

Dr. Tiru is honored to inform you that the 2023 York County Medical Foundation Golf Event beneficiary, Building Bridges for Brianna, opened their office in September 2023 and are seeing clients who otherwise fall through the cracks while waiting for mental health services.

York County has the highest suicide rate in the Commonwealth and persons of all ages are impacted. Dr. Tiru was troubled by the number of children, under the age of 18, ending their lives at such an early age. After speaking with Matt Dorgan, Founder Building Bridges for Brianna, Dr. Tiru knew the York County Medical Foundation needed to help!

Monies were raised through the Medical Foundation's 2023 Golf Event and Rasmita Amin Natyashala Fundraiser Show for suicide prevention. Our sponsors, donors, event participants and volunteers generously gave of their time and resources for this important cause.

Wait times are long and mental health services not easily accessible for those struggling with mental health issues and suicidal thoughts. Tragically, there are those that choose to end their life, hitting close to home with many York County residents.

Building Bridges for Brianna fills the gap, while those seeking help are waiting for a permanent provider. Your donation is funding Building Bridges services through

- Free & reduced cost mental health therapy
- Suicide prevention training for organizations
- Prescription assistance programs for the underinsured & those with no insurance.
- Support & development of coping skills
- Co-pay assistance for therapy & counseling
- Support groups for families that have a loved one dealing with mental health.

Recently, Matt Dorgan won the prestigious Jefferson Awards for his public service. Matt and Building Bridges for Brianna, is continually looking for ways to break the stigma of mental health issues through community education and awareness.

The tireless work of Building Bridges for Brianna is making a difference and as of 3/13/24, there have been no youth suicides in York County! Our wise choice, for them as beneficiary, is making a difference.

You make a difference and we encourage you to follow Building Bridges for Brianna on Facebook and Instagram for up to date information and events! You may also visit their website at <https://bb4bpa.org/>.



With Gratitude,
Dr. Tiru and Board of Directors
York County Medical Foundation Golf Committee