

Good evening and welcome to Let Your Light Shine

We are grateful and humbled by your support and honored that you have come out tonight. We are not only raising funds for people who cannot afford therapy, we are also celebrating tonight! Insights has served the community since 2004. That's 15 years of promoting Mental Health in your community! This year to date Insights has donated \$23,000 of services pro-bono to deserving members of our neighborhood. In fact, we think everyone deserves to have a therapist of their own, so we hope that you will choose the project that you are passionate about and give generously.

When we started this nonprofit 15 years ago, there was a team of very supportive colleagues that became the board of directors... a steering committee and the backbone of support for me personally.

I want to thank each board member tonight for insight and support in every decision made here at Insights. Please stand so we can give you a round of applause

John Stewart

Diana Ryan

Ginny Barella

Bob and Tunde Huson

Susan Kelly

The first nerve wracking grant we applied for was from First 5 Placer. We understand the foundation of trust and attachment begins at the beginning of life. First 5 has been instrumental in providing us funds over the years to serve many moms. Creating resiliency in the lives of moms paves the way for emotional regulation, grounding, healthy attachment, and trust. We want to thank the First 5 team for making a difference in the lives of so many new moms and families. Please stand so we can honor you

Exec Director: Janice LaRoux

Commissioners: Richard Saletta, Jeff Brown, Alison Schwedner, Doug Blake, Jenny Davidson, Gina Roberson, Catherine Goins, Jim Holmes, and Alinea Stevens

Additionally we have teamed with other First 5 partners such as KIDZKount, KidZCommunity, to serve families for their mental health needs. Denyse Cardoza, Linda Scudder and team provide early screenings, educational workshops and outreach to Placer and Nevada County ... please stand

Thank you to all the non-profit directors who are sending Medi-Cal clients our way for long term care outside of grant funding.

Thank you to Acres of Hope for serving young mothers so diligently while they gain sobriety and order.

Furthermore, we want to thank the public servants in Cal Fire and the Police Departments for your sacrifice every day to keep the communities safe

Often times we wear masks that say "I'm Fine". Truth is... all of us have a story and it is important to your life learning....Many of you were here and know my story of losing my son in a tragic auto crash when he was a senior in High School. Somehow I thought I would know instantly if something like this happened to a loved one. I often try to remember the exact moment of my life when he died..Where was I and what was I doing? Trauma gets our minds on a never ending circular track, but the reality is that our lives can change in an instant.

So how can humans experience loss, grief, trauma, depression and come out with an open heart ready to connect again and be open to love? I mean, the tendency is to retreat inward and guard ourselves from ever being hurt again.

Viktor Frankl was the young doctor who sacrificed his freedom to accompany his parents to a concentration camp of the holocaust. He lost his entire family, yet he writes later in his book "everything can be taken from a man but one thing; the last of the human freedom; to choose one's attitude in any set of circumstances.

Many times it's difficult to choose our own attitude. At Insights we hear the stories of tragedy day after day and our hearts hurt for the victims. Yet we see the human spirit soar as people overcome despair, adversity and darkness.

Every day we show up at work to help others, but I'm certain my staff will agree that we receive the greatest gifts from our clients as they shine a light inward and turn their discomfort into growth, and their tragedy into triumph.

I'm reading a book called "ASPIRE" by Kevin Hill. He defines 2 words that have made a difference in my life.

Genshai: Not to make others feel small.... Including yourself! What we tell ourselves and how we generally feel about ourselves is often reflected in how we treat others. If we're tough on ourselves, we are often tough on others...

Namaste: I honor the divine in you... I salute your natural gifts, and honor the place in you of light, love, truth, peace and wisdom.

Again we are less likely to honor others if we do not honor the divine in ourselves.

Fear of loving and losing can be overwhelming... For some, it becomes difficult to believe in family, honest friendship, and love. But to shine the light in the dark places means to listen... not to the chaotic chatter or the fear that comes up, but to the distinct, quiet, gentle prompting of your spirit.

Shining the light at the core of your being will equip you to step out and move boldly to your calling

Thank you ...

