

DIY Volunteer Project

DROP OFF DATES:

Tuesday, April 18, 2023 11am – 2pm

Friday, April 28, 2023 11am – 2pm

Wednesday, May 10, 2023 11am – 2pm



ACTIVITY Kits

Organizational Beneficiary: Richmond Behavioral Health Authority

IMPACT: RBHA serves nearly 13,000 individuals – children and adults – every year. Approximately 30% of those we serve have no Medicaid, insurance, or means to pay for services. We do not turn people away based on their inability to pay.

The DIY Volunteer ACTIVITY KITS allow for creative expression, new skill development, time management during periods of isolation (i.e., during residential treatment, out-of-school time for children, weekends), and a way to, generally, keep your mind and body engaged in healthy activity. All these things are very important for children and adults dealing with mental health and behavioral issues.

The DIY Volunteer Activity Kits will be distributed to children and adults receiving services across programs at RBHA.

The mission of Richmond Behavioral Health is to promote health, wellness, and recovery for the individuals and communities we serve. We envision an inclusive, healthy community where individuals are inspired to reach their highest potential.

Supplies

For all:

- **3 one gallon (or larger) ziploc bags**
- **3 Notecards – handmade**

For:

Young Children (ages 4-9)	Tweens/Teens (ages 10-17)	Adults (age 18+)
Crayons	Colored Pencils	Colored Pencils
Coloring Book	Teen Coloring Book	Adult Coloring Book
Play-Doh	Playing Cards	Playing Cards
Puzzles	Puzzles	Puzzles
Stickers	Blank Journal	Blank Journal
Construction Paper		
Playing Cards (Go Fish, Old Maid)	Travel Size Board Games	Travel Size Board Games

Step One:

- **Purchase and/or collect your supplies.** We ask DIY volunteers to donate a **minimum of 3 Activity Kits (any age group)**. Contributions over the minimum amount are welcomed, but we will not be able to document more than 3 service hours for any DIY project.
 - **Supplies are available at most dollar stores, Walmart, Amazon.**

Step Two:

- **Place one of each item in each of the 3 ziploc bags.** Please label the bags by age group.
- **Write an encouraging message on each notecard to include in the bags.**

Step Three:

- Drop off your project at Richmond Behavioral Health Offices on:

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- We are located at **107 S. 5th Street, Richmond, VA 23219**. We will be set up outside to receive donations. In case of inclement weather, we will be set up just inside the garage which is located beside the main entrance.
CONTACTLESS DROP OFF!

Step Four:

- Sharing your time and resources is a great gift to others. We hope that through your giving, you receive something beneficial in return – the feeling of doing good for someone in need and knowing you have had a direct, positive impact in someone's life. Talking through the purpose of the project as you complete it is a great way for all involved to gain a connection to those being served through your generosity. Here are some questions to help guide conversation:
 - How will this project help someone in need?
 - What do we know about the importance of building a community made to help each other?
 - Did our feelings about the recipients of this project change as we completed the project?
 - What worked well about this project?
 - What *else* can we do now? Are there other ways we can help?

Step Five:

- Like DIY projects? Follow us on Facebook to stay connected. We offer DIY Volunteer Opportunities in the Spring and the Fall each year. Dates are posted as soon as they are set. www.facebook.com/rbhfrva/
- Share your experience on your Facebook or Instagram page and tag us @rbhfrva. We love sharing the work of our volunteers!
- Want to learn more about **Richmond Behavioral Health** and the work we do in the community? Please visit www.rbha.org and join our mailing list to receive updates and information on more ways to be involved.

While it's not required to sign up on the site below to participate, it does help us plan and track volunteers and volunteer hours.

Hands On Greater Richmond link to sign up:

<https://www.handsonrva.org/opportunity/a0C5c00000MqimLEAR/diy-volunteer-opportunity-activity-kits-spring-2023>