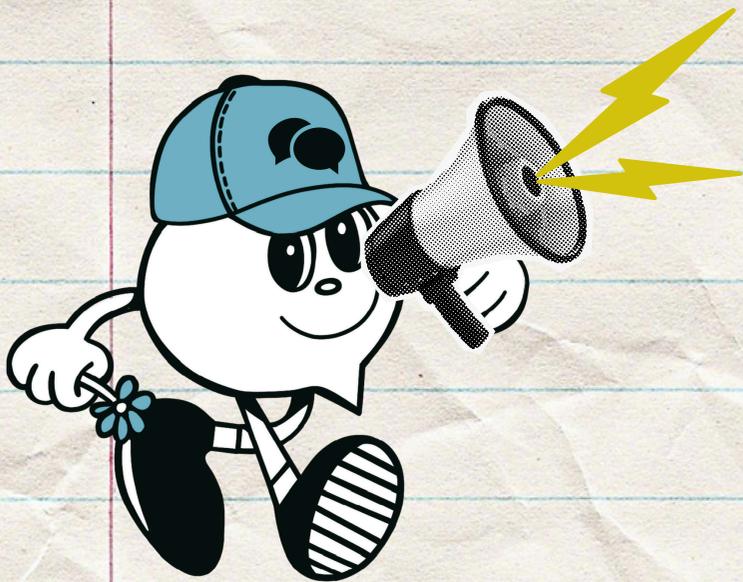




**Mental Health  
Coalition**  
*of Teton Valley*

# 2025 ANNUAL IMPACT REPORT

**It Starts With Connection**





- 03** Letter from our Director
- 04** Who We Are
- 05** Why We Are Needed
- 06** Mobilize Our Team
- 07** Connect Our Community
- 08** Build Our Resources
- 09** Looking Ahead to 2026
- 10** Acknowledgements
- 11** Contact Information

# TABLE OF CONTENTS



# FROM OUR DIRECTOR

When I stepped into this role in 2021, I made a commitment to myself and to this community: I would stay for at least five years. I've seen how much leadership stability matters, especially in small organizations, and I wanted to offer the Coalition, and Teton Valley, that steadiness.

I can't believe I'm now in my fifth year! As we look ahead, I remain deeply committed to seeing this work through. We are on the cusp of meaningful, lasting progress in this community, and I'm grateful to be part of what's unfolding.

This past year, in particular, was a season of transition for the Coalition. As staff and board roles evolved, we were invited to pause, reflect, and get clear about what stability and sustainable growth truly mean for our organization.

In my work, I often return to a simple truth: people don't fail, systems fail.

What carried us through this year was not any one person's efforts,

but the strength of our systems, the clarity of our mission, the grounding of our values, and the trust each of you places in this organization.

Those foundations held us steady and helped us emerge more aligned and resilient.

I am deeply grateful for the wisdom, care, and partnership of peers, mentors, colleagues, board members, and community partners who walked alongside us this year. We truly are better together. And it has been a quiet joy to witness seeds the Coalition planted years ago beginning to sprout, in relationships, in shared language, and in a growing culture of care across our valley.

Thank you for continuing to believe in this work and for being such an essential part of it, even in complex seasons. Here's to the next chapter, and to another five years of strengthening love, care, and connection in Teton Valley.

With so much gratitude,

Sara



# WHO WE ARE

The Mental Health Coalition of Teton Valley formed in 2009 in response to a tragic suicide cluster that deeply impacted our community. Local mental health professionals and service providers came together with a shared commitment to prevention, connection, and care.

Now more than 15 years strong, the Coalition is a trusted resource, supporting individuals, families, organizations, and workplaces with a focus on access, care, and connection.

Our work is grounded in community relationships and shaped by collaboration. We believe mental health is a shared responsibility, and that lasting change happens when people have the tools, confidence, and support to care for one another.

*"I WAS IMPRESSED BY THE WORK YOU'RE DOING AND THE LEVEL OF COMMUNITY ENGAGEMENT YOU'VE BUILT. THE COALITION IS A STRONG MODEL FOR WHAT A COMMUNITY-BASED MENTAL HEALTH RESOURCE CAN BE."  
— GUY WINCH*

## Vision

We see a Teton Valley where everyone is connected to love and care, **\*and mental wellness is a shared community value.**

*\*IN 2025, WE CLARIFIED OUR VISION TO MORE FULLY REFLECT OUR BELIEF THAT MENTAL WELLNESS IS A SHARED RESPONSIBILITY*

## Mission

We promote mental wellness in Teton Valley by providing advocacy, education, and connection to resources.



# WHY WE ARE NEEDED

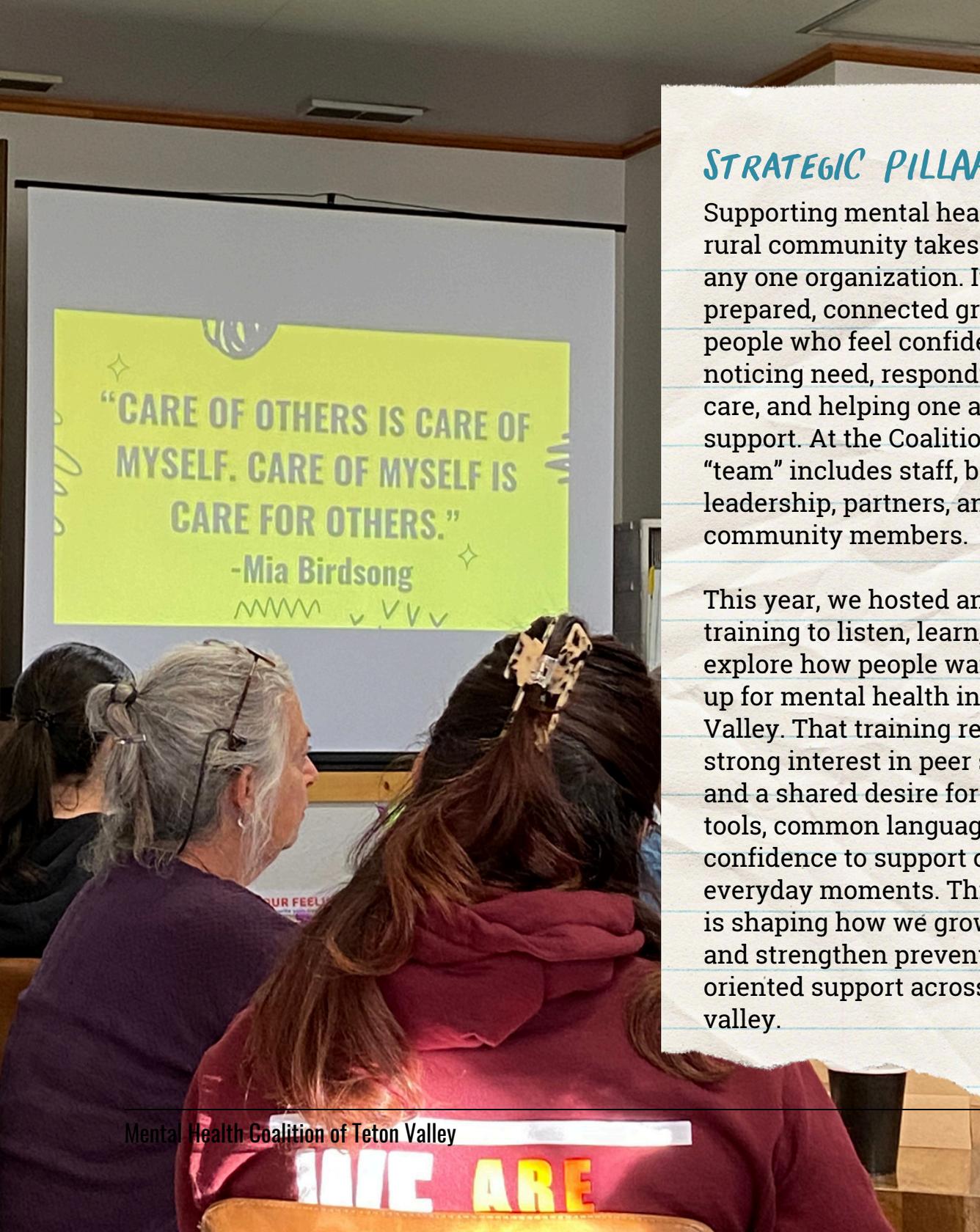
Mental health needs don't always show up loudly, but they touch nearly **every family and workplace in our valley**. In a rural community with limited access to care, people often navigate stress, isolation, and crisis quietly, without nearby or affordable support.

Across Idaho, the gaps are clear. **One in five adults** experiences a mental health challenge each year, yet more than **half of Idahoans** with a mental health condition do not receive the care they need. Our state ranks **last in the nation** for access to mental health services and continues to have one of the **highest suicide rates** in the country.

Here in Teton Valley, access to mental health care requires creativity, coordination, and persistence. While there are fewer providers than our community needs (**1 per 697 residents**), people are finding ways forward through connection, partnership, and support.

All these numbers represent **real people in our community** – friends, coworkers, parents, and neighbors. They point to the importance of accessible, local support that helps people find care earlier and build confidence before challenges escalate.





## STRATEGIC PILLAR #2:

Supporting mental health in a rural community takes more than any one organization. It requires a prepared, connected group of people who feel confident noticing need, responding with care, and helping one another find support. At the Coalition, our “team” includes staff, board leadership, partners, and community members.

This year, we hosted an advocate training to listen, learn, and explore how people want to show up for mental health in Teton Valley. That training revealed strong interest in peer support and a shared desire for practical tools, common language, and confidence to support others in everyday moments. This insight is shaping how we grow our team and strengthen prevention-oriented support across the valley.

# MOBILIZE OUR TEAM

*By investing in people, not just programs, we are helping build a broader circle of support in Teton Valley, one rooted in connection, shared responsibility, and care.*

STRATEGIC PILLAR #3:

# CONNECT OUR COMMUNITY

	Program	Details
<b>1,403</b>	Community Touchpoints	Conversations, referrals, and ongoing support
<b>299</b>	Individuals Supported Through Case Management	One-on-one navigation and resource connection
<b>329</b>	Community Counseling Fund Sessions	Therapy sessions made accessible through financial support
<b>951</b>	Community Members Trained	Suicide prevention, mental health first aid, and related trainings



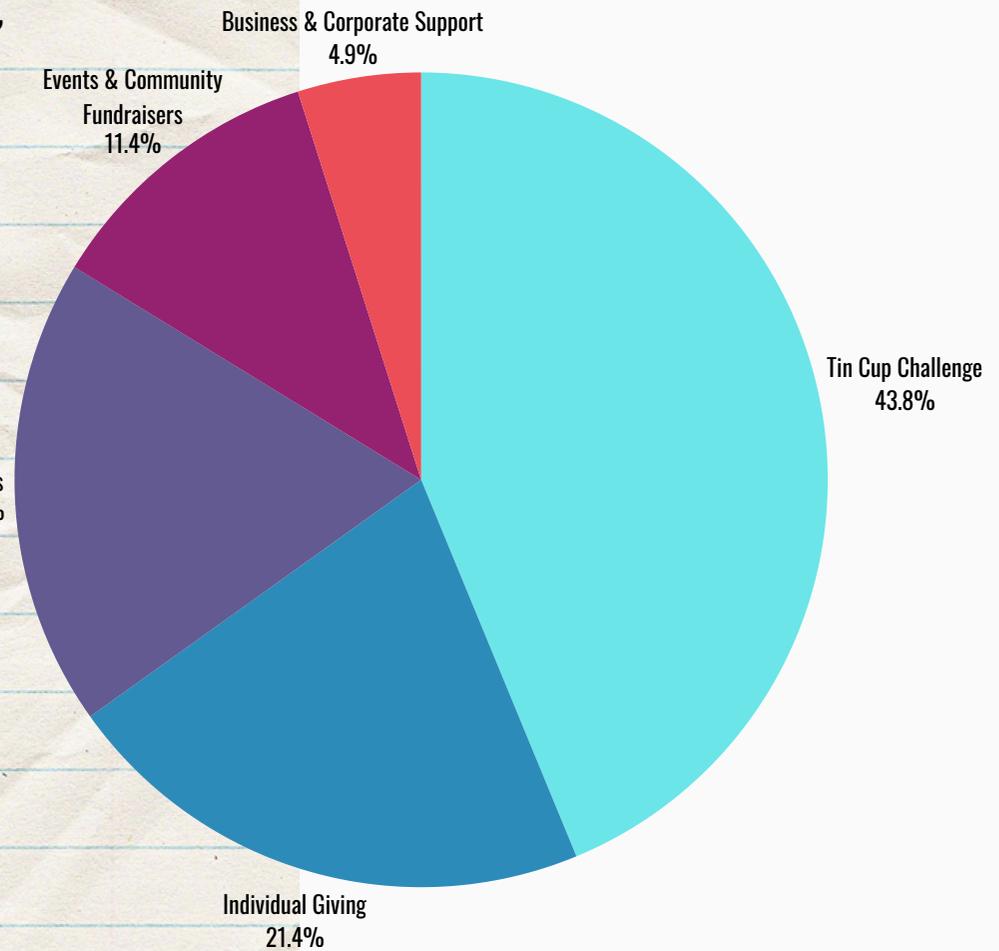
STRATEGIC PILLAR #1:

# BUILD OUR RESOURCES

The Coalition is supported by a diverse mix of community giving, grants, events, and business partnerships. The Tin Cup Challenge continues to be a cornerstone of our funding, complemented by individual donors, foundations, businesses, and community fundraisers that together sustain our work throughout the year.

This balanced approach allows us to respond to community needs with care, invest in prevention and education, and steward resources thoughtfully while planning for the long-term health of our organization.

We are deeply grateful for the trust and generosity that make this work possible.



# LOOKING AHEAD TO 2026

As we look toward 2026, our focus is on strengthening the foundations that allow mental health support to show up early, consistently, and with care. Guided by what we've learned and grounded in community needs, our priorities for the year ahead are clear and intentional.

In 2026, we are focused on:

## **Expanding peer support**

- Building on community interest to explore peer support and other people-powered ways to increase care beyond professionals, strengthening everyday connection across Teton Valley.

## **Growing community-based education and outreach**

- Increasing trainings, workshops, and learning opportunities that build shared language, practical skills, and confidence to notice concerns early and support one another.

## **Deepening partnerships for coordinated care**

- Working alongside schools, workplaces, and community organizations to reduce barriers, improve coordination, and ensure support is accessible where people already live, learn, and work.

Our goal is not simply to do more, but to do what matters most, with care, intention, and sustainability at the center of our work.



# A HEARTFELT THANKS

This work is made possible by the generosity, care, and trust of individuals and partners who believe in mental health and community care. Your support helps ensure resources remain accessible, responsive, and rooted in connection. **Thank you for being part of this shared effort.**

We want to especially recognize the following businesses and organizations:

- Austin O'Bryhim State Farm
- Blue Cross of Idaho Foundation for Health
- City of Driggs
- Community Foundation of Teton Valley
- Donald C Brace Foundation
- The Faraway Foundation
- The Farris Foundation
- Grand Targhee Resort
- Harmony Designs
- Hops Cyclery
- Idaho Community Foundation
- The Karl M Johnson Foundation
- Keller Williams
- The Ortus Foundation
- Rise
- Rotary Club of Teton Valley Local Foundation
- The Steele-Reese Foundation
- Teton County Idaho
- Teton Valley Foundation
- Teton Valley Health Care
- Teton Valley Property Management
- Teton Valley Realty
- Valley Lumber
- The Velvet Moose

And all of our generous individual & Tin Cup Donors!



# GET IN TOUCH

## OUR BOARD

Maureen Lang, Chair  
Greg Meyers, Treasurer  
Therese Hooft, Secretary

## EMERITUS BOARD MEMBERS

Kim Brack  
Daniel Neese

## OUR VOLUNTEERS

Brian White  
Jennifer Minson  
Mike Barklow  
Nan Pugh  
Audie Schultz  
Tanya Alexander

## OUR STAFF

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