



BEAM

BLACK EMOTIONAL AND MENTAL HEALTH
COLLECTIVE

ANNUAL REPORT 2019



About BEAM

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

BEAM Background

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

Mission Statement

BEAM's mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. We do this through healing justice based organizing, education, training, grant making and advocacy.

BEAM Board of Directors

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BEAM Team Members

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Dionne Bates

- *Senior Mental Health Advisor*

Melissa Merin

- *Restorative Justice Practitioner*

Isabel Shawel

Michael A. Chan-Frazier

Holiday Simmons

Erica Woodland

LETTER FROM OUR DIRECTOR



When I started BEAM 3 years ago, I envisioned an organization that could help Black people heal. My vision was not informed by the racist lie that “Black people don’t talk about mental health.” My vision honored the unique ways we talk about mental health and aimed to create opportunities for us to continue to explore this. My vision was to illuminate and uplift the strategies we have had for generations. My vision was skills -- not just language -- for people at every touchpoint in our communities; skills that could reframe healing for us, and help us to engage the mental health industrial complex from a place of strength, agency, and well informed caution.

Since then, our small but mighty team has done quite a bit. We have developed a mental health peer support training for Black folks that is rich with an analysis of the distinctions Blackness holds and centers the dismantling of oppression as critical to healing. We have designed a mental health and masculinity program -- Reimagining Black Masculinity -- that expands beyond the shortcomings of much historical work with Black men and masculine folks and engages them to not only heal, but to recognize how their harm impacts women, girls and queer folks. In partnership with the National Queer & Trans Therapists of Color Network, we have created the Southern Healing Support Fund, which funds the

efforts of Doula’s, herbalists, yoga teachers, and advocates in the rural communities of Tennessee, Arkansas, and Georgia. But we are just getting started. There is much work to do and we are grateful to serve as vessel to support our communities across the country.

On behalf of those impacted by our work, thank you for supporting us. For all of us living in mental health distress, for all of us working to heal intergenerational harm and illness, from the bottom of my heart, I say thank you. We will keep beaming a light on our power as Black therapists, yoga teachers, herbalists, activists, doctors, faith leaders, artists, stylists, barbers, teachers and big mama’s to heal, and we are eternally grateful to have you here shining, creating a new world and healing with us.

— Yolo Akintola

TABLE OF CONTENTS

“Confronting chronic emotional pain in Black life is
the terrain of political resistance we must now
explore, the new revolutionary frontier.”

—bell hooks

02	ABOUT BEAM	13	BLACK MENTAL HEALTH PEER SUPPORT TRAINING
03	BOARD & TEAM MEMBERS	14	FEEDBACK FROM OUR WORK
04	LETTER FROM OUR DIRECTOR	16	BLACK HEALING REMIXED
06	HOW BEAM WORKS	17	PRESS HIGHLIGHTS
07	SUMMARY OF PROGRAMS	18	OUR FINANCIALS FOR THE YEAR
09	FOR US & BY US	19	PARTNERS & SUPPORTERS
10	MAP OF PROGRAMS	20	DONORS
11	CLIENT TESTIMONIALS	21	JOSEPH BEAM DEDICATION

How BEAM Works



Training

We train educators, activists, barbers, counselors, politicians, students, families and communities on Healing Justice Informed mental health peer support skills. We do this to create a network of community members who can provide peer support and cultivate wellness in their communities.



Grantmaking & Community Organizing

We resource Black communities across the country with the specific tools and funds needed to conduct healing justice work.



Organizational Wellness & Coaching

We work to transform organizations, institutions and policies through training, organizing and coaching. Our goal is to help these organizations and institutions center Healing Justice in their operational frameworks, create less distress within Black communities, and actively cultivate healing.

Summary of Programs

BEAM offers professional development and educational trainings to help advocates and organizations learn more about mental health issues affecting the Black community and incorporate a healing justice approach to their work.



Emotionally Intelligent Leadership Training

The BEAM Emotionally Intelligent Leadership training provides leaders with a wide range of experience with the necessary tools that help incorporate emotional justice, equity, and wellness into their approach to leadership, as well as their organization's practices and processes.

Black Mental & Healing Justice Peer Support

Emotional health peer support training for individuals working and living in Black communities. The training equips participants with a basic knowledge of mental health issues, myths and challenges in Black communities and provides participants with tools and skills to offer healing justice informed peer support.



Southern Healing Support Fund

The Southern Healing Support Fund resources healing, mental health and wellness projects in rural black communities throughout the South Eastern United States. Through this community driven fund, BEAM supports free therapy, Doula access, mental health education, free herbal medicine and much more.

Black Virtual Therapist Network

The BVTN is a national directory of licensed Black clinicians who are qualified to offer therapeutic services via tele-mental health and other virtual mediums.



Mediation & Executive Coaching

BEAM works with leaders in non profit organizations, social justice movements and corporations offering confidential support, education and capacity building with leaders as it relates to wellness, healing justice and emotionally intelligent leadership.

Summary of Programs



Black Masculinity Reimagined

Black Masculinity (Re) Imagined is a training and community building program that works with Black men, masculine folks, gender non conforming and non binary individuals to build networks that promote skill building and behavior change related to healthy coping skills, mental health and anti-violence against women.

Integrating Healing Justice: Unconscious Bias & Organizational Change

This training is designed to assist organizations with aligning their policies, service delivery and work culture with healing justice and social justice informed mental health strategies. It involves assessment, evaluation and mapping out concrete policy and structural change.



Healing & Restorative Justice 101

This one day intensive gives participants an opportunity to explore and learn about the intersections of healing and restorative justice, navigating power and an introduction into how to implement principles of each concept into their movement work, organizations and everyday lives.

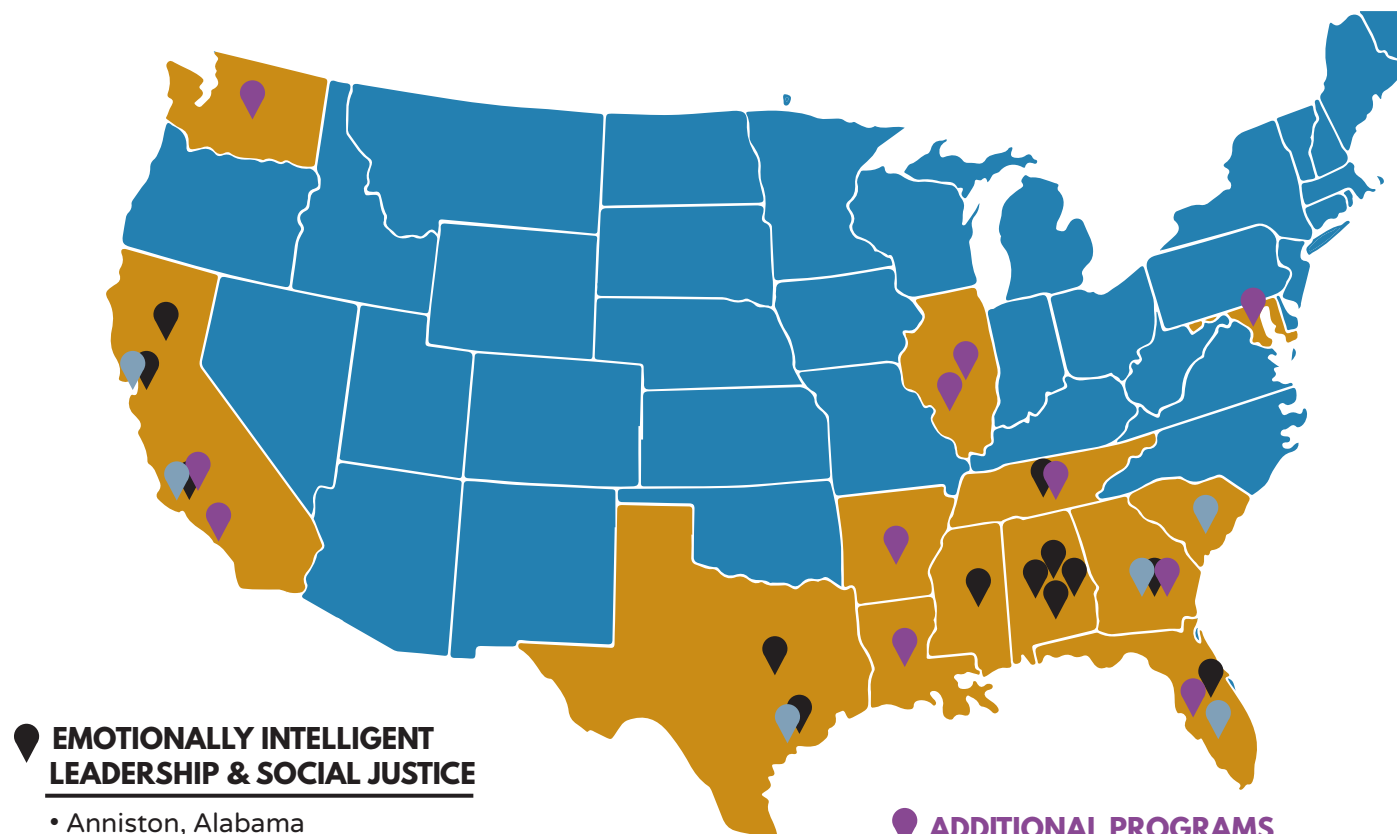


For Us & By Us

Programming designed by Black communities
and created for Black communities.



Making Black Mental Health a Priority Across the Country



EMOTIONALLY INTELLIGENT LEADERSHIP & SOCIAL JUSTICE

- Anniston, Alabama
- Montgomery, Alabama
- Huntsville, Alabama
- Wetumpka, Alabama
- Atlanta, Georgia
- Panama City, Florida
- Gainesville, Florida
- Oakland, California
- Sacramento, California
- Dallas, Texas
- Nashville, Tennessee
- Jackson, Mississippi

BLACK MENTAL HEALTH & HEALING JUSTICE

- Atlanta, Georgia
- Sarasota, Florida
- Oakland, California
- Columbia, South Carolina
- Los Angeles, California
- Houston, Texas

ADDITIONAL PROGRAMS

CONSENT, BOUNDARIES & CREATING SAFETY

- New Orleans, Louisiana

INTEGRATING HEALING JUSTICE & ORGANIZATIONAL CHANGE

- Baltimore, Maryland

WELLNESS RETREAT

- Chicago, Illinois

TRAUMA INFORMED & EMOTIONALLY INTELLIGENT LEADERSHIP IN HIV/AIDS WORK

- Fort Lauderdale, Florida

BLACK MASCULINITY REIMAGINED COMMUNITY PREVENTION INITIATIVE

- Long Beach and Los Angeles, California

BLACK HEALING REMIXED

- Los Angeles, California
- Atlanta, Georgia

UNCONSCIOUS BIAS & EMOTIONAL JUSTICE

- Indianapolis, Illinois
- Renton, Washington
- Richmond, Virginia
- Baltimore, Maryland

UNIVERSITY OF HOUSTON: HIV/AIDS & HEALING JUSTICE IMMERSION

- Houston, Texas

SOUTHERN HEALING SUPPORT GRANTEE

The Community Roots Clinic- Herbal Medicine for Homeless Black LGBTQ Youth

- Atlanta, Georgia

Miapeake Wellness Pre-natal Doula & Wellness Retreat

- Memphis, Tennessee

The Confess Project, Educating Black Barbers on Mental Health

- Little Rock, Arkansas

Client Testimonial

“BEAM has helped us consider how to strategically achieve our mission while also ensuring that we, as Black people, who are from the communities we serve are healthy, whole, and thriving.”



“Black AIDS Institute experienced a seismic shift in leadership at the beginning of 2019 with the departure of our founder after 20 years of service. Who we are as an organization, who we want to be as an organization, and how we want to show up as people who are committed to ending HIV in Black communities are questions that we regularly

grapple with while still doing the advocacy, mobilization, and direct HIV service work as an established organization. This work is hard and can be emotionally exhaustive. The training we received from BEAM gave us insight and strategies to help us interlock our mission to serve Black people with a commitment to also promote joy and wellness within our staff. BEAM has helped us consider how to strategically achieve our mission while also ensuring that we, as Black people, who are from the communities we serve are healthy, whole, and thriving.”

– Raniyah M. Copeland, MPH



Raniyah M. Copeland, MPH
President & CEO
Black AIDS Institute
Los Angeles, CA

Client Testimonial

“Our community is enriched by access to the expertise of the BEAM team members and the various programs, resources and online presence the organization provides.”



“I had the great good fortune to participate in BEAM’s Black Mental Health & Healing Justice Training. A lasting impression was made by the care, design and intentional creation of both an educational and open space. Individual learning styles were respected and the experience was interactive. Our community is enriched by access

to the expertise of the BEAM team members and the various programs, resources and online presence the organization provides. I am thrilled to partner with BEAM in healing work.”

– Reverend Cedric A. Harmon



Rev. Cedric A. Harmon

Executive Director

**Many Voices: A Black Church Movement
for Gay & Transgender Justice**

Black Mental Health Peer Support Training

One of BEAM's core programs, this training is designed for anyone working and living in Black communities. With an in-depth overview of mental health issues, common myths, and challenges with addressing mental health in Black communities, participants gain a better understanding of an issue that is largely ignored. The main objective of the training is to provide participants with the

appropriate tools and skills to offer healing justice informed peer support for those in distress.

BEAM offers this training across the country, while simultaneously maintaining a network of practitioners who have attended the training and offering ongoing capacity building, coaching and education.

"We knew we could not go to our communities and provide a training that did not discuss race, gender, class or historical context. Our people needed a mental health training that was informed by our language and ways of being. Our people needed to do more than just talk about diagnoses, they needed real life skills— this is the core of our Black Mental Health & Healing Justice Training."

-Yolo Akili



Feedback From Our Work

What did you most enjoy or appreciate about the BEAM training?

“

“Learning how to be more aware of people’s mental health and discern the difference between trauma and stress and learning to listen to understand and not to be right.”

”

“

“It opened my eyes to see restorative justice in a new light and to think differently when I work with my clients.”

”

“

“I enjoyed the openness and discussion; the authenticity of the information; the approach from a Black-centered perspective; addressing both strengths and trauma.”

”

“

“This was a training to reflect on myself and understand that I need to do self-work in order to help my community.”

”

More Feedback Highlights

Emotionally Intelligent Leadership

Sacramento, California
June 25th, 2019

**87% strongly agreed and
13% agreed that they expect
the training to benefit
their clients.**

Black Mental Health & Healing Justice Training

Oakland, California
August 8th & 9th, 2019

**100% of participants agreed
that the activities helped them
learn practical skills.**

Black Mental Health & Healing Justice Training

Columbia, South Carolina
July 29th & 30th, 2019

**100% of participants agreed
that they learned things about
Black mental health that
they did not know.**

BLACK HEALING REMIXED

This year's Black Healing Remixed events were held in Los Angeles, CA with Jenifer Lewis and Atlanta, GA with Dyllon Burnside. Black Healing Remixed is an interactive community event that promotes open and honest dialogue about mental health in the Black community. Featuring interactive discussions with Black celebrity guests, therapists, and wellness experts, the event focuses on mental health literacy, highlights healthy norms as it relates to health and wellness, and aims to disrupt mental, physical and sexual health myths.



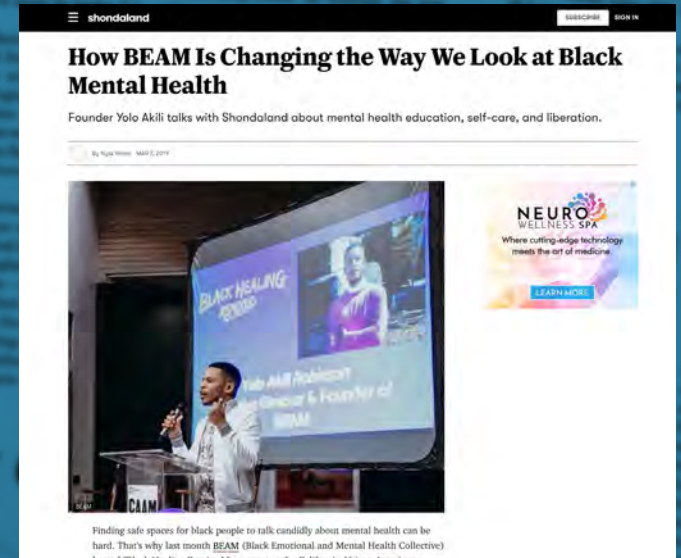
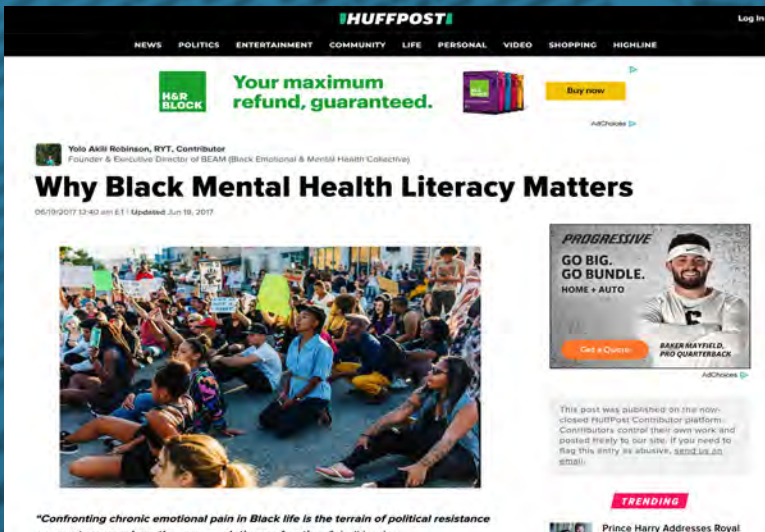
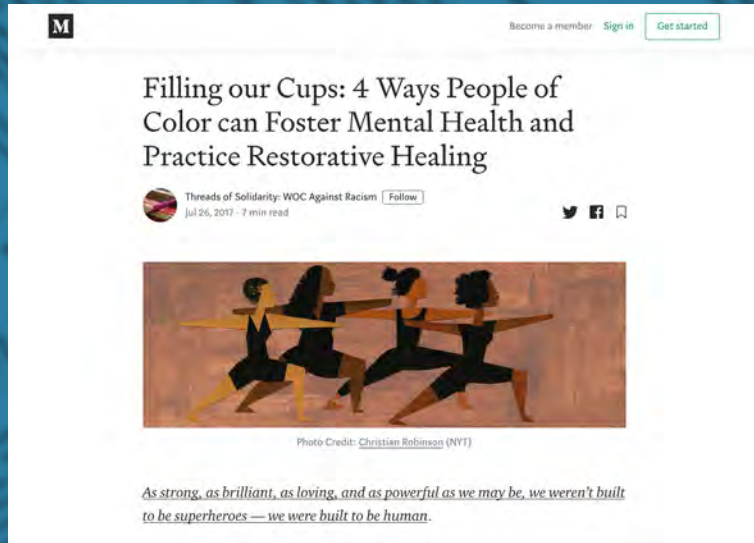
"Therapy affirmed and encouraged me, and helped me pull myself out of the darkest place of my life."
– Dyllon Burnside



"It's very important for me to tell my story. I tell it all, so that the community might learn from it. This is my story. I don't keep secrets. We're only as sick as our secrets."
– Jenifer Lewis



Press Highlights



Medium
shondaland

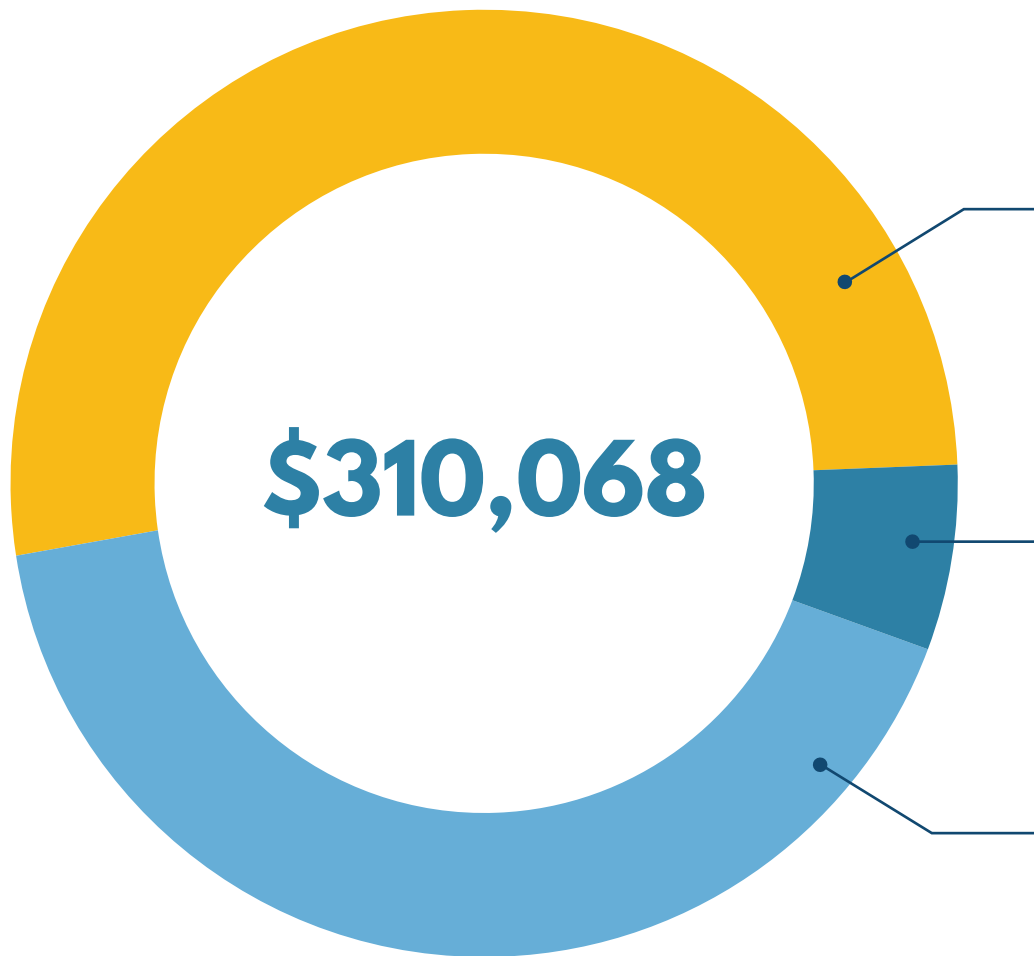
THE
HUFFPOST
POST

ESSENCE

VICE

Fundraising

BEAM Raised \$310,068 for Black Mental Health in 2019



53% - Fee For Service Trainings

This includes trainings BEAM was paid to offer as well as technical assistance and curriculum development. Clients included: SAMHSA (The Substance Abuse & Mental Health Services Administration), MHTTC (Mental Health Transfer & Technology Center), ETR, AIDS United and many more.

6% - Donations

6% of BEAM's budget is supported by in kind, one time, and monthly donations from our community members and network.

41% - Grants

BEAM received grant support for the 2019 fiscal year from Wellspring Philanthropic Fund, Gilead Sciences, The New York Women's Foundation and the Women's Foundation of California.

Our Partners & Supporters

AIDS United
Blue Shield Foundation of California
ETR
Forward Promise
Gilead Foundation
Harm Reduction Coalition
Kresge Foundation
MHTTC
My Brothers Keeper Alliance of Los Angeles
Reform L.A. Jails
SAMHSA
Southern AIDS Coalition
Sustain COMPASS initiative
The National Queer & Trans Therapists of Color
The New York Women's Foundation
The Robert Wood Johnson Foundation
The Women's Foundation of California
University of Houston
ViiV HealthCare
Wellspring Philanthropic Fund

Special Thank You's

Samira Ali	
Dayo Akinyemi	
Marlon Banks	
Tarana Burke	
Erin Bruce	
Liam Cabal	
Will Cordery	
Nathaniel Currie	
Liz Dwyer	
Rebecca Genin	
Raquel T. Hatter	
Aaryn Lang	
Jenifer Lewis	
Kali Lindsey	
Marc Meachem	
Marcus L. McGrew	
Tynesha McHarris	
Chani Nicholas	
Sonya Passi	
Dimple Patel	
Lucia Corral Pena	
Dwayne C. Proctor	
Darwin Thompson	
	Shonda Rhimes
	Ashlei Rodgers
	Erica Weinberg
	Nyla Wissa
	Leora Wolf-Prusan
	Susan Wolfson

Our Donors

BEAM's work is made possible by the generous support of our community. These individuals and organizations dedicated their dollars directly to Black Mental Health & Healing Justice in 2019. On behalf of our Board of Directors, staff and stakeholders, we thank you.

James Aboagye

Priscilla Alatorre

Gia Azevedo

Imade Borha

Erin Bruce

Maime Butler

Kayra Clouden

Kirbie Crowe

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Leora Wolf-Prusan

Meaghan Riether

Elizabeth Robinson

Alison Rollman

Jesse A. Rosenblum

Sarah Shaw

Katavia Sloan

Narayan Swamy

The Community Cares Project

Toi Carter

Tomato Tomato Creative

Angela Urrutia

Alice Wong

BEAM also receives private donations as well as those administered through third party platforms. To those who donate through these mediums, we thank you!

“I want to help create a world where what happened to Joseph could never happen to anyone else.”

I was an undergraduate student at Georgia State University when I said these words, studying African American and Women's Studies. I had just learned of the rumored way in which Joseph Beam died; alone, in his apartment, found weeks after his death. Joseph Beam was a prolific writer, poet and visionary who often wrote about depression, loneliness and the trials of living in America as a Black gay man at the height of the AIDS epidemic.

His writings were the first time I had ever heard Black men speak about their feelings, fears and struggles in such a vulnerable manner. His commitment to Black feminism and challenging male privilege in both gay and heterosexual communities became a central organizing force behind my own beliefs. The struggles he captured made it clear to me that mental and emotional wellness were of an immediate need for our communities to be able to thrive.

When I was conceptualizing the creation of this organization, I wasn't clear on what to name it. I had numerous post it notes and cards all over my house, with words sprawled all over them. One evening, I was sitting and writing out words and jotted down "Black Emotional and Mental". I wrote the acronym for this out and it was B.E.A.M. My first thought was, oh wow, that's "BEAM" like a ray of light. Seconds later I heard a voice in my head say "No, that's BEAM as in Joseph Beam." In that moment, it became clear that this entity was to not only be named after Beam, but to carry on his legacy. My hope is that BEAM honors Joseph by fostering community and connection, challenging inequity and creating a community where isolation is more unlikely for all of us. It is my hope that when his spirit visits our work, that he is proud.

-Yolo Akintola



BEAM

www.beam.community



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