

JUNE UPDATES TELE-HOPE 31 JULY 2026



JULY WAS A STRONG MONTH FOR TELE-HOPE. OUR ONLINE CURRICULUM IS FINISHED, OUR WORKSHOPS CONTINUE TO GROW, AND WE ARE TAKING IMPORTANT STEPS TO BETTER UNDERSTAND AND EXPAND OUR WORK.

WE BELIEVE WYOMING SHOULD WORK TOWARD ZERO SUICIDES.

THAT IS A BOLD GOAL, BUT WE BELIEVE IT STARTS WITH US. IT STARTS WITH KNOWING THE PEOPLE AROUND US, BUILDING REAL RELATIONSHIPS, AND RECOGNIZING WHEN SOMEONE MAY NEED SUPPORT. IF WE WANT TO CHANGE LIVES, WE FIRST NEED TO KNOW THE PEOPLE IN OUR COMMUNITIES.

OUR WORKSHOPS CONTINUE TO GROW AND CHANGE WITH EVERY GROUP WE SERVE. NO TWO SCHOOLS OR ORGANIZATIONS GET THE EXACT SAME WORKSHOP, SO WE ADAPT EACH EXPERIENCE WHILE STAYING FOCUSED ON THE SAME PRACTICAL SKILLS.

WE ARE ALSO WORKING TO BETTER UNDERSTAND THE IMPACT THESE SKILLS CAN HAVE. IN JULY, WE CONTINUED PREPARING AN INSTITUTIONAL REVIEW BOARD APPLICATION WITH OUR RESEARCH PARTNERS. MOLLY BURCHETT AND IAN FLETCHER HAVE DONE A TREMENDOUS JOB. OUR GOAL IS TO SUBMIT EVERYTHING BY MID-TO-LATE SEPTEMBER.

THROUGH THIS RESEARCH, WE HOPE TO LEARN WHETHER PARTICIPANTS LEAVE OUR WORKSHOPS:

MORE CONFIDENT STARTING CONNECTIONS

MORE WILLING TO INTRODUCE THEMSELVES TO SOMEONE NEW

BETTER ABLE TO RECOGNIZE THAT LONELINESS IS SOMETHING MANY PEOPLE EXPERIENCE

MORE PREPARED TO WORK THROUGH THE THINGS THAT MAKE FRIENDSHIP DIFFICULT

WE ALSO WANT TO KNOW WHAT PARTICIPANTS PLAN TO DO DIFFERENTLY AFTER A WORKSHOP. THEN, WE WANT TO FOLLOW UP A FEW MONTHS LATER AND SEE WHAT ACTUALLY STAYED WITH THEM.

IN JULY, WE ALSO STARTED BUILDING A BROADER SPEAKING STRATEGY FOR TELE-HOPE. WE ARE DEVELOPING TWO KEYNOTE PRESENTATIONS THAT BRING TOGETHER PERSONAL EXPERIENCE, RESEARCH, WORKSHOP RESULTS, AND PRACTICAL WAYS PEOPLE CAN BUILD STRONGER CONNECTIONS. WE HAVE ALSO BEGUN PREPARING CONFERENCE SUBMISSIONS THAT COULD HELP US REACH EDUCATORS, STUDENT-AFFAIRS PROFESSIONALS, NONPROFIT LEADERS, EMPLOYERS, AND OTHER ORGANIZATIONS.

THE GOAL IS NOT JUST TO SPEAK AT MORE EVENTS. IT IS TO BUILD NEW PARTNERSHIPS AND HELP MORE COMMUNITIES UNDERSTAND THAT CONNECTION IS A SKILL WE CAN TEACH, PRACTICE, AND STRENGTHEN.

NOW, AUGUST IS HERE AND SO IS A NEW SCHOOL YEAR. THIS MONTH ALONE, WE WILL WORK WITH MORE THAN 2,000 STUDENTS, FROM MIDDLE SCHOOL THROUGH COLLEGE. RETURNING TO SCHOOL IS NOT EASY FOR EVERYONE. SHOWING UP EACH DAY CAN FEEL ESPECIALLY DIFFICULT WHEN SOMEONE DOES NOT FEEL CONNECTED OR LIKE THEY BELONG. WE WANT TO HELP STUDENTS START THE YEAR ON THE RIGHT FOOT, GIVING THEM THE CONFIDENCE AND SKILLS TO REACH OUT, AND CONNECT WITH THEIR PEERS.

THANK YOU FOR CONTINUING TO BELIEVE IN TELE-HOPE AND HELPING US BUILD STRONGER, MORE CONNECTED COMMUNITIES. WE COULD NOT DO THIS WORK WITHOUT YOU.

WITH GRATITUDE,
RALPH FAWAZ

SUPPORT AT TELE-HOPE.ORG
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