

STU22crew is named in memory of Stuart Eiken, a young man whose smile generated smiles wherever his path wound. Stuart's vivacity and graciousness of heart affected all those who became familiar with such a determined and tenacious athlete who spent 17 short years in life.

In October of 2009, this charismatic teenager made

the tragic decision to end his life. With post suicide trauma blanketing his community, a beam of hope was realized. Since Stuart had deeply touched so many in such positive ways, sustaining his life's touch was imperative. In order to continue the positive effects Stuart had brought to others, STU22crew was formed.

The perpetual #22 uniform Stuart donned in his athletic ventures, blended with "crew" – derived from Rock Bridge High School's pep squad 'Bru-crew' –gave birth to STU22crew, a lifelong endeavor to prevent teenage suicide.







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Stuart B. Eiken Foundation is a non-for-profit 501(c)(3) organization









AWARENESS EDUCATION EMPOWERMENT HAPPINESS

Helping save lives through awareness and by building teen life skills

Crew Mission

The Stuart B. Eiken Foundation – "STU22crew" was created to promote awareness for the prevention of teenage suicide and to assist teens with the overall health of their bodies, minds and hearts.



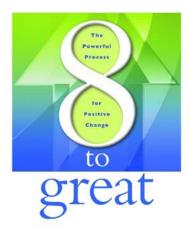
Ripple

Like a stone thrown into a pond, simple actions create ripples in the lives of all the people you touch and, many times, those you have never even met. That's our purpose. To directly or - as a ripple effect - reduce the likelihood of teenage suicides through education, awareness and empowerment.

STU22crew is established to help identify potential concerns with teenagers, the challenges they face and offer solutions for happier, healthier teens who are free to express themselves and reach out before it's too late.

8 to Great

A life skills program that empowers teens to lead physically, mentally and spiritually healthy lives. Using the "8 to Great" process, teens will learn effective life coping skills, to avoid the need for intervention.



The High-Ways of 8 to Great

Get the Picture

2Taking Risks

Full Responsibility

Feel All Your Feelings

Honest Communication

FORGIVENESS of the Past

GRATITUDE for the Present

HOPE for the Future

For more information please contact brad@stu22crew.org or www.8togreat.com .

Mention STU22crew.

Suicide Statistics

Suicide - the second major cause of death in teens

4,300 teen suicides annually - 1 every 2 hours

100,000 teens attempt suicide annually - 1 every 5 minutes

30% of teens seriously consider suicide

17% of teens make suicide plans

9% of teens try suicide at least once

Twice as many teenage girls attempt suicide

A trauma in the family Break-up of romance Family history of suicide

Risk

Problems with school or the law

Stress due to new situations

Unexpected pregnancy

Loss of security

Warning

Abrupt changes in personality
Accident prone (carelessness)
Change in eating pattern
Depression

Extreme or extended boredom
Giving away possessions

Insomnia/oversleeping

Reckless behavior

Unwillingness to communicate

Use of drugs and/or alcohol

Sources: The National Youth Violence Prevention Resource Center, Center for Disease Control (CDC), National Institute of Mental Health, and American Foundation for Suicide Prevention