



Annual Report

THE HOPE CENTER

A free community-based mental health clinic located in Harlem, New York that offers diverse health and wellness programming that provides space to **H**eal **O**n **P**urpose and **E**volve.

* View The Mission, Vision, and Core Values of The HOPE Center on Page 6

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MEET THE TEAM



Dr. Lena L. Green, DSW, LCSW
EXECUTIVE DIRECTOR

Dr. Green is a clinical social worker, psychotherapist, and fatherhood practitioner. In her 20+ years of direct practice and management experience as a clinician, professor, and administrator, Dr. Green has had a tremendous impact on countless New Yorkers.

Skilled in various areas of mental health, program planning, development, clinical supervision, and building strategic partnerships, Dr. Green received the National Association of Social Workers, New York City Chapter's (NASW-NYC) Social Work I.M.P.A.C.T. Award in 2019. The award, which is the chapter's highest honor, is presented to a social worker who "exemplifies the commitment to social justice, equity, empowerment, and civil rights, through their work, research, advocacy, practice, embodiment of the social work profession, and their dedication to the communities and individuals they serve." In 2015, she also received the chapter's Mid-Career Leadership Award and was recently inducted into the Pi Pi Chapter of the Phi Alpha Social Work Honor Society.

Dr. Green holds both a Doctorate and Master's Degree in Social Work from NYU, a Bachelor of Arts in Psychology from the University of Massachusetts at Amherst, Post-Master's Certificates in Advanced Clinical Practice from Hunter College, and the Treatment of Alcohol and Drug Addicted Clients from NYU. Dr. Green serves on several boards and is an active member of Delta Sigma Theta Sorority, Inc.



Dr. Henry Willis, Ph.D.
CLINICAL PSYCHOLOGIST

Dr. Henry A. Willis, Ph.D. is a Clinical Psychologist who research interests include exploring the relationship between online and offline racial discrimination and mental health outcomes, understanding sociocultural protective factors (i.e., racial identity) and how they impact psychopathology (i.e., obsessive-compulsive disorder) within African Americans, creating cultural adaptations of evidence-based treatments, and utilizing mobile-health technology to increase access to mental health treatments for underserved populations.

Dr. Willis holds a B.S. in Psychology from Howard University, an M.A. in Clinical Psychology from Columbia University, and a Ph.D. in Clinical Psychology from the University of North Carolina at Chapel Hill.



Robin L. Brown
EXECUTIVE ADMINISTRATOR

As the Executive Administrator, Robin Brown adds the glitter, sparkle, and organizational support to the Hope Center. She received her Bachelor's Degree in Marketing Advertising from Baruch College. Robin is the founder & Chief Super Hero at Robin Laura Events, an NYC event planning firm.

As the Executive Administrator, Robin also develops and strengthens the Hope Center's marketing and communications strategy.

HOPE CENTER INTERNS

COLUMBIA UNIVERSITY SCHOOL OF SOCIAL WORK

Ashley Rodriguez
Angelique Spencer

NEW YORK UNIVERSITY

Lex Cadenhead
Victoria Juste
Corisha Sanders

HUNTER UNIVERSITY

Liana Dardashti

WALDEN UNIVERSITY

Shakia Wilkins-Burrell

A MESSAGE FROM THE EXECUTIVE DIRECTOR

As I reflect on the year, I find myself incredibly thankful for my time thus far serving as the Executive Director for the HOPE Center. Whether it has been collaborating with the board, staff, innovators, partners, volunteers, or supporters, I am happy to be connected to such innovative, compassionate, and knowledgeable people.

I am inspired by the commitment and energy each of you continues to give in the face of the nation's current health, social, and economic challenges. I am encouraged by your dedication to mental health and the prospects that future efforts will bring for the HOPE Center and the communities we serve. My excitement is bolstered even more as I think about all the life-changing work we do daily, both individually and collectively.

In 2022 we found ourselves leaning into the hybrid space of providing services in-person and virtually embracing technology as an ongoing way of life for the people we serve and our staff. While the virtual space may work for many, we remain committed to opportunities to safely come together in-person—a practice many people value and appreciate even more.

Despite the concerns around the loss of many social freedoms, we remain rooted in hope and the triumph of the human spirit as we choose a life of wellness, restoration, and courage to celebrate life. These monumental efforts are those featured in this year's annual report, which provides the story of our resilience as a community and a conduit for connectivity. We look forward to partnering with each of you on future endeavors and remaining steadfast in our intentions to make healing center stage!

With thoughts of healing,

Dr. Lena L. Green

Dr. Lena L. Green, DSW, LCSW
Executive Director

ABOUT US

HEALING ON PURPOSE AND EVOLVING



The HOPE Center is a 501(c)3 nonprofit organization that seeks to minimize the stigma around communities of color when seeking mental health services. It prides itself in having licensed clinicians who utilize evidence-based therapeutic practices to support a variety of daily living challenges, including depression, trauma, sexual abuse, and bereavement.

OUR CORE FOCUS AREAS

CLINICAL

Engage in direct clinical practice through field placement partnerships with diverse colleges and universities across New York City to provide group therapy, individual, couples, and family counseling.

WELLNESS

Introduce the Harlem community to healing resources that support the holistic needs of every individual through workshops, seminars, and small groups.

RESEARCH

Equitably involves community members, HOPE Center representatives, researchers, and others in the community-based participatory research process, with each partner contributing to and sharing in decision-making and ownership.

TRAINING

Create, implement, and manage community health training modules to aid lay leaders in 1) becoming more trauma-informed, 2) learning how to navigate a wide range of mental health challenges, and 3) teaching group facilitation skills to support psychoeducation groups, including but not limited to anxiety, depression and grief & loss.



Mission

To provide quality therapeutic services to the Harlem community in an effort to directly impact mental health needs and promote health and wellness.



Vision

To empower and support our community in the process of creating and sustaining life-long wellness.



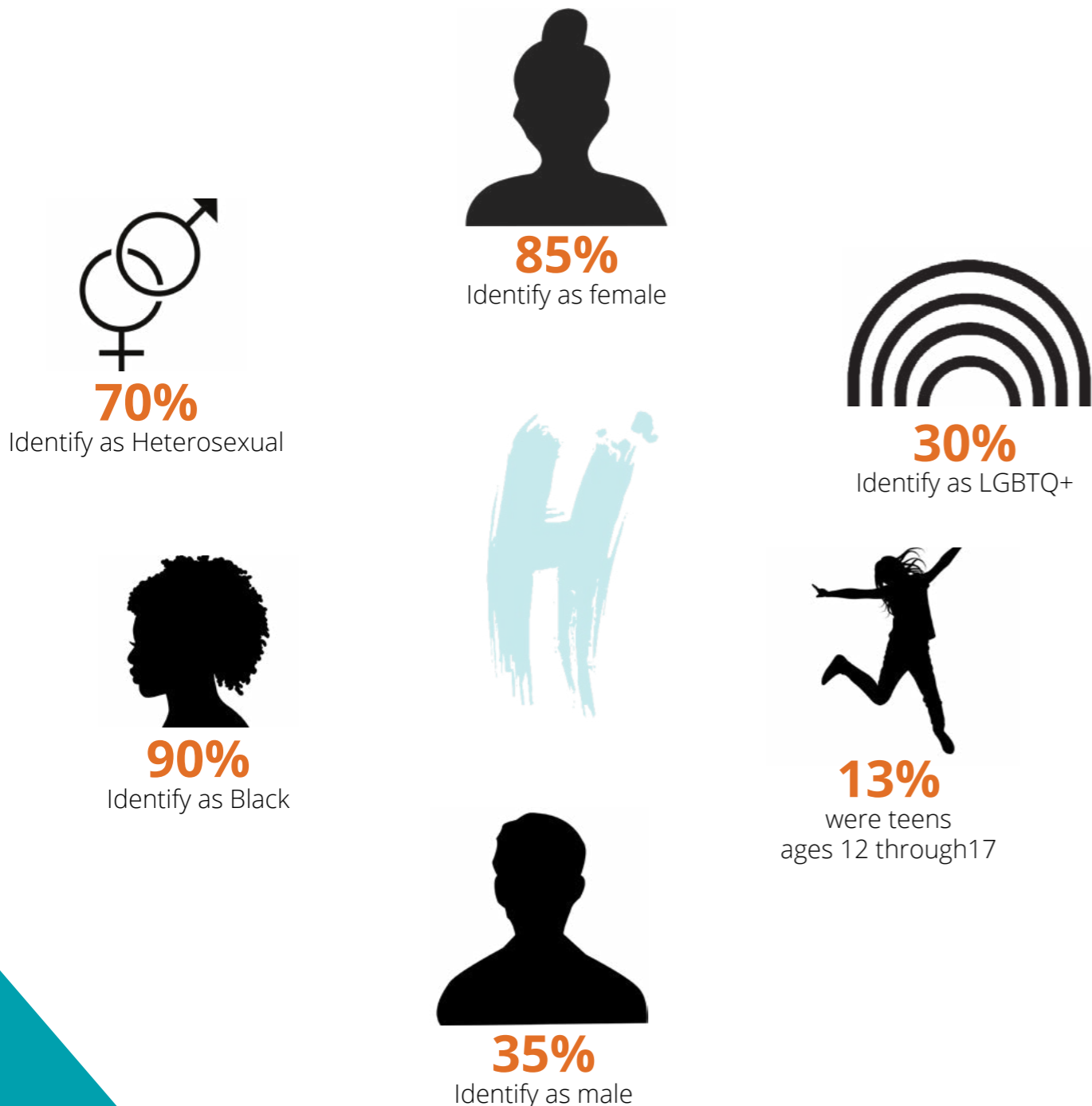
Core Values

- Creating
- Thriving
- Authenticity
- Mutuality
- Kindness
- Worthiness
- Excellence

2022 IMPACT

For five years, Hope Center Harlem has been providing unwavering support to New York Residents through a wide range of free programs and services. With the invaluable assistance of interns, consultants, and dedicated staff members, we have made a significant impact on the lives of the community members we serve.

In 2022, the HOPE Center served 375 innovators between the ages of 12 through 76 within the following demographic profiles:



100+ Innovators Serve for Individual Treatment

The HOPE Center directly supported 118 innovators through one-on-one evidence-based therapy, which offers 10 free therapy sessions per individual inclusive of Cognitive Behavioral Therapy, Interpersonal Psychotherapy, Complicated Grief Therapy, and Solution-Focused Brief Therapy.

Hosted 30 Workshops, Groups, & Events

In 2022, the HOPE Center hosted 30 diverse workshops, groups, and events, including Safe Sleep, Through the Lens, The Pride Room, and Planting for Wellness. Our events included In the Den, Community in Action Day, and the Hope Center's Wellness and Self-Care Fair.

Digital Programs were viewed in 6 Different Countries

Hope Center's digital programming, including events like "Power of our Stories" and "Healing Conversations," reached audiences in six countries, including the United States, Nigeria, India, and Canada.

2022 HIGHLIGHTS



HOPE IN ACTION FUNDRAISING & AWARDS BREAKFAST COMES ALIVE, IN-PERSON

Created to recognize and highlight mental health heroes who have made significant contributions to the field, The HOPE Center proudly welcomed over 120 attendees from around the country to the first in-person HOPE In Action Breakfast. Held at the renowned Red Eye Grill, HOPE In Action celebrated and recognized the outstanding achievements of the honorees, who have brought about transformative and innovative change in New York City and beyond.

Among the esteemed honorees were Dr. Torian Easterling, Dan Gillison from NAMI, and Dr. Linda Lausell-Bryant, all of whom have made remarkable contributions. Dr. Michael Lindsey delivered a captivating keynote address, further inspiring each attendee to take action to help destigmatize mental wellness support services.

2022 HIGHLIGHTS



IN THE DEN PROVIDES A SAFE HAVEN FOR MEN

In the Den, an event exclusively for men, gave them a supportive environment to fellowship and engage in empowering discussions about their overall well-being and mental health. Pastor Michael Walrond, Jr., and Dr. Sidney Hankerson guided the conversation.

TEENS EXPRESS EMOTIONS THROUGH PICTURES

Snapshot, a youth program focused on-photography as a healing tool, helped youth successfully express their trauma and social challenges. Utilizing professional photographers, Snapshot taught each participant introductory camera skills and visual storytelling techniques. The program's main goal was to enrich lives, cultivate new artists, foster leadership, and amplify youth voices.



INITIATIVE PROMOTES INFANT SLEEP SAFETY

In collaboration with First Candle, Safe Sleep is a monthly initiative dedicated to educating new and expectant parents about creating a safe sleeping environment for their babies. With the goal of preventing SIDS, facilitators provided interactive trainings, giveaways, and advocated the use of mental health services.



THRIVE INSPIRES YOUTH TO BE THEIR BEST SELVES

To promote resilience and empower young individuals, Nike Black Commitment generously provided funding for THRIVE, an innovative 12-week program designed specifically for teenagers between 12 and 17 years old. This groundbreaking suicide prevention initiative aimed to equip participants with valuable skills and knowledge to navigate life's challenges effectively.

Throughout the program, Thrivers engage in various enriching activities and thought-provoking discussions. These conversations covered diverse topics, including mental health, coping skills, and strategies for managing emotions during difficult times. By fostering an open dialogue, Thrive encourages teenagers to express their feelings, thoughts, and concerns while providing them with the tools to develop resilience and emotional well-being.

To further enhance the program's impact, the HOPE Center joined forces with the renowned HAVEN=CONNECT. This collaboration offered participants a unique opportunity to learn how to support their peers meaningfully, fostering engagement, sharing, and connection. HAVEN=CONNECT's workshops focused on utilizing four essential pillars known as the "4 Cores" - kinship, balance, purpose, and guidance - to bring joy into our lives and effectively manage stress and challenges.



2022 HIGHLIGHTS



SNEAKER BALL NYC DRAWS LARGE CROWDS FOR MENTAL HEALTH SUPPORT

Hosted at the exquisite Harlem Parish, the HOPE Center proudly presented the Inaugural Sneaker Ball where fashion and art united for mental health awareness and charity.

Featuring food, music, a pop-up shop, and a photo booth, the Sneaker Ball's primary goal was to raise awareness and support for youth and adult mental health services and programming. Over 200 supporters and mental health champions gathered, ready to dance, connect, and show their unwavering support for mental health support services and programming for both youth and adults.

To learn more about the HOPE Center's Sneaker Ball, visit www.sneakerballnyc.org.

FCBC COMMUNITY DEVELOPMENT CORPORATION



The First Corinthian Baptist Church (FCBC) Community Development Corporation (CDC) serves as a catalyst for transformation in Harlem and the Greater New York City area, challenging and empowering individuals to realize their infinite possibilities through Education and Arts, Economic Empowerment, Health Awareness, and Civic Engagement.

Registered as a 501(c)3 nonprofit organization, the FCBC CDC's first venture was The Dream Center, a transformative space designed to awaken the dreams of the community. Focused on creative arts, leadership development, and economic empowerment, The Dream Center offers over twenty-five completely free programs to the Harlem community for all ages, races, and backgrounds.

In December 2016, the FCBC CDC opened the H.O.P.E. (Healing On Purpose and Evolving) Center, the first faith-based mental wellness space in Harlem.

CURRENT BOARD MEMBERS

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Senior Pastor, First Corinthian Baptist Church

Chris Crawford
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Jamal Joseph — Secretary
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Founder of New Heritage Theatre Group

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Executive Director, FCBC CDC

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Executive Director, The HOPE Center

Morgan Cuffie

Executive Visionary, The Dream Center

Chris Bishop
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Voza Rivers
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Vice President, Greater Harlem Chamber of Commerce & Chairman, Harlem Arts Alliance

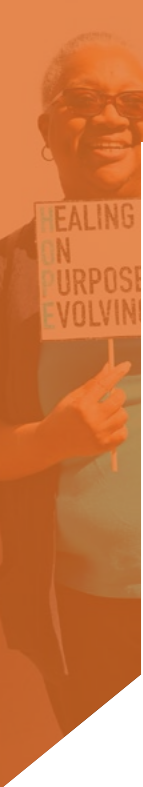
2022 FINANCIALS

2022 REVENUE

Category	2022	2021
Fiscal Sponsor	\$166,982	\$166,495
Individual	\$62,643	\$67,526
Programming & Other	\$36,464	\$38,239
Grants	\$312,173	\$60,000
Total	\$ 578,262	\$332,260

2022 EXPENSES

Personnel	\$167,532	\$179,977
Programming & Operations	\$367,070	\$100,761
Administrative	\$14,361	\$11,489
Total	\$548,963	\$292,227



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HOPE CENTER

**HEALING
ON
PURPOSE &
EVOLVING**

#HOPEINNOVATION