

Quarterly News & Updates



RENEW. RESTORE. REFLECT. RECONNECT.

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

~Audre Lorde

Message from the President & CEO

Can you believe that we are at the end of the 3rd quarter of the year! So much has happened over the summer months and so much is taking place as we enter into the Fall season. Let me give you a quick recap and summary.

- The Summer Peer Ambassador Program was a wonderful success. We hired 17 youth interns with the help of the City of Rochester’s Summer Opportunity Program to be trained as peer mental health educators. Over the 2022-2023 academic year, interns will continue their employment facilitating workshops in their schools and within the community. They were such an amazing group of youth. I hope you enjoy the pictures and the capstone videos below.
- Our Changing Our Narrative Program continues to grow. We will be facilitating the program at Young Women’s College Prep (YWCP) with a new group of young ladies. Our YWCP Peer Ambassadors will help lead this program. Additionally, the program will be facilitated at UPrep, engaging young men in conversations about mental health. Our UPrep Peer Ambassador will also be assisting with facilitation of this program.
- BreatheDeep extends its impact with Mental Health engagement to Roth Junior High School in Henrietta. Peer Ambassadors will engage their 7-9th grade school community through Student Council initiatives. Youth interns will create monthly points of engagement via mental health posters, school announcements, activities and engage in conversations that encourage awareness and decrease the impact of stigma. We are so excited about



*Melany J. Silas,
PhD, M.Div., RYT*

the energy and creativity of our youth interns and look forward to the overall impact that they will have on their peers.

- BreatheDeep has a new hire! Ms. Torri Cowans has joined the BreatheDeep team full time as our Mental Health Education Coordinator. She will work closely with our Peer Ambassador interns throughout the school year as they facilitate workshops and mental health conversations with their peers. She will also facilitate our monthly Restorative Healing Circle Sessions. We are so excited to have Torri join our team! We have no doubt that she will make a lasting positive impact within our schools and community and will prove herself to be an excellent representative of BreatheDeep overall!

As you can see, BreatheDeep is moving forward in leaps and bounds! We are dedicated to bridging the gaps in mental health awareness among our youth, while engaging them in the process. We are a small but mighty team. We will continue to navigate the mission and vision of the organization while trying to balance the needs of the community with our capacity. We look forward to continued growth and overall community impact. We understand that we are on a journey, and we are certainly committed to that journey and all the lessons there are within.

Thank you for your continued support! You are certainly appreciated!

BreatheDeep Peer Ambassadors Lead the Summer!



Summer Overview

This summer, we trained 17 youth as Peer Ambassadors using our mental health curriculum.

Our Peer Ambassadors engaged in class discussions and activities on topics such as: Wellness, Self-Care, Self-Love, Stress Management, Depression, Grief, Anxiety and so much more!

Using strategies co-created with BreatheDeep facilitators and staff to dispel stereotypes and stigmas surrounding mental health and wellness, our Peer Ambassadors will be sharing these tools and strategies with their peers.

[Summer Capstone Video](#)

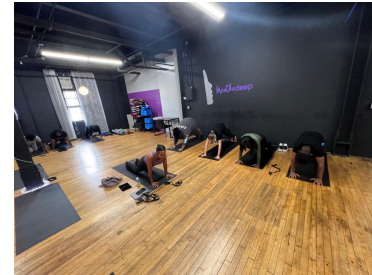


RECONNECT

Licensed mental health professionals, social workers, and counselors spent the summer with us teaching our Peer Ambassadors the ins and outs of mental health issues relevant to our community and youth.

REFLECT

To demonstrate their learning, Peer Ambassadors facilitated teach backs to each other to enhance their public speaking skills and get comfortable presenting in front of others.



Our Team is Growing



Welcome Torri!

Torri joined the BreatheDeep family as our **Mental Health Education Coordinator** earlier this month. She will be leading the charge for our school-based program efforts and working to create other mental health centered programs such as Restorative Circles this fall.

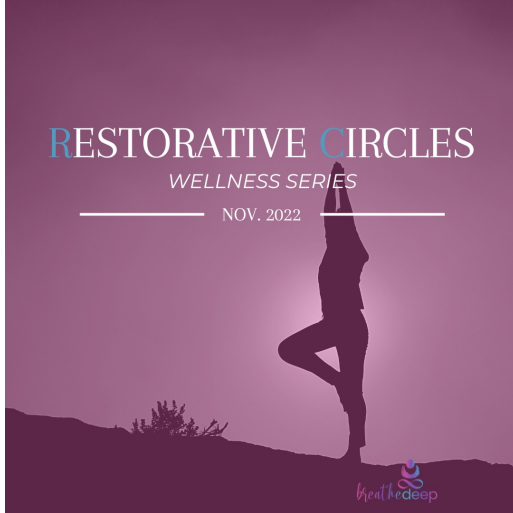
Torri is a graduate of Saint Leo University (B.A.) and Nazareth College (M.A.) and has a wealth of experience in health and care management for families and youth.

Torri is the first full-time employee on the BreatheDeep team!

Fall Program Updates

Restorative Healing Circles

Embrace the 4R's with us this fall during our Restorative Circles series. These intimate sessions will cover a range of



topics such as: grief and loss, wellness, self-care, and meditation.

Connect with us on social media to get more updates on Restorative Circles!



Mental Health x Student Engagement



Changing Our Narrative: Conversations About Mental Health

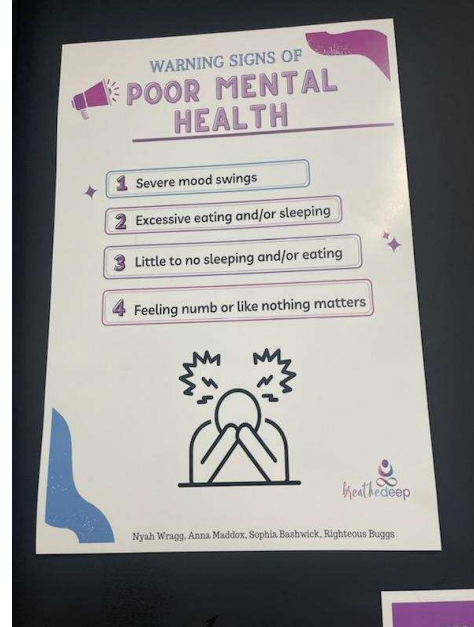
Partnered with *Young Women's College Prep (YWCP)* and *University Preparatory Charter School for Young Men (UPREP)*, during this 8-week program, the BreatheDeep team, school staff, and student participants will co-create a safe space to be transparent and courageous while highlighting different mental health topics through group dialogue, artistic expression and wellness strategies.

***This is round 2 of the Changing our Narrative program
Check out the YWCP Pilot Capstone Video from last spring!***

Spring Capstone Video

Mental Health Awareness Campaigns

With the help of Peer Ambassador, Nyah, and the Roth Junior High School Student Council; we'll be running **monthly mental health campaigns** featuring original posters, graphic, announcements, and activities.



Peer Ambassador Highlight



"Call me crazy but i like to see other people happy and succeeding. Life is a journey, not a competition."

Meet Soniya!

Soniya is one of our trained Mental Health Peer Ambassadors from the summer who came in with intention.

Soniya chose BreatheDeep because she has a passion for helping others and wanted to learn more about Mental Health.

At the end of the summer, Soniya was awarded with the "Most Reflective" superlative.

"The most valuable lesson I learned this summer was that taking a mental health/self care day is not selfish."

-Soniya



A BreatheDeep Moment



Give Thanks. Embrace Gratitude.

As we enter this next quarter, remember to give thanks and really feel gratitude.

We encourage you to keep a Thanksgiving journal as the year winds down, to document and remind you of your continued blessings.

It's so easy to think about what we don't have. Let's be intentional in this last quarter, and thankful for what we do have. *Don't forget to BreatheDeep!*

Check us out on our website!
www.breathedeepinc.org

Donate

BreatheDeep, Inc. | 215 Tremont St., Door 8, Rm 121, Rochester, NY 14608

[Unsubscribe breathedeepinc11@gmail.com](mailto:breathedeepinc11@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by breathedeepinc11@gmail.com powered by



Try email marketing for free today!