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Hope Newsletter September 2025

Hope-Filled Organization:

COMMUNITY FOUNDATION OF NORTHERN ILLINOS

The VISION of the Community Foundation of Northern Illinois:

A healthy, sustainable Northern Illinois supported by partnerships fostered by CFNIL.

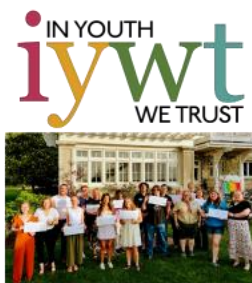
The MISSION of the Community Foundation of Northern Illinois:

To inspire endowment and promote philanthropy for the current and future needs of the people of Northern Illinois.

Founded in 1953, the Community Foundation of Northern Illinois (CFNIL) is a regional leader in philanthropy. With more than \$140 million in assets and more than 400 individual funds, CFNIL makes grants to charitable organizations and scholarships to local students. CFNIL's grant and scholarship programs are made possible by the generosity of CFNIL's donors.

Our donors come from all walks of life but are united in their commitment to the community and the recognition that their charitable intentions will be preserved for generations through the power of endowment. Endowments at CFNIL are prudently invested and preserved to provide permanent funding for community needs. Over 90% of CFNIL's assets are permanently endowed, meaning that those assets will serve Boone, Ogle, Stephenson, and Winnebago Counties in perpetuity. To learn more about Community Foundation of Northern Illinois, click on the link:

One of CFNIL program which involves young people in the work and decision-making process of CFNIL is the "In Youth We Trust" program.



**Adult/ Nonprofit
Grants**

Granting youth the power to lead and change our community.

In Youth We Trust is a youth philanthropy program of the Community Foundation of Northern Illinois. Established with a grant from the Ford Foundation in 1994 and endowed by a local donor, this program teaches grantmaking, volunteerism, and leadership skills to today's youth, preparing them to be the positive change of tomorrow.

The In Youth We Trust Council is made up of high-school-age youth from Boone, Ogle, Stephenson, and Winnebago Counties. Council members engage in direct community service as well as philanthropy; the Council is

directly involved in the [In Youth We Trust Grant Program](#) administration. They help set grant policy, review youth-inspired service project proposals, and recommend the distribution of grant awards. This year, the IYWT Council will distribute up to \$40,000 through two grant cycles to community projects that benefit local youth. To learn more about the In Youth We trust program, click on this link: [In Youth We Trust | Community Foundation of Northern IL](#)

Hope-Filled Organization:



Investing In Mental Health to Help Break Stigmas and Provide Life-Saving Skills Through Mental Health First Aid™ training

Invest In Mental Health.org - We're a registered 501(c)(3) non-profit organization. Our mission is to provide free and low-cost Mental Health First Aid training that empowers communities, reduces stigma, and supports early intervention for mental health challenges.

By 2027, we aim to certify 5,000 individuals across the U.S. to build a stronger, more mental health-aware community that prioritizes well-being and recovery.

As a non-profit organization, all donations and support directly contribute to expanding our life-saving Mental Health First Aid programs.

Meet Our Founder – Hi, I'm Loretta. As someone with firsthand experience with anxiety and situational depression, I have seen the growing need for mental health awareness and action. After losing my nephew to a substance-use disorder, I became committed to breaking the stigma surrounding all mental health disorders, not just substance use ones. My mission is to help others become Mental Health First Aiders and provide early intervention skills to support those in need.

Becoming a Mental Health First-Aider - We support an **evidence-based Mental Health First Aid certification course**, developed by the **National Council for Mental Wellbeing**. (Click on this link to learn more about this organization [National Council for Mental Wellbeing](#) . This early intervention program teaches participants how to recognize and respond to mental health and substance use challenges, and how to provide initial support until professional help is available.

Using community-specific scenarios, activities, and videos, participants learn the **5-step Action Plan (ALGEE)** that builds **mental health literacy**, helping individuals to identify, understand, and respond to signs of mental illness. It equips participants with the knowledge and skills necessary to intervene early, offering support that can make a life-saving difference.

You'll not only gain practical tools for early intervention but also contribute to breaking the stigma around mental health in your community.

Hope-Filled Organization:



What if we told you, you are changing the world right now? Would you believe it?

A better future is being built by all of us right now, in the billions of small actions we take each day.

Acts of care, love, and understanding extend outward, like the threads of a beautiful tapestry.

Whether it's offering a kind smile, a helping hand, or an hour of your time—these acts have a way of rippling out, becoming part of something much greater. That is the power of radical generosity.

To view a 1 minute and 23 second video, click on this link: [The Power of Radical Generosity](#)



Discover how we're collaborating and innovating to grow generosity worldwide.

About GivingTuesday

GivingTuesday is a global generosity movement unleashing the power of radical generosity. GivingTuesday was created in 2012 as a simple idea: a day that encourages people to do good. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, collaborate, and celebrate generosity.

Join the movement and give, whether it's some of your time, a donation, or the power of your voice in your local community.

It's a simple idea: whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts and everyone has something to contribute toward building the better world we all want to live in.

Our Mission

Across six continents, hundreds of thousands of leaders and millions of people work together to change, and in many cases, transform their communities for the better. The GivingTuesday nucleus supports that local impact

through networked leadership development in communities around the world; storytelling and strategic communication that uplifts the impacts of generosity; the deployment of human, financial, and social capital to and throughout the movement; and ultimately, the global ritualization of generosity, which has dramatically increased the rate at which people give and volunteer worldwide.

GivingTuesday is invested in communities around the globe with a mandate to propel generosity across every culture, continent, and context.

You can click on this link to go to this group's website: [Home - GivingTuesday](#)

The Arts:

I have no musical talent, but I enjoy music very much. I have used this video once before in the monthly Hope Newsletter. I am using it again, because it does lift my spirits and fosters Hope whenever I listen and view it.

Bring Me Sunshine – Jive Aces

[The Jive Aces present "Bring Me Sunshine" \(Morecambe & Wise theme\) - Bing video](#)



Bring me sunshine in your smile
Bring me laughter all the while
In this world where we live there should be more happiness
So much joy you can give to each brand new bright tomorrow

Make me happy through the years
Never bring me any tears
Let your arms be as warm as the sun from up above
Bring me fun bring me sunshine, bring me love

Share this Newsletter!

If you find this Newsletter to be a positive contribution to promote Hope and positive changes for now and in the future, please consider forwarding this Newsletter to people you think would enjoy it and who may want to share their hopeful stories and programs for future Newsletters.

Hope From the Bottom Up website link: <https://hopefromthebottomup.com/>
Or send me an email (robert@robertbeezat.com) with the name and email address
of the person you think would be interested. I will then contact them.

Thank You