

THE 988 INVITATIONAL

Presented by Trey Loves You

VOLLEYBALL. VIBES. MENTAL HEALTH.



SUNDAY, JUNE 1, 2025

**Golden Valley High School
Santa Clarita, California**



Encouragement from Trey's Mom & Dad

First, we want to encourage you. You're doing an excellent job. Parenting is unquestionably the most important responsibility in the world. Yet it is also the most difficult. Based on our small sample size of four, children do not often provide positive feedback on your parenting performance. We suspect you have yet to hear a thank you after reminding your child it is bedtime.

But even under these poor working conditions, you still show up and do it consistently, willingly, and most importantly... lovingly.

If you are a parent, we pray you will consider the following two ideas on how you may support your child.

1. Initiate and Check In

Initiate a conversation and check in with your child to see how they are really doing. A parent knows when they are receiving a thoughtful answer from their child. This usually does not occur when they are staring at a screen while you are speaking.

At the appropriate time and in an age-appropriate manner, consider approaching your child and checking in. It can be a two-minute check-in on the way to school.

After you say, "How are you" and they respond "Fine," ask a few follow-up questions.

Q. Who do you talk to when you have a problem?

Q. When was the last time you felt sad? Hurt? Lonely? What triggered that feeling?

Q. How long did the feeling last? What did you do to help you get through it?

Q. What's the biggest thing you worry about? What scares you?

There are countless questions you can pose to your child that will help you discern if they are struggling with something.

We know for certain not talking about mental health struggles does not make them go away. We also know if we wait for our child to come to us, we may be waiting forever.

2. Don't be Ashamed

Our society stigmatizes most mental health issues. It is often treated as our dirty little secret that we whisper about to our closest confidants. Yet, I believe there are very few teenagers who have not experienced some mental health struggle. Usually, they go through it in silence. Until we make them feel safe to come out of the shadows and share their struggles, they will continue to suffer in silence.

Remember, the world we live in today is much different than it was in prior generations. The internet and social media make it, so that a child does not have to leave their bedroom to be traumatized. We believe this is one of the reasons so many children are struggling.

WELCOME

TO THE 988 INVITATIONAL

Presented by Trey Loves You

Dear Friends,

Thank you for being here. Whether you're a player, parent, volunteer, sponsor, coach, or community member, your presence today means everything.

This event is about more than volleyball. It is about love. It is about coming together to support our youth, spread hope, and shine a light on the power of connection.

Trey Brown, who inspired this nonprofit, was a thoughtful, funny, deeply loving 16-year-old who died by suicide in 2023. His life reminds us that many teens are silently carrying heavy burdens, and that even a single act of love can make a difference.

Trey Loves You was created to honor his legacy. Our mission is simple: to love, uplift, and inspire the most vulnerable among us. That includes raising awareness about mental health and sharing tools like the 988 Suicide & Crisis Lifeline, a free and confidential resource available to anyone, any time.

Today, your participation helps us do two important things:

1. Share 988 with more people so every teen knows they are not alone.
2. Support the Wellness Centers at Golden Valley, West Ranch, and Valencia, which provide safe spaces for students to talk, reflect, and feel seen.

We hope you enjoy the games, cheer loudly, and carry today's energy forward in your homes, your schools, and your hearts.

Thank you for joining our circle of love.
Let's make Trey proud.

With love and gratitude,
The Trey Loves You Team
www.TreyLovesYou.org

SCAN TO DONATE





BOYS VARSITY ROSTER 2024-2025

HEAD COACH
SAM HAND

1	LUKE TALABONG	DS	12	LEMUEL ESPEJO	S
3	NICHOLAS WALDRON	M	16	JAYDEN VIUDEZ	DS
5	CHRISTIAN MELKONIAN	M	17	ISHMAEEL ISLAM	M
7	RAFAEL ASUNCION	OH	20	ALEJANDRO MARTINEZ	OP
8	AKSHAY KARUMURI	M	25	JORDAN FRIANELA	S
9	CHRISTIAN VARGAS	OH	31	SHERWOOD SEBASTIAN	OH
10	SHIA LOPEZ	S	44	BRIAN BONFIGLIO	M





BOYS VARSITY ROSTER 2024-2025

TYLER ANDRESEN	OP, M
DIEGO MEDA	S, OP
KEVIN IFRAH	OH, M
STEVEN WHALEN	OH
DEVIN BROWN	OH

LEO RIVERA	S, OP
BRANDON CAMPOS	L
KRISTIAN OGNJANOVIC	S
SEAN MENDIOLA	S
J.J. CATAPIA	S

**HEAD COACH
OSCAR CATALAN JR.**



**HEAD COACH
ALEX BARR**





VALENCIA VIKINGS

BOYS VARSITY ROSTER 2024-2025

HEAD COACH
Brendan Riley

ASSISTANT COACH
Jared Ambrose

0	Dylan Murphy	OH, MB	19	Reece Casey	S
1	Kofi Paras	DS	21	Leo Sangthongkum	OPP
5	Henry Egami	OH, MB	25	Holden Aspiras	DS
7	Jonathan Yun	OH	27	Brody Rachau	OH
9	Gavan Miranda	MB	28	Nathan Willis	L
10	Jacob Fernandez	S	37	Cavanaugh Bourdas Henn	OPP
17	Elijah Lim	S	55	Sean Paras	OH
18	Sam Delgado	MB, OPP	99	Dylan Mcfatridge	MB





WEST RANCH HIGH SCHOOL

Boys Varsity Roster

2024-2025

HEAD COACH
Brandon Johnson

ASSISTANT COACH
Grant Spooner

Dulguun Byambatsogt	OH	Jacob Kim	MH
Caleb Sperber	OH, L	Stephen Choi	S
Vincent Vitiello	DS, L, OH	Christopher Song	L, S
Skyler Hillemann	MB, OPP	Isaac Lane	DS, L
Logan Sanchez	OH	Jackson Manansala	S
Yaseen Metwaly	MB	Parker Rappoport	MH
Lucas Fico	MH	Noah Doupner	OH
Ethan Paik	OH	Peter Everitt	OH





A PLACE TO BREATHE: INSIDE GOLDEN VALLEY'S WELLNESS CENTER

Some days hit harder than others. Whether it's pressure at home, stress at school, or just the weight of everything all at once Golden Valley's Wellness Center is where students go to catch their breath.

PRINCIPAL SAL FRIAS EXPLAINS IT SIMPLY:

"Our center exists to serve as a safe place for students to find solitude in a serene setting or talk about what's on their mind whether that's with a peer counselor or our center's counselor."

It's also a place to just be - students can drop in during brunch or lunch, connect with others, or find quiet when things feel loud.

More than 1,000 visits a month prove just how needed this space is and more than 150 students try it for the first time each month. But even with one of the largest centers in the district, the Wellness Center still can't reach every student who could benefit.

Frias recalls one student who started coming after losing their mother. "They were very withdrawn at first. But later in the year, they began to smile. The next year, they became a peer counselor. I still wonder what would have happened if the center hadn't been there."



Students come in carrying more than grades they carry family struggles, health worries, housing changes, and quiet storms no one sees in the hallway.

"Most who visit want to return," Frias says. "They want to make it their hangout. That's a good problem to have."

Still, there are limits. Some students peek in, see a full room, and walk away. Some never return.

"We know we can't meet every need," he admits. "But we try."



IF THE CENTER HAD MORE FUNDING?

"If I could, I would equip every peer counselor with a laptop to ensure they have the tools to monitor progress, stay connected, and offer consistent support," he says.

For now, he keeps the space welcoming, even buying seasonal plants with his own money to keep the vibe calm and peaceful.

To students, the message is simple: *this place is for you.*

To the rest of us: *this place is working, and it needs our help to grow.*

"Mental health is a growing concern for all of us," Frias says.

"Since we know we have struggling students in our schools, it only makes sense to make the effort to reach as many as we can, while we can."

Golden Valley Wellness Center:

Over 1,000 visits per month

150+ new students monthly

1 goal — show up for whoever walks in.



Sal Frias

has served as Principal for 19 years and has worked in education for 28 years. All 28 years have been involved in athletics. He coached high school football and basketball teams for 8 years and served as Athletic Director for 4. He still coaches for the City of Santa Clarita. Married to his beautiful wife, Jennifer, for 19 years and proud father of soon-to-be senior, Ace, and entering 8th grader, Ava.



the CODE for “ I’M NOT OKAY ”

So, What Even Is 988?

You’ve probably heard of 911, right? Well, 988 is like that, but for your mental health.

988 is built for real feelings.
The kind you don’t post about.

And What’s This Got to Do With Me?

Real talk...

Because late-night overthinking is real.
Because that “I’m good” lie is kind of dusty.

Sometimes your brain is just... being extra.
That’s where 988 comes in.

Messy ones. Quiet ones.
They’re here for all of it, and they’re here for you.

How Do I Know It’s a “Call 988” Situation?

Look...

Even though this is branded as the national “suicide and crisis” line, the truth is that 988 is for anyone who wants to speak to someone who wants to listen. It’s really that simple.

If it doesn’t feel right, it matters.

Just feeling kind of meh?
That’s enough.
988 doesn’t gatekeep feelings.

Can’t explain it?
You don’t have to.
988 will help you find the words.

Not fine, but don’t know why?
Yeah. That’s a 988 moment.

Friends don’t always know what to say.
Parents don’t always get it.
But 988 does.

Wait, Is Texting a Thing? Because I’m Not Calling.

You don’t even have to talk if you don’t want to.

Text, call, or hit the chat — whatever feels right.

- Call or text: 988
- Chat online: 988lifeline.org/chat

988: The only hotline that gets introverts.
Save it. Share it. Use it when you need it.

Lowkey? Just knowing it’s there helps.

No Shade, But How Secret Is This Really?

Super secret. Like, vault-level.
You don’t have to give your name, your school, your location — nothing.
It stays between you and the person who actually listens to you.

They don’t tell your parents.
They don’t tell your friends.
They don’t tell your school.

No judgment.
No leaks.
No drama.
Just help.

Alright... Sum It Up for Me.

988 is a free, anonymous support line.
You can call, text, or chat online with a real human — 24/7.
No scripts. No weird questions. No judgment.

Just someone trained to help you breathe, think, and get through it.

Stick it in your phone.
You might need it.
Someone you care about might need it.
Either way, 988’s got you.

Real voices. Real help. Always.

What Teens Think

About 988

Alone in Your Feels at 3 a.m.?

There's a number for that.
It's not your ex.
It's 988 — and they answer.

"I got this"

Said no one
who actually
had it..

It takes guts to ask for help.

Screaming into your
pillow... not so much.

The ultimate plot
twist in your sad
girl/boy era?
Calling 988.

Texting 988
is a flex.

Emotional
paper cuts count.

Your brain is lying.

Let 988
fact-check it.

Be whoever you want.

Call as
Spider-Man.
You're welcome
at 988.

The Code name: Sad Vibes

Say whatever. Be whoever.
They won't ask
for your @

Pick your player: Talk.

Text. Chat.
988 does it all.

You +
Your feelings –
Your real name = 988

Words are hard.
Typing is easier.
988 makes space
for both.

No names.
No pressure.
Just vibes.

Real strength is saying "I'm not okay."

Not a weakness.
Not a failure.
Just a human asking for help.

Hate talking?

Same. Text 988.
No awkward pauses.

Still in PJs at 6 p.m.?

Same. Still welcome.
988 doesn't judge
fits or feels.

Crying about nothing? Overthinking everything?

Just another day
at 988.

Your thoughts at 2 a.m.: "Let's spiral!"

988: "Let's not." Call,
text, or chat before your
brain gets weird.

It's 2 a.m. and your brain
won't shut up? Good news:
988 is the friend who's
always awake. No judgment.
Just vibes and actual help.

Cry-typing accepted here.

Full meltdown?
Text 988 anyway. They read
between the sobs.

Wisdom from Dr. Daniel Emina

Child, Adolescent & Adult Psychiatrist | Amen Clinics



Dr. Daniel Emina

We asked Dr. Daniel Emina, MD, co-author of *The Suicide Solution: Finding Your Way Out of the Darkness*, if you had just a few minutes alone with a teen who is quietly battling anxiety, depression, or suicidal thoughts, and then a few minutes with that teen's parent, what would you say to each of them?

To The Teen, I Would Say:

You are not the only one feeling this way, even if it seems like you are. The pain you're carrying doesn't define you, and it doesn't get the final word. There is more to your story than what you're feeling right now. What's happening in your brain and heart is not a sign of weakness—it's a sign that something needs healing, not hiding. It's a signal that real biological, psychological, environmental, and even spiritual factors are at play—and the good news is, those can change.

*"You are not a burden.
You are deeply loved,
and you were made for
a purpose."*

You are not a burden. You are deeply loved, and you were made for a purpose. You have a role in this world that no one else can fill. There is a path out of the darkness, even if you can't see it yet. Please don't walk this path alone. Reach out to someone—a parent, a friend, a counselor. Hope and joy may feel far away, but they are real, and they are possible for you.

And To The Parent, I Would Say:

Right now, your presence matters more than your perfection. Your teen doesn't need all the answers—they need your steady, compassionate presence. This isn't a time to fix, but to listen. To notice. To draw near, even when it feels uncertain. **Prioritize connection over correction.**

The battle your child is facing is complex—shaped by genetics, life experiences, brain chemistry, and the inner story they're telling themselves. Don't minimize their pain, and don't be afraid to name it. Help them find skilled, compassionate care. Speak life over them. Be their advocate, their ally, and their calm in the storm. Show them that even in the valleys, love does not let go.

And as you support them, allow yourself to be supported too. Care for your own physical, emotional, and spiritual health; modeling self-care is one of the most powerful ways to teach resilience and hope. Healing is not a solo journey. You are not alone either. It takes a village to raise—and to restore—a child. Lean into your community, and invite others who love your family to walk with you. Remember they are God's child also and He has a plan for them.

Together, let's move toward a future filled with hope, healing, and purpose. Let's be the kind of people who walk others into the light—with grace, patience, and unwavering hope. Recovery isn't just possible—it's promised when we take one step at a time toward life.

Dr. Daniel Emina, MD

Dr. Daniel Emina, MD, is a double board-certified child, adolescent, and adult psychiatrist. He currently serves as Associate Medical Director at Amen Clinics in Costa Mesa, California. Dr. Emina earned his medical degree from the University of California, Los Angeles (UCLA) School of Medicine and completed his general psychiatry residency and child/adolescent psychiatry fellowship at the University of Hawaii Department of Psychiatry. His clinical approach integrates psychotherapy, pharmacotherapy, pharmacogenomics, functional imaging, transcranial magnetic stimulation (TMS), and alternative/integrative therapies to optimize brain health and function. Dr. Emina is also the co-author of *The Suicide Solution: Finding Your Way Out of the Darkness*, which offers a holistic approach to mental health through scientifically and theologically informed strategies.



First in the country. Still the biggest. That's Didi Hirsch.



Real talk, Didi Hirsch is a big deal. It's the first and largest suicide prevention center in the U.S., helping people for over 60 years. Yeah, way before most of us were even ideas.

They support people struggling with or affected by suicide, offering real help, not just "thoughts and prayers." Whether it's a crisis or something ongoing, they've got your back.

Best part? They're breaking the silence around mental health. Because pretending you're fine doesn't fix anything. Talking about it and having support can seriously change your life.



Bottom Line:

If you're going through it, or just feeling off, Didi Hirsch is here.

No judgment.

No pressure.

Just support.

988 Suicide & Crisis Lifeline

Here's the deal: **988** is the Suicide & Crisis Lifeline. Call or text anytime, even at 3 a.m. When everything feels awful, they're awake.

You'll talk to trained counselors (not randos) who actually know how to help, whether you're spiraling, stressed, or just need someone who won't say "stay positive."

It's free, confidential, and never weird. You don't have to be in crisis, if it's heavy, they're there.

Call or text **988**, or chat at **988lifeline.org**.

Teen Line

Teen Line is low-key genius, a hotline where you talk to real teens, not adults trying to be relatable. Everyone's trained and actually gets it.

It's confidential, and just for U.S. teens. If life's feeling like a lot, they'll listen. No judgment. No lectures.

Basically: it's like texting a friend who won't screenshot your messages.

Call (800) 852-8336 (6–10 p.m. PST)

Text TEEN to 839863 (6–9 p.m. PST)

Or visit [TeenLine.org](https://www.teenline.org)

Therapy & Support Groups for Suicide-Related Struggles

There's therapy made for people facing suicide-related struggles, whether you've lost someone, survived an attempt, or have those thoughts yourself.

They also offer in-person and online options, one-on-one or in groups, including support for families, survivors, and first responders.

It's not one-size-fits-all. It's built for you.

Want info? Call or visit. No pressure.

(424) 362-2911

[CrisisCare.org](https://www.CrisisCare.org)

If you had just a few minutes alone with a teen who is quietly battling anxiety, depression, or suicidal thoughts, and then a few minutes with that teen's parent, what would you say to each of them?

Dr. Takesha Cooper, MD, MS, FAPA has an answer.

To The Teen, I Would Say:

Teenage years can be tough, but hang in there. It gets better. When you think of giving up, acknowledge that you are feeling this way now, but it does not mean you will absolutely feel this way forever. Feelings are fleeting, just like when you fall down in front of a bunch of people, you are incredibly embarrassed for the first couple of minutes or hours afterwards, but after a few days, that embarrassed feeling is less strong, then in a couple of months you probably don't even remember what was once so humiliating. This too shall pass. Find someone who cares about you (yes, everyone has at least one person who cares about them - find that person!) and share with them how you are feeling. It's important and okay to be vulnerable, ask them to help you. You are not a burden. Hang in there.

To The Parent/Caregiver, I Would Say:

Being a parent/caregiver can be hard. They do not send us home from the hospital with instructions on how to be the best parent for each of our children (who all have different temperaments and differing needs!). In my experience, the best thing you can do is listen to your child, even when the things they say are hard to hear. Be curious and try to understand their perspective, remembering you too were once their age and were just trying to figure it all out. One day at a time (sometimes it is one hour at a time or one minute at a time). Be patient with your child, and with yourself. It's so important as a parent to give yourself some grace. Hang in there.



Dr. Takesha Cooper

Dr. Takesha Cooper, MD, MS, FAPA, is a double board certified child, adolescent, and adult psychiatrist and a Psychiatry Director for the American Board of Psychiatry and Neurology (2025-2029). She currently serves as the Chair of Psychiatry and Behavioral Sciences at the University of Nevada, Reno School of Medicine, and as Chief of Behavioral Health at Renown Health. Dr. Cooper earned her medical degree from the Keck School of Medicine at USC and completed her residency and fellowship at San Mateo County and Stanford University, respectively. Her work focuses on the impact of adverse childhood experiences on mental health outcomes and advancing health equity through community-based research and education. She resides in Reno, NV with her husband Anthony & two daughters Autumn Mae, 16 and JoeAnn, 18.

A portrait of Pastor Debra Stallworth, a woman with long dark hair, wearing a pink ruffled top, smiling. The background is a blurred interior with a glass shelf holding a silver bowl.

Dear Friends & Community,

As we come together for this important fundraiser, my heart is filled with joy and hope because the Trey Loves You Foundation has a community that cares. This fundraiser reminds us of both Trey's vibrant spirit and the challenges our loved ones face every day. He was a source of inspiration and love to all who encountered him, and his impact continues to inspire those who knew him. This moment highlights the importance of mental health awareness and the need for genuine support within our community.

In our fast-paced world, it's easy for young people to feel overwhelmed and isolated. Many of us can understand what it's like to experience emotions that we sometimes keep to ourselves. This fundraiser is more than an event; it is a heartfelt call to action. It is our opportunity and obligation to create a space where we can openly discuss mental health, share our stories, and remind one another that we are never alone in our struggles.

As a community, let us continue to uplift one another and ensure that Trey's legacy inspires change and hope. Together, we can create a brighter future for all.

Pastor Debra Stallworth

leads Win-One Valencia with faith, compassion, and community engagement. She has devoted her life to serving others and creating a space where every person feels seen, valued, and loved. Pastor Debra is especially passionate about walking alongside young people who are struggling with identity, mental health or isolation.

The Bible offers us powerful encouragement during difficult times. As it says in Isaiah 41:10, "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Let these words remind you that you are never alone and that strength is always within reach.

I invite each of you to join us in this mission. By coming together, we can foster understanding and compassion. Your participation not only honors Trey's memory but also contributes to a cause that can truly make a difference in the lives of others.

Let's break the stigma surrounding mental health by encouraging our teenagers and one another to speak up and seek help when needed. Remember the words of Philippians 4:13: "I can do all things through Christ who strengthens me." We are here for each other, and every voice matters.

With love and compassion,

Pastor Debra Stallworth

Win 1 Valencia



Win-One Valencia – Sundays at 11:00
24316 W. Venturi Drive Valencia. CA 91355



win-one.org



Trey's Foundation

During the spring of his sophomore year, Trey shared his heartfelt wish to help teens in distress, particularly those contemplating suicide, with his parents. He and his father discussed the idea of establishing a foundation to realize this vision. The foundation's name was deeply important to Trey; he wanted it to reflect his genuine empathy and care for those who felt isolated or unloved—hence, his fondness for the name “Trey Loves You.”

That same season, Trey was selected as a volunteer for Didi Hirsh's Teen Line, a crisis hotline dedicated to assisting teenagers. He immersed himself in the training, completing nine sessions totaling nearly 30 hours, up until the day before his untimely departure. Trey flourished in this role, embracing the program's mission, connecting with fellow volunteers, and mastering valuable skills.

In a loving tribute to their brother, Trey's three younger siblings, under their parents' guidance, have committed themselves to bringing his vision to life. Their inaugural project has been the creation of TreyLovesYou.org. This platform will be developed into more than a mere website; it will be a beacon of support, offering resources and a community to ensure no teenager endures their struggles alone.

The Foundation's Logo

The logo for the foundation was designed by Trey's mother shortly after his passing. It is inspired by a tattoo on her right wrist. The design features a heart symbolizing love and includes a semicolon (;), a mark representing affirmation and solidarity with those who have confronted suicide, depression, addiction, and other mental health challenges. The logo also incorporates the foundation's website address, TreyLovesYou.org, and is emblazoned in purple and teal, colors symbolic of suicide awareness.



“Together, we are the love Trey would give.”

Lessard Family	Furmidge Family	Michelle Kydd Lee
Amy Jan	Gerard Jordan	Mohammad Pourshahmir
Art and Arin Spalding	Greg Nakamura	Molly cop
Auntie Donna	Hardnett Family	Molly's Bird Toys
Bob Arimoto	Heidi Thompson	Natalie Merchant
Boyce Family	Jackie Kim	Niki Greem
Bramen Family	Jackson Family	Pastor Debra Stallworth
Brandon Johnson	Jeffery Brown MD	Patrick Bendrat
Brooke Wiegand	Jenna Grosfeld	Rappoport Family
Carolyn Bramens	Jesus Cervantes	Reginald Valdez
Carolyn Brown	John Kinoshita	Rich Reid
Carson Click	Judith Pinto	Rini Phillips
Chang Family	Justin Guzman	Roen Family
Choiwan Hin	Karaevil Family	Sophia Franco
Christine Hepp	Katherine Rosenfeld	Taj Draper
Collins Family	Katie Tavares	Tami Pearsall
D M Gale	Kaylin Johns	TC Cook
Desmond Carter	Kerry Lyon Grossman	Thomas Bravo
Djhoanna Mina	Liang Yang	Ursula Caise
Dr. Daniel Emina	Lily Giron	Victor Lowe
Dr. Takesha Cooper	Louis Jones	Williamson Family
Dr. Brendan Riley	Luca Marcil	Wone Family
Drew Banks	Lucia Zornizer	Yap Family
Eifert Family	Mallard Family	Barnett Family
Ellsworth Family	Maria Cecilia Martinez	Miles Toliver
Eric Barke	Marisa Cohen	Ace
Fico Family	Marisa Eddy	Emily
Frias Family	Meri Vitiello	Wolf Printing

