



Annual Impact Report 2023

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President's Message

Greetings,

It is with such great pleasure that we offer you a review of our 2023 programmatic year! 2023 was by far our busiest and most productive impact year to date. We are still growing by leaps and bounds in every area of programming and we are excited to continue to meet the needs of our community. We are so proud to be in partnership with skilled experts in the field of mental health and wellness as we deliver mental health curriculum in schools, churches, and within other nonprofit and for-profit entities. We are committed to professional excellence as we continue to cultivate our network of trained and licensed mental health therapists and coaches to meet the mental health needs of both youth and adults via free individual counseling.



BreatheDeep
Founder & President
Melany J. Silas, PhD, M.Div, NCC

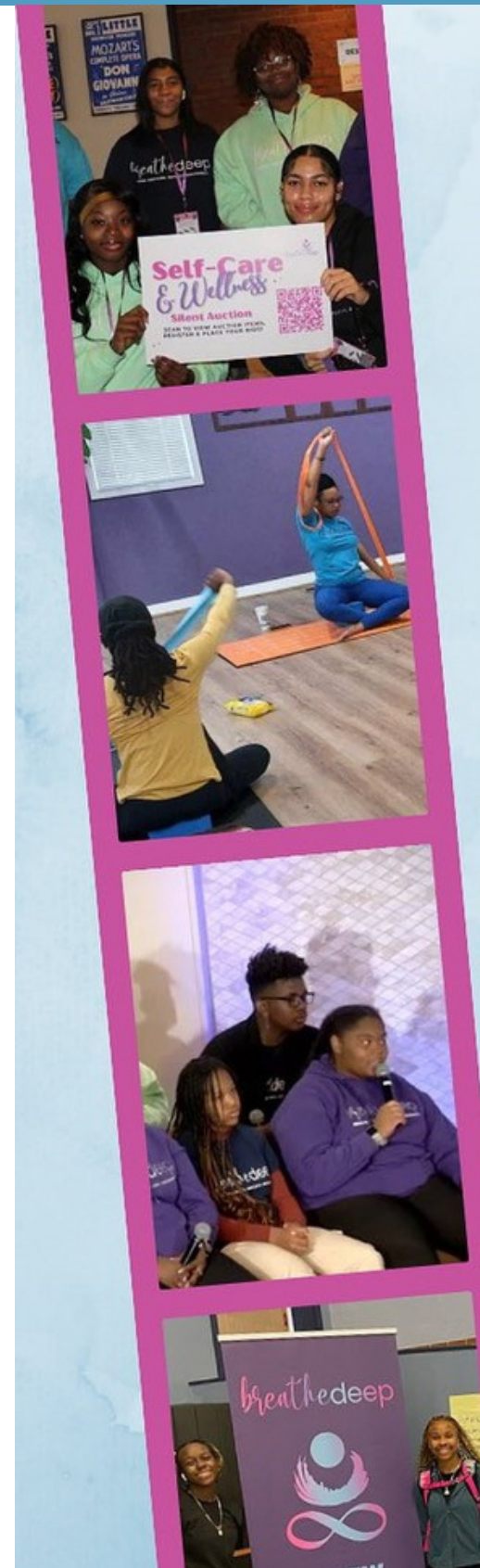
Here at BreatheDeep, we are touching the lives of everyday people. We are helping to heal the impacts of trauma, loss, rejection, abandonment, shame, oppression, discrimination and feelings of social disconnection. We are empowering both youth and adults to actively seek the best versions of themselves through self-love and self-care. We are re-centering the marginalized lives of those connected with the judicial system through individual counseling and group educational sessions that address issues of depression, anxiety, suicide, grief and more. We are cultivating new programming to address the rising concerns of violence, guns, drugs and gang affiliations while collaborating with school & community partners to make our engagements with youth more impactful. BreatheDeep pivots with the community while serving the community. We assess the needs of the community and provide services based on our expert knowledge and skill sets along with strong partnerships and collaborations.

We are so grateful for all of the support of our funders that empower us to do this necessary and important work. We are thankful for all our partners and look forward to our continued efforts making real and lasting change within the community. We encourage and welcome new and expanding partnership. There is certainly more work to do. BreatheDeep will continue to answer the call, for the harvest is certainly great!

Mission, Vision, & Goals

BreatheDeep is a community and research-based 501c3 organization that provides mental health education, mental health support services and restorative wellness programming to historically marginalized communities. BreatheDeep partners with the community to serve the community. We co-create safe spaces with our participants to assist them to renew, restore, reflect, and to reconnect to their overall health and wellness.

We have established a network of partners serving in the areas of mental health and wellness, who provide workshops, coaching and counseling through culturally relevant and research-based strategies. Our work is focused on assisting our participants to embrace and infuse wellness strategies into their daily lives.



Programs & Initiatives

1 Peer
Ambassador
Program

2 Wellness
Activities

3 Individual
Counseling

4 Community
Group
Education
Programs

5 School Based
Mental Health
Education
Programs

25

Peer Ambassadors
Trained

Peer Ambassadors Program:

BreatheDeep continues to partner with the City of Rochester Summer of Opportunity Program to hire youth 14-18 years of age for our paid summer and academic year internship. 25 youth were trained to facilitate workshops and presentations on topics such as: Depression, Anxiety, Violence, Trauma, Grief & Loss, Suicide, Wellness, Self-Care, Self-Love, Healthy Relationships and Communication. In 2023 Peer Ambassadors engaged their peers in their schools to include Young Women's College Prep (YWCP), University Preparatory School for Young Men (UPrep), Rush Henrietta Roth Junior High School, and East High School. They engaged both youth and adults via multiple community workshops culminating their efforts via their Doc & Dialogue documentary and panel discussion at the Little Theatre, engaging over 250 people over two sessions.

58+

Wellness sessions
offered

Wellness Activities:

BreatheDeep is proud to partner with Keira Wilson of Hustle & Heart Fitness and Dr. Anika Simone Johnson of Love, Light & Yoga to facilitate weekly restorative wellness activities to the community. Our goal is to co-create safe and welcoming spaces where participants can cultivate strategies to meet the needs of their overall wellness as well as as to infuse self care practices into their daily lives.

15+

Culturally reflective
mental health
professionals
providing FREE
mental health
counseling &
coaching.

Individual Counseling Services:

BreatheDeep continues to meet the mental health needs of the community. Our culturally reflective team of clinicians and coaches engage youth and adults with free counseling services, increasing equity and access to mental health services while bypassing cultural and financial barriers to care.

330+

Community
persons served
(unduplicated).

Community Mental Health Education Programming:

BreatheDeep continues to expand our reach as we collaborate with community partners such as Rise Up Rochester, SAFE Court, United Way and more to meet the mental health needs of the greater Rochester community. We have served families impacted by violence and homicide, foster care teens coping with issues of loss and abandonment, and at risk women connected to the judicial system. BreatheDeep has also trained current community leaders on how to infuse wellness strategies into their daily personal and professional lives to mitigate the impact of high stress.

80+

Youth served in
schools through
mental health
curriculum.

School Based Mental Health Education Programming:

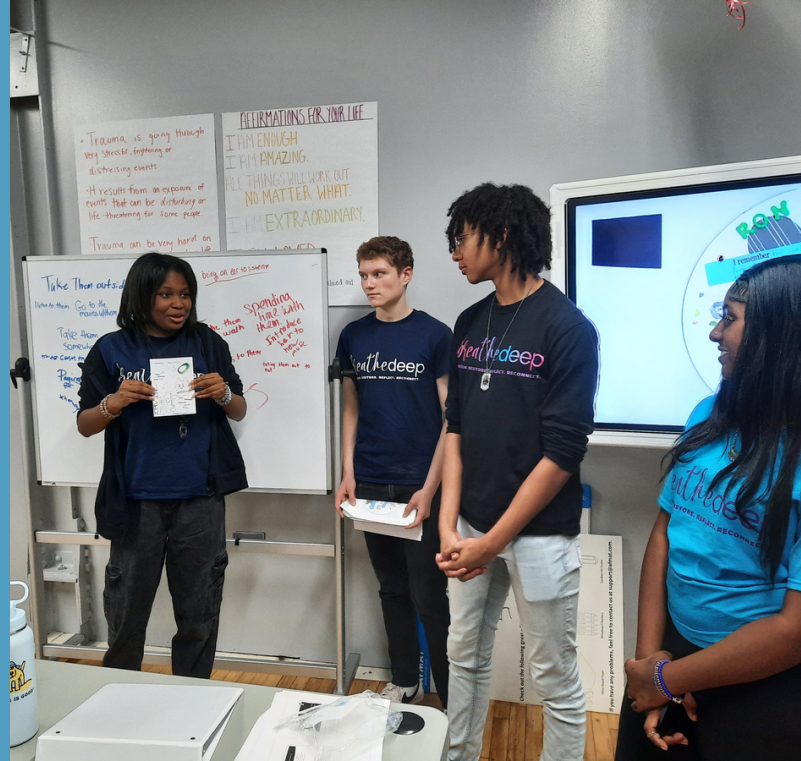
BreatheDeep is proud of our efforts in mental health education within schools. The 8 week Changing Our Narratives: Conversations About Mental Health program served over 80+ male and female youth ages 12-17 at local charter schools in 2023. We solidified partnerships with 4 additional public schools to launch programming in 2024, to include launching a new program, Project SOYL (Saving Our Youth Lives) to address violence & gun prevention and conflict avoidance.



Peer Ambassador's Report

25

Youth ages 14-18 trained to teach mental health curriculum to their peers.



1300+

Spring + Fall 2023 Peer Ambassador impacted 1300+ youth and adults via workshops, community presentations, and school assemblies talking about mental health and the impact on teens.



25+

Collectively they conducted 23 sessions of mental health education session to the Greater Rochester, Monroe County community.



Tamara Sheppard
Licensed Clinical Social Worker
Peer Ambassador Program Director

Thank You!



For Supporting Doc & Dialogue



Self-Care & Wellness
Silent Auction
SCAN TO VIEW AUCTION ITEMS,
REGISTER & PLACE YOUR BIDS!



Wellness Activities



151

The Total Body Workout Session +
Yoga Classes have served over
151 participants in 2023



58

Collectively, BreatheDeep has offered
58 classes of wellness activities.



Keira Wilson
Body Building Champion & Trainer
Hustle and Heart Fitness



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



58+

BreatheDeep has provided 58+ hours of free counseling to women, men and youth in 2023.



Individual Counseling

35+

BreatheDeep has received over 35 referrals for counseling.

20

20 of the 35+ referrals have been for youth under the age of 18.

25+

25+ women & girls have received at least one session of counseling.

10+

10+ men & young men have received at least one session of counseling.



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

15

BreatheDeep has cultivated a network of 15 counselors, social workers and mental health coaches that culturally reflect the participants served.



Community Mental Health Education Programming



Throughout my interactions with BreatheDeep, they have consistently demonstrated exceptional commitment, professionalism, and a genuine desire to create a meaningful change. Their unwavering dedication and tireless efforts have resulted in remarkable achievements and have positively impacted the lives of countless individuals.

~Rise Up Rochester



After having previous professional interactions with BreatheDeep leadership, it was natural for me to reach out to their team to serve the needs of my staff. BreatheDeep conducted mental health training, facilitated group discussions, and engaged my staff through meaningful activities. These interactions invited them to give themselves permission to reflect and assess their own needs and to address those needs. We have deemed each of our interactions with BreatheDeep as relevant, valuable, and reflected our cultural and diverse mental, emotional, social and spiritual needs.

~Caring and Sharing Child Care Center

330+

330+ unduplicated participants served through community mental health education programming.

40

40 sessions of community mental health education workshops provided through BreatheDeep mental health expert facilitators

75+

75+ hours served educating the Greater Rochester Community on the importance of mental health education, restorative wellness and the impact of stigma.

10+

10+ organizations served through community mental health programming and restorative wellness professional development + training.



THE BREATHING ROOM

PART II

COMMUNITY SUPPORT SERIES



School Based Mental Health Education Programming



During the monthly Roth Town Hall meetings (in which each grade level comes together for student development on an SEL competency), the Breathe Deep Student Leaders create and present a slide deck to help students define, connect, and take actionable steps in improving their mental health and wellness. These presentations have included Self-Management, Self-Awareness, Social Awareness and Responsible Decision Making. Integrated into these competencies, the student leaders have also discussed depression, anxiety and other significant mental health conditions that have continued to become more prevalent in our society and especially in our young adults.
~ Rush Henrietta Roth Junior High

"Young Women's College Prep Charter School (YWCP) continues to be a proud partner with BreatheDeep's Changing Our Narrative Program. While we were excited to begin our partnership in November of 2021, we had no idea the immediate and long-term impact the program would have on our students. Having an opportunity to learn and discuss topics surrounding mental health created a safe space and culture that helped dis mantle the stigma often associated with such topics. Our students enjoyed participating in the groups and often discussed the topics with their friends and other staff members. We have witnessed their enthusiasm as well as a level of maturation from their participation."



"I have had the privilege of witnessing the positive transformations that have taken place within the participants because of BreatheDeep. The program has not only impacted their academic performance but has also instilled values of resilience, responsibility, and leadership. These young men are better equipped to face the challenges ahead, thanks to the mentorship and guidance provided by BreatheDeep."
~ UPREP

50+

50+ young men participants served through school based mental health education programming.

40+

40+ hours of mental health education workshops provided to youth ages 12-18.

80+

80+ students served through the Changing Our Narrative: Conversations About Mental Health Curriculum

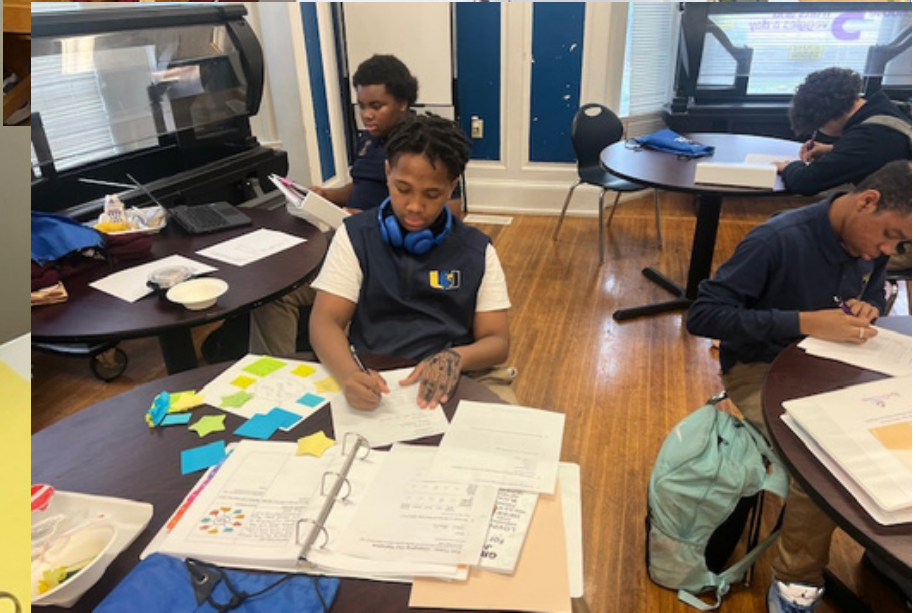
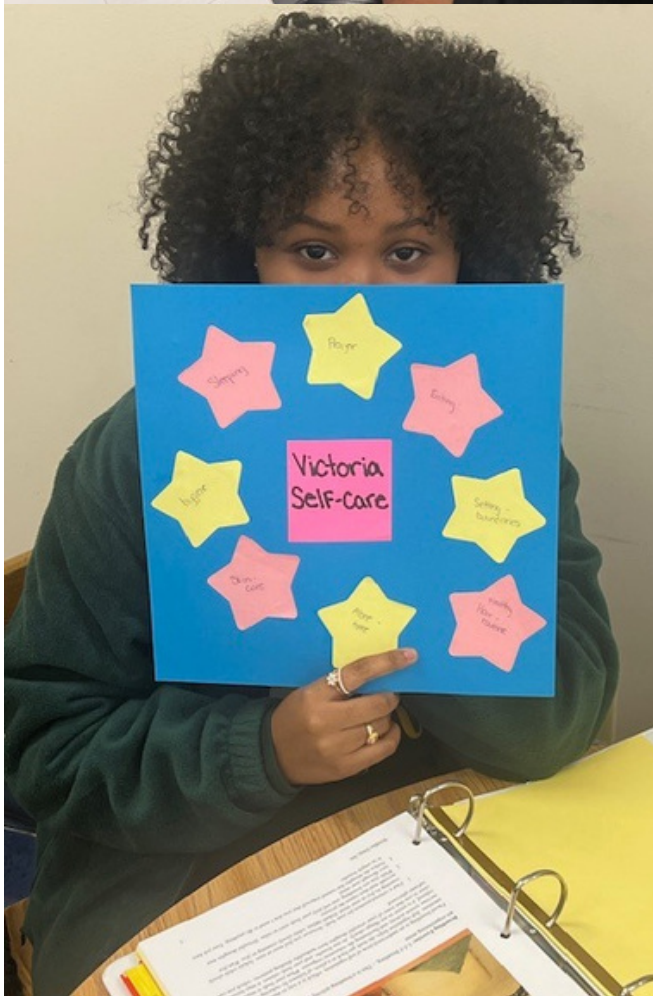
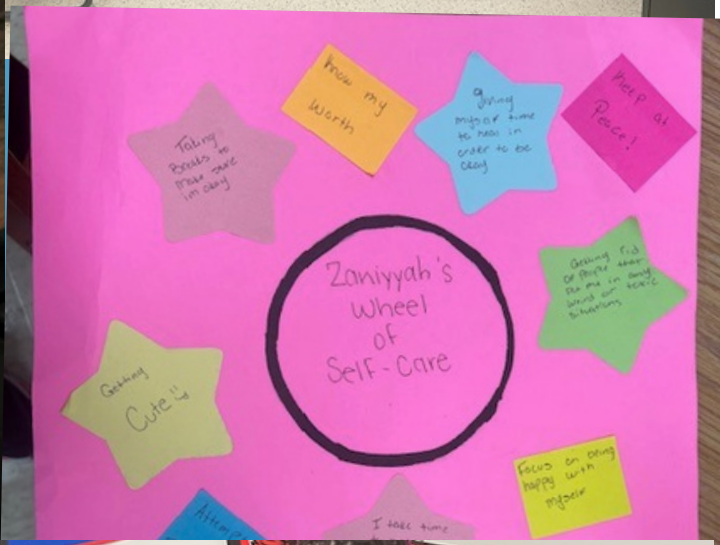
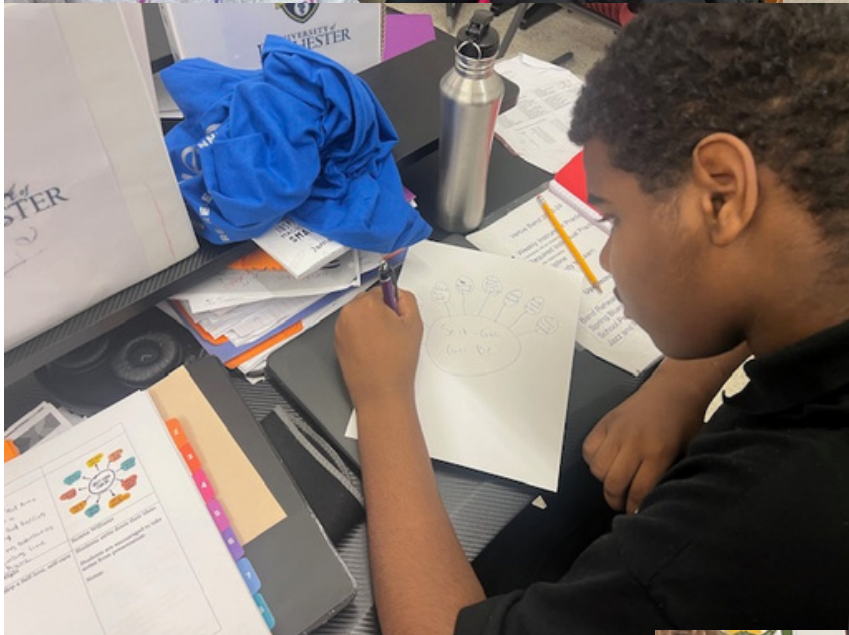
30+

30+ young women participants served through school based mental health education programming.



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





Program Summary by the Numbers

225+

**Mental Health
Education and
Wellness Session
Provided**

250+

Hours of Service

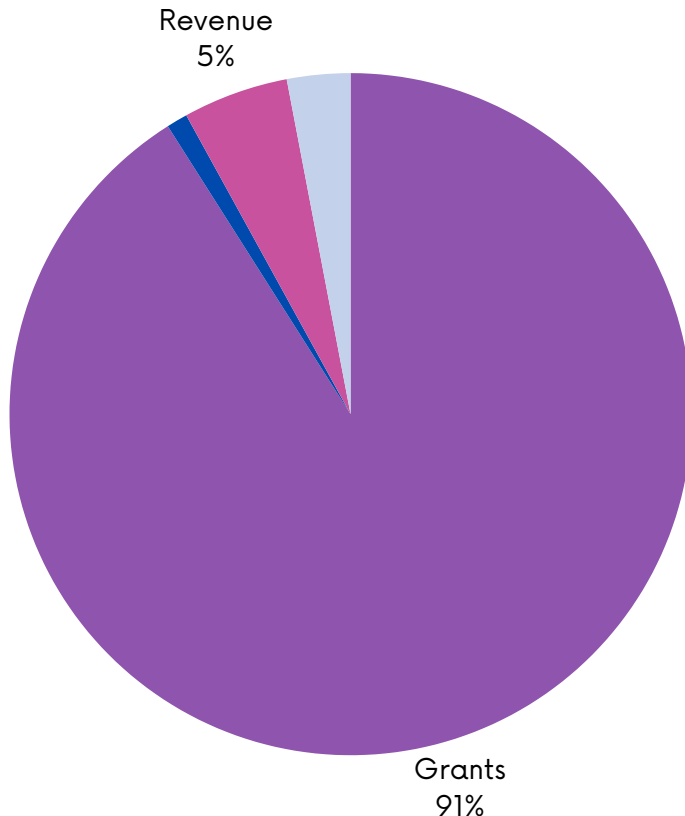
1850+

**Community
Members Served**



Financial Summary

■ Grants ■ Individual Donations ■ Revenue
■ Corporate Donations



TOTAL REVENUE
\$492,991.36

BreatheDeep received the majority of our funding via local grants. Other funding was received in 2023 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 2022-2023 and 2023-2024 year.

Grant funders included:

- The Greater Rochester Health Foundation
- The Rochester Area Community Foundation
- The Farash Foundation
- The Wilson Foundation
- Greater Rochester Afterschool & Summer Alliance (GRASA)
- ESL Federal Credit Union
- The Rochester City School District
- The Konar Foundation

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