



2025 Annual Impact Report



About BreatheDeep, Inc.

BreatheDeep, Inc., is a research-based 501(c)(3) organization that provides restorative wellness information and resources to help marginalized communities create strategies of self-care, to increase overall wellness and to mitigate the impact of systemic and historical oppression, chronic stress and generational, personal and vicarious trauma.



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President's Message

**"Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare."
– Audre Lorde**

As I look back on 2025, my heart is full. This year reminded me—again and again—why BreatheDeep exists and why this work matters so deeply. Every classroom we stepped into, every counseling session offered, every workshop, training, and conversation reinforced a simple truth: healing is possible when people feel seen, supported, and safe.

What moves me most is not just the growth of our programs but the growth of our people. I watched young leaders discover their voices, families lean into new practices of wellness, and community members show up for themselves and each other in courageous ways. I witnessed our Peer Ambassadors share their stories through art and performance with a boldness that only comes from knowing your truth has value. I sat with individuals who found strength in vulnerability and learned, perhaps for the first time, that their wellness deserves priority.

This year also stretched us—as a team and as an organization. We continued to learn what it means to care for others while caring for ourselves, to model rest and restoration, and to embrace self-preservation as an act of power. Our staff, clinicians, facilitators, and partners showed unwavering dedication, compassion, and commitment. Their work was not just professional—it was deeply personal. I am profoundly grateful for every partner who shares this vision with us, every funder who invests in our mission, and every community member who trusts us to walk alongside them. You make BreatheDeep possible.

As we prepare for 2026, I feel a renewed sense of hope. We are entering a season where our young people will not only lead—they will teach. They will train. They will shape the landscape of peer support in Rochester in ways we have only begun to imagine.

Thank you for believing in this work. Thank you for believing in healing. And thank you for breathing deeply with us as we continue building a more compassionate, resilient, and well community—together.

With Gratitude and Love,
Dr. Melany J. Silas-Chandler
Founder & President, BreatheDeep, Inc.



BreatheDeep
Founder & President
Dr. Melany J. Silas-Chandler

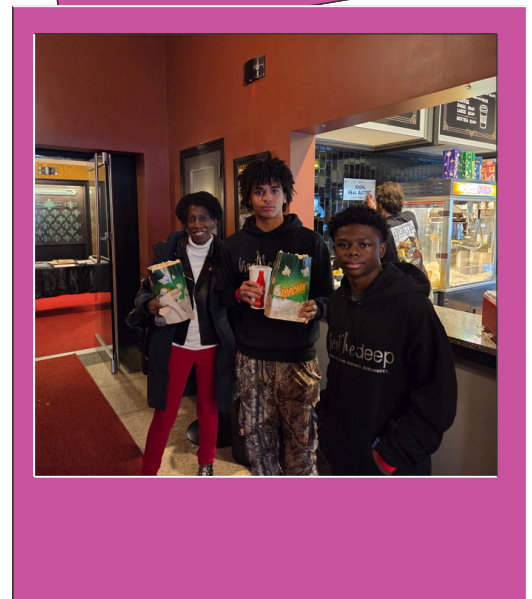
Mission, Vision, & Goals

Mission: To foster holistic wellness and empower individuals through mental health education, counseling and community-based initiatives.

Vision: A thriving, resilient community where mental health is prioritized and accessible to all.

Goals:

1. Expand access to mental health services and education.
2. Empower youth and families through targeted programs.
3. Strengthen partnerships to enhance community impact.
4. Promote trauma-informed practices across all initiatives.



Programs & Initiatives

**Peer Ambassador
Program**

**Community
Group Education
Programs**

**Wellness
Activities**

**School Based Mental
Health Education
Programs**

**Individual
Counseling +
Group Counseling**

17

Peer Ambassadors Trained

2025 marked BreatheDeep's fourth year partnering with the City of Rochester's Summer of Opportunity Program, continuing our shared commitment to equipping youth ages 14–18 with the skills, confidence, and awareness needed to become mental-health leaders in their communities. Each Ambassador completed an intensive trauma-informed curriculum exploring identity, bias, racism, anxiety, stress, trauma, grief, and resiliency — grounded in education, relationship-building, and youth voice.

This year's capstone was a transformative choreopoem, written and performed entirely by the Ambassadors. Through original poetry, spoken word, music, and visual art, each young person shared a narrative that illuminated both personal experiences and the broader realities their peers face. This arts-based presentation allowed them to use creativity as a form of advocacy, education, and healing, making the capstone one of the most powerful culminating projects to date.

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Wellness Activity Facilitators

Wellness Activities:

In 2025, BreatheDeep strengthened and expanded its restorative wellness programming through continued collaborations with Keira Wilson of Hustle & Heart Fitness and Dr. Anika Simone Johnson of Love, Light & Yoga. Together, we facilitated movement-based, mindfulness-centered, and trauma-informed wellness activities designed to support the whole person — mind, body, and spirit.

20

Culturally Reflective Mental Health Practices Serving the Community

In 2025, BreatheDeep's counseling services continued to provide essential support to individuals and families across the community through a combination of individual and group counseling sessions. Our culturally reflective team of clinicians and certified coaches offered care that honors identity, lived experience, and the diverse needs of the people we serve. Through this work, clients were able to process trauma, navigate grief, manage stress, and cultivate healthier coping strategies — all within a safe, affirming, and healing-centered environment.

Peer Ambassador Program



Breathedeep

Peer Ambassadors

Summer 2025



Aneres L.



Daniella M.



Autumn M.



Josiah G.



Righteous B.



Aniya B.



Gianni T.



Kimora M.



Liam P.



David M.



Lanae V.



Soniyah C.



Justin B.



Faith R.



Kemi A.



Nate C.



Madisyn H.



Kyra J.

breathedeep



5

Ambassadors completed five major trainings, including:

- QPR Suicide Prevention
- T-TIG Teen Trauma, Illness & Grief)
- Teen Mental Health First Aid
- Healing Circle Facilitation
- BreatheDeep Peer Support Model Training

500+

Community members engaged in our summer capstone project, community presentations and Doc & Dialogue Peer Ambassador led event.



Wellness Activities



220+

Participants served through
Total Body Workout Session +
Yoga Classes



50+

Wellness activities hosted
during 2025 through the Total
Body Workout + Yoga
Programming.



Keira Wilson
Body Building Champion & Trainer
Hustle and Heart Fitness



Dr. Anika Johnson
Certified Yoga Instructor
Love, Light, & Yoga

Individual + Group Counseling

160

Hours of individual counseling
provided to the Rochester
Community 2025

129

Hours of Group Counseling
provided to the Rochester
community.

289

Total Hours of Mental Health
Counseling & Coaching
Services provided in 2025.

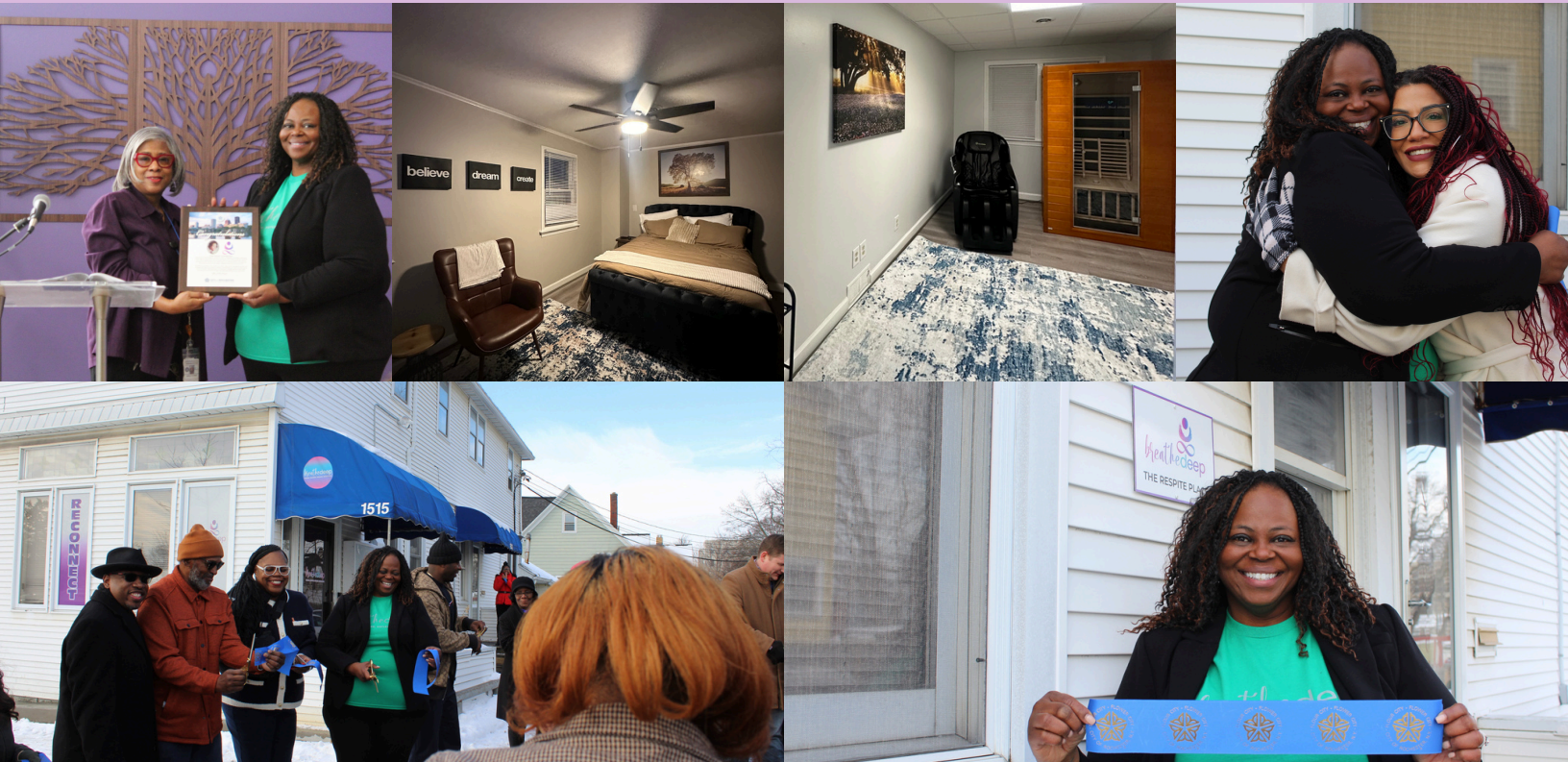


Under the leadership of Dr. Karla L. Hatley, BreatheDeep remains committed to cultivating a mental-health team that culturally reflects and understands the communities we serve.

This intentional approach ensures that participants receive care that is affirming, relevant, and grounded in shared cultural awareness and lived experience.

PROJECT RESTORE

Project Restore offers transformative resources for frontline mental health and trauma responders to process vicarious trauma, rebuild strength, and nurture their well-being. This project also equips participants to navigate the challenges of their roles while reclaiming peace and balance.



Programs & Highlights

- The Respite Place Day Stay
- Restorative Wellness Videos
- Therapeutic Group Workshops
- Total Body & Yoga Weekly Fitness Classes
- 35+ Partner Community Organizations
- 200+ Front Line Workers Served through All Programming



60+

Hours of Mental Health Education workshops provided to youth ages 12-18.

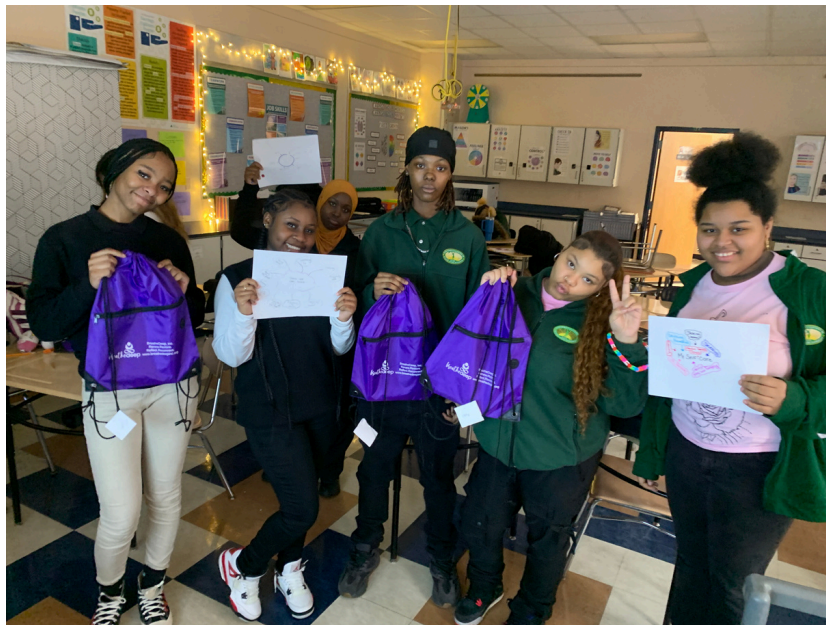
Students are served through the Changing Our Narrative: Conversations About Mental Health Curriculum, Project SOYL (Saving Our Youth Lives) Program & Specialized Topical Workshop Sessions



School Based Mental Health Education Programming



Vertus
HIGH SCHOOL



School Based Partners

130+

Mental Health
Education
Programming
Sessions

Community Mental Health Education Programming:

BreatheDeep continues to expand our reach through collaboration with community organizations, to meet the mental health needs of the greater Rochester community. In 2025, we conducted over 130 sessions through workshops, presentations and events designed to educate and empower our community. These sessions were facilitated by our network of mental health professionals.

Changing Our Narrative Program

This program empowers students to explore identity, bias, resilience, and emotional awareness through interactive, discussion-based workshops. Youth are guided to examine their personal narratives, confront challenges, and build a sense of agency as they navigate their mental-health journeys. The sessions emphasize emotional regulation, self-awareness, and the importance of mental-health literacy.

Project SOYL (Saving Our Youth Lives)

Focused on students at higher risk for disconnection or violence, Project SOYL equips youth with essential life skills, including conflict resolution, stress management, and healthy decision-making. This program provides structure, mentorship, and strategies to help students redirect their energy toward leadership, purpose, and constructive community engagement.

Across both initiatives, BreatheDeep created safe, supportive spaces where students could openly discuss mental-health topics, practice coping strategies, and build stronger peer connections. By normalizing mental-health conversations within schools, we helped foster a culture of awareness, resilience, and collective care among youth throughout the Rochester community.

350+

Middle and
High School
Students
Served
through
School-Based
Mental Health
Curriculum

Program Summary by the Numbers

250+

**Mental Health Education
and Wellness Sessions
Provided**

530+

Hours of Service

1300+

**Community
Members Served
All Mental Health
and Counseling
Services**





TEEN EMPOWERMENT



PRESBYTERIAN CHURCH (USA)

Trinity Emmanuel Presbyterian Church



Community Partners



TARA'S KONCEPTS



MINDFUL RESOLUTIONS COUNSELING



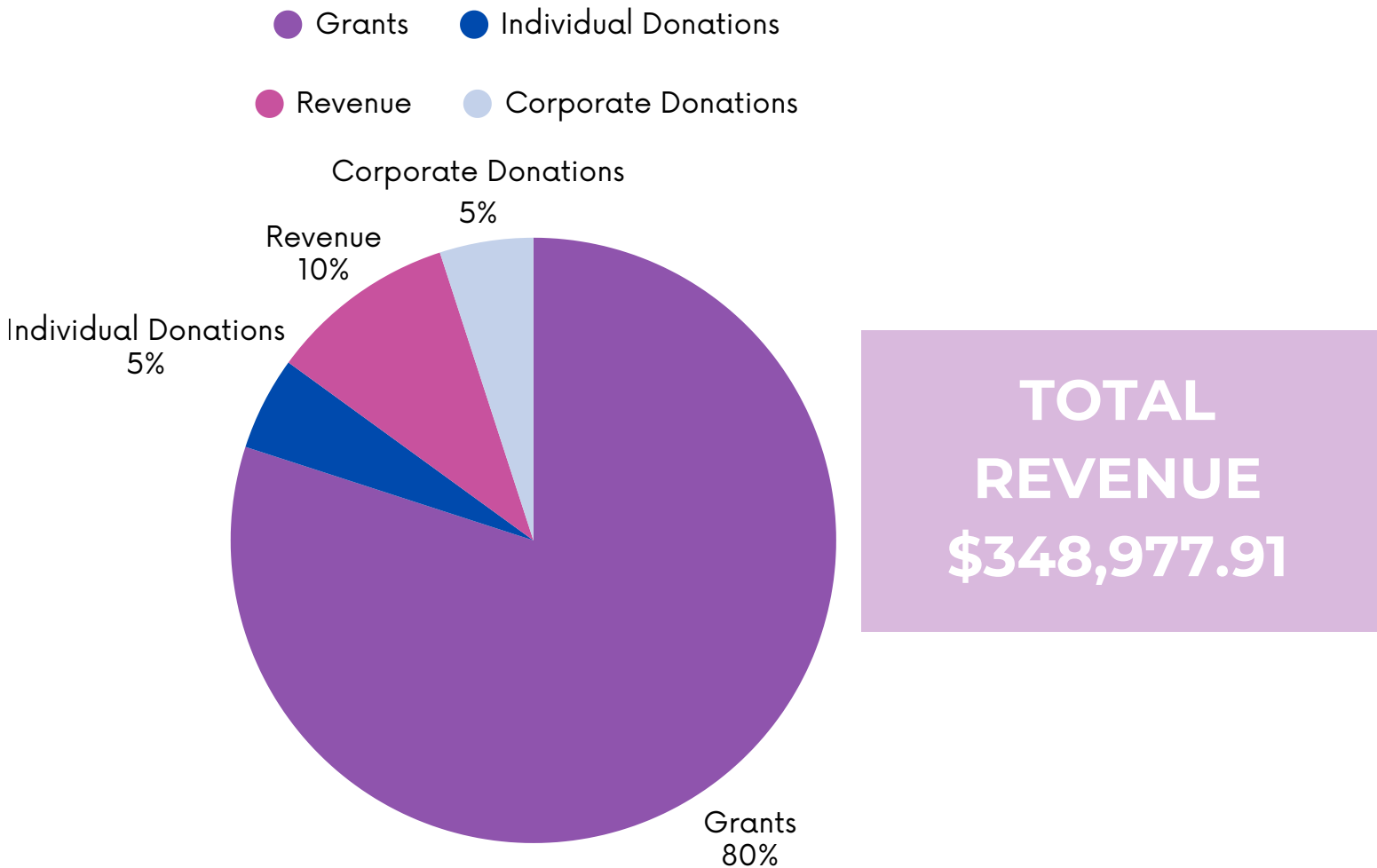
greater rochester

wilson foundation



Community Partners

Financial Summary



BreatheDeep received the majority of our funding via local grants.

Other funding was received in 2025 included individual donations, in-kind donations, corporate donations and some revenue services. Portions of the overall revenue were restricted funds to complete programming for the 2024-2025 and 2025-2026 year.

2025 Grant Funders Included:

- ESL Federal Credit Union
- Excellus Blue Cross Blue Shield
- Max and Marian Farash Charitable Foundation
- Presbytery of Genesee Valley
- The Greater Rochester Health Foundation
- The Rochester Area Community Foundation
- The Black Giving Collective
- The William and Sheila Konar Foundation
- The Wilson Foundation

2025 Board of Directors



DR. DONNA HARRIS
Board Chair



KELLY GLOVER
Board Member



TYNISE EDWARDS, ESQ
Board Compliance Officer



CARLET CLEARE
Board Secretary

Staff Acknowledgements



Dr. Karla Hatley
Licensed Clinical Social Worker
BreatheDeep Counseling Intake Director



Dr. Christine Brown Richards
School-Based Mental Health Education
Program Director



Brittany Read
Communications & Marketing
Coordinator



Rodney Chandler
Project SOYL Director



Jess Lindsey
Summer Mental Health Intern
& Graphic Arts Designer

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United Way Donor
Options Agency #3427