1 +Awaiting "ok" for Croft School Providence RI



Heather & Johnny

Nick & Jax

Lesley & Roo

Karen & Breeze

Rhonda & Lilly

Duane & Whisky

Heather & Shandy

Mary & Rebel

Brenda & River



Amy & Willow

Cecilia & Oscar

Sally & Monse

Vicki & Shelby

Jody & Basil

Melinda & Murphy

Ali & Ruger

Sarah & Watson

Brenda & Dottie



Alex & Maverick

Sara & Story

Nate & Rosie

Nichole & Remy

Alex & Ruger

Correne & Freya

Mandy & Penny

Betty & Hunter Coco

Cheryl & Ginger



Mary & Nigel

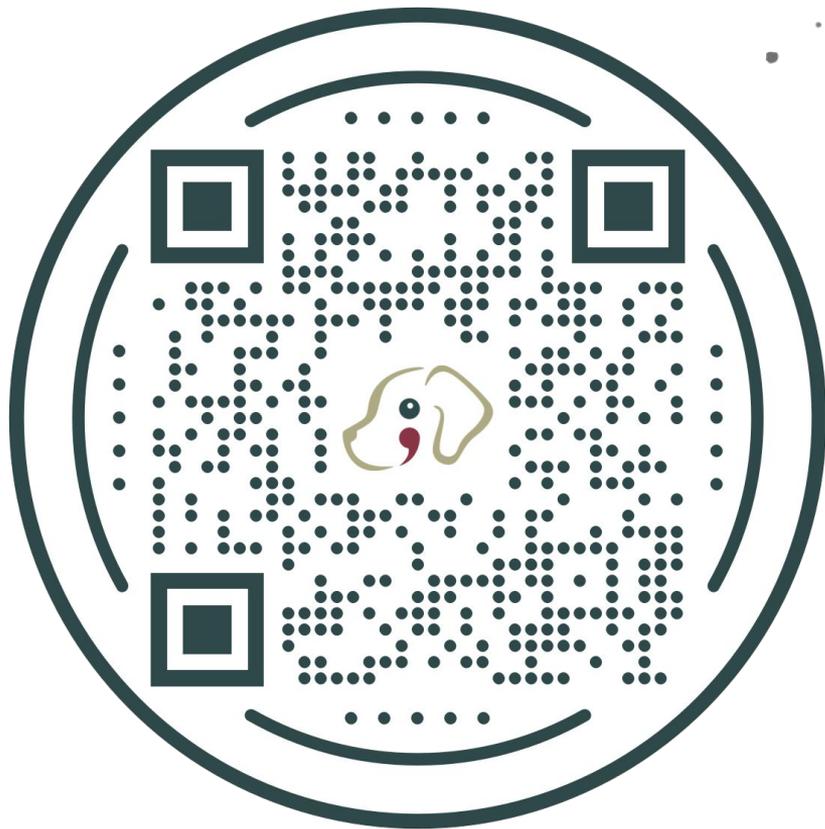
Heather & June

2023 & 2024

Photography By: **GREGGMEDIA**
OUTDOOR CREATIVE







Scan to find us online!