



# SLEEP OUT

EXECUTIVE EDITION

**ONE PURPOSE.  
ONE NIGHT.  
ONE COMMUNITY.**



Sleep Out has never been just about sleeping outside. It's a night of solidarity with the 4.2 million young people who experience homelessness each year in the U.S. Give up your bed for one night so that youth facing homelessness can sleep safely at Covenant House Missouri 24/7.

Contact [info@covenanthousemo.org](mailto:info@covenanthousemo.org)  
or visit [sleepout.org/event/missouri](https://sleepout.org/event/missouri)

# ABOUT CHMO

COVENANT HOUSE MISSOURI OPENLY ACCEPTS YOUTH WHO ARE WITHOUT HOMES. THROUGH HOLISTIC, INDIVIDUALIZED PROGRAMS, YOUTH MOVE FROM HOMELESSNESS TO HOPE, STRIVING TO REACH A PLACE WHERE THEY CAN ACHIEVE THEIR DREAMS. CHMO PROVIDES PHYSICAL AND MENTAL HEALTH SERVICES, LIFE SKILLS, EMPLOYMENT TRAINING, CAREER DEVELOPMENT, AND A SAFE PLACE TO CALL HOME. COVENANT HOUSE MISSOURI IS ONE OF COVENANT HOUSE INTERNATIONAL'S 32 SITES PROVIDING SHELTER AND SUPPORT SERVICES TO YOUTH AROUND THE WORLD. CHMO OPENED IN 1998 AND IS CURRENTLY THE ONLY HOUSING PROVIDER IN THE CITY OF ST. LOUIS SERVING YOUTH AGES 16-24.

## Why do we Sleep Out?

TONIGHT IN ST. LOUIS, MORE THAN 600 YOUTH WILL SLEEP ON OUR CITY STREETS, IN ABANDONED BUILDINGS, AND IN OTHER DANGEROUS PLACES. WE BELIEVE THAT NO YOUNG PERSON DESERVES TO BE HOMELESS AND THAT EVERY YOUTH IN MISSOURI DESERVES SHELTER, FOOD, CLOTHING, EDUCATION AND, MOST IMPORTANTLY, TO BE LOVED. WE BELIEVE IT IS OUR RESPONSIBILITY AS A COMMUNITY TO ENSURE THAT EVERY YOUNG PERSON HAS AN OPPORTUNITY TO ACHIEVE THEIR DREAMS.

## How do I fundraise?

REACH OUT TO FAMILY AND FRIENDS TO SPONSOR YOU. IT IS AS SIMPLE AS SENDING A FEW EMAILS AND POSTING YOUR PROGRESS ON SOCIAL MEDIA! OUR TEAM WILL GIVE YOU TIPS AND GUIDANCE TO HELP YOU REACH YOUR GOALS. WE CAN ALSO WORK WITH EMPLOYERS TO ESTABLISH EMPLOYEE MATCHING GIFTS FOR PARTICIPANTS. YOU CAN ACCESS THE PARTICIPANT TOOLKIT ON THE EVENT WEBSITE FOR ADDITIONAL FUNDRAISING RESOURCES. THE CHMO TEAM IS HERE TO HELP YOU!

## How much do I need to raise?

WE ASK THAT EACH PARTICIPANT DO THEIR BEST TO RAISE \$5,000 INDIVIDUALLY. EVERY DOLLAR RAISED DURING SLEEP OUT WILL GO TOWARD SUPPORTING CHMO IN OUR EFFORTS TO PROVIDE SHELTER AND SUPPORT FOR HOMELESS AND TRAFFICKED YOUTH.

READY TO  
SLEEP OUT?

Visit [sleepout.org/event/missouri](https://sleepout.org/event/missouri) to register. For more information, contact [info@covenanthousemo.org](mailto:info@covenanthousemo.org)



## Where will I be sleeping?

WE ENCOURAGE ALL SLEEPERS IN THE ST. LOUIS REGION TO JOIN US IN-PERSON AT HARRIS-STOWE STATE UNIVERSITY FOR OUR SLEEP OUT EVENT. THIS EVENT PROVIDES OPPORTUNITIES FOR MEANINGFUL ENGAGEMENT WITH COVENANT HOUSE MISSOURI THROUGHOUT THE EVENING.

## What should I bring?

SLEEP OUT WITH ONLY THE BASICS - A SLEEPING BAG, A BLANKET, AND YOUR PHONE TO SHARE YOUR EXPERIENCE ON SOCIAL MEDIA. MAKE SURE TO HAVE ANY PERSONAL TOILETRIES AND MEDICATION ACCESSIBLE. IT GETS COLD - BE SURE TO WEAR PLENTY OF LAYERS! WE WILL PROVIDE BEVERAGES AND LIGHT REFRESHMENTS. HSSU IS A DRY CAMPUS - ALCOHOLIC BEVERAGES WILL NOT BE PERMITTED ON THE PROPERTY.

## How much money do I have to raise?

WHILE WE DO NOT ENFORCE A FUNDRAISING MINIMUM, SLEEPERS ARE ENCOURAGED TO AIM TO RAISE \$5,000. THE CHMO TEAM WILL BE THERE TO HELP YOU REACH YOUR GOAL EVERY STEP OF THE WAY. AT THE TIME OF THE EVENT, ANY SLEEPERS WHO HAVE NOT RAISED ANY FUNDS WILL BE PROVIDED WITH OTHER WAYS TO SUPPORT CHMO. SPONSORSHIP OPPORTUNITIES FOR THE EVENT ARE ALSO AVAILABLE FOR BUSINESSES AND ORGANIZATIONS. MORE INFORMATION CAN BE FOUND [HERE](#).

## Can I form a team?

YES, YOU CAN CREATE A CORPORATE TEAM OR JOIN AN EXISTING TEAM. COMPANIES PARTICIPATING IN SLEEP OUT CAN OFFER EMPLOYEES THE CHOICE TO SLEEP OUT AT HARRIS-STOWE STATE UNIVERSITY.

## When can I begin fundraising?

YOU CAN BEGIN FUNDRAISING AS SOON AS YOU SIGN UP AT [SLEEPOUT.ORG/EVENT/MISSOURI](https://sleepout.org/event/missouri)! WE WILL PROVIDE YOU WITH MESSAGING FOR SOCIAL MEDIA, EMAILS, AND LETTERS, AS WELL AS A PERSONAL FUNDRAISING PAGE TO RECEIVE AND TRACK DONATIONS.

## Will I be safe?

YOUR WELL-BEING AND SAFETY ARE OUR UTMOST CONCERN. REST ASSURED, CHMO IS TAKING ALL NECESSARY PRECAUTIONS TO ENSURE YOU ARE SAFE AT THE SLEEP OUT. WE WILL ALSO FOLLOW CDC GUIDELINES THAT ARE IN PLACE AT THE TIME OF THIS EVENT. THIS WILL INCLUDE ANY MANDATES OR REQUIREMENTS FROM THE CITY AND THE VENUE. PLEASE FEEL FREE TO CONTACT US WITH ANY QUESTIONS.

## How do the funds help?

YOU ARE PROVIDING A YOUNG PERSON WITH A SAFE AND STABLE ENVIRONMENT WITH ACCESS TO FOOD, CLOTHING, PHYSICAL AND MENTAL HEALTH SERVICES, AND CAREER DEVELOPMENT PROGRAMS. YOU ARE ALSO RAISING AWARENESS OF THE WORK WE DO EVERYDAY.

## Are there sponsorship opportunities?

EVENT SPONSORSHIPS ARE AVAILABLE FOR \$5,000, \$10,000, \$15,000, AND \$25,000. EACH SPONSOR WILL RECEIVE MARKETING BENEFITS AND RECOGNITION AT THE EVENT.