

Grant Approval Memo



Grantee: CARRY THE CURE INCORPORATED
Request Amount: \$20,000.00
Project Title: Commit to Life Mat Su
Grant Term: 2/19/2026 to 9/30/2026
Fund Source: FY26 Partnerships/Designated Grants
Trust Staff: Heather Phelps

Requested Motion:

The Program and Planning Committee recommends that the Board of Trustees approve a \$20,000 authority grant to Carry the Cure, Inc. for the Commit to Life Mat Su grant. These funds will come from the Partnerships/Designated Grants line of the FY26 budget.

Staff Analysis:

- What does this project do?
Trust funds will be paying for portions of personnel costs, travel, and supplies to present Carry the Cure's Committed to Life Program in ten secondary schools in the Matanuska-Susitna Borough School District (MSBSD). MSBSD invited Carry the Cure to provide suicide prevention programming in response to recent suicides and a suicide pact involving ten students. The Committed to Life is a school assembly program offering suicide prevention using clinical, cultural, and inspirational tools taught to youth to help make healthier life choices.
- Who is receiving the funds?
Carry the Cure will receive the funds. Carry the Cure was founded in 1996 and is a nonprofit organization located in the Mat-Su. Carry the Cure has visited over 180 communities in Alaska, offering suicide prevention, drug and alcohol prevention, and cultural enrichment programming. Their mission includes carrying hope, training youth and adults, restoring honor to elders, and ending the suicide epidemic in Alaska.
- Why is staff recommending this project?
According to the Alaska Department of Health, Division of Public Health, Health Analytics and Vital Records, the Alaska Vital Statistics 2024 Annual Report, 472 deaths by suicide occurred between 2015 and 2024 for ages 15-24. The Alaska Youth Risk Behavioral Survey notes that the percentage of students who have attempted suicide one or more times in the past year significantly increased from 2011 to 2023 and is currently at 19% for this population. Commit to Life Mat Su Project will impact up to 19,000 MSBSD students and their families. Carry the Cure will work with the MSBSD and other community entities to provide follow-up options during and after the school presentations. Follow-up options include connections to local mental health resources, qualified counselors in and out of the schools.
- Will this be a multi-year project?
This is a one-time funding request.

Trust Five Year Funding History

Grant Approval Memo



No recent Trust grants

Comp Plan Identification

Area of Focus	Objective	Comments
Area of Focus 5: Suicide Prevention	5.1 Coordinate prevention efforts to ensure that Alaskans have access to a comprehensive suicide prevention system	

Trust Focus Area Connection

Budget Area	Strategy	Comments
Mental Health & Addiction Intervention	MHAI - Ensure Alaskans have access to comprehensive crisis services and supports	

Project Description (from grant application)

In response to suicides in the Mat Su Borough, and a suicide pact of 10 students, an invitation from the Matanuska Susitna Borough School District (MSBSD) administration has been given to Carry the Cure to present their Committed to Life Program in ten secondary schools in the Matanuska Susitna School District from October 2025 through May 2025. The Committed to Life program provides students with reasons to live through school assemblies, classroom workshops, youth activities, and the Rise Above It book. The presentations and resources build self-worth, resiliency, community partnerships, honor, valuing others, and hope.

Our project begins with a 60-to 75-minute school assembly called 'Committed to Life.' It is an all-school assembly, a program that gives students reasons to live.

Carry the Cure's Committed to Life:

- Uses clinical, cultural, practical, inspirational, and youth-relevant tools that are taught to students to help them make healthy life choices
- Students will hear other stories from youth, young adults, and leaders that would help them realize that they are not alone and that everyone needs help in life. This will give them inspiration, courage, and tools to live and "commit to life" during the challenging times they will face in life
- Students will be given resources and healthy activity choices to help them choose life
- This program culminates with a "Committed to Life" Vow. This is a promise to live life no matter what challenges they face. Every student present during the presentation makes this vow vocally, out loud, and in the presence of others to demonstrate their commitment to live
- Students will be given a card with the Carry the Cure Committed to Life Vow on it. This Card will also have local and national resources that the students can use if they, or a friend is in need of help

Grant Approval Memo



- Students will receive a Committed to Life wristband to remind them of their promise to live

Commit to Life Mat Su Project will impact up to 19,000 MSBSD students and their families. Our target population consists of secondary students, specifically 2,639 middle school students, 2,948 high school students, and approximately 3,400 homeschool students. Carry the Cure will present in middle schools, high schools, and make a special presentation to the homeschoolers within the MSBSD. Carry the Cure will work with the counselors, special education teachers, and risk management to identify the most at-risk students who will attend the presentations.

Carry the Cure will work with the MSBSD and other community entities to provide follow-up options during and after the school presentations. Follow-up options include connections to local mental health resources, qualified counselors in and out of the schools, and after-school activities and groups, providing students with more options for positive reinforcement and health activities. Clinicians, clergy, and tribal entities will collaborate to help give a better safety net for students who are at risk of self-harm. Carry the Cure will also connect with and collaborate with Thrive, Young Life, The Wylde, Boys/Girls Clubs, and local church youth groups to provide ongoing clubs and healthy activity options for students.

Performance Measures

From Grant Application:

Carry the Cure will create several surveys, digital evaluations and request recommendations from each of the events we present at. We will record estimated attendance, share feedback from students, teachers, administrators and parents. Carry the Cure will also work with counselors to develop pre and post event surveys to demonstrate the effectiveness of the Commit to Life Mat Su Project.

Proposed Performance Measures:

How much did you do?

Provide a list of schools receiving programming. For each school, please include the date of the programming, as well as the number (#) of individuals estimated to be in attendance at each session.

How well did you do it?

Provide a narrative describing the timeline, activities, successes, challenges, and lessons learned during the reporting period for the Commit to Life Mat-Su project.

Sustainability (from grant application)

Grant Approval Memo



Carry the Cure has been a non-profit since 1996. The Committed to Life program has been in existence since 2001. CTC plans to continue and develop our current programs while building more partnerships with other organizations, businesses, and tribal entities to help sustain this vital work.

Who We Serve (from grant application)

Carry the Cure has a statewide reach for suicide and substance use prevention, but its primary focus is on rural Alaska. For this project, Carry the Cure will provide programming to students and their families in the Mat Su Borough School District (Palmer to Talkeetna). Students in this geographical area may have or be at risk for mental health and substance use issues or may have experienced abuse, putting them at higher risk for suicide ideation.

Estimated Numbers of Beneficiaries Served Experiencing (from grant application)

Mental Illness:	500
Developmental Disabilities:	600
Substance Abuse	1,000
Traumatic Brain Injuries:	100
Secondary Beneficiaries (family members or caregivers providing support to primary beneficiaries):	300
Number of people to be trained	300

Project Budget (from grant application)

Personnel Services Costs	\$15,000.00
Personnel Services Costs (Other Sources)	\$39,400.00
Personnel Services Narrative	<p>Personal Cost Narrative:</p> <p>Honorariums 26,000 5 core team presenters</p> <p>Carry the Cure Administration 5,000 Grant administrator, events coordinator and community liaison</p> <p>YuHop Dance Group 3,000 10 presentations x 300</p> <p>Anguyak Dancers 6,000 12 presentations x 500</p> <p>Sound and Lighting Tech 6,000 12 events</p> <p>CTC work crew 8,400</p>

Grant Approval Memo



12 events x 7 workers x \$100

Travel Costs	\$1,900.00
Travel Costs (Other Sources)	\$2,400.00
Travel Costs Narrative	Travel Cost Narrative: 4 Roundtrip tickets from Toronto, Canada for the Indigenous Native American band Broken Walls \$1,900 5 road system events x 5 vehicles x \$40 gas each \$2,400

Supplies Costs	\$3,100.00
Supplies Costs (Other Sources)	\$0
Supplies Narrative	Supplies Narrative: \$3,100 Committed to Life vow cards, books, wristbands, 3-D printed challenge coins booklets, Rise Above It books, pens, drum heads, drum sticks, guitar strings, music, batteries, tape, totes, water, candy for student volunteer prizes, food for team and other items

Other Funding Sources (from grant application)

Mat Su Health Foundation	\$42,300.00
Church on the Rock	\$7,000.00
Northern Advanced Leaders Insurance	\$5,000.00
Kristen Cole Realty	\$1,000.00
Diversified Tire	\$3,000.00
Individual donors (multiple)	\$7,500.00
In-kind (business, individuals and items)	\$35,250.00
Total Leveraged Funds	\$101,050.00

2024

Annual Report



What began as an effort to reach one village became the vehicle to reach every village in Alaska.



Table Of Contents



What is Carry the Cure?

Meet Our Executive Team

Some Past Serve Teams

Vision and Mission

What Your Gifts Did This Year

What Others are Saying?

Carrying the Cure to Village Alaska

Financial Statements

Donations and Supporters

Contact Us

“There is hope for you! No matter what has happened in the past, you can learn to rise above it!” ~ Bill Pagaran from “*Rise Above It*”

What Is Carry the Cure?

Carry the Cure, Inc. (CTC) is a non-profit 501(c)3 organization that is committed to giving the youth, elders and other tribal members of Alaska reasons to live, through our many programs, trainings and school assemblies. Since 1996, Carry the Cure has focused its attention on the youth of Alaska. It has grown to include every community in Alaska. We have visited over 180 communities in Alaska offering suicide prevention, drug-alcohol prevention, family-marriage workshops, as well as cultural encouragement and enrichment programs to help Alaskans commit to life.

Carry the Cure is a one of a kind program. No other public programs in Alaska, maybe in our nation, combines clinical tools, cultural traditions, and proven practices in our multi media format that is interactive, inspiring and effective. In addition, our Committed to Life school assembly includes live music performed by the award winning Native American band, Broken Walls, along with Native American and Alaskan Dancers who express hope beyond the words being spoken and sung through their music and dance.

Carry the Cure has also been the keynote presenter for events and conferences worldwide: AASG (Alaska Association of Student Government) Conference, Hugh O'Brien Leadership Conference, Job Corps, nine European Union Schools and the keynote speakers at the U.S. Embassy in Belgium.

Carry the Cure's president, Bill Pagaran, wrote a book called ***Rise Above It*** for public schools to address the challenges students face. This book was inspired by his successful effort to change the name of Suicide Peaks (Chugach State Park) to the Dena'ina name, Yuyanq' Ch'ex (meaning Heaven's Breath). The U.S. Board of Geographical Names officially accepted his name change proposal on October 13, 2022.



Meet Our Executive Team



BILL PAGARAN

PRESIDENT

Bill Pagaran, a performer, clinician, educator and mentor, can usually be found somewhere drumming high atop a good-sized mountain. Whether he's in his beloved "hometown" in the Matanuska-Susitna Valley of Alaska or traveling the world, he will always be sharing his inspiring message to "Rise Above It" and emphatically telling everyone he meets, "Don't Let the Rhythm Stop!"

The majority of Bill's time is spent as president of Carry the Cure, Inc. He uses his passion and his natural ability for reaching the unreachable, to drive this non-profit organization. He employs clinical tools and cultural traditions to offer suicide prevention and healthy life-choice skills that bring hope to at-risk Alaskan Natives and other Native Americans.



DJ ANGAIAK

VICE PRESIDENT

DJ is a man of integrity and sets an amazing example of how to be a great family man. DJ has a lovely wife and six amazing children. He carries the Father's heart for the youth of Alaska. DJ is a Yup'ik man, born and raised in village Alaska. He loves Alaska and all Alaskans. He honors his culture and traditions by creating some of the most beautiful Yup'ik masks you've even seen. DJ was chosen as a UAA resident artist and teaches others to honor their heritage by creating their own indigenous works of art. His work is often highlighted at the Alaska Heritage Center. On Carry the Cure trips, you will always find DJ taking the time to listen to others and build them up.



MARLA ROWLAND

SECRETARY

Marla carries a heart of compassion for those who are hurting and hopeless. Raised in village Alaska herself, she desires to see the youth in Alaska come to know their true identity and worth. Marla has travelled with Carry the Cure teams for the past 10+ years. She presently serves on the board for CTC. In her personal life, she enjoys time with her family, which includes 8 grandchildren. She owns a coaching/counseling business, which she finds both impactful and fulfilling.

The vast majority of people on the Carry the Cure teams are volunteers



Some of Our Past Serve Teams

Highly qualified, hard working, extremely joyful and always hope-filled

2025 CTC LOWER KUSKOKWIM TEAM:



2023 CARRY THE CURE IDITAROD TEAM:



CTC SELAWIK/NOORVIK/KIANA 2023 TEAM



2021 CARRY THE CURE IDITAROD TEAM:



2020 CARRY THE CURE IDITAROD TEAM:



Carry the Cure, Inc.



Vision and Mission

There has never been a better time than now to share hope!

You helped create a wave of hope that carried the message of Carry the Cure across The Last Frontier! We have visited villages from the Arctic Circle down to the Tongass National Forest in Southeast Alaska. It's a message that has now inspired thousands of students to Commit to Life. Approximately 3,760 students from some of the most remote areas in Alaska used their powerful words and took the Committed to Life vow. Your heart for Alaskans, including those who are only reachable by boat or plane, made this possible. Ariga taikuu! Gunalschéesh! Chin'an! Quyana! Thank you!... for making hope come alive in the hearts of youth, adults and elders.

Vision

- Carry the Cure has one of the most unique, yet effective suicide prevention programs in the world. We give students reasons to live through our Committed to Life programs, workshops and others events. We believe that we can change the negative statistics in Alaska by taking our hope-filled program to every community in Alaska. The goal is to first take our message of hope to every town, city and village in Alaska, then to raise up the next generation to do the same. Finally, we want to see this message carried by youth and young adults to the ends of the earth, believing that once you share hope in love, it becomes unstoppable!

Mission

- To carry hope in love that transforms hearts and takes that hope to every man, woman, boy and girl in every town, city and village in Alaska.
- To train youth and young adults to have eyes of compassion for their peers and others around them.
- To restore honor towards our elders and leaders by teaching youth to listen and follow before they speak and lead.
- To equip a generation to boldly share hope with others, ending the suicide epidemic in Alaska
- To teach others how to save lives by using clinical tools, proven practices and a true heart of compassion for others.

What Did Your Generous Gifts Do This Year?

Accomplishments

- **22 villages** visited
- 5 Charters, **20 planes**, 4 ferries and 8 road trips
- **22 Committed to Life School presentations**
- **4,800 Students** took the Committed to Life Vow
- 3 reserves in Canada visited
- 2 camps visited (1 youth camp)
- 38 elders gifted and honored by our team
- **24 different Carry the Cure team members** flew to villages
- 6 visiting groups trained and equipped by Carry the Cure
- **52 Rhythms of Life weekly podcasts** broadcast to over 60 villages in Alaska and Idaho
- **131 Mountaintop Prayer Videos** posted on Social Media
- QPR suicide prevention training, workshops and counseling
- Many referrals to professional counseling services
- Many Lives saved from suicide
- Families restored
- Individual lives changed
- Dreams set in motion
- Mountains moved through our Rise Above It workshops
- Hundreds of Rise Above It books, lifesaving literature and hope-filled music by Broken Walls given away



Value? Beyond what words can describe or money can buy.



What will we do next?

- Carry the Cure will visit 25 different villages in 2025 with your help. Our largest outreach trip, Carry the Cure's Iditarod, will take us to Eek, Kipnuk, Nunapitchuk, Atmautluak, and Kwethluk. Alaska's future looks brighter for you and other Alaskans as we begin our Carry the Cure's Warriors Eyes. This new program will train young adults throughout Alaska to present the Committed to Life program in their surrounding communities and to equip them to also carry the cure.

Thanks to your heart for Alaska, here's...



What Others Are Saying

Tribal Leaders



- **My daughter is smiling again!** She hasn't smiled in two years since she lost her friend to suicide. Thanks for giving me my daughter back. ~ Hoonah, AK
- You must really love us. We were down and blue, but **you lifted us up.** You sent a team from all over the world to share your program and give us the first concert our village has ever had. Thanks! ~ 2014 Tribal Chief of Kaltag

School Admin. & Teachers

- I can't believe that your team has only been here for two days. **You made a lifetime's worth of difference** in such a short time. You impacted so many lives, including mine.
~ Principal Debbie Kaufman, Ruby School
- I really applaud what you are doing and have to say this is **the best, most inspirational presentation I've seen** since I moved to the arctic. I sadly had a 9th grader commit suicide my first-year teaching in Noatak and I can't help but wonder if your message may have saved him. Your message is one that really should be shared more than once in 15 years. I would love to see this type of presentation every other year at the least. ~ Noatak, AK

Clinicians

- **As a mental health professional,** I'm always happy to see programs that effectively address suicide in our communities because it's a difficult topic and challenging for even professionals to address. Carry the Cure has an effective, culturally relevant and entertaining approach that I feel can make a big difference in the lives of our communities and I fully support their efforts." ~ James Sanders, Maniilaq Health Association

Students

- **Today, you changed my life.** Your message was so inspiring that I know that I'm going to do something amazing! ~ Palmer High School Student
- Now I know that I can make it! **I will never give up!** "I Commit to Life"! Thank you, thank you, thank you. You made a world of difference to me. I love your team!
~ Nenana City School Student

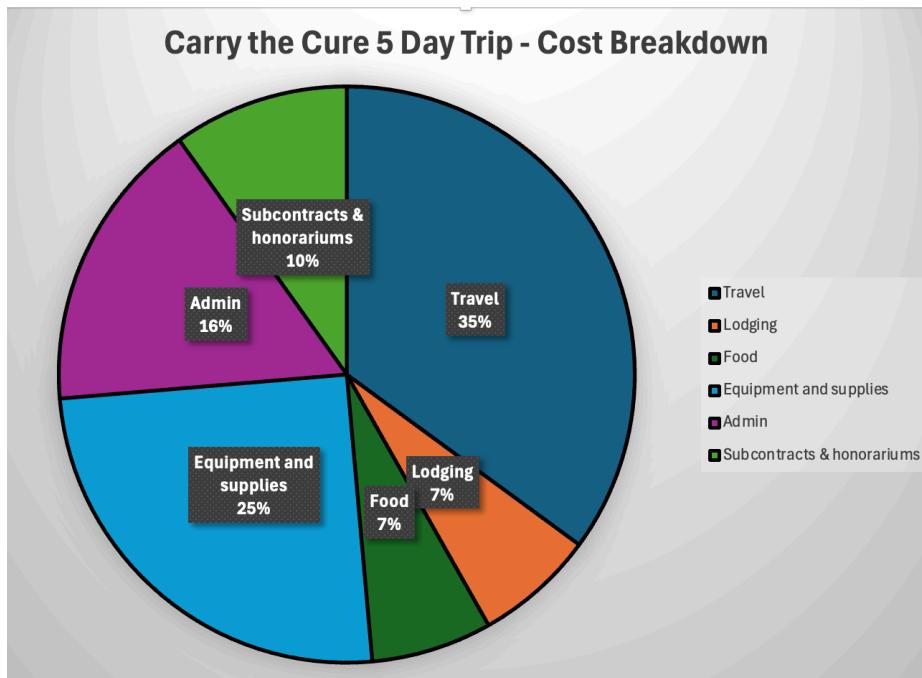
90% of communities in Alaska are only accessible by plane or boat.

Carrying the Cure to Village Alaska



Yellow marks show the communities CTC has visited at least once

Alaska is the largest state in the U.S. The northernmost, easternmost and westernmost points in the U.S. are found in Alaska. The cost to reach these communities is challenging and it is our greatest expense. When you help us send teams to these villages, the people there are often overcome with gratitude because they know how difficult it is to get to their villages. An average 5-day trip involves chartering 2 planes, carrying 2000 lbs. of equipment and supplies, 9 team members and 4 pilots. The average cost for such a trip is \$35,000.



Thanks to you, we've visited over 180 of 227 villages! With your help, we can share hope with every village in Alaska.



Financial Statements

	2023	2024
Revenue	\$295,050.04	\$298,137.07
Expenses	\$286,649.07	\$262,559.62
Profit (for future emergency village trips, etc.)	\$8,400.97	\$35,577.45

Carry the Cure is a small 501c3 nonprofit with a big heart and a bigger vision. It's amazing how many places Carry the Cure has been able to visit with their life-giving programs. This is only possible because of the generous individuals who give to Carry the Cure.

Carry the Cure has one full-time employee, William Pagaran, who facilitates opportunities for others who want to share their time, talent and skills to help others. We partner with many highly qualified individuals (clinicians, counselors clergy, youth workers, certified teachers, professional musicians, dancers and more) who give their time and talent to Carry the Cure. Carry the Cure has many groups and organizations which partner with us. Due to our high numbers of volunteers, we are able to direct the majority of our income to direct services which enable us to get to those who don't often have counselors, clergy, psychologists or trained individuals to deal with the tragedy of suicide, depression, physical abuse, sexual abuse and harmful addictions. Through the generosity of our donors, we've been able to create and connect to resources and tools that can help local people grow in their effectiveness to help others.

On occasion, Carry the Cure is contracted by health corporations, school districts and tribal organizations to present our programs in their communities. The majority of Carry the Cure's time is spent in response to emergency requests from communities that don't have the money to pay for our services.

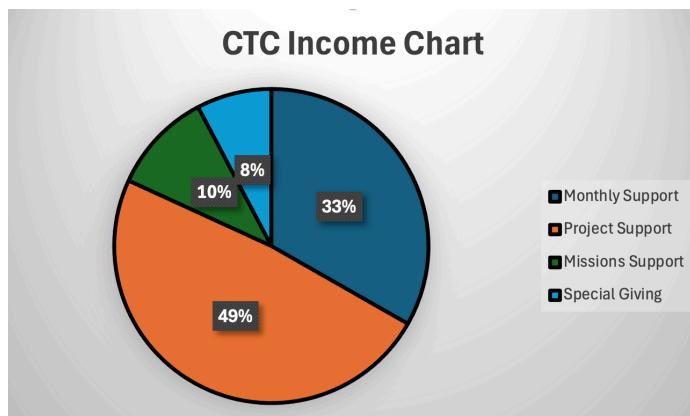


Donations and Supporters

The majority of our support comes from individuals who care about the mission of Carry the Cure.

Carry the Cure's support is received in a number of ways.

- 1.) Monthly Support
- 2.) Project Support
- 3.) Missions Conference Support
- 4.) Special Giving



Corporate, Business, Project and Individual Supporters:

Bering Strait Native Corporation
Doyon Inc.
Wal-Mart
Diversified Tire
Mat-Su Health Foundation
Valley Feed and Seed
Sean Parnell
Church on the Rock
Valley Pastors Prayer Network
Northgate Alaska
Reach 907
King's Chapel
Lamb of God Lutheran
BBNC (2015)
Native New Life Fellowship
Norton Sound Economic Development
NAPA (Bethel)
Log Cabin Inn (Kenai, AK)
Calista Corporation
Maniilaq Health Corporation
Lower Kuskokwim School District
NANA
Northwest Arctic School District

Pleasant Valley Honey Producers ltd.
~~Thrifter's Rock~~
~~Bishop's Attic II~~
~~Seldovia Village Tribal Council~~
Job Corps
~~Chugachmiut~~
North Pole Worship Center
Wellness Warriors
51/50 Global Solutions
Global Spheres
Kawerak, Inc.
Eastgate Fellowship
~~Firedance School~~
Denali Anglers
Arctic Slope Regional Corporation
M.A.R.C. (Soldotna, AK)
Fox Lodge (Ketchikan, AK)
GCI
Lower Yukon School District
Vagabond Blues
Turning Leaf Literacy Center
100's of individuals who care about Village Alaskans

Contact Us



+907-355-2282



cureline@carrythecure.org



www.carrythecure.org



Contact Carry the Cure if you would like to know more about our programs, or if you would like to schedule a team in your town, city or village.

If you would like to support one of our projects, or make a monthly contribution, there are three ways you can give:

1. Mail checks to;

Carry the Cure, Inc.
1040 W Beylund Loop
Palmer, AK 99645

2. Online donations through PayPal:

<https://www.carrythecure.org/donate.html>

3. Corporate and business sponsorships and donations are available on 6 different levels. Each level comes with different benefits and recognition.

Carry the Cure's Iditarod Outreach

\$40,000 Needed

Business and Corporate Sponsorship Levels:

- **Yuyanq' Ch'ex Level** **\$15,001 or more**
(\$15,000 pays for the charter to 5 villages)
- **Lead Team** **\$15,000 - \$1001**
- **Guide Team** **\$1000 - \$501**
- **Power Team** **\$500 - \$101**
- **Help Team** **\$100 - \$51**
- **Care Team** **\$50 - less**

www.CARRYTHCURE.ORG

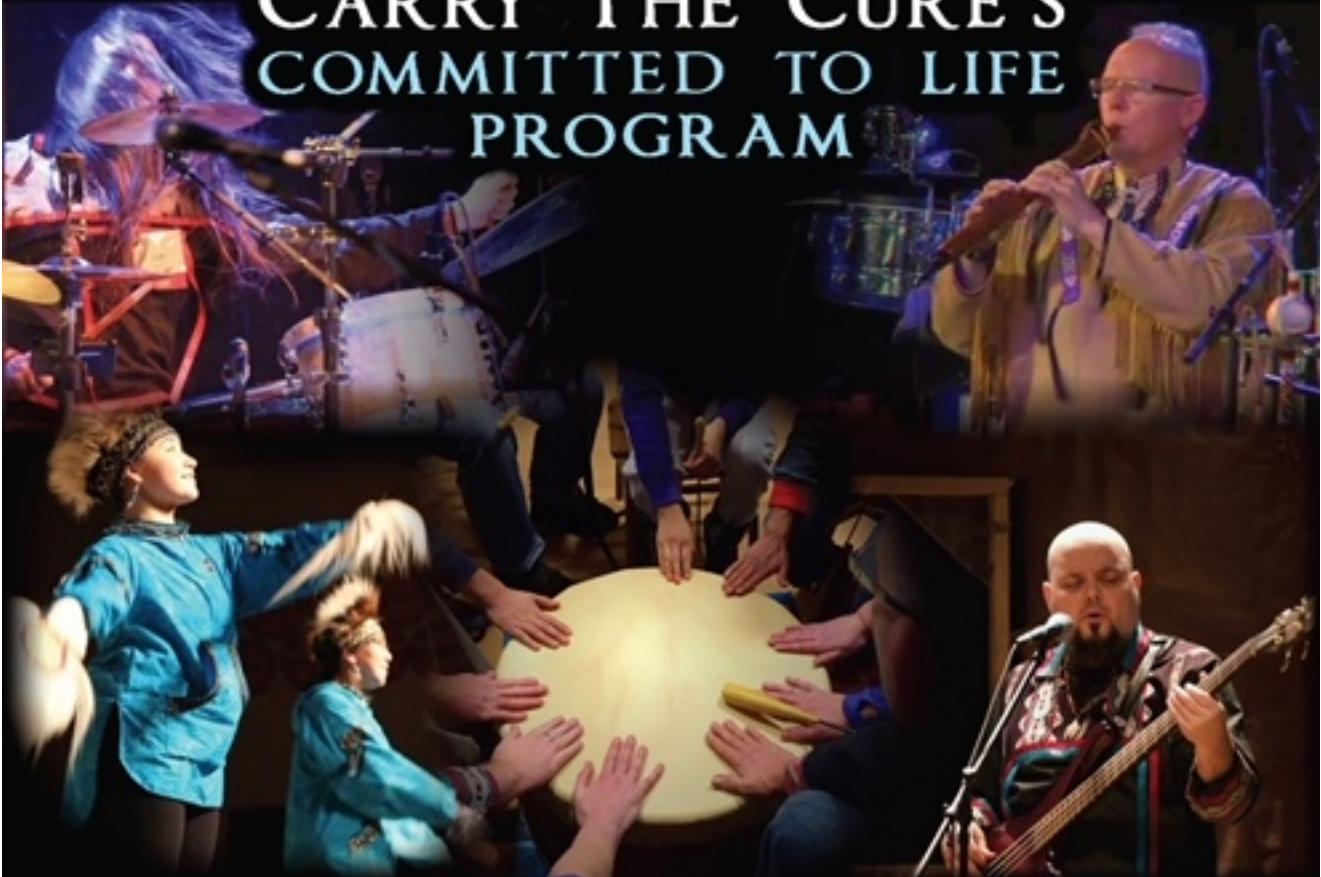
SCAN ME TO GIVE

carrythecure.org
cureline@carrythecure.org

Help Team **Power Team** **Guide Team** **Lead Team**



CARRY THE CURE'S COMMITTED TO LIFE PROGRAM



- "COMMITTED TO LIFE" SCHOOL ASSEMBLIES
- PREVENTING SUICIDE AND DEPRESSION
- WORKSHOPS AND TRAINING
- NATIVE AMERICAN CULTURAL ENRICHMENT

- RESTORING WORTH
- INSTILLING HOPE
- MENTORING THROUGH MUSIC AND FUN
- CONCERTS

CARRY THE CURE, INC. 1040 BEYLUND LOOP PALMER, AK 99645 (907) 745-8294
WWW.CARRYTHECURE.ORG EMAIL: CURELINE@CARRYTHECURE.ORG

Carry the Cure presents:

RISE ABOVE IT!

**RISE ABOVE IS A DVD, BOOK AND PRESENTATION
INSPIRED BY THE SUICIDE PREVENTION HIKE BILL
PAGARAN ORGANIZED WITH AMERICAN NINJA
WARRIOR, NICK HANSON.**

- *WATCH THE DVD ONLINE
- *ORDER YOUR FREE DVD
- *ORDER THE BOOK
- *SCHEDULE YOUR SCHOOL ASSEMBLY

The RISE ABOVE IT book and presentations are based on 10 lessons that teach youth and community members how to rise above the challenges in life. Students and community members will learn how to ask for help, be a friend, live a balanced life, pursue their dreams, understand their value, help others and find the strength they need to "Rise Above It"!

Be encouraged!
Be inspired!
Learn how to "Rise Above It!"

Bill Pagaran is the president of Carry the Cure and is the drummer of the band award-winning Native American band: Broken Walls

Call Bill Pagaran at (907) 355-2282 or visit the website: www.carrythecure.org

**SCHEDULE YOUR WORKSHOP OR ASSEMBLY TODAY!
11/12/2025
VISIT: WWW.CARRYTHECURE.ORG**

14