

Building Together 2nd Annual Report

2021-2022



A Message From Our Hearts to Yours



It has been a rough year around the world, and especially in South Texas; however, we have also seen kindness in action. We did a beautiful tour of Catholic Charities Archdiocese of San Antonio's Guadalupe Center where we saw how unrestricted emergency funds were able to help those who would not qualify to get their basic needs met. We toured Salvation Army of Laredo, where we saw the bunks of those who would otherwise spend the night in the streets. These institutions are well known for bringing vital basic needs to those for whom it seems impossible.

We have spent the last year building partnerships with Laredo College and Alamo College to lead the way. We have supported providers who have stepped up to bring vital services offered in other parts of the country. Our newly trained EMDR clinicians and early childhood educators are already making a difference in the wellbeing of those we serve.

COVID seemed to stretch our last nerve. "When is it ever going to end?" was repeated in nearly every household. As we struggled to make sense of unpredictability, we could imagine joining hands so our communities and our country as a whole could feel safer and more connected.

Please know that through all the unpredictability in the world, The Be It! Foundation remains committed to you. We look forward to walking together to support the wellbeing of our South Texas community in partnership with those who are already making a difference.

Thank you for joining our efforts!

Dr. Cío Hernández, CEO
The Be It! Foundation

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Samuel H. Vester, Jr.
Founding Director

Tomasa Vester
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David J. Hernández, MD
Advisor

Albert Flores, JD, Esq.
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Director

Overview

The Be It! Foundation's mission is to promote higher education to students, sponsor service-learning opportunities to providers who want to increase access and quality of care, offer emergency assistance to those in need, and foster well-being through mental health stigma prevention strategies.

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

- Scholarships and Internships for undergraduate and graduate studies
- Pay it forward grants for organizations or individuals.
- Emergency assistance in partnership with local organizations.
- Wellness education and prevention of mental health stigma.

Our geographic funding area is between San Antonio and Laredo, Texas; however, the impact of our investment is endless.

We believe that the strength of our work is in the diversity of our students, providers, funders, and partners who stretch our success through their generosity of spirit.



Scholarships for Undergraduate & Graduate Studies

2022 Scholarship Budget: \$35,000

The Be It! Foundation invests in the future by supporting students until they reach their academic goals. We believe students should focus on their studies rather than worrying about finding funding for their education. Our need-based scholarships are for undergraduate and graduate studies. In an effort to decrease anxiety and maximize success, some awards may be renewable on an annual basis if students continue to meet our standards for success. The selection committee had a difficult time choosing from the many qualified candidates.

This year, the Board approved funds for six renewable scholarships, one Adopt a Student Program scholar from Alamo College and 3 Interns.



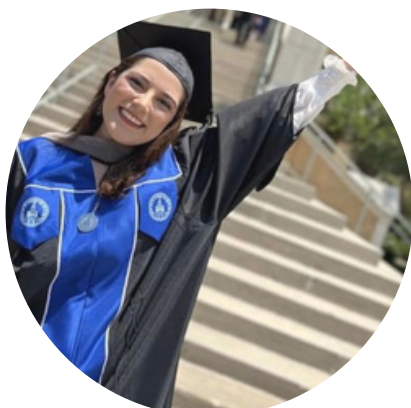
The poster for the BE IT! Foundation Awards Gala 2022 features the foundation's logo and a collage of seven photos of students. The event details are listed below the photos: Falcon Bank Executive Conference Room, Fort McIntosh Campus / Laredo College, September 22nd 11:30AM to 1:30PM Luncheon. It also mentions generous sponsors: CASALOPEZ, India, and a logo that says 'GOT THIS!'.

BE IT! Foundation Awards Gala 2022

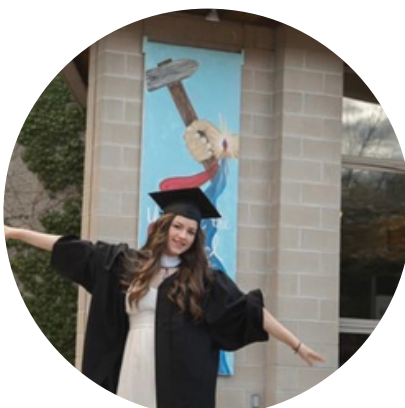
Falcon Bank Executive Conference Room
Fort McIntosh Campus / Laredo College
September 22nd 11:30AM to 1:30PM Luncheon

Generously Sponsored by: **CASALOPEZ** **India** **GOT THIS!**

Meet our First Be It! Scholars Graduates



Ana Valeria Rodríguez
MA in Speech Pathology
Our Lady of the Lake University



Marcella Favarato
BA of Arts in Communication
Franciscan University of Steubenville



Florence Rentería
AA in Science
Laredo College

Scholarships for Undergraduate & Graduate Studies

2022 Internship Budget: \$3,000

We see our Be It! Scholars as the face of the foundation. We are proud to invest in the future of South Texas and know that they will be sharing their knowledge, skills, and resources in the community for generations to come. We conducted thorough interviews of our scholarship applicants and identified three additional scholars who we knew we wanted to support. They were funded for one year internships where they will help the foundation grow.

Adopt a Student Program: \$55,000

Thanks to the generosity of the Samuel H. Vester, Jr. Family Fund, we were able to create a scholarship endowment. We are collaborating with Alamo College to find the most qualified candidates to support them to finish their professional careers.

Isaac Parra is our first Adopt a Student Scholar. He is studying nursing at Alamo College.



Cultivating a Culture of Connection

Safety and connection are key elements to wellbeing and vital to goal-getting. All Be It! Scholars and interns commit to monthly skill-building and personal growth meetings. Our hope is to build a foundation for emotional literacy as we support efforts in reaching their goals. We practice strategies for staying on course when peers are not as focused. We help connect students with community leaders who can guide their way to success through internships and other mentoring. As you meet our Be It! Scholars, think about the opportunities you may be able to offer and the benefits their young minds may be able to offer your workforce.

Meet the Be It! Scholars and Interns 2022 - 2023

Sabrina DeBreau

My name is Sabrina, I am currently pursuing a dual degree in a B.A. in Philosophy paired with a B.S. in Physics along with a minor in Mathematics at Texas Tech University. It has always been a passion of mine to excel in a career of research and academia where I constantly learn new things and explore new heights in discovery. I hope to one day partake in an internship that helps me grow in the field of research and academia that is also particular to my degree plans and interests. With my unique background and experience with homelessness and the foster system, I continue to give back by being and advocating for youth with similar experiences in areas like policy work and mentorship opportunities.



Kassandra Rodríguez

My name is Kassandra A. Rodríguez and I am currently attending Texas A&M University at Kingsville. I am majoring in Animal Science with a focus on Pre-Veterinary Medicine. I hope to one day open my own practice as well as my own no-kill animal shelter in my community. I also plan to speak out against domestic animal abuse. My goal is to help as many animals as I can while also informing people about how to put an end to abuse. My dream internship would be to shadow a veterinarian that works with abused and neglected animals while also reintroducing them back into our society in hopes of finding them a loving home.



Meet the Be It! Scholars and Interns 2022 - 2023

Florence Rentería

My name is Florence Rentería. This is my second year as a Be It! Scholar. The foundation has helped me set goals and standards for myself that I did not even imagine when I first joined them. They work with mental health and opening up our mindset to see what else we can work on to expand our horizons.

I recently graduated from Laredo College with an Associate degree in Science. I am now attending Texas A&M International University to continue my education for my Bachelors in Biology. After I graduate from TAMIU, I plan to go into the medical field and work my way up to be a cardiothoracic surgeon. The way I pay it forward to my community is by gathering food and used toys that people no longer need or want and give them to the people who can not afford it and are in a much worse economic situation. An internship that would be amazing for me is to observe and shadow Dr. Cigarroa or someone like him since he does what I am working to be one day. An opportunity like that would be amazing to see how these successful physicians came to be.



Caleb Flores

Hello, my name is Caleb Flores, a proud Hispanic and BE-IT Scholar. I was born and raised in Laredo, Texas, and had a growing passion for Accountancy. Being a part of this organization has been a great honor. Not only has my motivation for education grown but so has my relationship with fellow BE-IT Scholars. Communication is a vital tool of this organization; as a BE-IT scholar, I have made it my duty to communicate my thoughts and opinions regarding lifestyle, education, community, and culture. I am proud to be a 2nd-year BE-IT Scholar and to represent Laredo as a whole. Being a Hispanic is something that I take great pride in every day.

Ultimately, I hope to inspire the next generation's youth to continue pursuing their educational and career goals.



Meet the Be It! Scholars and Interns 2022 - 2023

Arabellah Lozano

My name is Arabellah Lozano and I am a senior at Texas A&M International University. I am pursuing a Bachelors of Science with a major in Biology, a major that I plan to apply towards a future in Dentistry. With the support and encouragement of the Be It! Foundation, I am confident that I will achieve my aspirations of graduating as a Doctor of Dental Surgery. My next step towards academic success is entrance into Dental School. Overall, the greatest mission I attain is to contribute to the growth of my community, and advocate for increased knowledge of oral healthcare in low-income populations.



Anali Rodríguez

My name is Anali Rodríguez, and I am attending the University of Texas at San Antonio. My major is Politics and Law. I plan to pursue a career as a Sexual Assault Attorney. I want men, women, non-binary, transgender, queer, etc, people in my community to feel safe knowing someone is listening to their story and fighting for the justice they deserve. My dream internship would be any law office who puts their clients first. Another dream would be to have a clerkship under a judge and learn their perspective on cases.



Meet the Be It! Scholars and Interns 2022 - 2023

Isaac Parra

My name is Isaac Parra, I was born in El Paso Texas. I am the youngest of three brothers. I come from a family with no medical background, but was inspired by an amazing nursing team that took care of a very special person in my life. I have been in and out of college over the years due to issues with finances but thanks to the Be It! Foundation, I no longer need to worry about that, I am free to continue my education as a nurse! I look to inspire and bring peace to families just as that nursing team did for me!



Vaughn Glen

I am Vaughn Glen and I am currently attending The University of Texas at Austin. As a second year student, I am classified as a Junior and will soon earn my bachelor's degree in government with a minor in business. I plan to attend law school and continue to intern with law firms in Austin. As a catalyst for change, I aspire to specialize in immigration law and assist people in securing a pathway to legal citizenship.

I am passionate about helping others and dedicated to learning from others. In my free time, I enjoy playing basketball, exercising, reading, and spending time with family and friends.



Meet the Be It! Scholars and Interns 2022 - 2023

Amari Herrera

My name is Amari Herrera! I was born and raised in Laredo, Texas, where I then attended J.B. Alexander High School. Currently, I'm a freshman majoring in psychology at The University of Texas at Austin.

I am very passionate about maintaining a healthy state of mind and making sure everyone receives the help they need. I hope to work as a mental health professional in the education system, bringing assistance to students who are struggling. All in all, my goal is to make a difference in the lives of those who need support.



Gabriela Ramirez

I am a hardworking, dedicated, and motivated third year Business Administration college student. I am experienced as a professional assistance in communication skills, looking to learn more about marketing, and finance. I am a former Girl Scout and spent 13 years as a part of this organization. Within those years, I earned my Bronze, Silver, Gold, and Presidential Volunteer Service Awards. I hope to continue my education and earn a masters in Finance. I want to empower my community to achieve financial literacy. In my free time, I enjoy reading, spending time with friends and family, and playing tennis.



Emergency Assistance

We are pleased to work with Catholic Charities Archdiocese of San Antonio (CCASA) and Salvation Army of Laredo who have existing programs to offer assistance to the community. Our 2022 budget was allocated in the amount of \$25,000 to provide unrestricted emergency funding to meet the basic needs (rental assistance, utilities, clothing, food) of these organizations. Contact the organizations directly if you know someone in need of support.

An excerpt from the Salvation Army of Laredo says, "The Be It Foundation was most helpful to families struggling with food, utility assistance and rent/mortgage assistance. Through your funding, we were able to provide the following assistance to individuals/families in the Laredo community:

- 137 food boxes (\$20 each, \$2,740)
- 3 families with utility assistance (totaling \$600.51)
- 10 families with rental and mortgage assistance (totaling (\$9,258.57)

The grant from The Be It! Foundation was 12% of our emergency funding for the year.

This year at Catholic Charities Archdiocese of San Antonio, 16 families (over 31 individuals) received emergency assistance.

"12 of these families earned an annual income less than \$10,000. Their financial hardship led many to seek aid to pay their past due rent to prevent eviction, as well as financial assistance to avoid discontinuation of utility services". CCASA



Amount: \$12,500

webpage: <http://salvationarmytexas.org/laredo>



Amount: \$ 12,500

webpage: <https://ccaosa.org/>

Pay It Forward

Pay it Forward Initiatives

Have you ever wanted to lend a hand to those in need, but you didn't know how you would afford it? Be It! Foundation approved grants up to \$5,000 to sponsor an individual or non-profit organization working on innovative solutions that improve the wellbeing of others. There were no appropriate applicants when we launched, so the funds were targeted to grants to professionals in South Texas interested in continuing education to treat trauma. Our goal is to promote post-traumatic growth and increase access to high quality mental health care that is available in other areas of the country, but not presently in South Texas.

Access to Trauma-Informed Care in South Texas Initiative: Eye Movement Desensitization Reprocessing (EMDR) Basic Training I and II at Laredo College

2021 Budget: \$ 33,200

South Texas was considered a desert for EMDR, with few professionals certified in San Antonio and none who were trained and certified with The EMDR International Association in Laredo. The nearest provider was over 150 miles away. We organized our first training of Eye Movement Desensitization Reprocessing (EMDR) Basic I and II at Laredo College in person and virtually, with partial or full scholarships on October 15-17 and October 22-24, 2021. Renown EMDR Consultant and Trainer, Rachel Erwin, LMFT, trained 30 social workers, licensed clinical professional counselors, marriage family therapists, and other licensed providers for 40 hours of intense, hands-on learning. The course additionally provided required consultation by four clinicians and materials that address adaptations unique to diversity issues of South Texas. The completion of the course also came with Continuing Education Units for professionals. Our goal is to increase the number of EMDR professionals in South Texas.

Trained providers agreed to pay it forward by donating their time to provide EMDR sessions with members of the community in need in order to address trauma and create a path to the future they would like to live.



Pay It Forward

Basic I & II EMDR Training Inaugural Cohort



Our EMDR Cohort practices the Butterfly Hug

Preparing an Immigration Psychological Evaluation Training at Laredo College July 29th 2022

2022 Budget: \$ 3,798

There is no standard for quality psychological evaluations. Already vulnerable people, many who have experienced trauma, are taken advantage of by clinicians who did not mean harm, but never received proper training. The goal of this workshop is to prepare licensed therapists to do comprehensive psychological evaluations for a variety of client needs, to consider legal and ethical issues, to create a standard for the field, and address practical problems that may arise during an evaluation and report. It is also a good refresher for those who have already been doing evaluations and are looking to create a standard for the profession or think through some of their current systems.

18 providers were trained with full scholarships and they agreed to pay it forward by donating their time to provide evaluations with members of the community in need.

Pay It Forward

Early Childhood Education in partnership with Laredo College

2021/2022 Budget: \$20,000

Quality early childhood education (ECE) is key to future academic success; yet, access to higher education for teachers is limited due to the high cost of tuition and low probability of being able to financially benefit from the investment.

Laredo College offers an excellent Early Childhood Certification Program. The Be It! Foundation in partnership with Laredo College offers stipends to early childhood educators interested in achieving higher education to increase quality of care for successful completion of their term. This year 10 educators who have dedicated their career to the children of South Texas were awarded the first stipends

The early childhood years have been scientifically shown as the most effective developmental stage of life to promote the healthiest brain development; however, quality education is not accessible to the most vulnerable of South Texas. Additionally, there is no clear path for early childhood educators to get a return on their educational investment. Access to higher quality child care remains a challenge because educators cannot afford to continue their education to reach the bachelors, masters, or doctoral levels as their ability to increase their income across their career is nearly impossible.



Pay It Forward

Foundations of LENS, level I course at Laredo College - September 23 - 25, 2022

2022 Budget: \$ 30,000

Low Energy Neurofeedback (LENS) focuses on optimizing the brain, rather than suppressing symptoms, which is what medication does. With successful neurofeedback training, the medication that targets brain function can be reduced or no longer required. LENS is non-pharmacological and non-invasive. It can be used for improving attention, focus, managing anxiety, pain, boosting performance and more.

The Be It! Foundation is offering 20 scholarships for health providers in South Texas. This training is taking place in partnership with Ochs Labs and Laredo College. For more information, visit <https://main.ochslabs.com/>.



TRAINING: FOUNDATIONS OF THE LENS

Foundations of the LENS, Level 1 Course:

- Learning the LENSware 3, 2-Channel Software
- Mastering the LENS Client Questionnaire & Session Planning
- Reviewing LENS Maps & Session Data
- BodyLENS Applications
- Photonic Stimulator Applications
- Review!

Please note:
You may use a LENS System of Ochs Labs' in class if you do not have your own!

September 23 - 25 2022, Laredo College
\$850
Registration: hello@ochslabs.com
Be It Foundation Scholarships available
CEUs available





You Matter! - Wellness Education & Prevention of Mental Health Stigma

You Matter! on Days with Zahrah

Budget: \$ 32,990

Everyone is going through something. The film crew from "Days with Zahrah" toured San Antonio to Laredo as, host and producer, Zahrah Farmer chronicled food, families, businesses, leaders, providers, and the struggles of real life.

Access to necessary emotional support is often delayed or not sought at all, in fear of judgment or stigma. Common symptoms like grief and loss, trauma, and anxiety that impact everyone in some form are often ignored when we could be fostering growth and resilience.

The Be It! Foundation sponsored the television program to help show that we all go through the good times and challenges all at the same time. The "You Matter" series aims to give easy, evergreen access to mental health information for all. These videos are going to be aired on ABC and they will be part of the Be It! Mental Health Stigma Prevention Program.



Financial Summary

Be It! Foundation opened its virtual doors at the end of 2020. We are a Texas-based nonprofit charitable organization with tax exemption. Our fundraising efforts focus on meeting our program goals and growing our team.

Funding the Endowment

Total endowment to date: \$ 2,250,000

Norma Alicia Hernández Fund is inspired by the generosity and wisdom that she passed on to every person with whom she crossed paths. She financially supported numerous members of religious organizations and helped put students through school, regardless of whether she had only recently met them or had known them for years. No matter where she went, she spread her passion for service and her love for academics to family, friends, and strangers. Norma passed away February 2017 and is lovingly remembered by her family. The Norma Alicia Hernández Fund was created in memory of her good will and to carry on her legacy of love.



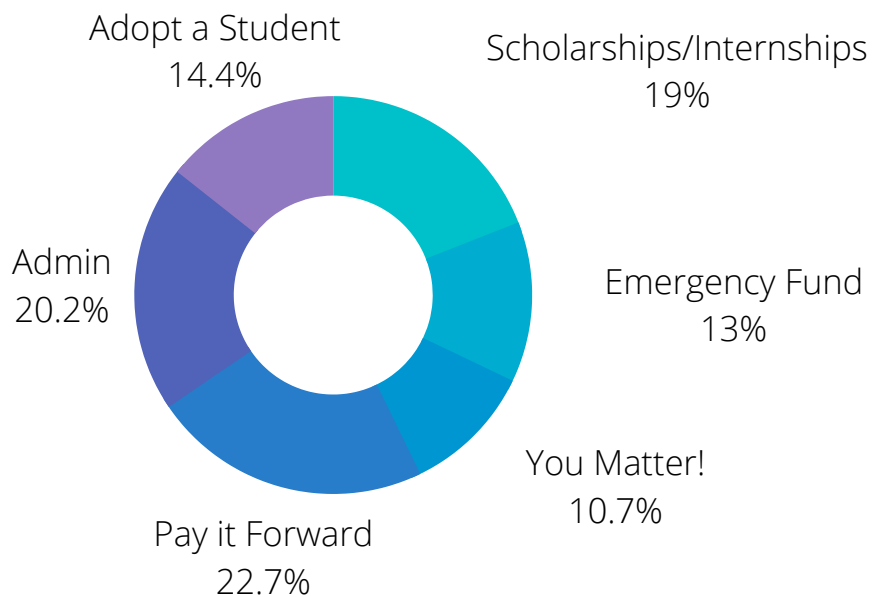
Samuel H. Vester, Jr. and his family contributed to the endowment of the Be It! Foundation to care for the charitable needs of the community. Mr. Vester always says, “Money is only as good as the good it does.” His generous actions match his words. Mr. Vester’s values inspired the Pay It Forward Initiatives and more. His family members are active volunteers and supporters of those most in need. Their action-oriented philosophy was the catalyst to the creation of the early childhood stipends to increase quality care. In 2021, the Vester’s donor directed funds laid the foundation for an endowment at Alamo College and were the first to Adopt a Student. The Vesters humbly lift others to their highest potential while modeling the hard work it takes to achieve success. They are the Be It! exemplar.



Financial Summary

2021/2022 Giving Budget: \$ 348,568

Distribution



Funding Area	2021	2022
Scholarship and Interns	35,000	38,000
Adopt a Student	0	55,000
Administration	36,000	41,280
You Matter!	8,000	32,990
Pay it Forward	38,200	48,798
Emergency Fund in partnership with Catholic Charities and Salvation Army	25,000	25,000
Totals including donor directed funds	137,200	\$211, 368

Growth Strategies 2022-2023

Growth Strategies 2022/2023

1. Fundraising strategy 2022
2. Web page design and maintenance
3. CRM strategy and follow up contact list 2021/2022
4. 5 proposals presented to possible donors based on the mission and current Be It! Programs.
5. Planning 2023 Fundraising activities with Be It Team.
6. 2 Annual Campaigns
7. 1 Gala Campaigns/event
8. Scholarship process
9. Administration support
10. Internships and volunteer program

Fundraising goal 2021-2022
\$25,000

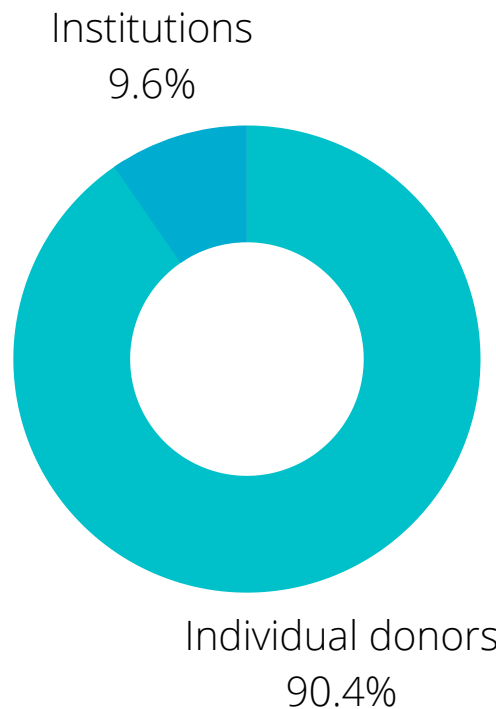


GOALS

Donations Summary - Thanks to our individual and institutional donors

2021/2022 Contributions/Donations: \$ 131,025

Distribution:



Thanks to all the Institution and Individual Donors for your generosity!
2021/2022

- Got This! Inc.
- Reach Your Goal Now
- Casa Lopez Tapas Bar
- La India Packing Company
- Samuel H. Vester, Jr. Family
- Dr. David J. Hernández
- Dr. Nora Garza
- Mr. Joe Wilson
- Kimberly Le
- Wendy Calomiris
- Elmo López
- Tomasa Torres
- Alma De Leon
- Gabriela Solis
- Susan Clark
- Lynn Trono
- Michelle Fadelli
- Dr. Cio Hernández



Become a Be It! Founding Donor today!



Provide Basic Needs

\$ 50

Your \$50 supports families to meet their basic needs. It puts food on the tables for the hungry and provides shelter during this time when income is so unstable.

Support a Scholar

\$ 100

Did you know that the average yearly cost of tuition at a Texas university is about \$11,000? Your generous donation will help low-income students achieve their career goals.

Pay-it Forward

\$ 1,000

Pay-it-Forward Grants offer the ability to help others and allow them to still pay the bills. Applicants may need to pay for a training, they may want to volunteer their services somewhere but can't afford to cover their bills while they work to help rebuild an area struck by disaster, or they may have an innovation that could help a large amount of people if they just had a small investment to get them started. Your generous donation will remind applicants and our communities of the benefits of doing good.

Adopt a Student

\$ 5,500

Your annual donation of \$5,500 invests in a student's career until they reach their goal. This not only develops the growth of the student; but provides an asset to our community and is a strategic way to interrupt cycles of poverty for future generations.

Adopt a Student All 4 Years

\$ 27,000

Adopt as many students as you want and we will handle the rest. You can choose how much you would like to know about your student and tell us whether there is a particular career you would like to support as we go through the applications to make a match. Consider being a mentor and you can practically guarantee that your student will become a success!

Good Things Come in Threes Donor

\$ 33,333

The rule of three or "omne trium perfectum" in Latin has been touted for centuries for the goodness and positive returns that are seen in sets of threes. Good Things Come in Threes Donors spread their goodness across funding initiatives, making the path to **Be It!** possible by lighting the way, sharing resources, and lifting recipients to success.

Many Hands Make Light Work Donor

\$ 50,000

Many Hands Make Light Work Donors build the foundation endowment so our funds can help more people year after year. We will immediately put your dollars to work in the community and show you the light you have kindled in **Be It!** recipients and beyond.

Angel Donor

\$ 100,000

Our founding board member, Sam Vester says, "Money is only as good as the good it does." An angel donation to the **Be It!** Foundation means your dollars can be used for good immediately. Your gift may mean that families get to keep their lights on. Children won't have to decide which day to eat. Your investment allows more students to find their path to success. A do-gooder can have the means to lend a hand a little easier. The You Matter! Campaign can be a little louder in decreasing mental health stigma and promoting wellbeing for all. You truly are an earth angel.

*Thank
you!*

For more information, please visit:

www.beitfoundation.org/donate

Or email us at:

development@beitfoundation.org

3201 Cherry Ridge St., Ste. A104, San Antonio, TX 78230

Read this code with
your phone and
choose your
donation options.

