



# Mission Possible

A woman with a backpack is sitting on the edge of a rocky cliff, looking at her smartphone. The background shows a vast, hazy landscape of rolling hills and a forest. A yellow circle is positioned on the cliff edge near the woman.

Addressing:  
Mental Health  
Human Trafficking



"Reaching out for help is courageous — and continuing on a path toward wellness is even more so... Any mental health professional will tell you that by helping others, we essentially help ourselves."

—Gordon R. McNally  
Rotary International President, 2023-24

# DISTRICT 5130



## Our “Mission Possible”

- Create Hope in the World
- Provide Mental Health Resources to our Communities
- Understand and Prevent Human Trafficking
- Work Together to Make our World a Better Place

**This is a multi-year, multi-faceted effort!**



## NorCalMentalHealth.Org – Mental Awareness

**“How Are You – Really?”**



## **Mental Health Resources for Where You Live**

- 7 Counties
- Dozens of Resources, Addressing:



# THE STAGE HAS BEEN SET!

## Let's Brainstorm On...

# 1

How to increase the reach of [NorCalMentalHealth.org](https://www.norcalmentalhealth.org) throughout the District.

# 2

Developing mental health-oriented projects our Rotary Clubs can embark on locally.

# 3

Creating mental-health initiatives we can do District wide, including utilizing grant funds.

# 4

Gathering testimonials & embracing storytelling, while still respecting privacy.

# 5

Incorporating Mental Health into "The Magic of Rotary" theme in 2024-25.

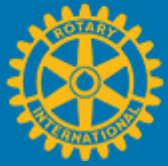


**FACT**

**The best way to protect our young people from  
human trafficking is to teach them to  
PROTECT THEMSELVES!**

Ragas Online | Join the fight  
against human trafficking

Rotary



Rotary Action Group  
Against Slavery



## **A world FREE of Modern Slavery**

The Rotarian Action Group Against Slavery was established in 2013 and has Rotarian members in over 65 countries. The Action Group's Theory of Change commands how we believe we can make our mission a reality. Through awareness and prevention education of the human trafficking/modern slavery issue and membership, RAGAS can activate Rotarians/Rotary Clubs to serve their communities to help lessen their vulnerability to human trafficking/modern slavery. Rotary has proven that it can best affect change within communities by relying on Rotarian's understanding and knowledge of their own local communities to determine how they are best served. Once identified, then RAGAS can share and better help to coordinate successful projects, connect local partners, and promote Rotary's 7 areas of focus.

# Membership

- RAGAS Membership is available for USD \$30 annually, or USD \$75 for five years and USD \$15 for Rotaractors and Peace Fellows.
- Similar to Rotary membership, it is tied to an individual member.
- **2024-25 GOAL:** At least one member of each Rotary Club in District 5130 to join RAGAS, participate actively, and bring ideas back for projects!

Rotary



Rotary Action Group  
Against Slavery







# Our Mission is Possible!

THANK YOU

Kristine M. Redko  
DGN (2025-26)  
[kshoya@aol.com](mailto:kshoya@aol.com)  
**707-535-6427**