

Fundraising with Recovery Resources

Addiction and mental health challenges can affect anyone. Approximately 1,100 college freshman will complete suicide this year; the majority as the result of untreated depression. ¹

How can you help Recovery Resources fight the stigma against mental health and addiction?

At Recovery Resources, providing behavioral health care is our passion. We work tirelessly with those we serve to make this goal a reality, but we can't do it without you. Please consider hosting a fundraiser to build awareness and support treatment.



Recovery Resources offers a variety of services to our community. All funds support Recovery Resources Annual Fund which allows us to use the money where, our team feels it is needed most. You may also choose to designate how to contribute the funds that you've raised. Here are some options for where funds raised can be contributed:

- ⇒ **Casey's Kids:** This supports alternative activities for our prevention programs targeted toward school-aged children
- ⇒ **Rajeh's Fund:** This fund may provide financial assistance to families who qualify, seeking intervention for a loved one struggling with alcoholism or other drug addiction
- ⇒ **James' Fund:** This fund may provide financial assistance to families who qualify, who are seeking Intensive Outpatient Treatment services, specific to opiates
- ⇒ **Helen's Fund:** This fund may provide financial assistance to families who qualify, seeking participation in our women and children programs
- ⇒ **Monarch House for Women** is a sober living home with peer support as clients transition into independent living

These are just a few of the areas in which your fundraising can provide assistance.



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Partners in health. Partners in hope.

Visit us at www.recres.org/HowToHelp for more information on how you can make a difference.

Contact **Meghan Hosmer** for more information on how you can partner in fundraising with Recovery Resources.

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¹"Crisis on Campus: the Untold Story of Student Suicides." *College Degree Search*, 6 Apr. 2015, www.collegedegreesearch.net/student-suicides/.

Fundraising Ideas

- ⇒ **Candy count:** Fill a jar with candy and have people pay to guess how many there are in the jar.
- ⇒ **Band and choir concerts:** Ask a band to donate their time by performing a benefit concert for your cause. Charge admission for the event.
- ⇒ **Raffles:** Sell tickets and keep ticket stubs. On the date of the draw, have someone close his or her eyes and pick a ticket stub from all the ones that were sold. Do this publicly. The winner receives a prize.
- ⇒ **Perform a free service for donations:** Rake leaves, shovel snow, take care of a pet. When offering your service, ask the person who benefited from your actions for a donation toward your worthy cause.
- ⇒ **Carnival day:** Host a mini carnival, with games, prizes and popcorn, in a local park or your own backyard. Charge admission and/or a small fee to play games.
- ⇒ **Spelling Bee, Trivial Pursuit, Checkers, Scrabble, Twister:** Have participants and spectators pay to participate and the winner receives a prize.
- ⇒ **Battle of the Bands:** Gather some bands from your local community. Book a venue and advertise with posters, flyers, and radio announcements. Hold a mini concert in which the audience chooses the winning band.
- ⇒ **Spaghetti Dinner:** Prepare a great dinner for students or community members and charge a fee.
- ⇒ **Hold a Theme Party:** Decide on a fun theme. Charge an entrance fee, but be sure to explain to people what their cover charge is going towards.
- ⇒ **Piñata Contest:** Charge a fee to have each blindfolded person have one turn at trying to break a candy-filled piñata.
- ⇒ **Three-on-Three Basketball Tournament:** Organize a basketball tournament in your school with the winning team receiving a prize. This can also be done with soccer, tennis, badminton, volleyball, or any other sport.
- ⇒ **Swim-a-thon/Dance-a-thon:** Get sponsors for the number of laps you swim or how long you can stay on the dance floor.
- ⇒ **Beat the Goalie:** Pick the best hockey or soccer goalie you know and invite people to try to score a goal for a prize. Every participant has to pay to play.
- ⇒ **Bingo:** Host a bingo night at a local hall, place of worship, or school. Get donations from school or local restaurants for prizes (gifts cards, sweatshirts, t-shirts, water bottle with school logo, etc.)
- ⇒ **International Dinner:** Have people from various ethnic origins cook traditional foods, and then charge admission to an international dinner.



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Fundraising Ideas

- ⇒ **Scavenger Hunt:** Set a route and make a list of items that the participants need to find in order to win. Advertise your scavenger hunt well and charge everyone a small fee to participate. The winning person/group gets a prize.
- ⇒ **Car Wash:** With a group of friends, set up a car wash in the parking lot of your school, church, or public area. Get sponsors based on the number of cars you wash. (Sponsor pays \$1 for every car washed)
- ⇒ **Hug-a-gram:** Advertise a hug for a dollar. Have people buy a hug for a friend. After a member of your group gives the hug to the designated person, give them a small card with a message from the person who sent the hug. (Have the hug be from the school mascot)
- ⇒ **Classic Car Show:** Organize a classic automobile show. Invite people to attend and to bring their cars by placing ads in local newspapers, leaving flyers at local businesses, and charging people to come and see the show.
- ⇒ **Miniature Golf:** Build a nine-hole miniature golf course at your school, featuring ramps, water and sand traps, and other obstacles. Charge people to play a round during lunch.
- ⇒ **Dog Show:** Invite faculty and staff to show off their dogs in a show. Make it a competition that people pay to enter, and offer a prize for the best groomed dog, most- and least-obedient dog, and so on.
- ⇒ **Talent Auction:** Auction off the talents of people. For instance, great singers offer to sing at a wedding, party, or special event.
- ⇒ **Eating Marathon:** Have a pie eating, hot-dog eating, or ice cream-eating contest. You can charge people to participate or to watch, or you can make all participants obtain pledges.
- ⇒ **Ugly tie, worst hair-do, best mismatched outfit:** Have the students come to an event, dinner, or a sports game where the vote will take place. Provide a prize to the winner.
- ⇒ **Sports Tournament/Fitness Competition:** Organize a sports tournament or fitness competition. Advertise well and charge spectators to come and watch groups compete. You may need to have medical personnel on hand.
- ⇒ **Karaoke:** Rent a karaoke machine, sell tickets or charge an admission fee, and sing all night.
- ⇒ **Miles of Coins:** Gather donations of coins (pennies, dimes, or quarters) and lay them side-by-side until they stretch out to be a mile long. Alternatively, surround your gym, library, or parking lot with the coins.
- ⇒ **Recipe Book:** Gather together favorite recipes and put them together in a book. Sell the book through your school, sports organization, or community center. Try to get the photocopying donated by local businesses.



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- ⇒ **Henna Hand Art:** Find out if any members of your group know how to apply henna (Indian hand art), which can be applied to people in your school for a fee.
- ⇒ **Lemonade Stand:** Make lemonade, post signs, and sell it on a hot day
- ⇒ **February:** Sell red carnations for Valentine's Day
- ⇒ **October:** Halloween party; pumpkin sales; Thanksgiving turkey raffle
- ⇒ **December:** Gift-wrapping service
- ⇒ **Garage Sale**
- ⇒ **Concession Stand:** Purchase products at Sam's Club and get in a high visibility, high traffic, and high demand spot. Perhaps at major event!
- ⇒ **Raffle:** Could be a quilt, a special item like jewelry, day of beauty.
- ⇒ **Pancake Breakfast:** Some companies will offer the equipment for free; others will give you the product necessary to make the pancakes.
- ⇒ **Sports Clinics**
- ⇒ **Golf Tournament**
- ⇒ **Yoga or Zumba Night:** Find a local instructor willing to donate a night of their time
- ⇒ **Penny Wars:** Penny's count as positive points, silver coins are negative points. Winning team gets a pizza party
- ⇒ **Gift Basket Bonanza:** Have local businesses donate gift baskets. Raffle off the baskets and charge for each raffle ticket
- ⇒ **Puppy Love:** Partner with a local dog shelter to host a room full of dogs on your campus. You have to pay a fee to hang out with the dogs for 15 minutes
- ⇒ **Cornhole Tournament**
- ⇒ **Minute to Win It Tournament:** Teams of three compete in a variety of Minute to Win It games to see who the best is.



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