



KiDs4KiDs RELIEF

Comfort, Connection, and Care for the Forgotten Youth After Natural Disasters —Delivered by Kids Who Understand.

WHAT ABOUT THE KIDS?

This youth-led nonprofit is restoring normalcy after natural disasters - one child, one kit, one storm at a time.

When hurricanes tear across Florida, media crews focus on downed power lines, destroyed homes, and flooded streets. But what happens to the children—those who may not show up in news reports, yet are quietly suffering the storm's most lasting effects?

For Sam Crimaldi, this wasn't a theoretical question—it was his reality.

In 2022, Hurricane Ian unexpectedly tore into Sam's hometown of Fort Myers, flattening entire neighborhoods and washing away any sense of normalcy. Though his own family remained safe, he witnessed his friends and classmates spiral—struggling with trauma, anxiety, and disconnection. And years later, some still are.

"The nation came together in the early aftermath. Many organizations helped families find housing and essentials, but while parents were caught in survival mode—trying to secure housing, belongings, and even rebuild their destroyed businesses, the Forgotten Youth - kids ages 8-18 - fell to the wayside. We often felt like we were invisible, and we were assumed to soldier on," Sam says. "That's why my friend, Elan Randle, and I started Kids4Kids Relief—to make sure no child feels forgotten."

Now based in Fort Lauderdale, Sam is bringing that same sense of purpose to communities across the nation—because while we often rebuild homes, we rarely rebuild childhood.

Kids Helping Kids: A New Model for Relief

This is where Kids4Kids Relief steps in—with a proven, peer-led approach to rebuilding emotional resilience.

Their signature effort is the normalcy kit: a thoughtfully packed care package containing items like journals,

headphones, sports equipment, art supplies, games, hygiene supplies, and handwritten notes from other kids.

These kits are not just about comfort—they're about identity, dignity, and connection.

"After the storm, everyone asked about our house. No one asked how we were sleeping or what we were feeling," said one youth volunteer. "That silence was the hardest part."

THE HIDDEN TOLL ON YOUTH: Verified Facts You Haven't Seen

Natural disasters don't just cause physical destruction—they leave emotional wreckage in their wake, especially for children.

Immediate Impacts (0–6 Months Post-Disaster):

- 30–50% of exposed youth develop PTSD symptoms
- 40% report new or worsened anxiety or depression
- 65% experience insomnia or nightmares

Long-Term Effects (1–5 Years Later):

- 20–30% still suffer from chronic PTSD
- Youth displaced for 1+ month are 2.5× more likely to drop out of school
- 1.8× higher substance abuse vs. non-exposed peers
- 3.5× increased suicide risk in disaster-affected youth

And yet, government programs often fall short:

- FEMA excludes mental health services for minors
- SAMHSA Crisis Counseling reaches less than 15% of youth

The results align with what research shows works:

- Peer support programs reduce PTSD by up to 40%
- Replacing lost personal items lowers depression risk by 35%
- Peer-led suicide prevention programs reduce attempts by 65%



The Kids4Kids Relief Vision: Youth-Led, Rapid-Response, Evidence-Based

Sam and his team of student volunteers are trained, organized, and ready to deploy within days of the next disaster. Their work bypasses bureaucratic red tape and brings emotional relief directly to those who need it most.

"We know what they need—because we were them," Sam says. "Our kits don't just deliver supplies. They deliver hope." Our ongoing peer-to-peer counseling helps reassure them their feelings are normal.

HOW YOU CAN HELP Right Now

As hurricane season ramps up, Kids4Kids Relief is calling on families and businesses in Fort Lauderdale to take action before the next storm hits.

DONATE

Support normalcy kits and rapid youth-led deployments. Corporate and personal gifts welcome.

SPONSOR A KIT

Underwrite or assemble normalcy kits that deliver calm, comfort, and healing.

VOLUNTEER

Sign up now at k4k.help. You'll be alerted when the next deployment begins.

Visit k4k.help

Because when the headlines fade and the power returns—the trauma doesn't disappear.

"Every child deserves to feel seen, safe, and supported—even after everything else is gone."

— Sam Crimaldi, Co-Founder

