

About Stuart



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.

Stu's crew



STU22crew
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*Stuart B. Eiken Foundation is a
non-for-profit 501(c)(3) organization*

*In Memory of
Stuart Eiken*



AWARENESS
EDUCATION
HEALTH
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 Effect

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

- 1 **Get the Picture**
- 2 **Taking Risks**
- 3 **Full Responsibility**
- 4 **Feel All Your Feelings**
- 5 **Honest Communication**
- 6 **FORGIVENESS of the Past**
- 7 **GRATITUDE for the Present**
- 8 **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

Loss of security

Problems with school or the law

Stress due to new situations

Unexpected pregnancy

Risk Factors

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

Warning Signs