

UVU Rotaractors Are Raising Hope for Utah Students

On January 25th and 26th 2023, UVU Rotaractors partnered with the Orem-Lindon Rotary Club to raise money for a local charity called Hope4Orem



Hold on • Persuade • Empower

The UVU Rotaractors Tristin Smith, Rusden SC, Winnie Jada, Alitha Thompson and myself teamed up with the Orem-Lindon Rotary Club on January 25th and 26, 2023 to raise funds for Hope4Orem. Rotaract, a student club, works with Rotary International in order to offer students service opportunities. Rotaract is a student club that offers many opportunities to me to be involved in my chosen field. The Student Engaged Learning model (SEL) emphasizes the opportunity to gain practical experience in my chosen field. My education feels more practical because I can see how it will benefit me later in my life. UVU Rotaract is a member of Utah International Mountain Forum, which is a coalition of student clubs that promotes sustainable mountain development in Utah and worldwide.

Hope4Orem, a 501(c),3 non-profit, has the primary goal to establish Hope Squads at every school in Orem. Our team can connect your school with the right people to provide the training and resources you need. We can also help if program costs are a problem for your school. It is possible to achieve this goal. Janis Lindley, Founder says "Let's get it done!"

Janis Lindley, the founder of Hope4Orem is a woman who decided to return to college and complete her degree. She wanted to give back to her family, faith, and community. Janis Lindley didn't know that her internship would become a passion project. Janis had to do an internship in order to get her diploma. Hope4Utah is a suicide prevention group that uses a peer-based curriculum to train students how to identify a friend in distress and get help. Janis was intrigued by this because she had just lost a close friend to suicide, and a dear uncle. She could relate to this. She realized that she had to bring their mission to Orem, Utah, as she continued to work with Dr. Greg Hudnall, and Cathy Bledsoe.

Cathy Ambrose is the Executive Director who I had the pleasure of meeting and working the booth at Utah Valley University with. Cathy Ambrose joined Hope4Orem as a 2018 volunteer. She became involved because of her concern about suicide rates for people with autism and the possible effects on her family. Hope4Orem was made possible by her years of experience in web design and social media, as well as her volunteer work on the PTA's and School Community Councils for her children. Hope4Orem's goals are to use social media to educate and teach others about suicide prevention and mental health. Cathy loves her family and Kai, her cuddly bichon. She also enjoys making her yard beautiful and laughing more.



What is a HOPE SQUAD?

Your school's "HOPE Squads" are your eyes and ears. These students are trained to be a watchdog for at-risk students, provide friendship, recognize warning signs and seek out help from adults. HOPE4UTAH partners with school advisors in training students who have been identified as

trustworthy classmates to become HOPE Squad members. HOPE Squad members have the ability to save a life and seek help through evidence-based training modules.

HOPE Squad members do not learn to be counselors. Instead, they are taught how to recognize signs and how to report it to an adult. Students who are invited to become HOPE Squad members must sign a consent form from their parents. After completing their training, HOPE Squad members host a Parents' Night where they share their knowledge with their families.

SOURCE: <https://hope4utah.com/hope-squad/>



Cathy Ambrose, the director of Hope4Orem on far left with Tristin Smith, Alitha Thompson, and McKay Brooks.

Stephan Atkinsons, UVU Foreign Affairs Club President

Posted by Stephan Atkinson on February 05, 2023.