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The Coalition of Visionary Resources Names *Beneath the Surface: A Teen's Guide to Reaching Out When You or a Friend is in Crisis* Best Teen Book in the 2020 COVR Visionary Awards

DENVER, CO, June 10, 2020 — Denver-based trade organization Coalition of Visionary Resources (COVR) is honored to announce that *Beneath the Surface: A Teen's Guide to Reaching Out When You or a Friend are in Crisis* has been named Best Teen Book in this year's 2020 COVR Visionary Awards. Each year COVR gives Visionary Awards to entries selected from among the best products in the Mind Body Spirit industry. Both COVR members and non-members were eligible to enter the competition.

Beneath the Surface: A Teen's Guide to Reaching Out When You or a Friend are in Crisis is the quintessential mental health guide for teens, providing education and resources on the challenges teens face today.



The author, Kristi Hugstad, is a Certified Grief Recovery Specialist and mental health educator. She is an in-demand public speaker, author, blogger, podcast host and expert about suicide prevention and grief for media, schools and civic groups throughout Southern California. Kristi's writing has appeared in a number of newspapers and media outlets and is a regular contributor to Huffington Post and the Elephant Journal.

She has a robust social media presence on Facebook and twitter, where she has more than 22,000 followers.

In a change from previous years, the COVR Visionary Awards were judged by both the retail members of COVR

and the general public. Votes from COVR's retail members accounted for 60 percent of the total score. Votes from the general public made up the remaining 40 percent. The final scores result from the application of a proprietary algorithm developed by COVR administration. The change, made by COVR's Board of Directors in 2015, has provided more entrants the opportunity to leverage the marketing potential of their entry by conducting a social media campaign or email campaign that draws their audience to vote for their book.

"We're quite pleased with the breadth and quality of entries in each of our four major categories," noted COVR president Karen Stuth. "This year's awards program also included new opportunities for entries in a number of emerging categories. The entries considered this year well represent the growth and maturing of the mind body spirit industry." Stuth also observed that distributors and retailers both inside of and outside of this niche industry should take note of the wonderful selection of entries and winners with an eye toward including these books in their own store inventories or catalogues.

COVR is the trade association for the Mind Body Spirit industry. It supports the success of members by providing education, mentoring, discounts, and targeted networking. The COVR Visionary Awards are given to outstanding individuals, companies, and products in the Mind Body Spirit industry. These awards are the only awards of their kind in the industry.

Find out more about *Beneath the Surface: A Teen's Guide to Reaching Out When You or a Friend are in Crisis* and Kristi Hugstad at www.thegriefgirl.com, or purchase the book at Amazon.com.

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For more information contact:

Kristi Hugstad
949-412-3238
kristi@thegriefgirl.com