

# #themarshalleffect

We're all in this together



## *A Note from Ryan's Momma*

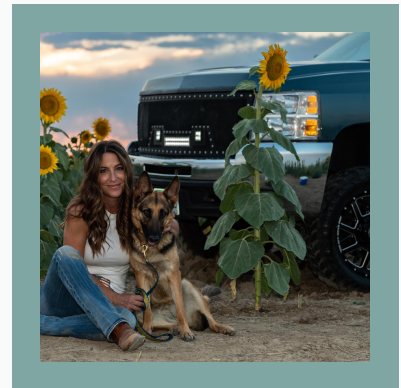
**WRITTEN BY KRISTEN MARSHALL**

Another year has passed and what a year it's been!

First, I want to take this opportunity to thank EVERYONE who has personally helped me through this last year. I would like to say my journey with grief was better this year but the pain of losing a child simply does not lessen over time. I have built some wonderful relationships with amazing people that make sure I don't have to travel this road alone. All the calls, texts and messages, honestly, mean the world to me. One of my biggest fears after losing Ryan was that people would forget about him and what he meant to this world. It is clear that that will not happen. His memory continues to live on not, just through me and his family, but also with the multitude of friends who knew him, as well as so many who never had the chance.

2021 has seen #themarshalleffect (#TME) continue to grow through fundraising events and expanded outreach. We continue to fund therapy for several people and are excited to start working with other therapy groups that will allow us, with your support, to help even more individuals at risk. 2021 saw #TME make connections with individuals and organizations that we know will be long term friends. I absolutely love that this has become a cause that so many people are drawn to and who want to help grow. You can read more details of what 2021 has meant for #TME in the next section.

As 2021 comes to a close, #TME looks forward to a great year ahead. As always, we could not do this without the support of our volunteers and donors alike.



# *2021 - A Year of Growth for #themarshalleffect*

**WRITTEN BY SUZANNE STRATFORD**

Where do I start? Thanks to you, 2021 was a huge leap forward for #themarshalleffect (#TME) in both growth and outreach.

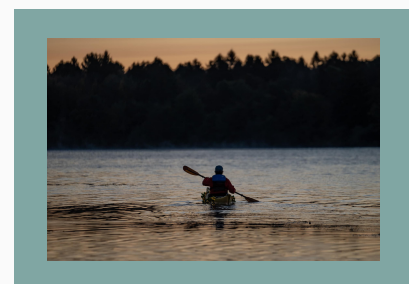
In late December 2020, #themarshalleffect was contacted by our collaborating Dialectical Behavior Therapy (DBT) group in the Denver area, [Front Range Treatment Center](#), regarding two young women who had been progressing in the program, but had run out of funds to support their therapy. Kristen wrote our first check for them on what was the two year anniversary of Ryan's death, December 29, and we were thrilled to provide funding for their therapy for as long as was needed. One individual found employment and took over her own payments in late spring. Happily, the second graduated from the program in September 2021, and is doing extremely well ... the course of her young life changed. We can think of no better outcome from Ryan's death than this!

We have since formed collaborations with DBT therapists [Renee Wieszcholak, LCSW](#), and [Dr. Kelly Sonnenfeld](#) in Fort Collins, and [The Collective for Psychological Wellness](#) in Boulder and, thanks to you and your generosity, have been able to sponsor several more individuals as well as a teen and her parents. We are now looking for DBT therapy groups in the Colorado Springs and Pueblo areas with which we can collaborate.

With COVID restrictions lifted, #themarshalleffect was back in the business of holding and participating in numerous fundraising events. Additionally, #TME has opened up sponsorship opportunities for businesses. Connections with other groups were established, and 2022 looks like an even better year for providing much needed therapy to many more individuals in need. Read on to learn what's been happening!

## *Dialectical Behavior Therapy*

**WRITTEN BY KIMBERLY MARSHALL, LCSW**



Dialectical Behavior Therapy is an Evidence Based Treatment used with individuals at high risk for self harm for whom other forms of therapy have failed. Instead of hospitalization, psychiatric medication, and programs that remove clients from their typical environment, DBT builds skills in the areas of mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. The term Dialectical refers to the creation of a balance between acceptance and change that is needed in every person's life. It is the recognition that we can experience pain and difficulty, often due to problems not of our own making, and also are deserving of and can enjoy a meaningful life worth living.

# 2021 EVENTS!!

## Semi-Annual Fill Ry's Truck

APRIL 10 AND SEPTEMBER 18, 2021 AT EMERALD ISLE

Our semi-annual Fill Ryan's Truck events have become one of our favorites each year. This is our opportunity to continue Ryan's legacy of helping others less fortunate in the community.

At each event we accepted GENTLY USED clothing and winter items, as well as blankets, sleeping bags, household appliances and furniture, and hygiene products. The benefiting agency was the Denver Rescue Mission.

We could not do these events without the continued support of The Emerald Isle in Aurora. Not only do they allow us to use their parking area, but each event they donate a portion of their profits for the day. Between the two events, not only were truckloads of needed essentials delivered to the agency, but a total of over \$2000 was raised for #TME, providing 15 weeks of individual therapy PLUS 12 weeks of group skills. There are not enough words to express our gratitude.



## Axe Throwing!!!

MAY 23, 2021 AT AXE WHOOPING

A new and fun event for #TME.

This year our friends at Axe Whooping in Denver put on a special day benefiting #themarshalleffect. A portion of the proceeds for the day went into our coffers and we set up a booth at the event.

It was a fun day for all who came. Our very own Kristen tried her hand at the Rage Room! (She was awesome!!) Kristen was also interviewed by Fox 31 news. You can watch the news clip [here](#).

Over \$1000 was raised between merchandise sales and donations. Many thanks to our friends at Axe Whooping!



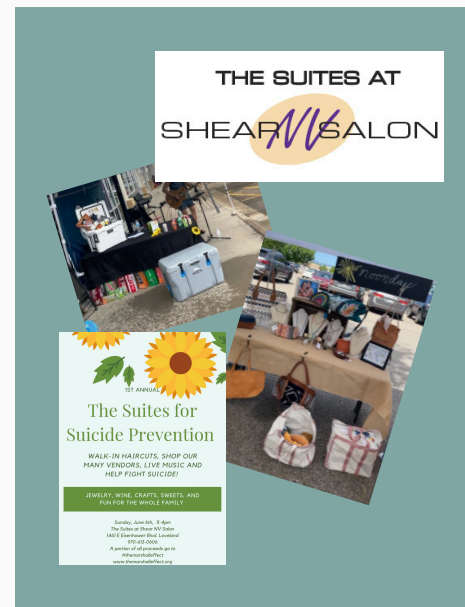
## Suites for Suicide Prevention

JUNE 6, 2021 THE SUITES AT SHEAR NV SALON, LOVELAND

The First Annual Suites for Suicide Prevention took place in Loveland on a beautiful summer day.

Pop-up vendors were invited to set up their wares in the parking lot while stylists donated their time giving haircuts inside. Live music was provided by Wendy Woo, and vendors, as well as 8Z Realty, offered up special items for the silent auction. A portion of vendor sales were donated to #TME. This event brought in over \$2500 to #themarshalleffect.

Many thanks to the stylists, vendors, and The Suites at Shear NV Salon for their support. We are looking forward to next year.



## Runapalooza 2021

AUGUST 21, 2021 APEX CENTER, ARVADA

A serendipitous connection was made in the spring which led to #themarshalleffect being the benefitting nonprofit for the All-Out Multicourse Production of the annual August Runapalooza held at the Apex Center in Arvada.

#TME had a presence with a booth and a team of runners. As Suzanne can verify, the course was beautiful, temperatures perfect for running, and smiles in abundance. We also sent a group of 10 volunteers to help out on the course as well as at the registration table. #TME was the recipient of donations matched by All-Out and over \$1000 was raised. Many thanks to D and the folks at All-Out Multicourse Productions!

## Runnng for Ryan 2021

OCTOBER 9, 2021 PAGE, AZ

This year, Suzanne and a team decided to run 13.1 miles for Ryan's birthday, which would be on the 13th of October. This event is one of a series produced by Vacation Races, which take place close to many National Parks. Over \$1000 was raised, but more importantly another connection was made ... leading to BIG NEWS for #TME! Read below for more details!!!



## *Huge News for 2022*

JULY 29-30, 2022 ESTES PARK, CO

While in Page, AZ for the Vacation Races Lake Powell half marathon, Suzanne had the pleasure of meeting with a representative of Wander Project, a nonprofit that supports local communities through Charity Bib programs with Vacation Races. That connection and subsequent conversations has led to exciting news! #themarshalleffect will be the recipient of Charity Bib funds raised at the Vacation Races RMNP half marathon and 5K July 29-30, 2022!!!

There are many ways you can participate or support #TME!

- 1) Sign up for a Charity Bib and raise \$1000 for #themarshalleffect by clicking on the Join button;
- 2) Donate: Go here and click on the Donate button;
- 3) Share on your social media: Go here and click on the social media icons.

## *Big Thanks to Our Sponsors*



THE SUITES AT  
SHEAR *SV* SALON



**ALL-OUT** MULTICOURSE PRODUCTIONS



If you or are interested in becoming a sponsor, contact Suzanne:  
[suzanne@themarshalleffect.org](mailto:suzanne@themarshalleffect.org)

*To learn more about us, check us out*

*#themarshalleffect*

*or you can Donate*

a 501(c)3 nonprofit organization