

## In loving memory of Ryan Mark Marshall

### *A Note to our Subscribers*

**WRITTEN BY SUZANNE STRATFORD**

You may have noticed that for the past two years we have not published our annual holiday newsletter. There is a reason ... it is simply too difficult. The season from October through December, and even into January, is a very difficult time of year for us at themarshalleffect. Starting with Ryan's birthday mid-October, through the holidays that he loved dearly (and we now celebrate without him), followed by the anniversary of his death every December 29th, the pain of losing him makes it very difficult to collect our thoughts. Going forward we hope to put out a "Year in Review" newsletter. This is the first of those.

### *Check out our New Look!*

You may also notice that we have a new logo (shown to the right)! We're super excited about it and appreciate the hard work and love that Kristen and one of our supporters put into creating it.



## *2023 Was a Growth Year for themarshalleffect*

We thought we had hit a landmark year in 2022, not knowing what 2023 would bring!

In 2022 we had doubled our income as well as the amount of support we were able to give individuals at risk of suicide. Going into 2023 we were cautious not wanting to over commit funds, believing that 2022 may not repeat. Happily we were always able to say yes to our collaborators. We met and quickly surpassed our goal, raising over \$50,000 through fundraising events, business sponsors, grants ... but mostly through everyone who made a donation. Thank you!!! We cannot do this without your continued support.

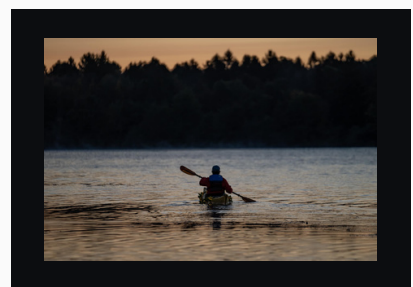
In addition, we have made many important connections this year ... At the Cutting out Suicide event, we connected with a suicide awareness group out of Fort Collins. We hope to meet with them in 2024 to see how we might support one another. Also, a silent auction donation by Light and Liv Yoga owner Julia lead to a dinner party where Kristen spoke and made contacts with area businessmen and women. Additionally, we met people from other suicide prevention nonprofits. These types of connections are so very helpful as we navigate our continued growth.

With the apparent lack of vital resources for rural communities, both mountains and plains areas, we have been searching for ways to connect people with the resources they need. We are currently in discussions with organizations with whom we may be able to find such resources. Stay tuned as we work through the process.

With 2023 behind us, 2024 is off to a promising start. Already we have added a new board member, who you will hear about in the future, as well as two more DBT collaborators: Lisa Cline in Ft. Collins, and Denver DBT group in Denver. We are excited to see what else 2024 has in store for themarshalleffect.

## *Dialectical Behavior Therapy*

WRITTEN BY KIMBERLY MARSHALL ADAMS, 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.

# 2023 EVENTS!!

themarshalleffect had a busy year

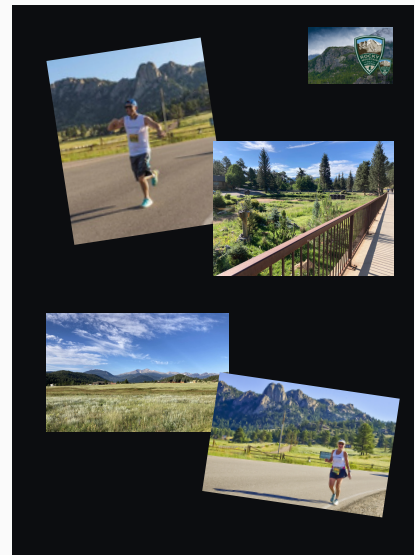
Reviewing our fundraising and outreach efforts

## *Runnng for Ryan 2023*

**JULY 29, 2023, ESTES PARK, CO**

As in 2022, a team of dedicated runners and walkers joined forces with Vacation Races and Wander Project to run or walk a half marathon outside of Rocky Mountain National Park. This is a yearly event and anyone can join the team to raise money for themarshalleffect. In fact, we met a woman who came from Texas to run because she was moved by our mission.

Our own Bryce and Suzanne were part of the team this year and over \$3500 was raised. The views were stunning ... but who would expect less in Colorful Colorado???



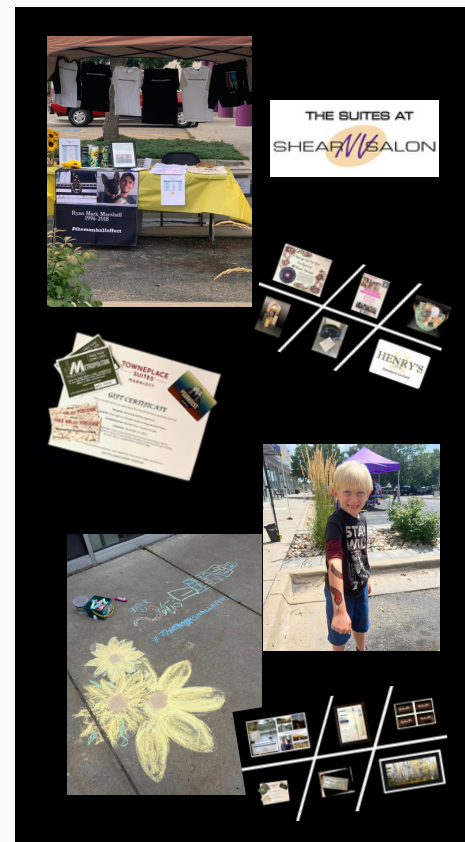
## *3rd Annual Cutting out Suicide*

**AUGUST 6, THE SUITES AT SHEAR NV SALON, LOVELAND**

The Third Annual Cutting out Suicide event took place in Loveland in early August this year. The timing was perfect for kids to get back-to-school haircuts. As a repeat of last year, we held a silent auction, with contributions by many local businesses. A highlight again this year was our Date Night package, which included movie tickets, dinner at a downtown restaurant, and a night's stay at the hotel in downtown Loveland. Between haircuts and the silent auction, we surpassed our goal of \$5000 and over **\$5200** was raised, which will directly fund mental health individual therapy for a year!

We were thrilled when Fox 31 KDVR news station in Denver came to Loveland to cover the event. They interviewed our own Kristen, and stayed for the entire event. Additionally, as a result of the news coverage, we were contacted by a nonprofit foundation a few months later, and awarded a grant for \$5000. Wow!!!

Many thanks to the stylists, local businesses, Fox 31, and of course, The Suites at Shear NV Salon for their continued support.



## Fallfest 2023

SEPTEMBER 16, 2023 WESTMINSTER, CO

In 2022, All-Out Multicourse asked us if we could be the benefitting nonprofit for the September Fallfest rather than Runapalooza, which is held in August. This seemed an appropriate move given September is Suicide Awareness Month.

Unfortunately TME was not able to have a presence with a booth or a team of runners due to one of our own getting married that weekend. All-Out still promoted us on their website and gave out our information cards to all the runners. As a result, TME was the recipient of donations matched by All-Out and over **\$1800** was added to the coffers. Many thanks to Stacy Bruss and the good folks at All-Out Multicourse Productions!



## Axe Throwing!!!

OCTOBER 15, 2024 AT AXE WHOOPING

A return of the fun Axe Throwing event was held in October this year.

Once again our friends at [Axe Whooping](#) in Denver put on a special day benefitting [#themarshalleffect](#) with a portion of the proceeds for the day donated.

We had a booth set up, and introduced our new TME hat design. In attendance was the newest member of the TME volunteer group (pictured with Kristen). He didn't throw any axes ... but seemed to have a great time.

## Mayhem Car Rally 2023

APRIL 28-29, 2023 PUEBLO, CO TO ALBUQUERQUE, NM

Our President Kristen and Secretary Dawn took part in a car rally sponsored by Mayhem Racing Charities in April. They drove Ryan's truck first to Santa Fe, with a lot of fun stops along the way, then on to Albuquerque where they visited Meow Wolf. Amazing vehicles took part, and the presence others provided great company. A total of nearly **\$1600** was raised for [themarshalleffect](#). Thank you Mayhem, for your continued support.



# FIRST EVENT OF 2024 COMING UP

## Fill Ryan's Truck

APRIL 27, 2024 AT THE EMERALD ISLE

**THE MARSHALLEFFECT'S ANNUAL FILL RYAN'S TRUCK EVENT**

We are excited to invite you to our annual donation charity event!

**BENEFITTING...**

**SAFEHOUSE DENVER**

This year, we are asking for donations for SafeHouse Denver, an emergency shelter for survivors of domestic violence and their children.

**Event Highlights:**

- Great food & drinks available for purchase
- Family friendly games to play
- Meet themarshalleffect team
- Support an AMAZING cause
- HAVE FUN!

To view the list of items to donate, visit: [www.themarshalleffect.org](http://www.themarshalleffect.org)

**10 - 4PM  
27  
APRIL**

**THE EMERALD ISLE**  
4385 S PARKER RD.  
AURORA, CO 80015

Thank you to our sponsor!

**Light + Liv**

Fill Ryan's Truck is back this spring with Safe House Denver as the beneficiary. Once again The Emerald Isle is playing host to this fun event. Bring items by (see the list of new or gently used items), and hang out for awhile with us. Please note the list of needed items. Thank you as always, for supporting this fun event!

SafeHouse Denver is grateful for the donation of goods and products to support survivors in our services!

Please see below for our current list of requested donations of *gently used* maintenance items and *new/unused* household and clothing items.

**We're currently nearing our storage capacity for survivor-focused items. At this time, our Shelter has a great need for donations of maintenance-related items.**

**Shelter Maintenance**

- Plumbing snake, 35-foot (battery-operated, Milwaukee brand)
- Ladder (6-foot)
- Extension ladder (16-foot)
- Six brushed nickel hanging ceiling fans (with lights)
- Paint rollers (4-inch and 6-inch)
- Painting extension pole (for rollers)
- Blue painter's tape (6 rolls)
- One case of painter's caulk (white)
- 1/8" x 8-1/2" faucet & sink installer wrench kit
- Plumbing wrench set
- Drywall (8 pieces)
- Drywall mud
- Standard size (white) door
- 12-gauge electrical wire
- Gift cards (Home Depot, Lowe's, or Ace Hardware)

**Household**

- Sheets (twin, full)
- Comforters and blankets (twin, full, queen)
- Snacks in individual packs (i.e. crackers, chips, pretzels, fruit chews)
- Granola bars and protein bars
- Powdered juice
- Electrolyte beverages
- Shelf-stable foods (i.e. mac & cheese, soup, canned/boxed items)
- Grocery gift cards

**Transportation**

- RTD passes
- Gas station gift cards
- Lyft or Uber gift cards
- Women's shirts, sweatpants and leggings (plus-size)

## Big Thanks to Our Sponsors and Partners



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

To learn more about us, or to donate, check us out [themarshalleffect](http://themarshalleffect.org)

a 501(c)3 nonprofit organization