

The  **CONFESS**
PROJECT

2019

YEAR IN REVIEW

Building a Better Culture

ANNUAL REPORT (2019)

Contact Organization:

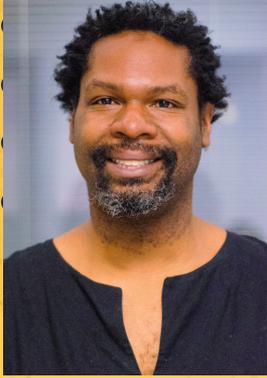
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MEET OUR TEAM



Mark Gardner,
Chairman



Henry North,
Vice Chairman



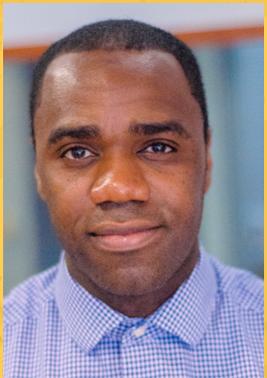
Donovan Shavers,
Board Member



Natasha Williams,
Board Member



Taiwan Dickerson,
Board Member



Harrison Hiner,
Board Member



Priscilla Gutierrez,
Board Member



Ryan Williams,
Council Member



Crenisha Wright,
Council Member



Eric Reese,
Council Member



Amanda Rogers,
Council Member



Laura Danforth,
Council Member



Julia White,
Communications
Associate



Darnell Rice,
Lead Program
Facilitator



Dimika Nelson,
Community
Engagement VISTA



Ra'phael Davis,
Research &
Programming
Consultant



Jacinda Padilla,
National Planning
Committee Member



Aaron Calvin,
National Planning
Committee Member



Khalilah V. Collins, MSW,
National Planning
Committee Member



Kentrell Porch,
National Planning
Committee Member

The CONFESS PROJECT

ABOUT TCP

I remember once dreaming of building something that would be reflective of my past experiences thinking back to all the bruises, pain and scars I had to endure better yet live through. It would only be a matter of time before the pain would stop and the healing would begin. Years of untreated depression, toxic stress and trauma had led me to only becoming resilient and stronger, amazingly that is what The Confess Project does today for many young men and their families across Southern and Midwest Cities.



Never before today, that young men of color have faced astronomical societal pressures, life hardships and economical disadvantages. Black Men are less likely to receive employment than their white-counterparts, Experiences of Micro-Macro Racial Aggressions, Distrust within Medical and Educational Institutions, Lack of Respect and Accountability with Law Enforcement, let's not forget society's attachment within the scope of Toxic Masculinity that has been bestowed on young men of color. Between the ages of 15-24 Suicide is the Third Leading Cause of Death for African American, there are only 4% of Clinicians that identify as people of color and out of that 2% of them identify as African American Men. The Confess Project's Timely Movement Building, Organizing, and Capacity Building work couldn't have come at a more exclusive and timely time right now in America.

The Confess Project provides the lifeline and support for many young men of color and their families to thrive, heal and ultimately experience a quality of life like everyone else in the United States. With a very limited amount of financial resources this year we were able to broaden our network to reach new Barbers, Community Members, and Leaders across multiple states. Our digital platform, webinars, and in-person workshops allowed us to reach more individuals where they are and where they really need us the most.

Thank you to our generous community of supporters. Its the work of our Staff, Volunteers, Board Members, Community Partners and donors that provide young men of color to find hope in each new day, knowing that they are valued and loved.

With Much Appreciation, **Lorenzo P. Lewis, Founder/CEO**

BUILDING A BETTER CULTURE

Mission: The Confess Project is committed to building a culture of mental health for boys and men of color through capacity building, advocacy, organizing and movement building. We believe in a world without barriers to stigma and shame.



Darnell Rice, Project Manager, The Confess Project

Since May 2016, The Confess Project has been meeting the needs of young men of the color population between the ages of 10-35---- providing vital services to ensure that their mental health needs and supports are met. Our Training and Workshops ensure that Barbers are helping their clients effectively and helping to build the pipelines to mental health resources in a timely effort.

Barbershops are a regular meeting place for men to receive grooming, The Confess Project has transformed this same place into a mental health safe place for men to be heard, seen and ultimately get the support they need on a consistent basis. As the Mental Health Landscape evolves, so does The Confess Project. Particularly We now serve 9 Southern and the Midwest States consisting of 13 Cities, 35 Barbershops are currently in our Coalition, on any given week our data reflects that Barbers are servicing up to 200 patrons weekly. The Confess Project Capacity Building efforts were able to impact the lives of 84,000 Men and Their families in 2019.



Darnell Rice, Project Manager for The Confess Project conducts a quarterly follow-up training and educational session for Barbers to ensure they can meet the needs of their clients effectively.

Taiwan Board Member "Barber Turns Mental Health Professional"

Taiwan Dickerson is not a stranger to a pair of clippers and hair shears, Taiwan has been cutting hair since age 19. With his Deep-Southern Roots a native of Little Rock, Arkansas he realizes the mental health struggles that come along with being an African American Man in the south, surrounded by community and family members who struggled mental health issues, Taiwan wanted to make a difference in the lives of his friends, church members, and loved ones. Taiwan realized that giving a man a fresh haircut that would ultimately improve the way he felt about himself and also improved the inner confidence of the individual.

With the offer of working as a Mental Health Case-Manager for Little Rock Community Mental Health, and Barber part-time he was able to bring together both industry's to make a larger impact for the community. Taiwan now serves a Board Member for The Confess Project in his role, he is able to understand the dynamics of being a Barber that is receiving the valuable training that other Barbers in the Coalition receives but, also help build capacity for the organization to ensure the ethical and performance effectiveness are met on-going.



Taiwan Dickerson,, The Confess Project, Board Member

THINGS TO EXPECT IN 2020...



THE CONFESS PROJECT PROJECT TO JOIN FORCES WITH TWO-YEAR COLLEGE TO IMPACT THE LIVES OF AFRICAN AMERICAN COLLEGIATE MEN AND INCREASING THE BEHAVIORAL HEALTH PIPELINE

We realize that there are a low number of Clinicians and Professionals of Color in the field. The Confess Project realizes the need to increase and diversify the respective fields of Behavioral Health so that African American Men have access to promising behavioral health career placement, and job opportunities in the field of mental health. This Past Fall The Confess Project hosted a Trauma-Informed Workshop for Men that attended Southeast Arkansas Community College (SEARK) in Pine Bluff, Arkansas. Post-Evaluations reflected that The attendees where so impressed and wants to continue this conversation about trauma and expanding the mental health landscape for more men to get involved. There will be an official pilot in 2020 for The Confess Project to form its first Fellowship for African American Men entering the Behavioral Health and Mental Health Field forming two promising partnerships with a Community College, and Higher Education Institution to increase the pipeline for African American Men to become Mental and Behavioral Health Professionals.

TESTIMONIALS

"THE CONFESS PROJECT IS PROVIDING HOPE"

"YOU DIDN'T GIVE UP ON ME"

I just over six months ago, Cedric was discharged from Woodland Research Group, A Clinical Research Testing and Treatment Center for Adults. The Confess Project partners with Woodland Research to attract more African Americans into Clinical Trials, while also giving them the opportunities to receive other clinical services on site. Cedric enrolled at Arkansas Baptist College receiving his Business and Sports Management Degree realized that he was struggling emotionally from his childhood trauma, family dynamics, and pressures of being enrolled as a full-time student. The Confess Project hosted a Mental Health Town Hall event for students enrolled at Arkansas Baptist College. Founder Lorenzo Lewis sparked interest in Cedric after telling his journey of Pain to Purpose and overcoming his own Mental Health Challenges. Cedric stated " He talked about his life. He talked to me one-on-one, and he sat down and encouraged me and told me he knew somebody who could help me, and I took the help."



Cedric Smith (pictured above) says therapy wasn't something he had thought about before meeting Lewis "It's been going good. It helps, and Lorenzo helped a lot, telling me where he came from and about the success he has now. He told me I could do the same thing."



"Being apart of The Confess Project Barber Coalition helped me a lot, It helped me to understand that I too could use some treatment"

-Divine Alexander, The Confess Project Coalition

A Year in Review

The Confess Project 2019 Fiscal Year is;
July 1, 2019- June 30, 2020

REVENUE (FY-19)

Foundation Grants and Contracts: \$12,350.00 (30%)
Contributions: \$6,635.00 (19%)
Corporate Sponsorships: \$20,700.00 (40%)
In-Kind Other: \$20,000 (10%)
Total Income: \$59,685.00

EXPENSES (FY-19)

Administration: \$25,000
Marketing and Technology: \$5,000
TCP Barber Coalition: \$15,000
TCP University: \$5,000
TCP Consultations & Technical Assistance: \$5,000

Major Headlines & Marketing Blueprint

The Confess Project was featured this year in over 15 Media Features including Local Newspaper, Local and National Television and Social Media Influencer Blog Headlines. The Confess Project reached combining efforts from Huff Post, CNN Great Big Story and Watch The Yard estimating 3 million impressions. Let's not forget our mention and collaboration from **Lady Gaga... BTW (Born This Way Foundation)**

**BORN THIS WAY/
FOUNDATION**



Our Impact

SOCIAL IMPACT STATISTICS



Social Presence Increase



Website Revisited



Facebook Comments Increase

20,321

Online Clicks

1890

Hours spent on site

64%

Mobile Devices

35%

Desktop Version

2,037

Engagements on Social Media

NEWS MEDIA

**GREAT
BIG STORY**

HUFFPOST

WATCH THE YARD

BLACK GREEKDOM'S DIGITAL YARDSHOW

**WRBL
News 3**

rtv6abc
THE INDY CHANNEL

WJTV.COM

Major Headlines & Marketing

The Confess Project has partnered with top-tier Foundations, Organizations, and Institutions that are providing financial, technical assistance and research opportunities to advance equity among minority populations with a particular focus towards young men of color.

NEW PARTNERSHIPS & COLLABORATIONS

INSTITUTION PARTNERSHIPS



UNIVERSITY OF
CENTRAL
ARKANSAS

Berkeley
UNIVERSITY OF CALIFORNIA

UA
LITTLE
ROCK



UNIVERSITY
of ARKANSAS
AT PINE BLUFF
1873



WILLIAM H. BOWEN
SCHOOL OF LAW

UNIVERSITY OF ARKANSAS AT LITTLE ROCK

FUNDING PARTNERS:

Lundbeck



janssen
PHARMACEUTICAL COMPANIES
OF Johnson & Johnson



Google



Blue & You
FOUNDATION
FOR A HEALTHIER ARKANSAS



neurocrine
BIOSCIENCES



BLUE MOUNTAIN
COMMUNITY
FOUNDATION

Kindle
project

STAKEHOLDERS AND COMMUNITY PARTNERS



Louisville
Urban League



nami
National Alliance on Mental Illness



VISTA
Volunteers in Service to America



HenryHealth

The BridgeWay
Children • Adolescents • Adults • Seniors

BMOST

OURHOUSE



common justice

afmc

"Inspiring Boys and Men of Color to Be Better Emotionally"

2020 Will be a Revolution

The Confess Project will be a voice, leader and most of all impactful and helping the communities we love and care about being strong, courageous and most of all Hopeful!



- Increase the Fiscal Annual Budget by 50% for 2020-2021 and leverage more programming opportunities for the continuing fiscal year to come.
- Open TCP second Office Location within the South and Midwest Region of the United States.
- Launch TCP Annual Fellowship Initiative for Black Men entering the Behavioral and Mental Health Sector.
- Continue to be Bold, Ambitious, and Most of all Inspiring to the families, men, and communities that we serve daily.

"WHEN I CONFESS, I AM MY BEST; I AM MY BEST WHEN I CONFESS"

WWW.THECONFESSPROJECT.COM