



cio@beitfoundation.org www.beitfoundation.org



@BeitFoundation



@BeitFoundation



@Belt1

2024 TACObration!

October 25, 2024

Catholic Charities Archdiocese of San Antonio

Thank you in advance for your donation.



Zelle

cio@beitfoundation.org and enter
“Donation” with your contact
information in the box so we can send
your thank you receipt or use the QR
code to our Donor Box



Opening Prayer

Rev. Dr. Gilberto Salinas

- Psychologist, Professor at TAMIU, and Reverend
- 2024 5-Year Advanced Practice EMDR Leadership Fellowship Awardee



The Be It Foundation Awardee Celebration of Opportunity



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Blue Non-Alcohol Raffle

1st Prize: iPad Air 11-inch, 128GB Wi-Fi (M2 chip)
Valued at \$599.00

2nd Prize: Dyson Supersonic Hair Dryer. Valued
at \$429.

3rd Prize: Beats Studio Buds - True Wireless
Noise Cancelling Earbuds. Valued at \$150.



Winners will be drawn this Saturday, October 26, 2024 On Facebook Live.
Contact me directly for tickets. Donation at \$25 per ticket. I accept Zelle,
Venmo, and Paypal.

My Zelle and my Venmo are my cell phone number. 210 325-6396.

Paypal is my email: attyflores@aol.com

Please share!

Please message me directly with your email and contact info along with
your entry. Or you can catch me in person!!



Support Be It Foundation Scholars and Win Big!

Enter our two raffles today for a chance to score one of these
great donated items while making a difference in our
community. Every ticket sold helps support our foundation!
Your contribution will provide scholarships to emerging
students in our area.

Red Alcohol Raffle

MUST BE 21 TO ENTER

1st Prize: Maestro Dobel 1973 Extra Añejo Tequila.
Valued at \$949.00

2nd Prize: Willett Family Estate Bottled Single
Barrel Bourbon 10yr Select Private Barrel. Valued
at \$1,199.

3rd Prize: Eagle Rare 10 Year Kentucky Straight
Bourbon. Valued at \$89.



An Appeal from the Board of Directors
Albert Flores, JD, Esq. Secretary of the Board of Directors



Norma Alicia Hernández Fund



Samuel H. Vester, Jr.


Family Fund

Our Programs

We are proud to share the first years of
The Be It! Foundation's endeavors:

- Scholarships for undergraduate and graduate studies.
- Pay it forward grants for organizations or individuals.
- Emergency assistance.
- You Matter Campaign--Wellness education and prevention of mental health stigma.





Trauma is the leading cause of poverty.

Post-Traumatic growth & prevention is the key to ending poverty, increasing **dignity, health, safety, and connected communities** that care for one another.

Trauma doesn't discriminate
Wealthy—low income
everyone...

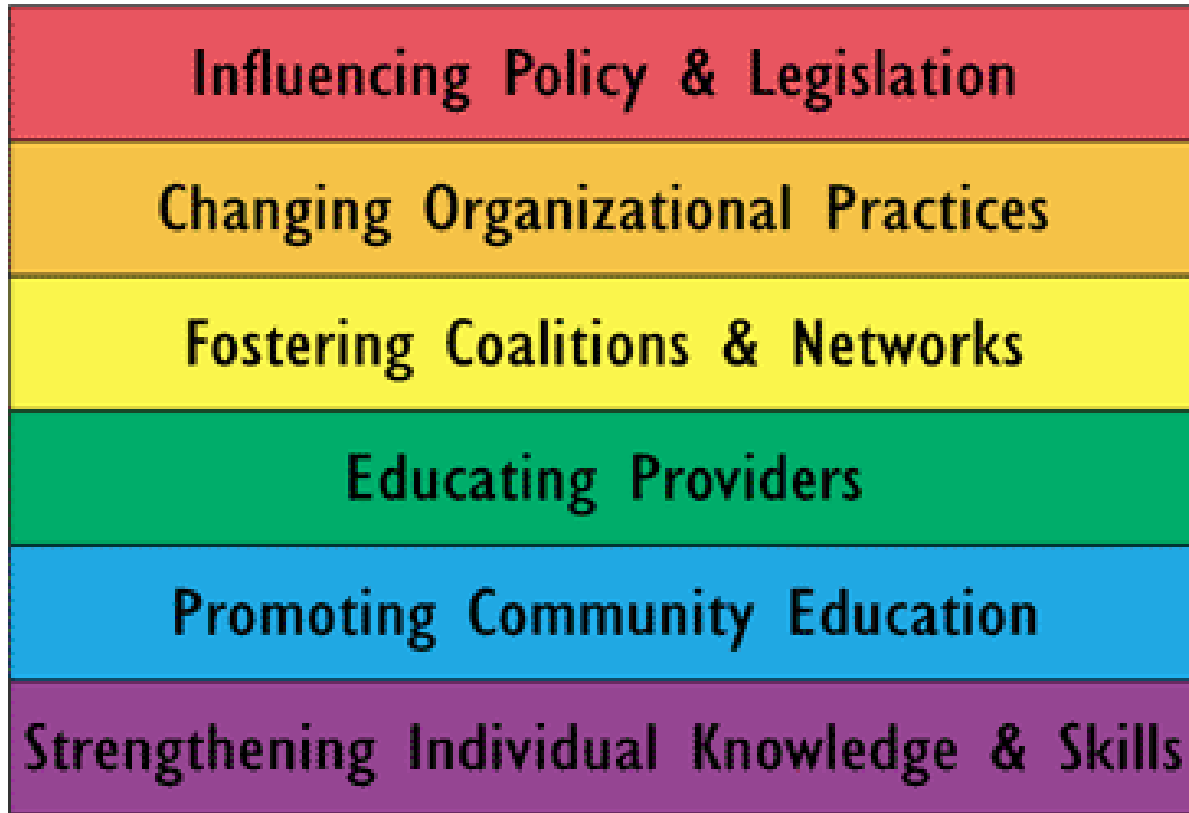
People want to be a part of the solution and connect



The Opportunity is NOW

South Texas Biospheres for Post –Traumatic Growth

The Spectrum of Prevention



www.preventioninstitute.org

What level of the spectrum do you see yourself being able to impact the most change?

Spectrum of Prevention	The Be It! Foundation	Impact
Educating Providers	Pay-it-forward training grants biosphere	Train 1 @100 people @ 6 sessions=600 low income clients served x 46= 27,600 minimum people served per year + the impact on family and future generations by interrupting trauma cycles that promote poverty. Schools, justice system, recovery, those living in poverty, first responders, and those who serve our safety net.
Engaging Communities	<p>Gala and You Matter Programming to decrease mental health stigma and promote healthy communities.</p> <p>Be It! Scholars</p>	<p>Build community awareness and normalize compassion—Everyone is going through something.</p> <p>Build leadership capacity of normalizing safety and connection for the next generation to be the change in workforce dynamics. 1 student: infinite impacted in their lives, workforce, community, and society.</p>
Strengthening Individual Knowledge & Skills	Emergency Funding	<p>Basic needs are met to allow for higher healing of trauma that led them to poverty.</p> <p>27 families per year with 465 meals per organization</p>

Spectrum of Prevention	The Be It! Foundation	Impact
Influencing Policy and Legislation	<p>Educate policy makers to change laws about trauma-informed resilient communities.</p> <p>Present to judges to require EMDR in sentencing</p>	<p>30.5 Million in Texas & 5 Million in South Texas</p> <p>41 judges in South Texas representing 1.5M civil, 4.3 criminal, 14K dependency, 244K family law</p>
Changing Organizational Practices	<p>Engaging institutions and nonprofits in Neuroplasticity with EMDR and LENS clinicians</p> <p>Alamo College, Laredo College & UTRGV Partnerships</p>	<p>6 Pillar, Schools, Military, Courts, Bethany House, Catholic Charities, Gateway Clinics, Foster care, Probation, Drug Court, West County Jail, HeadStart, Mercy Health, Border Regions Behavioral Health, HIV, First Response (Laredo PD, Highway Patrol, Border Patrol, Fire, dispatch, etc.), Methodist Church, Laredo Health Department, CPS, and beyond</p> <p>Alamo 77K students, Laredo 10.4K, UTRGV 34K</p>
Fostering Networks & Coalitions	<p>EMDRIA Conferences</p> <p>HACU and TxHSI Consortium presentations</p>	<p>Connect our EMDR trained providers to resources bigger than Texas to leverage support. 16,000 to ∞</p> <p>Train education leaders in trauma-informed teaching for future workforce. 1.6 Million students</p>



Reach Your Goal Now!

Logre Su Meta Ahora-en Español



Emergency Funding Awards



Catholic Charities
Archdiocese of San
Antonio

Salvation Army of
Laredo





Be It Scholars 2023 to 2024



Meet our Be It Scholars



- Amari Herrera—Psychology and Communications
- Anali Rodriguez--Prelaw
- Arabellah Lozano--Dentistry
- Florence Renteria—Premed at TAMIU
- Isaac Para--Nursing
- Sabrina DeBreau—Philosophy and Physics
- Alyssa Coehlo--Psychology
- Monica Reyna—Education
- Jasmine Shoemate
- Michelle Ann Flores Martinez

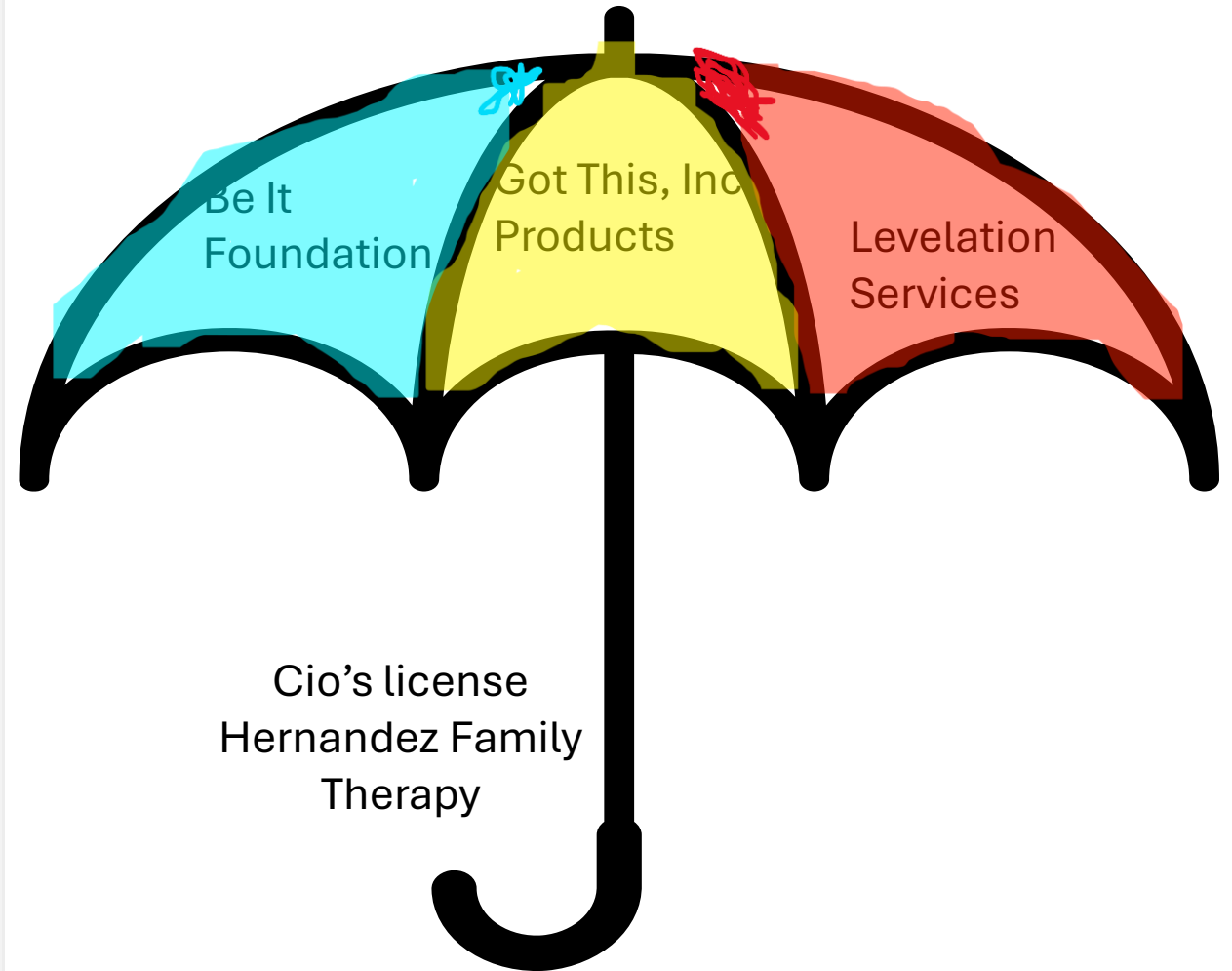


Meet our Be It Graduates

- Caleb Flores—BA TAMIU and MA in Accountancy Texas A&M College Station
- Kassandra Rodriguez—Animal Biology
- Florence Renteria Continuing
- Arabellah Lozano Continuing to dental school
- Marcella Favarato—BA in Communications Incarnate Word
- Ana Valeria Rodriguez—MS Occupational Therapy Our Lady of the Lake University



Building World Resilience





Pay it Forward Professional Grants

Policy Making in Washington DC 2023



Our 5 Year-Advanced Practice Leadership Cohort is already uniting with previous cohorts to present to the judges in South Texas to require sentencing include EMDR for Trauma Informed Restorative Justice. We believe it is a pathway for decreasing recidivism, increasing safety in communities, and creating a sense of belonging as people work on their own distress and build self-worth.



2021 Cohort EMDR & LENS Consultant Track Mentors

- Aramazti Canales, LPC
- Tiffaney Gibbons, LPC-S
- Leslie Gonzales, LPC
- Lourdes Ornelas, LPC
- Melissa Ortiz, LPC



- Volunteer Consultation/Donor Wendy Calomiris, LMFT
- Volunteer Approved Consultant Linda Timme, PhD

2021-2024 EMDR Response to Uvalde and Supporting our First Responders

- Erika Ramon
- Ada Joella Ballesteros



2023 Don't Mess with Texas Cohort EMDR Certification Track

- Bobbie Davila
 - Gerardo Esqueda
 - Elizabeth Gardner
 - Silvia Gutierrez
 - Leslie Hernandez
 - Rosemary Hernandez, PhD
 - Gabriel Martinez
- Frieda Nava
 - Carolina Pllum
 - Veronica Reyes
 - Elda Salinas
 - Berenice Torruco
- Melissa Ramirez Trained so that she could support her staff and school district





2023 EMDR Cohort



LENS Training San Antonio



5-Year Advanced Practice EMDR Leadership Fellowship

- EMDR
- LENS Neurofeedback
- Rosemary video

5-Year Advanced Practice EMDR Leadership Fellowship



You Matter Campaign



YOU MATTER
CONVERSATIONS



AMARI, MARCELLA, AND
CRIS LEAD THE WAY



BE IT SCHOLARS
LEADERSHIP MEETING
PRESENTATIONS



4 BOARD MEMBER
PRESENTATIONS TO THE
SCHOLARS

Thank you for using your super tacos for good!



Zelle

cio@beitfoundation.org and enter
“Donation” with your contact
information in the box so we can send
your thank you receipt or use the QR
code to our Donor Box



Silent Auction

Please, swing by the auction table to claim your winning items and pay.

All your purchases will be destined to grow our programs!

Thank you!





Thank You!

Be It Awardee_____ How am I paying-it-forward? What is my impact?

The Spectrum of Prevention

Influencing Policy and Legislation

Mobilizing Neighborhoods and Communities

Changing Organizational Practices

Fostering Coalitions and Networks

Educating Providers

Promoting Community Education

Strengthening Individual Knowledge and Skills

Influencing Policy and Legislation



Changing Organizational Practices



Fostering Networks and Coalitions



Educating Providers



Promoting Community Education



Strengthening Individuals



Tracking the Be It Investment vs. 1st Cohort Clinician

Be it Investment	Tiffany's Investment	Tiffany's Costs
\$1500 Training	464.5 Hours	\$81,287
\$695 EMDRIA Conference	Money Spent 2021-2023 Including \$14,000 for LENS machine and Red Light	\$17, 749
\$750 EMDRIA Conference		
\$695 LENS		
\$450 LENS 2		
\$4,090 Total		\$99,036 Total Impact...infinite