

# Alex Archie Foundation

Helping young athletes find their dreams and supporting mental health awareness and suicide prevention.



The Alex Archie Foundation  
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Dear Friends of the AAF:  
We hope you have enjoyed relaxing summer days and that you are doing well. It is our great pleasure to send out another newsletter to make you aware of the growing momentum for Mental Health Awareness Games and other positive initiatives the AAF has been able to support.

We always like to honor our scholarship and leadership recipients from Pomperaug High School first and foremost. Congratulations to Lila Kania (Rensselaer Polytech) and Zach Rohwedder (Bryant University) for receiving the \$1000. scholarships; and to Ben Grassi for wearing #16 so honorably (US Marine Corps), and Aidan Drumm (UConn) for being selected to receive the Alex Archie Leadership award last spring.



As we wrote about last year, it has been our hope to expand the Mental Health (MH) Awareness Game model to the entire SWC high school conference in CT, as well as other schools and sports. We are happy to report that that has happened. At the high school level, Pomperaug football started the expansion last November with their first MH game which was a great success. After support from all SWC athletic directors and principals, we were able to work with 11 of the 14 SWC schools to host a total of 13 MH lacrosse games and 1 softball game from April to May last spring.



FALL 2025



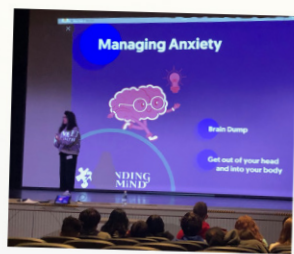
We have been so impressed by the efforts of the student-athletes, their coaching staff and school administrators who supported these efforts and raised monies to secure mental health programming in their schools in 2025-26 and beyond. The foundation supplied "M ental Health Hero" shooting shirts to all the teams, for game day and to wear in school for additional mental health events.



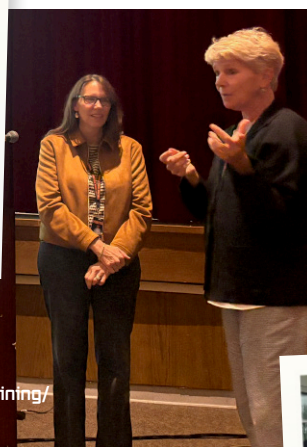


Hill Girls' Lax

In addition to the SWC schools, we had the opportunity to work with Pomfret School, bringing a speaker from MYM. And Shelton High School incorporated a boys' volleyball game as a part of a week of mental health events.



Bethel mental health presentation



Shelton staff training/self care

boys' and girls' MH Awareness Games and their Student Advocates for Mental Health handled all of the t-shirt sales, concessions and donations. Hill's counseling department had mental health shirts available for the student body so all could participate. The AAF gave all donations raised to SAMH to pursue more MH events during this school year.



Hill SAMH group



Hill Boys' Lax



Real Mental Health Heros at Shelton HS!!



Shelton Boys' Volleyball

We are very pleased to report that Bethel HS received training for all 9<sup>th</sup> and 11<sup>th</sup> graders from Minding Your Mind due to their girls' lacrosse mental health awareness game

in 2024. Shelton High School just welcomed a MYM clinician and speaker for a professional development session on self care and



Shelton staff training/self care



Kessy Cox, Hill #16



ASU Men's Lax

Arizona State Men's Lacrosse held a mental health program for the team and they sponsored a MH Awareness Ggame last February. We admire the commitment that head coach Justin Straker made to the wellness of his players and coaches.



Brown Women's Lax MH game



Brown MYM speaker, Women's Lax



Brown Women's Basketball

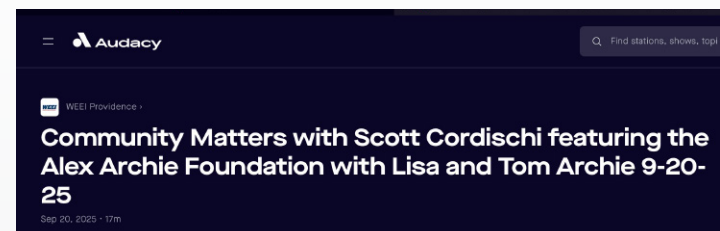


Brown Women's Basketball coaching staff/MH game

We have been so excited to see the growth of mental health initiatives at Brown University. The Athletic Division now has a sports psychologist, a Director of Wellness and a nutritionist dedicated solely to student-athletes. There are now two student-led groups, Bruno Cares for peer-to-peer counseling and SAMHA for advocacy and planning on campus. Mental health games are now consolidated for two weeks during each season for greater impact. We are very happy to continue our support specifically of the women's lacrosse and basketball teams.

They held mental health awareness games again last season, and we supported a MYM speaker for the lacrosse team last December. We are hosting a Brown women's lax and bb student-athlete panel for Pomperaug and Hill School student athletes on 12/12/26. The focus of the panel will be to share insight from the college players about their preparedness for college – what has gone well for them, what they wish they had known prior to coming to campus. This is a pilot program which we hope to expand in the future.

We were very honored to be included in a Brown Bears podcast in September for Suicide Awareness/Prevention month. Here is the link: [bit.ly/3HJmiFI](https://bit.ly/3HJmiFI) and we were also invited to a radio broadcast with Scott Cordischi on WVEI 93.7... "Community Cares". These were both tremendous opportunities to talk about the work of the foundation, Alex and mental health resources. And a big thank you to Flatbread Providence for a great Community Bake in support of the AAF!



We are so grateful to all of you who continue to support the AAF. Our thanks to Jay Witek for his pro-bono tax work, to our anonymous friend for his pro-bono creative support of this newsletter. And to Jamie Prajer of Creative Bell Designs for her tremendous t-shirt design and manufacturing of so many shirts last spring!

The AAF is a blessing in our lives. We hope for more mental wellness than crisis, and we can't thank you enough for helping us along the way.

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hotline number



Community Bake Fundraiser at Flatbread

Alex Archie Foundation  
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