



## Allgeyer Tournament - DIFD Mental Health Awareness Night

### Raising awareness, inspiring conversations and transforming youth mental health!

**What is DIFD?** In November 2010, 14-year old Daron Richardson died by suicide. From this tragedy came a movement to transform mental health. Daron's parents, former Columbus Blue Jacket Luke and his wife, Stephanie Richardson, decided to transform their very private pain into a public call-to-action and made a decision to support young people who struggle with mental illness.

Supported by the energy and efforts of dozens of Daron's close friends and classmates, a grassroots movement was formed with the mission of creating awareness, inspiring conversations, and transforming youth mental health.

**Do It For Daron (DIFD)** supports education, awareness, and research initiatives that encourage young people to talk openly about mental illness and to ask for help when needed.

The **purple DIFD heart**, a creation inspired by Daron's favorite color, has become the youth-driven symbol of this movement.

Daron Richardson was a female youth hockey player who lived in Dublin, Ohio, during much of her short life. As she was a teammate of many players in Dublin, the local Dublin high school hockey teams incorporated an annual hockey game in support of **DIFD** four years ago to honor Daron's legacy and the **DIFD** cause. Although former teammates have graduated from high school, the Dublin High School Hockey Association (DHSHA) has kept this tradition going to broadcast the **DIFD** message and make the tools for improved mental health available to our hockey community.

#### The Facts

- Suicide is the 2nd leading cause of death for people between ages 10 and 24.
- Every day, approximately 123 Americans die by suicide.
- There is one death by suicide in the US every 12 minutes.
- Depression affects 20-25% of Americans ages 18+ in a given year.
- Suicide takes the lives of over 44,965 Americans every year.



### **DHSHA Tournament Hockey Components**

- 8 Varsity and 8 Junior Varsity hockey teams
- 4 Game guarantee
- Chiller ice rinks in Columbus, Ohio
- December 5-8, 2019

### **Dublin High School Hockey Alumni Game**

- Alumni participants from all 3 Dublin High Schools-Coffman, Jerome, Scioto
- Saturday 3:30pm – Dublin Chiller
- Game commemorates the original DIFD games started in Dublin 7 years ago

### **Participant Education for Players, Students, Attendees**

- Mental Health professionals to be present from OSU Harding, Nationwide Children's & Syntero.
- A portion of funds raised to be donated to these local providers of youth mental health services.
- Personal 5-minute visits to each team's locker room to discuss DIFD and available tools
- Availability of mental health information

### **Tournament Promotion**

- Notification to local media outlets and youth hockey organizations
- Communications to all participating school districts for distribution
- Tournament materials to be sent to all participating teams
- "Purple Out" encouraged at all participating schools the Friday, December 5

### **Physical Presence at game throughout the weekend**

- "Marquis Games" to include Dublin schools (all schools in the future!)
- Purple themed decorations and banners
- Chalkboard walls of positive self-talk
- "Note wall" where players and guests can leave encouraging and positive messages

### **Player involvement for Players, Students, Attendees**

- Spirit Award for team displaying the most purple to game activities
- Purple hockey tape and DIFD helmet sticker available for participating players
- Giveaways for participating players to include a skate towel with DIFD tournament logo

### **Additional Weekend Activities**

- Celebrity Puck Droppers
- DIFD apparel sale
- Silent Auction
- Raffle
- Purple player heart at center ice after game – photo from Mezzanine level