

# Silence the Shame

## Year End Review 2019

### **Mission**

Empower and educate communities on mental health and wellness.

### **Vision**

To be a world leader on erasing the stigma and educating communities on mental wellness through Community Conversations, Wellness Trainings, compelling content, and outreach programs.

### **About**

Silence the Shame is a nonprofit organization that focuses on education and awareness around mental health. Our programs and initiatives consist of Crisis Response Trainings, Community Conversations, Wellness Trainings, digital content, and outreach events. We aim to normalize the conversation, peel back the layers of shame, eliminate stigma, and provide support for mental well-being.

**975+**

COMMUNITY CONVERSATION/  
FORUM PARTICIPANTS

**700+**

MEN SERVED

**60**

MENTAL HEALTH  
FIRST AIDERS

**200+**

SELF-CARE SATURDAY  
PARTICIPANTS



# Board of Directors

**"This year Silence the Shame engaged over 900 people in community conversations to normalize mental health and empower people to achieve wellness. This is only the beginning of engaging communities in awareness, education and advocacy to support mental health equity in black and brown communities."**

Jewell Gooding, Board President

## OFFICERS

### **JEWELL GOODING**

#### **President**

Executive Director  
Mental Health America  
of Georgia

### **DEANNA HAMILTON**

#### **Vice President**

Partner Development  
National Black MBA  
Association

### **DEE DEE MURRAY**

#### **Secretary**

Owner  
Murray Media  
Production Partners

## DIRECTORS

### **RHONDA MORGAN**

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Coldwell Banker Residential

### **LISA BONNER**

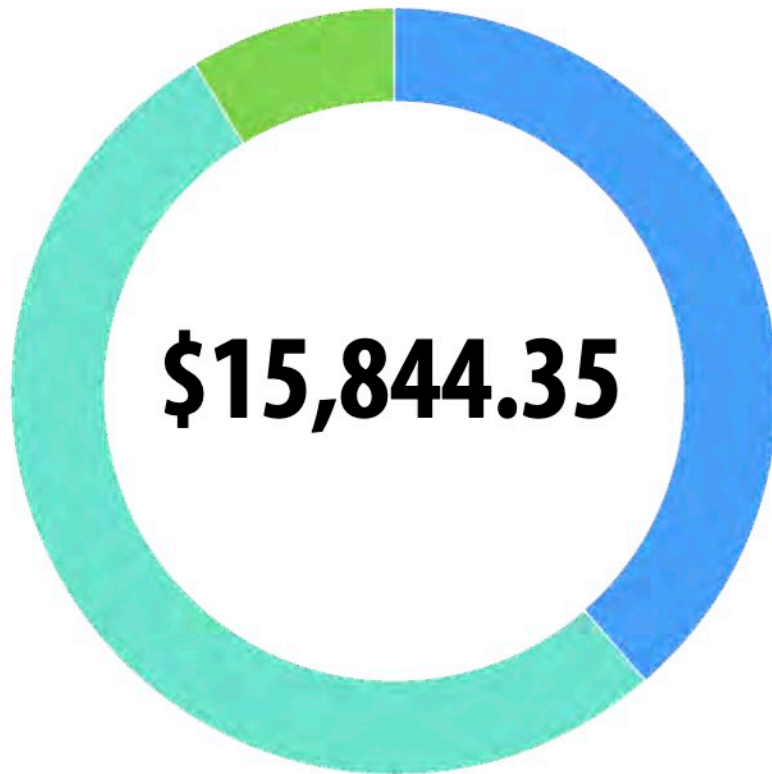
Managing Attorney  
Bonner LPC

### **KIMBERLY ALLEN WRIGHT**

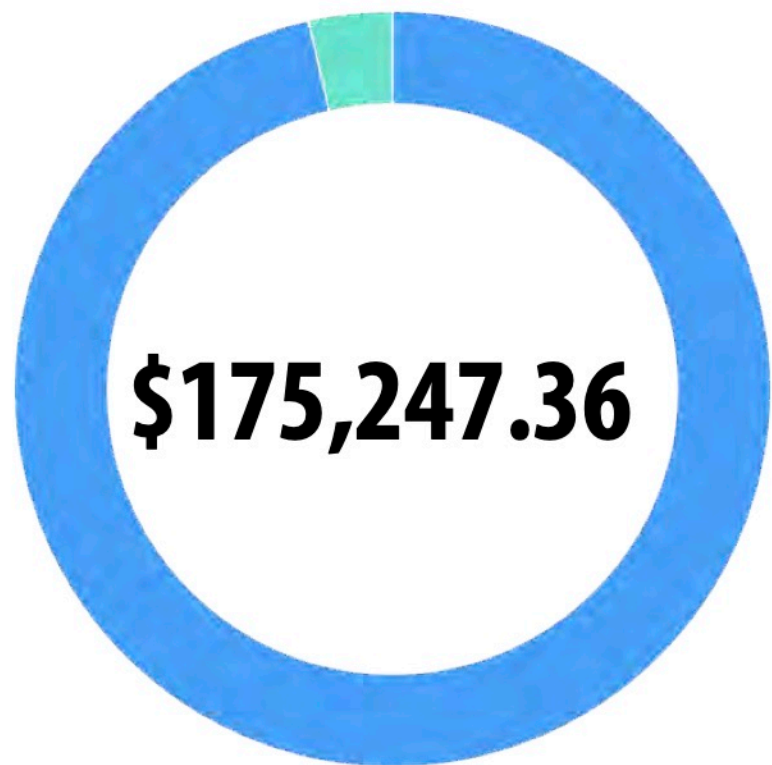
Vice President of  
Health Strategies  
American Heart Association



# Fundraising Summary



- **Website:**  
\$6,120.10
- **Text-to-Give:**  
\$8,340.99
- **Mechandise:**  
\$1,383.26



- **Program Income:**  
\$168,997.36
- **Unrestricted Grants:**  
\$6,250.00



# Programming: Community Conversations

## The Faith and Community Based Capacity & Recovery Initiative with DBHDD

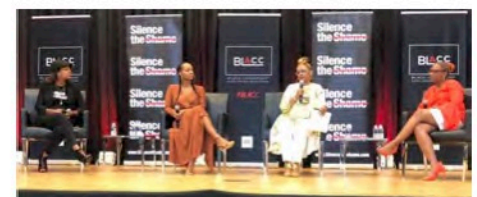
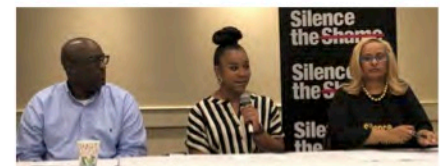
Silence the Shame partnered with the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD) to create the Faith and Community Based Capacity and Recovery Initiative. The outcome report is available on our website. Throughout the first part of the year, STS hosted Community Conversations with Faith and community leaders throughout the state of Georgia in Atlanta, Augusta, Savannah, Macon, and Athens. Faith and community leaders are always essential in these types of conversations. They are often the first place that individuals and families reach out to when they experience behavioral health challenges. In mid-August there was a 2-day summit where STS and DBHDD trained 75 Recognized Recovery Partners.

(5 cities, 271 attendees)

## STS and the Aids Healthcare Foundation Present: A Community Conversation to Knock Out Stigma Around Mental Health and HIV in the Black Community

With a grant from the Aids Healthcare Foundation, Silence the Shame and AHF partnered to bring Community Conversations to Cleveland, Houston, Chicago, and Baton Rouge. We addressed the stigma around HIV/AIDS & mental health in the black community and how both of those can lead to mental health challenges.

(4 cities 400 Attendees)





# Programming: Community Conversations

## Silence the Shame at the Young Adult Ministry of Ebenezer Baptist Church

On May 9<sup>th</sup>, STS and The Historic Ebenezer Baptist Church hosted a Community Conversation around anxiety and PTSD. Joined by mental health professionals and leaders of the Young Adult Ministry, the conversation discussed mental health topics that are often not addressed with young adults. (50 attendees)



## State of Our Emotional Health Part 2

On July 15<sup>th</sup>, Silence the Shame teamed up with the Gathering Spot for a Community Conversation during Minority Mental Health Awareness Month. Panelists included, Founder, Shanti Das, psychologist, Dr. Ayanna Abrams, Assistant Chief of Atlanta Police Department, Vance Williams, National Director of Mobilization for the Aids Healthcare Foundation, Traci L. Jones, clinical supervisor, Takisha F. Smith, and psychiatrist, Dr. Sarah Vinson. The well attended discussion has become an annual event with The Gathering Spot and Silence the Shame. We look forward to having a continued impact within that community. (150 attendees)





# Programming: Community Conversations

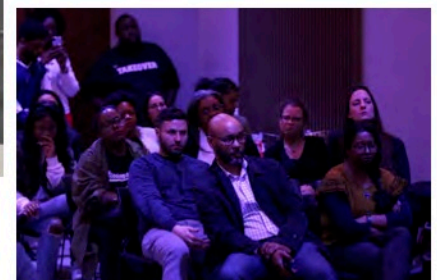
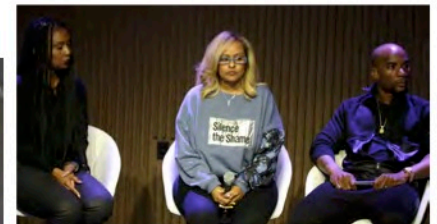


## Women in Music

In March, Women in Music Atlanta hosted a brunch with a Fireside Chat at The Gathering Spot in Atlanta, GA between Music Executive Dina Marto and Shanti Das. At the end of the event, Women in Music, a national organization, expressed an interest in bringing the event to other markets. (75 attendees)

## Silence the Shame & MusiCares

On April 30<sup>th</sup>, Silence the Shame and the MusiCares Foundation teamed up for the second edition of **The Soundtrack of Mental Health** in New York City at Island Records. Shanti Das was joined by Best Selling Author and Radio Host, Charlamagne the God, Music Executive, David Lighty, Psychiatrist, Dr. Cynthia Lewis, Atlantic Records Executive, Joi Brown, and Founder/CEO of Family Tree Entertainment, Micheal "Blue" Williams. (100 attendees)



On November 20<sup>th</sup> Silence the Shame partnered with the Recording Academy's Atlanta Chapter for a panel entitled **Life Support: Honest Conversations and Necessary Resources Regarding Addiction, Mental Health, and Other Stressors**. Shanti Das was a featured panelist along with Heroes and Villains' Daniel Pollard, and Pauli Gray who provided a NARCAN Training. (60 attendees)



# Programming: Community Conversations and Mental Health First Aid

## A3C Music Conference

For the past 3 consecutive years, Silence the Shame has held Community Conversations at the A3C music conference, in Atlanta, Georgia. This year's panel on October 11th, included rapper Dee-1, Chris Simon of BTST, and Shanti Das. Silence the Shame looks forward to having an even greater impact in 2020. (75 attendees)

[VIEW](#)



## Silence the Shame Night with the Atlanta Hawks

November 23<sup>rd</sup> was Silence the Shame Night at the CNN center with the Atlanta Hawks. Fans who purchased tickets through our special link, were able to attend a pre-game chat with, Founder Shanti Das, recording artist, Lecrae, NFL veteran, Warrick Dunn, Atlanta Hawks Diversity Inclusion officer, Nzinga Shaw, and licensed professional counselor, Dr. April Stallworth. (100 attendees)

[VIEW](#)



## Mental Health First Aid

STS Communications Manager Camryn Triplett is a certified Mental Health First Aid Instructor. She conducted 3 complimentary trainings this year. 60 Mental Health First Aiders have been trained through Silence the Shame and Mental Health America of Georgia. Mental Health First Aid USA is an 8-hour course that teaches a 5-step action plan encompassing the skills, resources, and knowledge to help an individual in crisis connect with an appropriate professional, peer, and self-help care. (60 Mental Health First Aiders Trained)





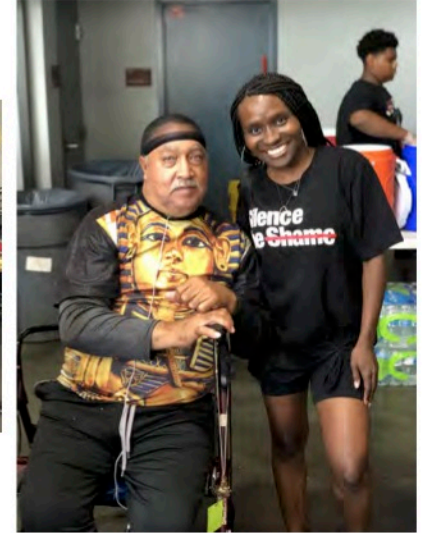
# Outreach Events : No Reservations Needed



No Reservations Needed is an initiative started by Shanti Das in 2010 to serve the homeless in the greater Atlanta community. What started in a street parking lot, eventually found a home at the Atlanta Mission.

## The Tailgate

On Sunday September 8<sup>th</sup>, Silence the Shame hosted a tailgate at the Atlanta Mission for the Atlanta Falcons Vs. Minnesota Vikings televised game. 300 men enjoyed music, food, board games, gaming truck and more. (200 men served)



## Thanksgiving Dinner

November 20<sup>th</sup>, Silence the Shame and Keshia Knight Pulliam's Foundation Kamp Kizzy, hosted the 7<sup>th</sup> Annual No Reservations Needed Thanksgiving Dinner at the Atlanta Mission shelter. Men from the mission and the local homeless community enjoyed a top-notch Thanksgiving Dinner with all the trimmings and fresh hair cuts from local barbers. Radio powerhouse V-103 and their sister station WAOK, provided live broadcasts for the 7th consecutive year and Ebenezer Baptist church delivered the opening prayer. Over 50 people volunteered including local influencers, civic leaders and members of the local business community. (400 men served)



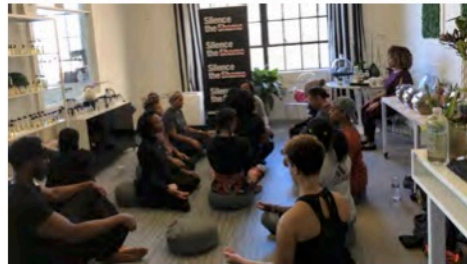


# Outreach Events : No Reservations Needed

## Silence the ~~Shame~~

The goal of Self-Care Saturday is to provide a free event for the community that promotes mind, body, soul, emotional health and wellness. The events have a maximum of 30 people to ensure a more intimate environment. 2019's Self-Care Saturdays included, yoga, meditation, Zumba, a vision board party, support group and more! (15 events with 200 attendees)

### SELF-CARE SATURDAY



## Awards and Honors

### American Psychiatric Association Foundation (APAF) Award

On May 21<sup>st</sup>, STS received an award for Advancing Minority Mental Health from the APAF during the annual American Psychiatric Association's conference in San Francisco. The APA is a 175-year old institution and this was a huge honor for our organization.



### The American College of Neuropsychopharmacology Award

The ACNP named Shanti Das as the recipient of the 2019 Media Award for her program entitled, Silence the Shame.

**SILENCE THE SHAME**



# Content

## Silence the Shame **PODCAST**

Silence the Shame has a bi-monthly podcast hosted by Founder, Shanti Das and co-host Free the Vision that features clinicians, celebrities, and people with lived experiences. Each 60-90-minute episode invites subject matter experts in areas of trauma, grief, faith, depression, anxiety, clinical interventions, community resources, substance abuse and more. This year we had the opportunity to interview TD Jakes and a host of other clinicians and influencers.



**1/30 - Grief & Loss**

**2/13 - Helping Faith Leaders Address Behavioral Health**

**2/27 - Pets as Therapy**

**3/14 - Inside College Depression**

**3/27 - Addiction and Mental Health**

**4/11 - The Round Table**

**4/24 - Understanding Borderline Personality Disorder**

**5/9 - Battling Postpartum Depression**

**6/20 - Does Your Therapist Have A Therapist?**

**7/10 - Music as a Form of Self-Care**

**7/25 - State of Our Emotional Health: Trauma in A.A. Communities**

**8/15 - Soundtrack of Mental Health Vo. 2**

**10/9 - TD Jakes: From the Storefront to the Forefront of Mental Wellness**

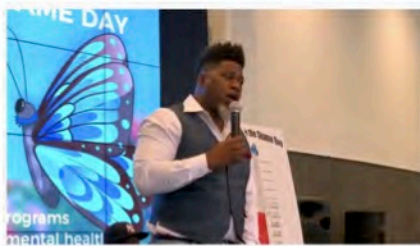
**11/22 - A Different Kind of Childhood: My Parent Has a Mental Illness**

**12/6 - Holiday Blues**

**AVAILABLE ON:**



## **YouTube** SILENCE THE SHAME TV



David Banner the Importance of Mental Health with Silence the Shame



Shanti Das Talks 'Silence The Shame' Day And Mental Health Awareness



Silence The Shame Podcast: Bishop TD Jakes From the Storefront to the Forefront of Mental Health



## VOLUNTEER COMMITTEE MEMBER OF THE YEAR:

*Tia Robinson*

This year Silence the Shame would like to give a special THANK YOU to Tia Robinson. Tia is a certified meditation coach and active-wear designer (Vertical Activewear) who has offered her meditation services to several of our Self-Care events. Whenever she can, she always lends a hand to Silence the

Shame for our wellness experiences. She brings invaluable support to the organization and is extremely dedicated. We honor and salute her for all that she does!



## *In Memoriam* Anjali Maria Arnold

**Anjali Maria Arnold** was a natural leader with a servant's heart. Her commitment to the mission of Silence the Shame, Inc. was palpable. The dynamic that she wove through her time and talents caused many to stop and take note. From assisting in the progression of the movement, objectives and strategy (with her sister/Founder) of Silence the Shame to the hours of research, speaking and engagement of those in need of help, Anjali made it her goal to encourage all who she came in contact with. Her natural gifts of grace, kindness and empathy towards those who suffer from mental illness will forever be cherished as major reasons for Silence the Shame's existence. From personal pain to caring for others, Anjali would earn her Masters of Counseling to effect change in the realm of professional Mental Health Counseling and Advocacy. It is with honor that we dedicate this Annual Report to the memory of Anjali Maria Arnold: one who flies with the angels.





# We Appreciate Your Support!

**SILENCE THE SHAME STAFF:**

**Shanti Das**

Founder/Executive Director

**Camryn Triplett**

Communications Manager

**Porscha Sinclair**

Program Consultant

**Free the Vision**

Content Consultant



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