

Newsletter

Where to Begin?

So many exciting things have happened at Arms Stretched Wide since the beginning of 2026! Here are just a few of the highlights:

- Our Board of Directors and Executive Director have focused on strategic planning with the Amarillo Area Foundation and the late Gwen Hicks.
- We updated our Mission and Vision Statements to more accurately reflect who we are and what Arms Stretched Wide is all about.
- We moved our office to 3611 S. Georgia in Amarillo.
- We strengthened our training capacity by equipping and supporting our trainers.
- We welcomed more amazing volunteers who are blessing us and others with their time, talents, and skills.
- The Lions Club of Canyon awarded us a \$3,000 grant.
- The Area Agency on Aging of the Panhandle awarded us a \$1,500 grant.
- We have been assisting with the development of mental health coalitions in Dalhart and Perryton in partnership with Panhandle Community Services.
- We helped lead and develop training for a three-day mental health training event with Amarillo Emmanuel Revival Church in Amarillo.
- We collaborated in the development of a new training focused on Caring for Senior Adults.
- We have been conducting our own Neighbor to Neighbor trainings.
- We have been networking and collaborating with other nonprofits, churches, and organizations to increase awareness of mental health training, resources, and support.
- We started a new grief support group at Acts Community in Amarillo.
- We have 5 Rogers LEAD WT Team members assisting us through April of next year.
- We have several exciting trainings scheduled for this fall!

We are incredibly grateful for the many people and organizations who have partnered with us, volunteered their time, provided support, and helped make this work possible. We look forward to seeing what the rest of 2026 brings!

Get Involved!

Check our **"Get Involved"** webpage and discover ways YOU can get involved and help us reach people, organizations, groups, and churches who need mental health and relational care support.
www.armsstretchedwide.com

Save the date!

The Panhandle Gives is November 23 - December 1!

You can be part of the celebration by giving to your favorite nonprofit (which we know is us). Visit thepanhandlegives.org to find out more.

New LOGO for our Neighbor to Neighbor curriculum!



Neighbor to Neighbor
by Arms Stretched Wide

Thank you, Christian Bressler!



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OUR TEAM

DeAnna Sheets, MA, LPC-S

Co-Founder &
Executive Director

Mickey Ebenkamp

President

Kenny Dean

Vice President

Sherry Breeding

Treasurer

Rachel Nease

Secretary

Chris Lopez

Director

Misty Clements

Administration & Strategic
Planning Volunteer

New Vision Statement!

We envision families and communities where mental health care is understood, supported, and accessible to all.

Upcoming Events!

Visit our **EVENTS** webpage to learn about upcoming events and opportunities to connect, learn, and get involved.
www.armsstretchedwide.com

A Word from our Executive Director...

To date, 2026 has been a year of change, challenges, opportunities, and growth for Arms Stretched Wide. Our Board of Directors, volunteers, and I have worked hard to ensure that we remain strategically focused and positioned for sustainability as we reach individuals and communities with mental health education, resources, and support.

Our new mission statement is: To provide mental health awareness, access to resources, and compassionate support to achieve a healthier well-being. I have been blessed to see this mission come to life in so many purposeful and even unexpected ways.

We continue to see the impact we are making through the stories and feedback shared by those who have attended our trainings and speaking engagements. We know that a family member experiencing suicidal thoughts was helped by someone who had completed our Neighbor to Neighbor training. We also know that a friend struggling with depression was connected to counseling resources following one of our speaking engagements. Through our networking efforts, we were able to connect another individual experiencing suicidal ideation with professional help.

These are just a few of the stories that have been shared with us. They represent what Arms Stretched Wide is all about: neighbors helping neighbors with skills they have gained through our trainings, connecting people to needed resources, and providing compassionate support as we build relationships throughout rural communities.

We recently met with our Rogers LEAD WT Team. They are going to be a tremendous asset to Arms Stretched Wide. They will be assisting us with marketing, fundraising, strategy, and some of our technology/media needs. We are excited they are with us through April 2027. The picture below is of all of us together.

We could not do this work without you. Thank you for supporting Arms Stretched Wide through your time, financial contributions, and prayers. Your partnership makes it possible for us to continue reaching people and communities with hope, resources, and support.

Blessings,

DeAnna

