



# ANNUAL REPORT

Changing Children's Mindset  
Changes Their Outcome

20  
22





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# A MESSAGE FROM THE FOUNDER/CEO

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In my seven years at Choose to DO, Inc., I've seen our team accomplish some amazing goals, and 2022 was no different. In 2022 we pivoted to focus on restructuring the organization. We concentrated on developing our organizational presence by building a new website and revamping our mission statement, vision, and core values to communicate a clearer message. We redesigned our programs, including working with an associate professor at Baylor College of Medicines' Menninger Department of Psychiatry and Behavioral Sciences and with the University of Texas Health Houston School of Public Health to establish a process for collecting, inputting, and reporting data. We also focused on organizational exposure to ensure we continue to be a reputable, visible organization by developing our Board of Directors from three skilled members to eight critical to the organization's growth. We restructured our Membership Committee, to oversee the recruitment and retention of our members, our External Committee, and the Youth Advisory Board to reevaluate their purpose and increase their members to be influential in their area of work. Lastly, we received the "Rising Star" award from The Ashley Jadine Foundation to thank us for serving our community. We are a dynamic organization, and with this new direction, we are on the trajectory to ensure the world we live in provides adequate resources to support mental health for black youth.



Dozie Oheri, Founder/CEO  
Choose to DO, Inc.





# OUR MISSION

Our mission is to build confidence and esteem for underserved black youth 12-17 years old, to embrace healthy mental development by introducing them to applicable skills and resources that foster socioemotional well-being.







# OUR WHY

**The community is impacted greatly when African American youth mental health is not being addressed and talked about.**

Intergenerational trauma is passed down generation after generation when there is not someone who can break the cycle. Black trauma affects the entire community as we see a lack of access to health care, greater crime and drug use as well as disruptions in education. Choose to DO, Inc. serves as a catalyst for culturally appropriate personal development related to mental health education for African American youth. We see the effects on society, our communities, and the individual when this need is not met and the role Choose to DO, Inc. can play in fulfilling this need.



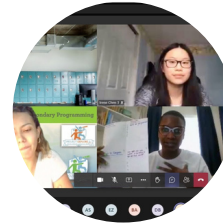


# PROGRAMS OVERVIEW



## **BREAKING THE CYCLE**

Promotes self love and leadership.



## **YOUTUBE SELF HELP CLASSES**

Mental health online class series.



## **THE MINDFULNESS PROJECT**

Teaches de-stressing techniques.



## **SELF DISCOVERY PROJECT**

Teaches self expression using art disciplines.



## **INTERNSHIP PROGRAM**

For individuals to gain working experience.



## **YOUNG AUTHORS IN THE MAKING**

Learn how to become a young author.





# OUR COMMUNITY

## **BOARD OF DIRECTORS**

Brook Eben  
Chakema Carmack  
Crystal Donatto Brown  
Franka Baly  
Johnique Lang  
Tolulope Lawani  
Micheal Yawson  
Simone Green

## **MEMBERSHIP COMMITTEE**

Johnique Lang  
Priyanka Desai  
Shanna Gardner

## **YOUTH ADVISORY BOARD**

Mahima Gyamlani  
Zoe Benoit  
Christian Doe  
Sandra Carter  
Shantelle Wiresinger

## **EXTERNAL COMMITTEE**

Franka Baly  
Chantel Eubanks  
Angia Kincey  
Lennisha Walker  
Micheal Yawson

## **CORPORATE SPONSORS**

H-E-B  
Kendra Scott  
DOW  
Lonza  
Frost Bank  
Russell Foundation

## **BRAND AMBASSADOR**

Carla Marie Williams







# FINANCIALS

**\$45,567.46**

REVENUE

**\$21,346.90**

DIRECT PUBLIC SUPPORT  
INDIVIDUAL CONTRIBUTIONS

**\$18,000.00**

GRANT REVENUE







# OUR YEAR IN REVIEW

8

**1,187**

TOTAL HOURS WORKED

**19\***

YOUTH SERVED

**15\*\***

CLASSES TAUGHT

**25**

VOLUNTEERS

\*The number decreased because we pivoted to restructure the org. A total of 513 youth served since 2017.

\*\*Included two corporate volunteers.



# SO WHAT'S NEXT FOR US?

## WE CONTINUE TO SHINE A LIGHT ON THIS IMPORTANT WORK WE STARTED 7 YEARS AGO...

- Working to transform the lives of the black youth we serve.
- We have an energized new board. \*
- Are launching a new website to support our marketing and fundraising efforts.
- Actively seeking new funding opportunities to expand the impact of our programs.
- Expanding our impact into different districts within the Houston area.
- Partnering with organizations who can help us expand our impact.

