



Directions for Mental Health  
Celebrates 25 Years  
of Service in Pinellas County



**Proceeds from our  
2008 Heal the Hurt  
Gala  
established an  
endowment dedicated  
to helping children.**

**Community Foundation of Tampa Bay  
matched a portion of the funds raised.**



**Directions for Mental Health  
offers state-of-the-art clinical services  
for children and their families.**

A photograph of two young children lying on their stomachs on a grassy area. The child on the left is a girl with light brown hair, wearing a dark blue long-sleeved shirt with a white graphic. The child on the right is a boy with light brown hair, wearing a dark blue t-shirt. Both children are smiling and looking towards the camera. The background is a mix of green and brown grass, suggesting an outdoor setting.

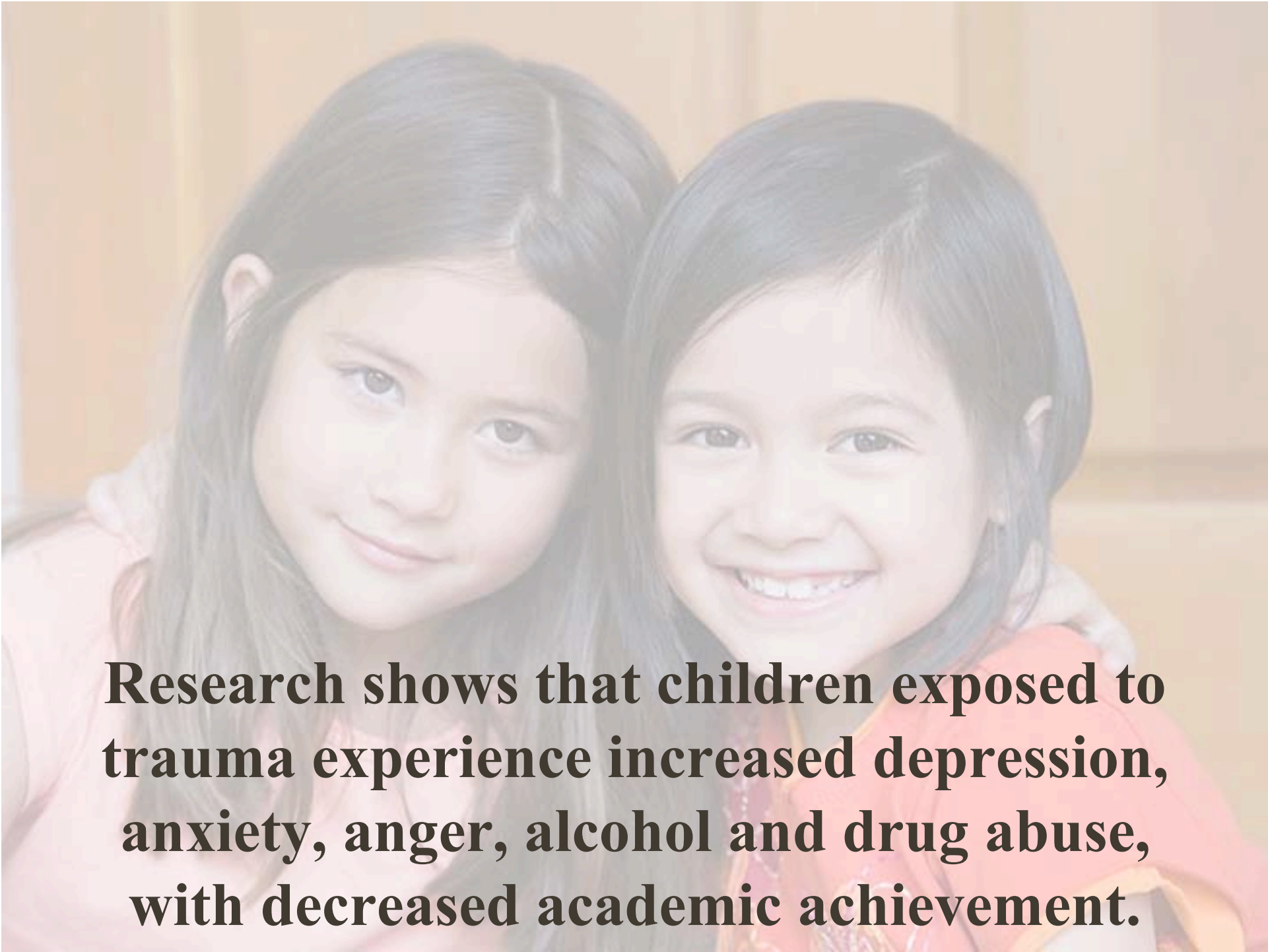
**Directions is one of the few  
organizations in Florida  
serving as a member of the National  
Child Traumatic Stress Network.**

**Directions' staff  
provides life-changing  
treatment for children  
who have suffered  
trauma.**




**It is estimated that as many as 10 million children per year may witness or be victims of violence in their homes.**



A photograph of two young girls with long dark hair, smiling and looking towards the camera. The girl on the right is smiling more broadly, showing her teeth. The background is a plain, light-colored wall. The text is overlaid on the bottom half of the image.

**Research shows that children exposed to trauma experience increased depression, anxiety, anger, alcohol and drug abuse, with decreased academic achievement.**

A young boy with dark hair and eyes is crouching on a sandy beach. He is wearing a dark green jacket and pants. In front of him is a light blue bucket filled with sand. The background shows a calm body of water with a small boat and a rocky shoreline under a clear sky.

**Children exposed  
to violence have an  
increased risk of  
becoming violent  
themselves.**

A photograph of three young boys standing side-by-side, smiling and pointing towards the camera. The boy on the left is wearing a blue button-down shirt and khaki pants. The boy in the middle is wearing a yellow and black striped t-shirt. The boy on the right is wearing a red long-sleeved shirt and blue jeans. The background is a plain, light-colored wall.

**Children exposed to violence  
are twice as likely to commit  
crimes at a younger age.**

A photograph of two young boys. The boy on the left is wearing a blue long-sleeved shirt and has his eyes closed, looking down. The boy on the right is wearing a light-colored shirt and has his arm around the first boy's shoulder, looking towards the camera with a slight smile. The background is a blurred indoor setting with warm lighting.

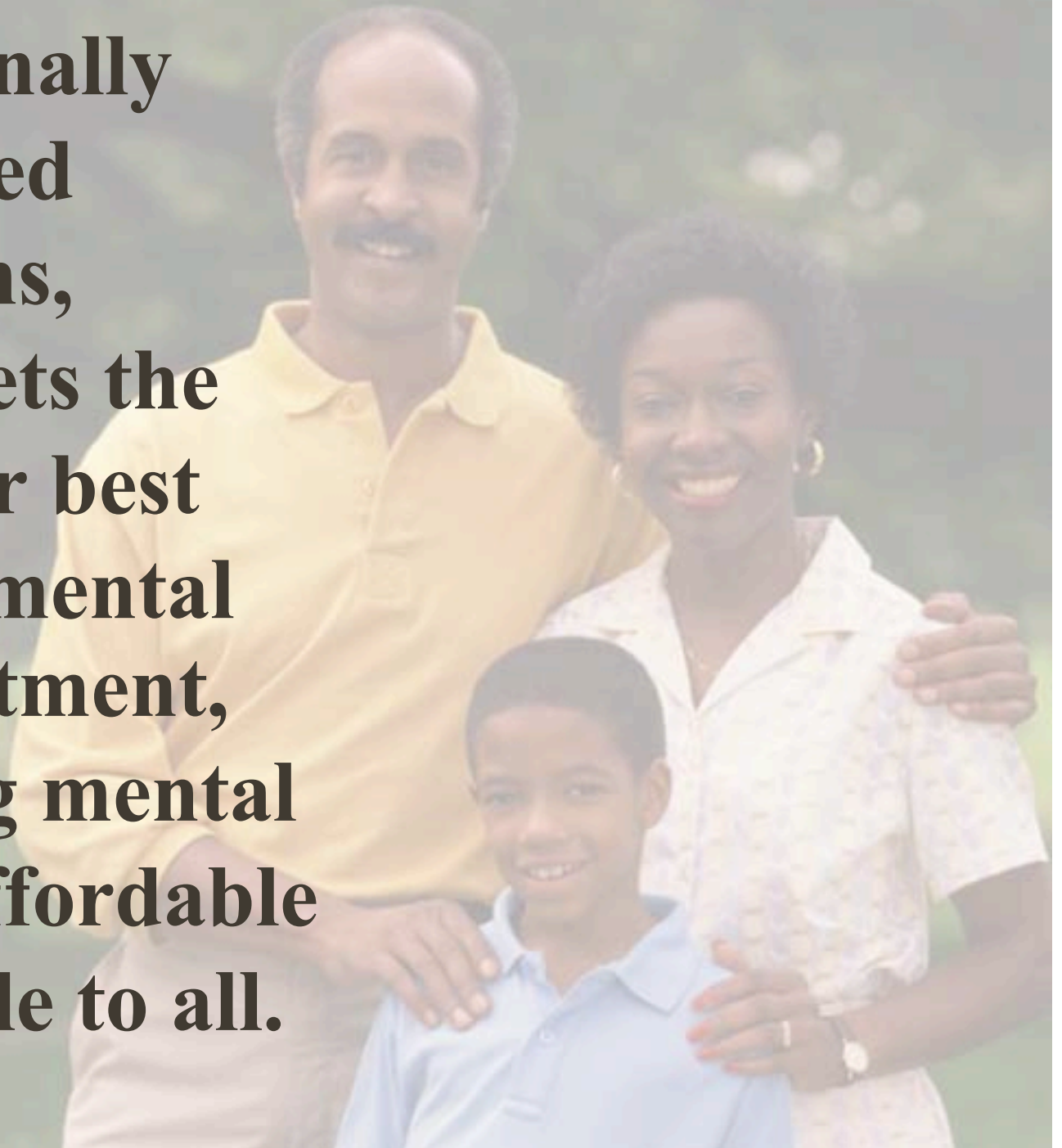
**If addressed immediately,  
these children can receive valuable,  
life-changing treatment  
that can improve their lives.**



**Directions for Mental Health is committed**

**to helping *Heal the Hurt*  
in the lives of thousands suffering from  
- or at risk of mental illness.**

**With nationally  
accredited  
programs,  
Directions sets the  
standard for best  
practices in mental  
health treatment,  
while making mental  
health care affordable  
and accessible to all.**



A photograph of three young children of diverse backgrounds smiling. On the left is a young girl with long brown hair in pigtails, wearing a white dress with pink floral embroidery. In the center is a young girl with dark curly hair, wearing a white top. On the right is a young girl with dark curly hair wearing a white chef's hat, a white shirt, and blue denim overalls. The background is a plain, light-colored wall.

**Directions is dedicated**

**to developing innovative programs that  
change lives, while reducing crime,  
homelessness, drug abuse and child abuse.**

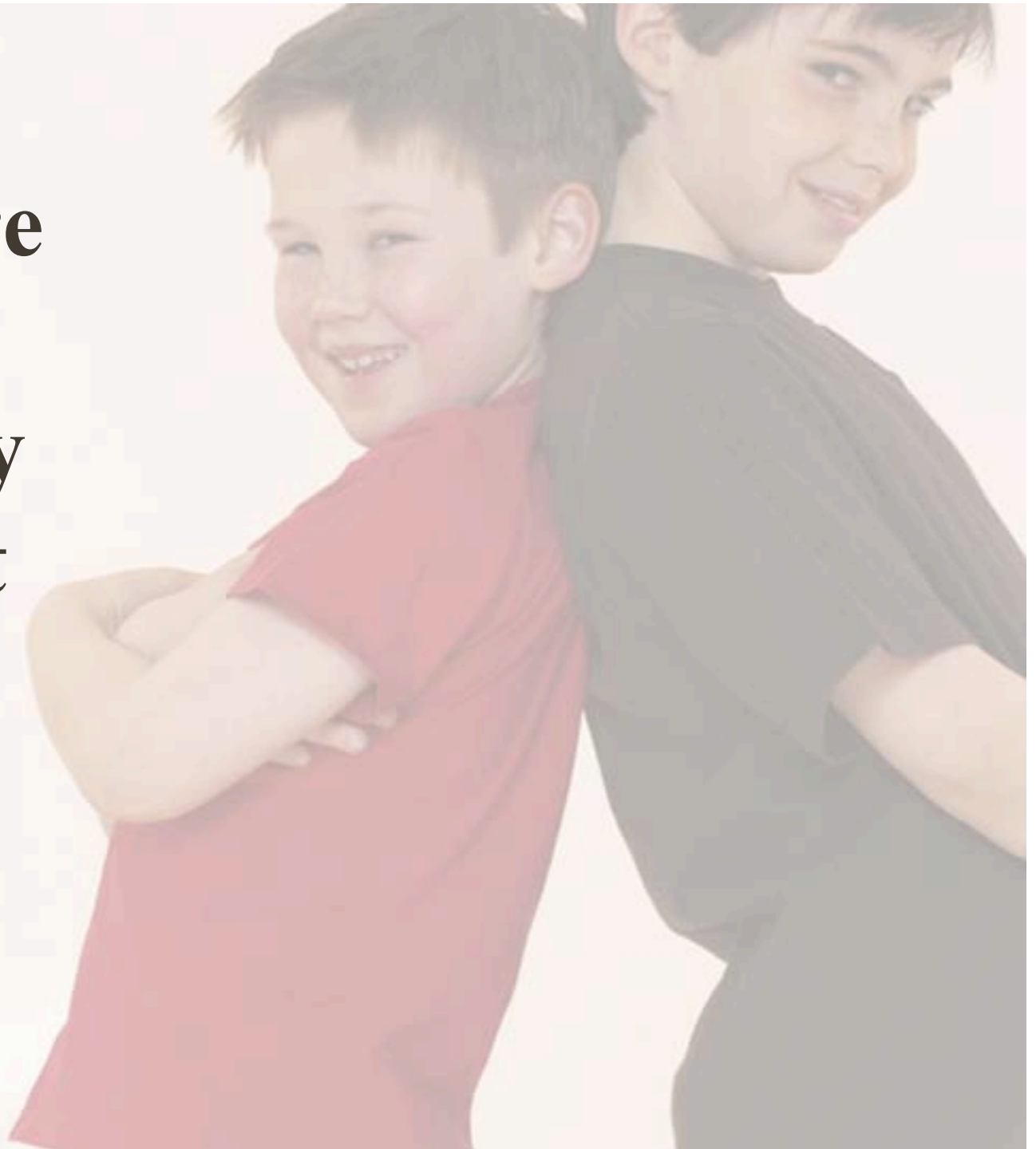


**Almost half of those we serve  
are children.**



**By the age of 8, 1 out of 3 homeless children has a severe mental illness.**

**Abused  
children are  
12 times  
more likely  
to attempt  
suicide.**





**Prevention programs  
alter the cycle of abuse & neglect.**

**Mental illness robs you of the ability  
to succeed – socially, economically,  
academically.**

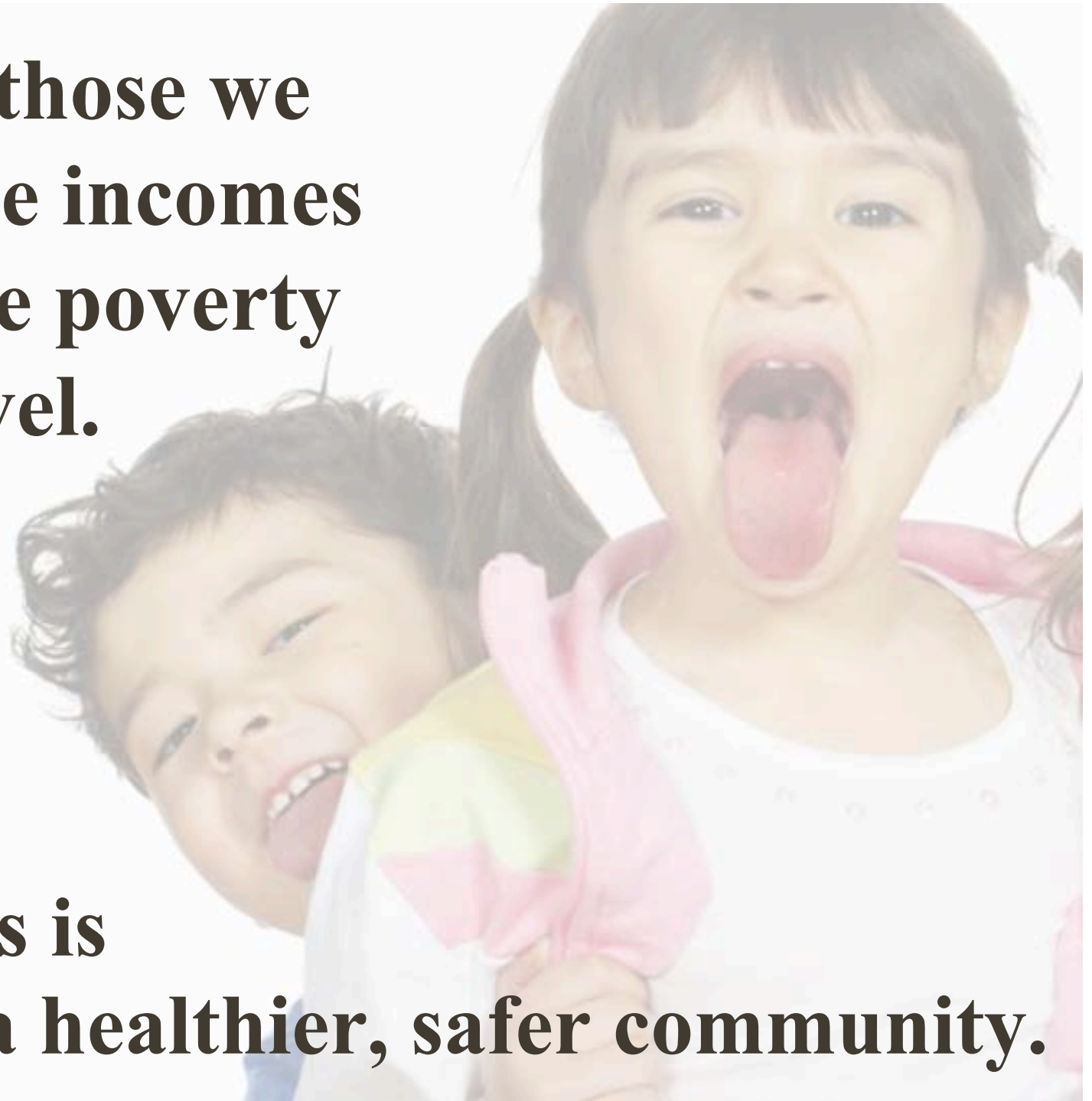


**Through Direction's Kid Connection program, 79% of children improve their behavior at school.**



**75% of those we  
serve have incomes  
under the poverty  
level.**

**Directions is  
building a healthier, safer community.**



**1 in 4 families  
has a history  
of  
dealing with  
mental illness.**

**Directions strengthens families.**



**33% of homeless people in Florida  
are families.**



A close-up photograph of a young child with curly hair, wearing a red top, holding a light-colored teddy bear. The child is looking directly at the camera with a gentle expression. The background is softly blurred.

**Over 90% of  
every dollar  
we receive  
goes directly  
to programs.**

**Directions is efficient and effective.**



# Special Thanks to Our 2008 Gala Sponsors

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Willingham, Inc.

A photograph of three children sitting on a light-colored wooden floor against a wood-paneled wall. On the left is a young boy with short dark hair, wearing a blue patterned short-sleeved shirt and dark pants, sitting cross-legged with his hands clasped under his chin. In the center is a girl with long, curly dark hair, wearing a light green short-sleeved top, sitting cross-legged. On the right is a girl with long, curly dark hair and glasses, wearing a white long-sleeved top with blue embroidery and blue pants, sitting cross-legged. All three children are smiling warmly at the camera.

**Thank you  
for helping us Heal the Hurt!**