



**OUR 2024**

**IMPACT REPORT**

Since 2018, Inner City Bliss has helped more than 5,000 youth across the Bay Area cultivate mental and social-emotional health, resilience, and peace.



## MENTAL HEALTH DISPARITIES

1 in 3 students in Oakland Unified School District (OUSD) report feelings of chronic sadness and hopelessness due to experiencing high incidences of circumstances such as community violence, and poverty (Oakland Fund for Children & Youth).

CITY OF OAKLAND DATA

**352.2 per  
100,000**

**AFRICAN AMERICANS  
HOSPITALIZED FOR  
MENTAL HEALTH ISSUES IN  
OAKLAND, DOUBLE CITY'S  
OVERALL RATE**

**Key Problems Addressed**



## PARK INEQUITIES

Residents in Oakland's low-income neighborhoods have access to **78% less park space** per person than those in high-income neighborhoods and **neighborhoods of color enjoy access to 69% less parkland** than white neighborhoods. (Trust for Public Land).

**Key Problems Addressed**



## HOW WE FILL IN THE GAPS

Inner City Bliss (ICB) creates wellness, resilience, and empowerment for historically marginalized children and adults in the Bay Area through **trauma-informed mindfulness-based programs, workshops, and outdoor learning experiences.** Our initiatives were specifically designed to increase access to culturally relevant mental and social-emotional health resources among BIPOC communities with a holistic approach.

## MINDFUL PATHWAYS

Mindful Pathways provides both mindfulness, movement and restorative justice based programs to primarily BIPOC youth and families in schools, outdoor spaces, and community-based facilities. Through year-round 1-hour weekly sessions, it is designed to help youth (grades 3-12) and adults manage stress, anxiety, depression, and build conflict resolution skills through trauma-informed mindfulness practices through the following components: **Mindfulness-Based Stress Reduction, NIA Dance Experience, and Restorative Justice.**





## **MINDFULNESS-BASED STRESS REDUCTION (MBSR)**

**This component introduces youth and adults to meditation and mindfulness practices that bolster stress management and emotional wellness. It involves mindfulness games, guided meditations and sound healing therapies such as crystal and Tibetan bowls, which strengthen the parasympathetic nervous system responsible for promoting relaxation.**



## **NIA DANCE EXPERIENCE**

**Neuromuscular Integrative Action (NIA) infuses choreographed movements that combine modern somatic science and ancient healing traditions like tai chi, yoga, and African dance. These activities release mood-boosting endorphins, and aids participants in exploring their physical and emotional landscapes, which is fundamental in building self-esteem and resilience.**



## **RESTORATIVE JUSTICE**

**Through peer-to-peer role playing activities, youth learn how to build conflict resolution skills, and emotional intelligence. Each student is paired with a peer, creates fictional conflict scenarios, and acts out healthy ways to resolve them. By incorporating these practices, we are working to reduce violence and the inequitable disciplinary practices such as suspensions and juvenile incarceration, that disproportionately impact African American youth.**





## Short-term Goals

- ***Extend the Mindful Pathways program in Oakland and Richmond among African American and Latinx youth.***
- ***Increase the number of sessions from 25 to 80 per academic year, serving a larger demographic of students.***
- ***Raise the hourly rate of our instructors to retain quality educators and facilitate more sessions.***
- ***Hire a Program Operations Assistant to streamline processes such as enrollment, communications, paperwork, and family outreach, ensuring smooth day-to-day operations.***



## Long-term Goals

- ***Reach at least 1,300 BIPOC students in Alameda County, significantly increasing our footprint in the region and fostering healthier emotional and social well-being among youth.***
- ***Continuously update and innovate our mindfulness curriculum to include a diverse range of practices that resonate with our participants' cultural backgrounds.***
- ***Develop a comprehensive evaluation system to measure the program's impact and continuously refine our approach for long-term success.***



**FY2024**

**RESULTS**



**1,000**

**TOTAL INDIVIDUALS SERVED  
IN OAKLAND AND RICHMOND**

**3**

**NEW SCHOOL PARTNERS  
ATTAINED**

**682**

**YOUTH SERVED IN  
SCHOOLS**

**80%**

**BIPOC PARTICIPANTS  
(MAJORITY AFRICAN-  
AMERICAN/LATINX)**

**more than 50%**

**STUDENT PARTICIPANTS  
REPORTED FEELING  
MENTALLY REFRESHED AND  
CAPABLE OF IDENTIFYING  
THEIR EMOTIONS**



## 2024 Financials Snapshot

Inner City Bliss is a small BIPOC-led organization (1 full-time and 2 part-time staff, and volunteers) that relies on community-based partnerships, grants, and individuals to sustain our programs.

**\$56,500**  
FY24 EXPENSES

**\$62,000**  
FY24 REVENUE

Grants account for approximately (90%) of revenue including:

- JUSTICE OUTSIDE (\$25,000)
- RICHMOND OUTDOORS COALITION (\$25,000)
- WITKIN CHARITABLE FOUNDATION (\$9,000)

We are actively diversifying our budget by pursuing earned revenue from our membership-based online wellness platform (launching in 2025) in addition to boosting our individual giving.

# How Your Contributions Help



**INCREASE ACCESS TO CULTURALLY COMPETENT TRAUMA-INFORMED MENTAL AND SOCIAL-EMOTIONAL HEALTH RESOURCES**



**EXPAND ICB'S PROGRAMMING IN SCHOOLS & COMMUNITY-BASED ORGANIZATIONS THAT SERVE PRIMARILY LOW-INCOME BIPOC YOUTH**



**SUSTAIN THE LIVELIHOODS OF BIPOC WELLNESS PRACTITIONERS**

**Your investment has helped us bridge societal gaps, enhance emotional intelligence, and provide tools for resilience, building a healthier and more connected community.**

