



# PROJECT 375™

## INTRODUCTION

PROJECT 375™ is passionately dedicated to eradicating the stigma surrounding mental health by raising awareness and improving care for youth. Mental health is an essential part of children's overall health and directly affects their ability to succeed in school, sports, at home and in society. We believe early prevention and intervention will save lives. For every one person we educate on mental illness one less has to suffer from it.

Through our program, PROJECT PREVENT™, we respond to the needs of children and adolescents by introducing technology-driven support and providing parents, teachers and staff members with Youth Mental Health First Aid training. Our goal is to create improved access to care for students most at risk and in need of mental health services, as well as provide a safer, more supportive environment for all youth.



## COMMUNITY FUNDRAISING GUIDE

This guide provides a helpful set of guidelines to appropriately plan and execute an amazing event.

Within this packet you can find FAQ's, guidelines for the use of our logo and the necessary documentation in order to get started. You can help make a critical difference within the mental health community and beyond!

## MINDFULNESS TIPS

- Take three deep breaths
- Remember your senses
- Think first, then act
- Stretch
- Be in the moment
- Express gratitude



## GET INVOLVED

Follow us on all our social channels @PROJECT375!  
<https://project375.org/get-involved-2/>





## ABOUT BRANDON AND MICHI

As the executive chairman and co-founder of **PROJECT 375™**, **Brandon Marshall** is passionately dedicated to his work in the Mental Health Community. Brandon believes strongly that football is his platform and his work in the mental health community is his mission in life. In 2010, Brandon was diagnosed with Borderline Personality Disorder. This diagnosis led him to McLean Hospital in Boston, where, during his three-month outpatient program he realized the prevalence of mental illness.

As Co-Founder of **PROJECT 375™**, **Michi Marshall** works hard to de-stigmatize Mental Illness and raise awareness for the Mental Health Community. Alongside her husband Brandon Marshall, she is dedicated to ensuring youth across the nation receive prevention and early intervention services.

In 2006, Michi graduated, with honors, from the University of Central Florida (UCF), with a B.A in Psychology and a B.S. in Criminal Justice. Michi is certified in Behavioral Forensics, Crime Scene Investigation, and Criminal Profiling. She has done extensive work with the Child Mind Institute of New York as an ambassador for their Healthy Brain Network, is a partner with the Mental Health Association and is officially recognized as a trainer with Mental Health First Aid USA as an adult and Youth Mental Health First Aid Instructor, as well as trained in CBT/DBT.

After Brandon's diagnosis, he and Michi took an oath to break the stigma and help others living with a mental illness and founded **PROJECT 375™**.

## YOUTH MENTAL HEALTH FIRST AID



**Youth Mental Health** is an 8- hour public education program, which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants do not learn to diagnose, nor how to provide any therapy or counseling - rather, participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis.

