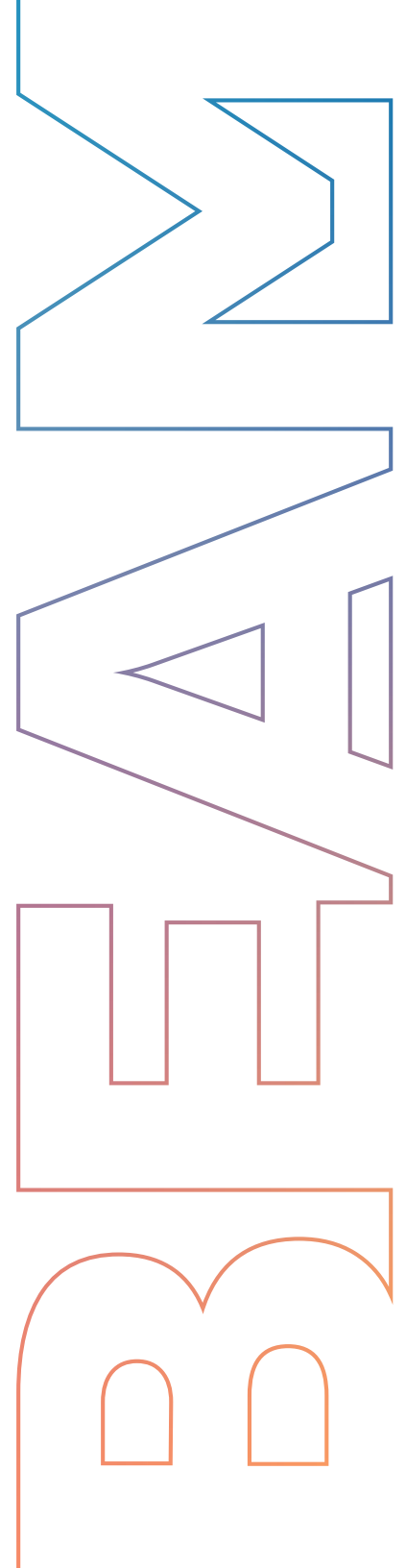


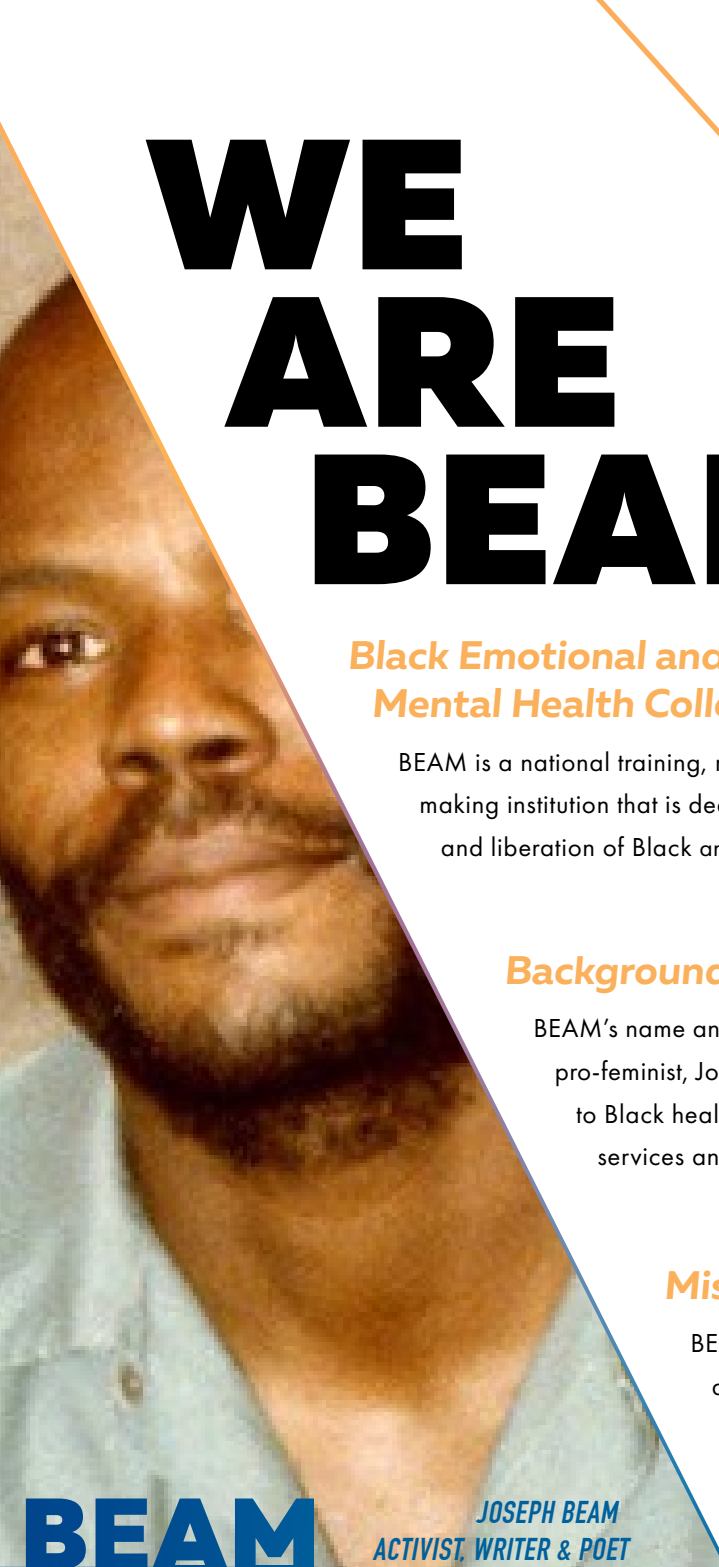
BEAM

BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE



ANNUAL REPORT





WE ARE BEAM!



**RARELY, IF EVER, ARE ANY OF
US HEALED IN ISOLATION.
HEALING IS AN ACT OF
COMMUNION."**

- bell hooks

Black Emotional and Mental Health Collective

BEAM is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities.

Background

BEAM's name and work is inspired by HIV/AIDS activist, author, and pro-feminist, Joseph Beam. BEAM envisions a world where there are no barriers to Black healing and centers a healing justice-informed approach in its services and programs.

Mission

BEAM's mission is to remove the barriers that Black people experience while gaining access to or staying connected with emotional healthcare and healing. BEAM achieves this through healing justice-based organizing, education, training, grant making, and advocacy.

BEAM

**JOSEPH BEAM
ACTIVIST, WRITER & POET**

OUR WORK!

Training and Peer Support



BEAM trains community members on healing-informed mental health peer support practices with an emphasis on everyday community members: teachers, parents, activists, barbers, stylists, and students. We also develop healing justice-informed wellness tools that community members can use to support their circles.

Grant Making

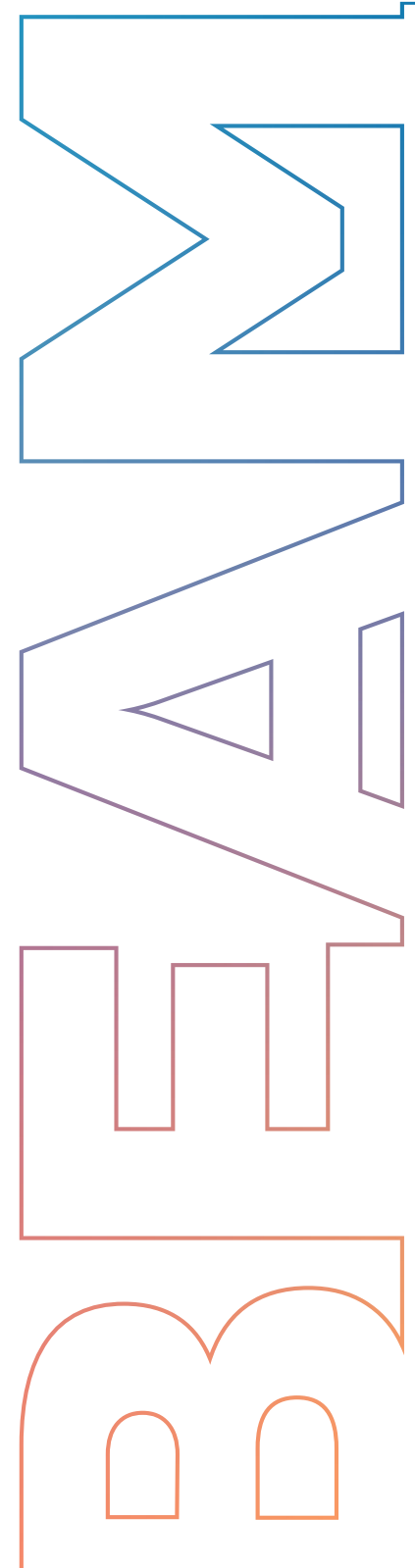
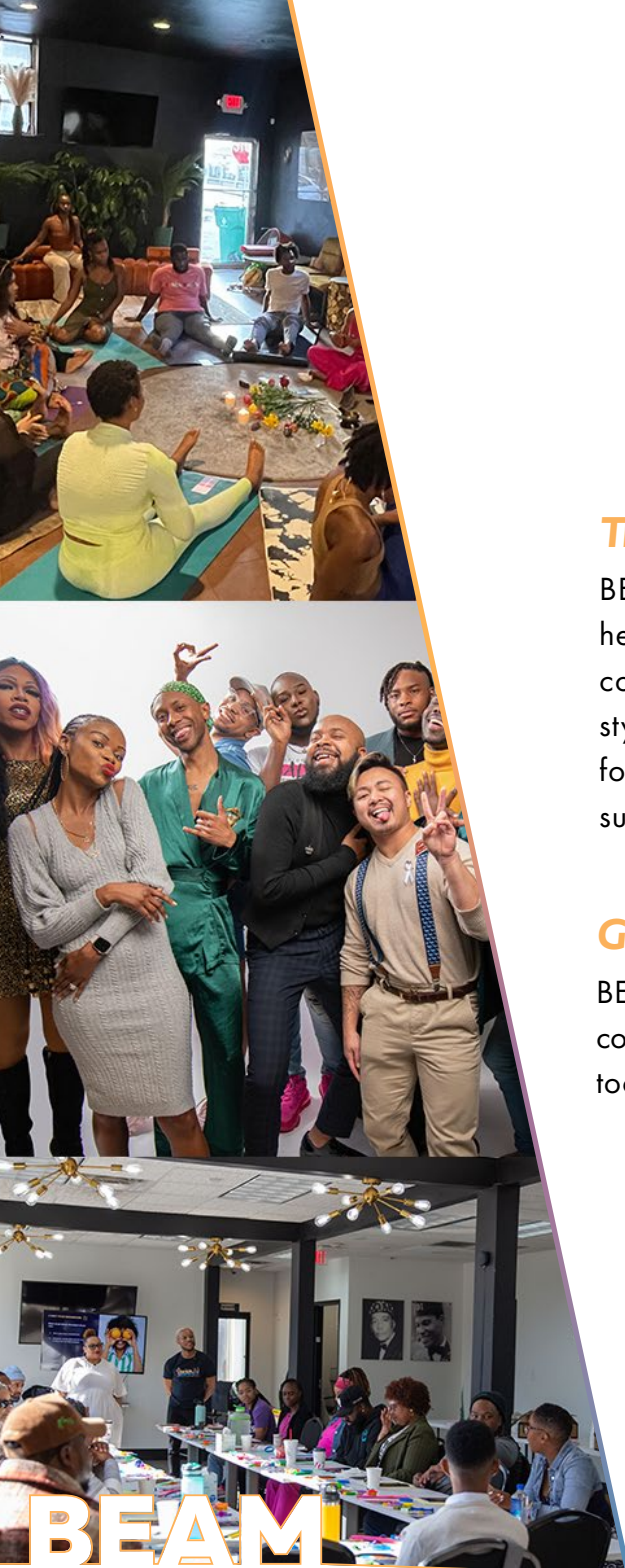


BEAM partners with and resources grassroots movements and community based organizations across the country with funds and tools to support Black community wellness.

Organizational Wellness and Coaching



BEAM supports grassroots movements and community-based organizations with centering healing practices in their leadership, services, and community engagement.



BOARD OF DIRECTORS

Vignetta Charles, PhD, MPH
Board Chair

Martine Seiden Agatston, ESQ

Nicole Clark, LMSW

Dannielle Thomas, MA
Board Secretary

Nick Washington, CPA
Board Treasurer

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Founder & Executive Director

Dayo Akinyemi
Director of Communications

Khadijah Barber
Finance & Operations Manager

Skye Barclay
Creative Project Manager

LaTryce Butler
Grants Manager

Joëlle Dussek
Programs Manager

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Facilitation & Community Manager

Natalie Patterson
Director of Training & Programs

Amanda Poole, PhD
Executive Administrator

Uzo Seymour
Social Media Coordinator

Mannie Thomas III
Senior Education Lead

Monique Tula
Deputy Director

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Facilitator

Richard Ford III
Graphic Designer

Donnie Hue Frazier III
Community Engagement Specialist

Selah Greaux
Training & Programs Consultant

Amir Khadar
Graphic Designer

Beth Killian
Facilitation Support Consultant

Allen Lipscomb, PysD, LCSW
Facilitator

Jason Mitchell
Facilitator

C.J. Robinson
Graphic Designer

Sadé Robinson
Graphic Designer

Saabira Vanker
Experience Designer



ANNUAL REPORT

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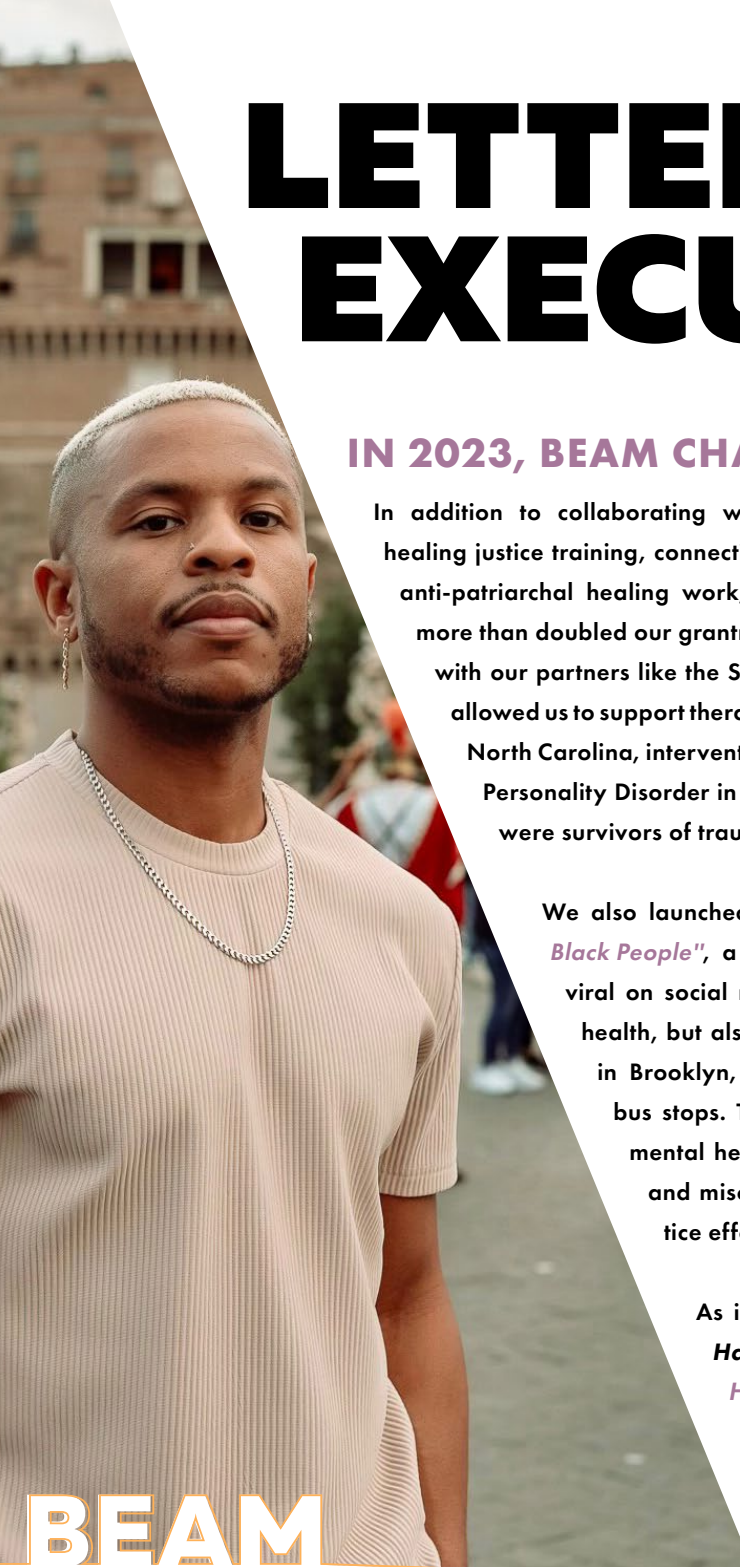
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A portrait of Yolo Akili Robinson, a Black man with short hair, wearing a light-colored t-shirt and a chain necklace. He is looking slightly to the side with a calm expression. The background is a blurred outdoor setting.

LETTER FROM THE EXECUTIVE DIRECTOR

Yolo Akili
Robinson

IN 2023, BEAM CHARTED NEW TERRITORY.

In addition to collaborating with communities on the ground offering healing justice training, connecting Black men and masculine folks through anti-patriarchal healing work, and building up movement leaders; we more than doubled our grantmaking efforts! Our grants, in collaboration with our partners like the Saks Fifth Avenue Foundation and Pinterest, allowed us to support therapists for formerly incarcerated Black folks in North Carolina, interventions for Black women living with Borderline Personality Disorder in Atlanta, Dance Therapy for Black girls who were survivors of trauma in Baltimore and much more.

We also launched our first ever national campaign, "*Dear Black People*", a collective of affirmations that not only went viral on social media prompting conversations on mental health, but also was seen by more than 8 million people in Brooklyn, Harlem and Bronx subways and Atlanta bus stops. This effort reached millions of people with mental health resources, and disrupted transphobia, and misogyny in public spaces, a true Healing justice effort.

As if this was not enough, we partnered with *Happily*, to launch our first ever podcast, *Black Healing Remixed!* Led by myself and our Director of Training, Natalie Patterson, BHR covered everything from pharmaceutical companies and the DSM, diagnostic

inflation, sex, mental health and much more. The video format and audio reached more than 5,000 people (and that number is still growing!)

Even as we expanded, our eyes still remained focused on our internal infrastructure. We began evaluating our previous and current grant work with our partner Social Insights Research, and focused on building internal regulation systems by hiring our first ever Deputy Director and Director of People, Culture and HR. We also kept our commitment to ensuring that accessible and COVID safe programs were available, each month holding our virtual healing circles and training as well as offering in person opportunities.

As with every year, political unrest and growing societal inequality gave us much work to do, and for our team, much to manage in our own personal lives as well. These last few years have taught us alot about the boundaries of what we as an institution can offer to our staff, but we have also gotten increasingly clear about how a healing centered workplace can contribute to our overall well being- and it can do a lot. As we move towards 2024, we hope to share more and more of our lessons learned. As for now, please enjoy this beautiful report, celebrating the power and legacy of BEAM and our partners across the world, who continue to show us, as the philosopher Starhawk says: "For great as the powers of destruction may be, greater still, are the powers of healing."

IN SOLIDARITY,
YOLO

BEAM



COMMUNITY

Healing happens in community. This has been one of our main guiding principles at BEAM and ensures that we prioritize being in community with one another to learn, grow, and thrive. As we transitioned back to doing in-person work, we were able to expand our community reach and educate different folks across the country.

TRAININGS & PROGRAMS:

HEALING IN COMMUNITY

Take an in-depth look into two of our main peer support trainings -
A space to cultivate mental health skills and and reimagine our
approach to Black healing.

BLACK
MENTAL
HEALTH
& HEALING
JUSTICE

PEER
SUPPORT
TRAINING



BEAM BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE

COMMUNITY



Black
MASCULINITY
(re)imagined





1,128
PEOPLE TRAINED IN 2023

TRAININGS & PROGRAMS:

HEALING IN COMMUNITY

In 2023, BEAM embarked on a journey across the United States and spent a week in five cities offering healing experiences, peer support trainings, and fostering connections with local wellness workers on the ground.

Virtual International Attendee Locations

KYIV • LITHONIA • LIVERPOOL
NOTTINGHAM • SINGAPORE • WEST JORDAN

Monthly Virtual Healing Spaces


HEART SPACE


NORTH STAR



NYC TRAINING OVERVIEW VIDEO

WE PULLED UP
with 60+ Trainings

LOS ANGELES

ATLANTA

BROOKLYN

CHICAGO

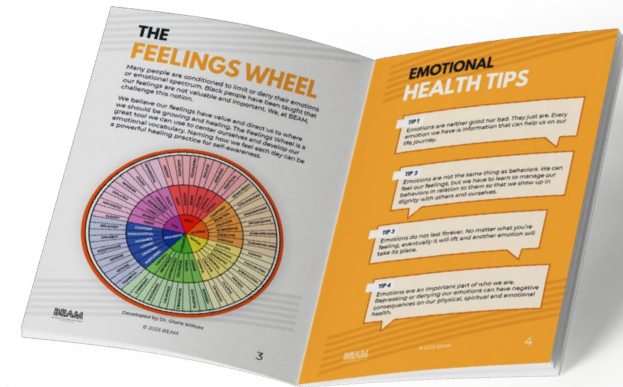
NEW ORLEANS

BEAM

MENTAL HEALTH & WELLNESS

WORKBOOK GIVEAWAY

To meet the community where they are, we did a mass mailing of our mental health & wellness resources to communities in Detroit, Philadelphia, Shively, Los Angeles and Atlanta. A total of **2,000** workbooks have been mailed to homes in predominantly Black neighborhoods.



2000
MAILED RESOURCES

WORKBOOK MAILINGS

+ Detroit, MI + Philadelphia, PA + Shively, KY + Los Angeles, LA + Atlanta, GA

WORKBOOK AND POSTCARD GIVEAWAY
VIDEO

BEAM



COMMUNITY FEEDBACK **FOR OUR WORK**



Nina's Video



Caylan's Video

As the conversation around mental health evolves, providing trainings and programs that emphasize the need for a radical approach to mental health is critical.



[My biggest takeaway from this training is] how much we need **MORE** of this in our communities. One thing that stood out was the intergenerational connections being made around mental health. We're all dealing with it."

— BLACK MENTAL HEALTH & HEALING JUSTICE TRAINING PARTICIPANT

"Thank you for providing the language and exemplars of how to engage/model/evaluate our leadership in this work outside of white-stream ways of being."

— EMOTIONALLY INTELLIGENT LEADERSHIP TRAINING PARTICIPANT

COMMUNITY PARTNER SPOTLIGHT WEEKSVILLE HERITAGE CENTER



Weeksville Heritage Center Brooklyn, NY

The Weeksville Heritage Center is a historic site on Buffalo Avenue between St. Marks Avenue and Bergen Street in Crown Heights, Brooklyn, NYC.

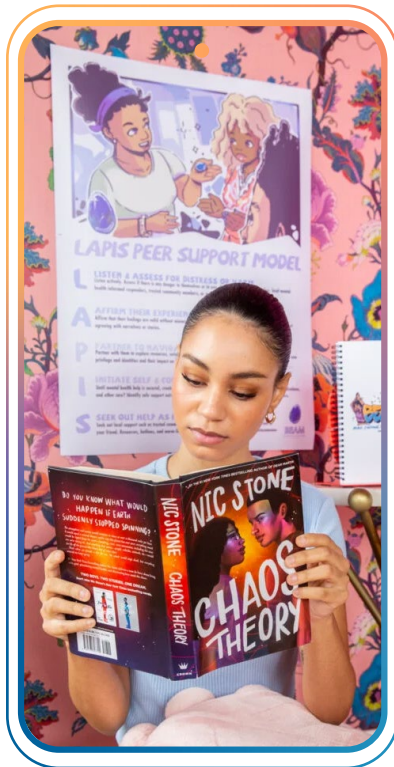
It is dedicated to the preservation of Weeksville, one of America's first free black communities during the 19th century. In July 2023, we hosted our Black Mental Health & Healing Justice Training at the historic Weeksville Center to honor the legacy of our ancestors while connecting that legacy to the work we do to uplift Black healing.



Erica Harper,
Vice President of
Learning & Engagement

IMPACTING THE COMMUNITY THROUGH BOOKS

PARTNERING WITH AUTHOR, NIC STONE AND PENGUIN RANDOM HOUSE



Learn more about the partnership [here!](#)

We partnered with the author of *Chaos Theory*, Nic Stone, and the team at Penguin Random House to uplift her novel focused on two, young Black teenagers navigating depression, loss, and love.

This story reminds Black folks that our healing journeys are both imperfect and beautiful, and is a great tool to open up conversations with young adults on mental health.

We hosted a special social media giveaway, and five lucky winners received:

- + A signed copy of *Chaos Theory*
- + BEAM's Lapis Peer Support Poster
- + A BEAM water bottle and notebook



BLACK HEALING REMIXED

BLACK WOMEN & GIRLS WELLNESS DAY

HOSTED BY ACTRESS, LAURA HARRIER

Check out the [Recap Video](#) 

Featured Speakers

Dr. Joy Harden Bradford • Dr. Mariel Buqué

Dr. Yaba Blay • Isis King • DJ KISS • Lovie Simone

Nic Stone • Reverend Valerie Spencer

**235 TOTAL
PARTICIPANTS**

CORPORATE PARTNERS

lululemon • Victoria Secret / Pink • Vaseline

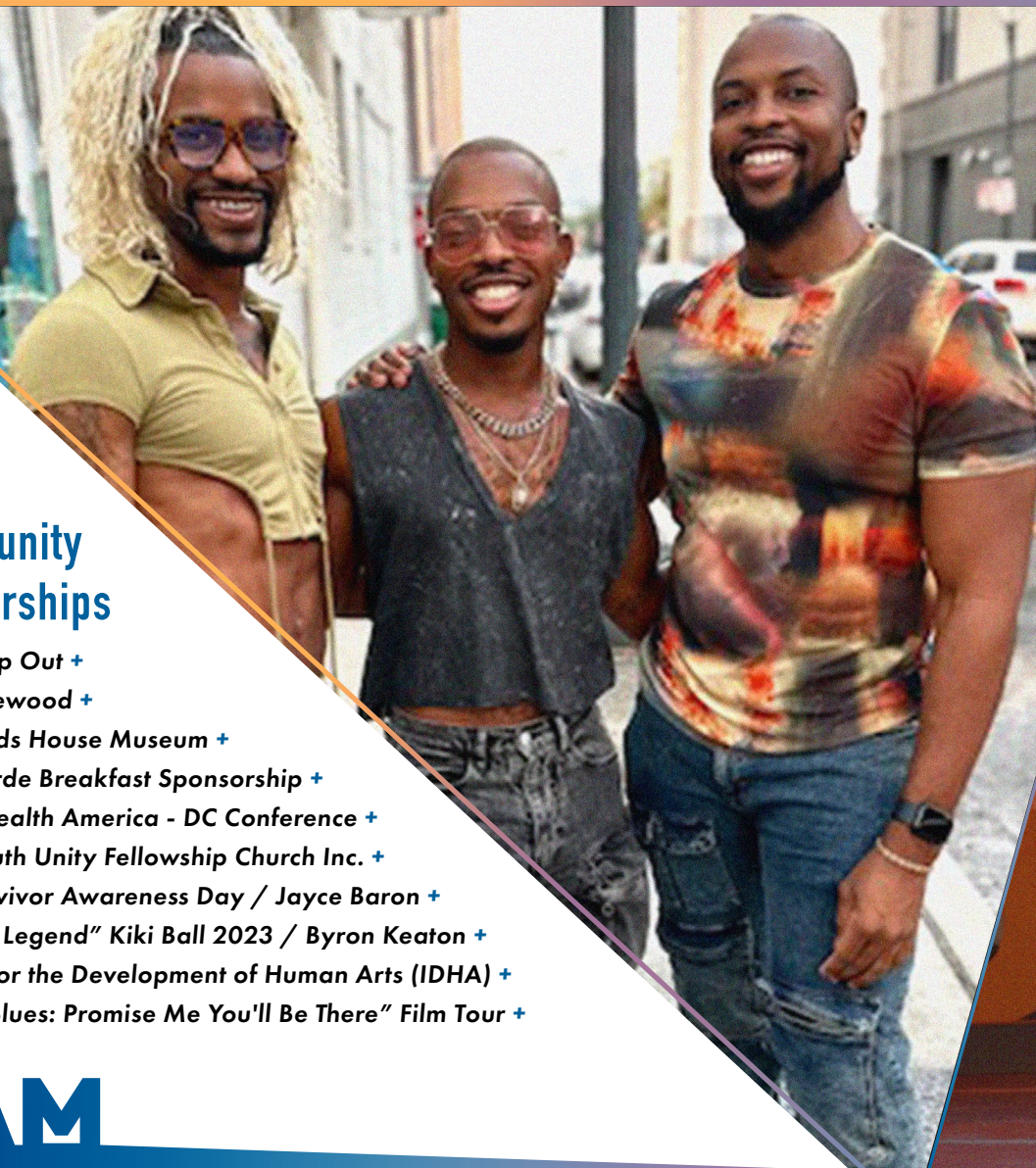


COMMUNITY PARTNERSHIPS

Community Partnerships

BAR Camp Out +
TEDxInglewood +
Hammonds House Museum +
Rustin Lorde Breakfast Sponsorship +
Mental Health America - DC Conference +
Divine Truth Unity Fellowship Church Inc. +
Male Survivor Awareness Day / Jayce Baron +
"Birth of a Legend" Kiki Ball 2023 / Byron Keaton +
Institute for the Development of Human Arts (IDHA) +
"Roux's Blues: Promise Me You'll Be There" Film Tour +

BEAM





CONNECTION

Meeting folks where they are is a key part of our healing work. Whether we're using social media, subway campaigns, or our wellness tools, we strive to dig into the layers of our work through laughter, honest conversations, and creating safe spaces for connection and community.

BEAM BLACK EMOTIONAL AND
MENTAL HEALTH COLLECTIVE

BEAM

DEAR BLACK FOLKS

MENTAL HEALTH CAMPAIGN

The “Dear Black Folks” affirmation series was designed to disrupt public space by providing messages of radical love for Black people.

Each affirmation speaks to some of the unique challenges that different Black communities face, and provides reframing dialogue that serves to combat the narratives of self hate rooted in patriarchy, sexism, transphobia, and homophobia.

3,761,668
ATL IN-PERSON
IMPRESSIONS

8,892,500
NYC IN-PERSON
IMPRESSIONS

BEAM



Check out the
campaign [here!](#)

POSTED
IN **80**
NYC SUBWAY
STATIONS

DISPLAYED
IN **20**
BUS SHELTERS
IN ATLANTA



Written by BEAM Executive Director, Yolo Akili Robinson
Designs illustrated by artists, Richard Ford III and CJ Robinson

BEAM BLACK EMOTIONAL AND MENTAL HEALTH COLLECTIVE

CONNECTION

HOSTED BY YOLO AKILI ROBINSON AND NATALIE PATTERSON
YOUR FRONT PORCH FOR HONEST TALKS ON BLACK HEALING AND WELLNESS

BLACK HEALING REMIXED

THE PODCAST

Hosts Yolo Akili Robinson and Natalie Patterson explore, in full truth, what it means to be healing in real time. Through Black joy, laughter, tears, and wellness tools - the podcast shows us how our healing journeys can be imperfect and messy, but also very beautiful.



**SEASON 1
TRAILER**

BEAM



BLACK HEALING REMIXED

THE PODCAST

45,759
IMPRESSIONS

STREAMED
IN OVER **6** COUNTRIES

| **5,000+** PLAYS



CONNECTING WITH SPANISH SPEAKING BLACK FOLKS AROUND THE WORLD

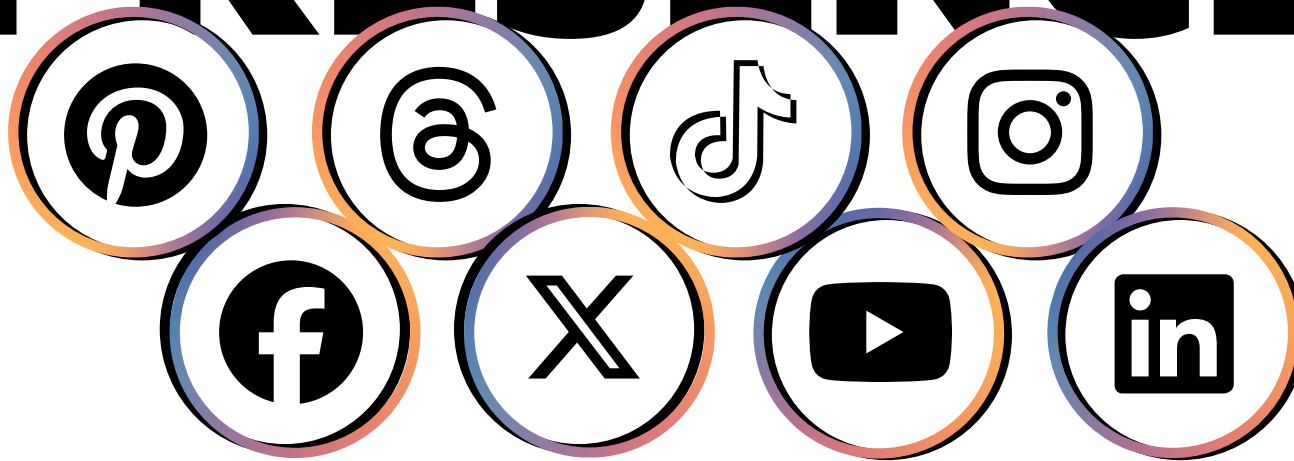
At BEAM, we believe that our collective wellness is possible when all Black folks across the diaspora have access to tools and resources to support their mental and emotional health. Our *Spanish wellness tools* are available as *posters* that can be displayed in your home, workplace, or community space.



MODELO "LAPIS" DE APOYO MUTUO

- L** LOCALIZA, ESCUCHA Y EVALÚA LA ANGUSTIA O EL DAÑO
- A** AFIRMA SU EXPERIENCIA
- P** PARTICIPA CON ELLOS/AS/ES EN LA BÚSQUEDA DE ATENCIÓN MÉDICA Y OTROS SERVICIOS
- I** INICIA PLANES DE CUIDADO PROPIO Y COMUNITARIO
- S** SOLICITA AYUDA CUANDO SEA NECESARIO

EXPANDING OUR SOCIAL MEDIA PRESENCE



BEAM's social media presence has grown over 30% across 8 social media channels through the use of dynamic and relatable short form video content. Through our social media reach we have been able to connect directly with folks invested in Black healing and liberation and bolster attendance at our virtual and in person events.

IMPACT: **1,262,545**
IMPRESSIONS

BEAM

Partnering with the team of Showtime's Original Series, THE CHI

THE
CHI

BEAM

BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE

CULTURE AND MENTAL HEALTH:

USING TV STORIES TO DISCUSS WELLNESS AMONG BLACKVIEWERS

BEAM partnered with The CHI team to uplift an episode that focused on a Black men's healing circle and created a video that highlighted 5 steps to keep in mind for folks who want to create their own healing circle.

[CHECK OUT OUR PARTNERSHIP PAGE.](#)



WATCH THE
VIDEO

1.3M
PLAYS

PHOTO — EPISODE 604 "REUP"

BEAM
BLACK EMOTIONAL AND
MENTAL HEALTH COLLECTIVE

CONNECTION



CELEBRATION

Pouring back into our communities by providing economic support and grant funding is a significant way we celebrate and uplift innovative, Black-led wellness work occurring across the country.

BEAM BLACK EMOTIONAL AND
MENTAL HEALTH COLLECTIVE

BEAM

FUNDING & RESOURCING OUR COMMUNITIES

In 2023, we distributed over **\$150k** to support Black-led mental health work across the country and to provide real time economic support to Black parents and families navigating mental health conditions.

BEAM GRANTS

2023 TOTAL FUNDING

\$100k

Black Wellness Innovation Fund

A funder collaborative that supports innovative, Black-led wellness work in Black communities across the country.

Grant Rounds

Black Girls Wellness Grants

Joseph Beam Black Gay Men's Wellness Grants

Black Peer Support & Community Care Grants

Black Birth Wellness Grants

2023 TOTAL FUNDING

\$20k

Southern Healing Support Fund

A community-driven fund that provides funding for Black mental health and healing practitioners and collectives to implement innovative healing and support strategies in the Southern region of the U.S.

Grantees

Daughters of the Yam

Queen Moon Child Consulting

Dream House Lounge

ERP Kaleidoscope

Thrive SS

For Her

Black Wellness Innovation Fund: Grant Awardees



BEAM

BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE

BEAM
BLACK EMOTIONAL AND
MENTAL HEALTH COLLECTIVE

CELEBRATION

BEAM

FUNDING & RESOURCING OUR COMMUNITIES

\$42k 2023 TOTAL
FUNDING

Parent Support Fund

Fund provides direct monetary support to Black parents who are living with mental health conditions or supporting children living with mental health conditions. Funds are distributed on a quarterly basis.

The funds that my family received help tremendously with my kids. With the blessing that BEAM gave my family we were able to buy much needed supplies to continue to create beautiful things that promote healing and self-expression.

— PARENT SUPPORT FUND PARTICIPANT



BEAM



Through their PINK Collection, Chloe and Halle Bailey made a special donation to support the expansion of BEAM's Heart Space Healing Circle Program

PRESS HIGHLIGHTS

shondaland

[Nic Stone Aims to Destigmatize Mental Illness Disorders in Her Latest Novel, 'Chaos Theory'](#)

FOX SOUL

[Tips With The Black Emotional and Mental Health Collective](#)
[FOX SOUL, Black Report](#)

EBONY

[5 Black-Led Resources To Tap Into This Mental Health Awareness Month](#)



[Reframing the mindset: How a nonprofit works to change the narrative on minority mental health](#)

Los Angeles Times

[Reclaiming Black masculinity: An L.A. father's journey toward healing himself, building community](#)

georgia VOICE

[Mayor Andre Dickens Announces \\$55000 in Funding to Support Atlanta's Transgender Community](#)

ELLE

[Chlöe x Halle Talk New Music, Their PINK Collab, and Personal Style](#)

Underlined

[Nic Stone's Chaos Theory and BEAM: Black Emotional and Mental Health Collective](#)

Los Angeles Times

[A resource guide to mental healing in Black L.A.](#)

NP

[Pro-Black Organizations Lead the Way for Workplace Mental Health and Wellbeing](#)

EBONY

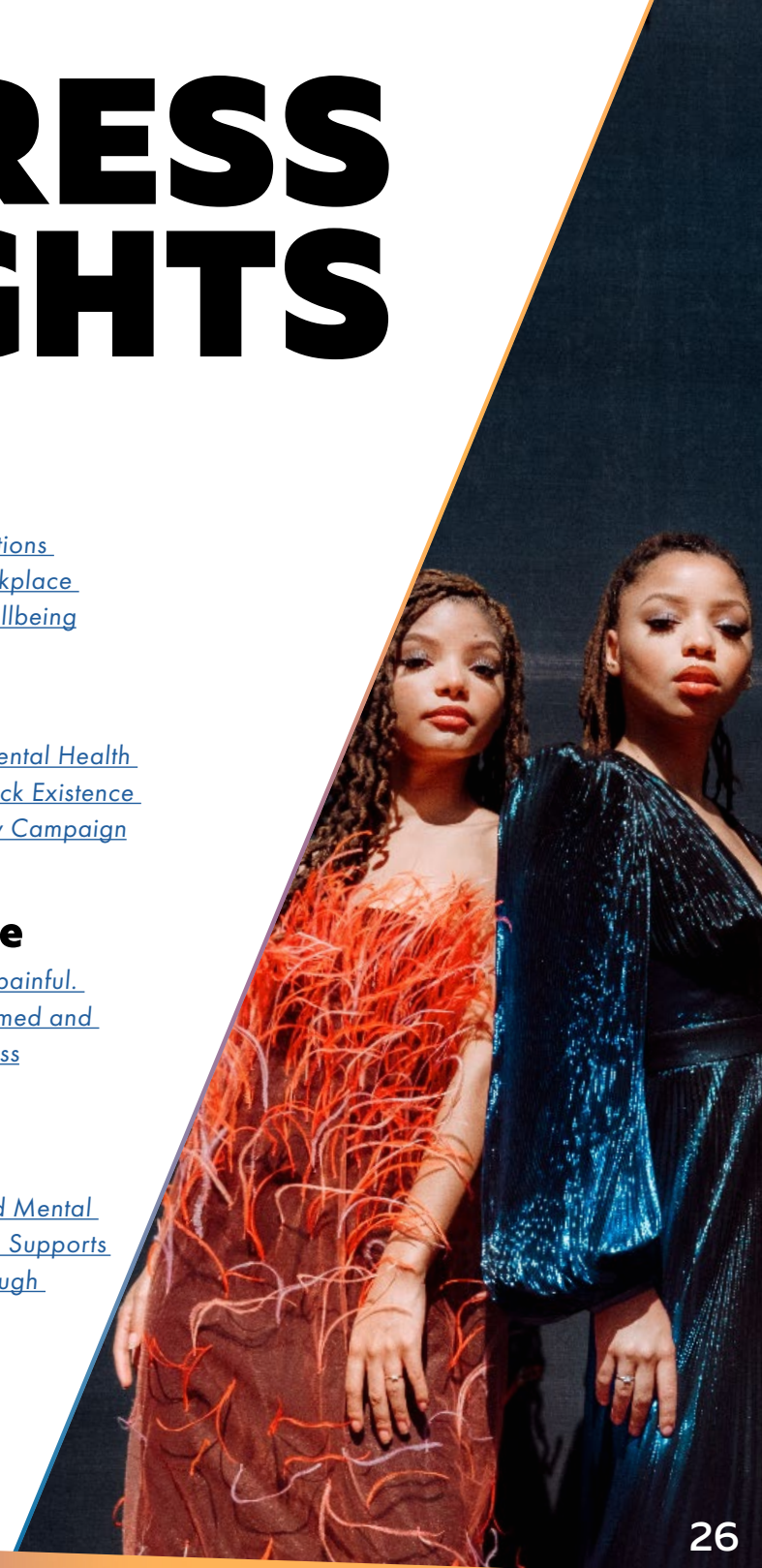
[The Black Emotional & Mental Health Collective is Affirming Black Existence Out Loud With Their New Campaign](#)

Mashable

[Tyre Nichols news is painful. Here's how to be informed and avoid racial stress](#)

gaye

[The Black Emotional And Mental Health Collective \(BEAM\) Supports QueerHealing Through New Podcast](#)



FINANCIAL UPDATE

BEAM continues to see increased financial growth thanks to committed support from individual and corporate donors, foundations, and community. This growth provides us with the increased ability to expand our range and impact.

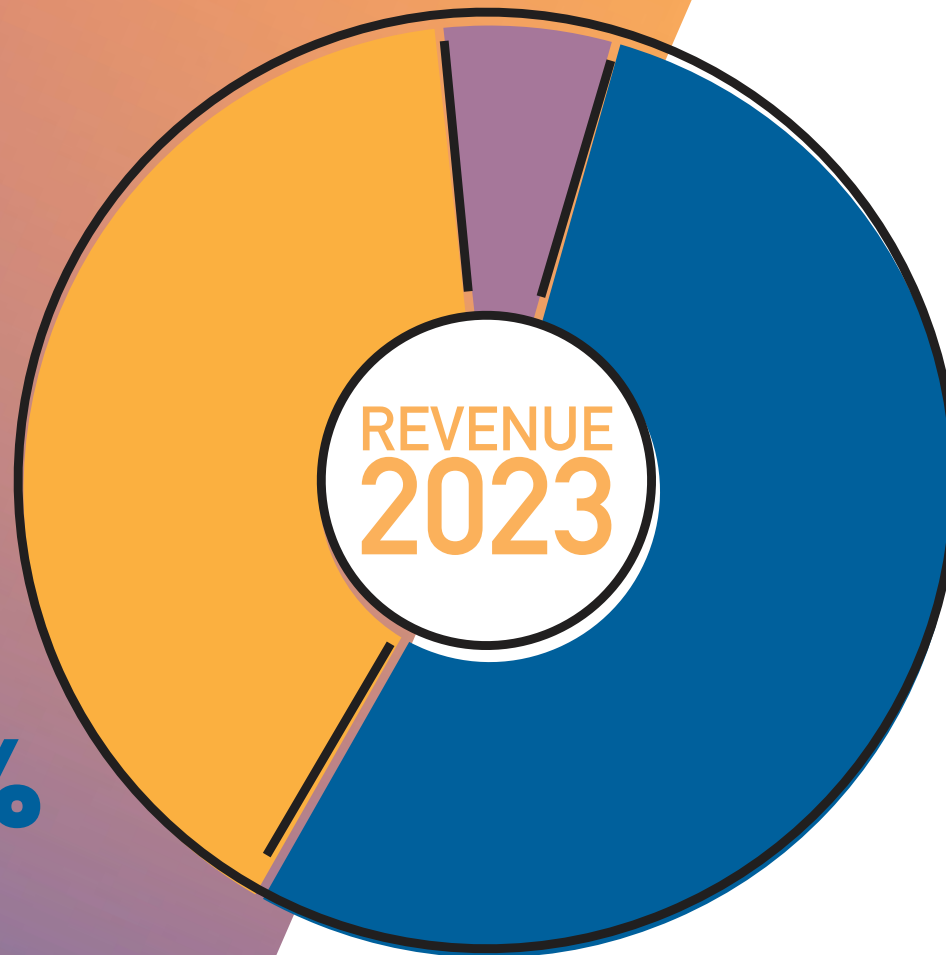


INVEST IN BLACK WELLNESS VIDEO [here!](#)

2%
SERVICE REVENUE

43%
DONATIONS

62%
GRANTS



2023 Expenditures (Unaudited)

ADMIN: 21%
PROGRAM: 79%

TOTAL EXPENDITURES: \$2,869,294.10

Donation Breakdown Community Support Sources

CORPORATE: 65%
FOUNDATIONS: 11%
INDIVIDUALS: 24%

2023 Revenue (Unaudited)

GRANTS: 62%
SERVICE REVENUE: 02%
DONATIONS: 36%

TOTAL REVENUE: \$3,311,108.00

FUNDER GRATITUDE

FOUNDATIONAL SUPPORT

The Wellspring Philanthropic Fund
The Ben & Jerry's Foundation
Heising Simmons Foundation
General Service Foundation
The Columbus Foundation
Satterberg Foundation
California Endowment
Hot Topic Foundation
UnitedHealth Group
Ford Foundation

A special thank you to all
of our amazing supporters,
those listed and unlisted. Words
cannot express the gratitude we have
for your investment in our work and
the BEAM vision.

We appreciate you!

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MTV Entertainment
RSF Social Finance
Victoria Secret/PINK
Harry's USA
Toms Shoes
Live Nation
Paramount
Lululemon
Healthline
RX Sense
Pinterest
BET

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BLACK EMOTIONAL AND
MENTAL HEALTH COLLECTIVE

🐦 @_BEAMORG

🎵 @BEAM_COMMUNITY

23

ANNUAL
REPORT

