

# October Filled with Community Connections

The month of October was a busy one for members of CrossWinds’ Development Team and Diversity and Inclusion Committee. Events kicked off on the 7th with staff organizing a celebration of Hispanic Heritage Month. A featured part of Emporia’s First Friday Art Walk, the get-together included food trucks, music, and opportunities to raise funds for El

Centro Hispano de CrossWinds. On the 12th, the agency hosted a booth as part of the Flint Hills Senior Life Fair. Held at the Lyon County Fairgrounds, the day provided CrossWinds staff an opportunity to answer questions, distribute information, and offer resources to more than 100 seniors from throughout the area. The 19th provided an opportunity for CrossWinds to assist

a longtime community partner. A team consisting of Development Director Lucas Moody, Development Specialist Stephanie Anderson, and Lynn Cunningham of EK Real Estate combined to raise \$2,775 in donations during a single afternoon as part of United Way of the Flint Hills’ Small Business Blitz.



Above: CrossWinds Development Director Lucas Moody and Development Specialist Stephanie Anderson host a resource booth during Oct. 12’s Flint Hills Senior Life Fair at the Lyon County Fairgrounds.

Top Right: Moody, Anderson and EK Real Estate’s Lynn Cunningham raised the most of any team during this year’s United Way of the Flint Hills’ Small Business Blitz.

Right: The smell of food and sound of music brought in support for El Centro Hispano de CrossWinds during Emporia’s First Friday Art Walk.



## RESOURCES

CrossWinds:  
620-343-2211  
800-279-3645  
crosswindssk.org

General Crisis Text Line:  
Text SUPPORT to 741-741  
National Alliance on Mental  
Illness: 1-800-950-6264

National Suicide Hotline: 988  
SAMHSA National Helpline:  
1-800-662-HELP

# Sunderland Foundation Awards \$750k to Campaign

The beginning of fall marked yet another significant contribution to CrossWinds' ongoing capital campaign. On October 3, the Sunderland Foundation formally awarded a \$750,000 grant in support of "Breaking Stigma, Breaking Ground", boosting the total raised for the initiative to just under \$4 million.

"CrossWinds is incredibly grateful for the Sunderland Foundation and is humbled by their gift to our 'Breaking Stigma, Breaking Ground' capital campaign," said CrossWinds CEO Amanda Cunningham. "Their assistance will play a major role in helping us meet our overall fundraising goal so that we can continue to improve the quality of life in the communities we serve. This grant award is impactful not just for our agency, but for everyone in our coverage area."



# Annual Event Shifting to May

Those familiar with our agency recognize November as a time to "Celebrate CrossWinds". This annual event typically serves as our largest fundraiser of the year, helping support programs and clients by filling gaps in underfunded or entirely unfunded areas. While there are still many exciting things for us to celebrate this month, agency leadership has made the decision to forgo a formal event. With our ongoing capital campaign and with the proximity of the upcoming holiday season, a change to tradition made sense not just for the agency, but for each of our dedicated and generous advocates.

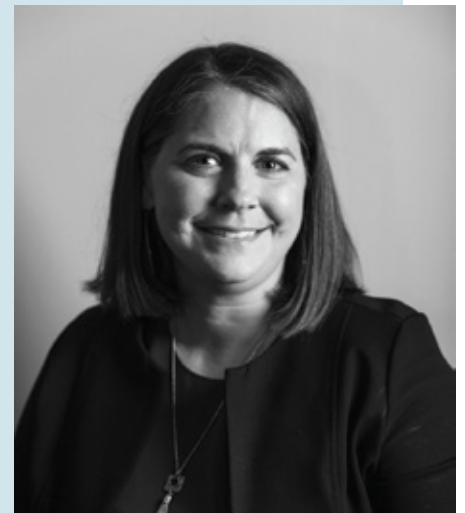
CrossWinds is now targeting May, National Mental Health Awareness Month, to consolidate the agency's usual legislative reception, annual report, and fundraising events into a single night of fun and entertainment. While we can't reveal all our plans just yet, be on the lookout for more details in the coming months! With your continued support, we believe each May can be a time to bring mental health and wellness to the forefront of discussion in our communities.

Our "Breaking Stigma, Breaking Ground" capital campaign is off and running! In our need to relocate and consolidate buildings, the community has shown tremendous support. Our new locations in Emporia will ensure that CrossWinds remains a sustainable fixture in the community, while also supporting our other six county offices (Chase, Coffey, Greenwood, Morris, Osage, Wabaunsee) and their staff.

As we move into 2023, we are extremely excited about what the future holds! CrossWinds is honored to play such an important role for the citizens of East Central Kansas and will remain dedicated to its mission of providing dynamic, culturally sensitive, high-quality behavioral health care in the most effective, caring, and efficient manner.

On behalf of our entire agency, I want to say thank you to all of the generous granting organizations, foundations, and individual contributors that have made this project come to fruition. Thank you also to our amazing campaign leadership team, board of directors, and all the staff members who have worked tirelessly to share about CrossWinds and the importance of mental health. I am truly humbled and blessed to walk along beside all of you.

Amanda Cunningham, CEO  
CrossWinds Counseling and Wellness



*Amanda Cunningham*