

# Head2Toe

The Brain and Body Coalition

## A MESSAGE FROM OUR FOUNDER

Thank you for joining us for this edition of Head to Toe. As we put this newsletter together, we thought carefully about what to share, because at the end of the day we want you to truly understand what we do and why we do it. Since starting in December 2022 as a Dutchess County–based business, The Brain and Body Coalition LLC has quickly grown into a Hudson Valley–wide organization. This doesn't mean we'll stop serving Dutchess, Ulster, or Orange Counties—quite the opposite. Expanding our reach simply means we refuse to limit the communities we support. While this is just a quarterly update (and the last one you'll receive until 2026), our mission remains steady: outreach, education, and training, all with the goal of dismantling stigma around mental health.

We know stigma won't disappear overnight, which is why we continue to focus on culturally responsive education, proactive approaches, suicide prevention, and resource-sharing. In this edition, you'll see how outreach and education go hand in hand, equipping supporters to better serve youth in their own communities. You'll also see why we don't advocate in the traditional nonprofit sense—we believe in empowering those we serve with the tools and knowledge to advocate for themselves. Collaboration is at the heart of everything we do, and while we can't name every partner and sponsor here, please know my deepest gratitude goes out to each of you. Together, we've reached thousands of youth through school partnerships, arts programming, and wellness initiatives. From hosting the second annual Reel Hope for Men's Mental Health Fishing Derby to delivering coping-skills toolkits with the support of the Dutchess County Youth Wellness Grant, our work continues to grow. Outreach and education remain inseparable, and whether through trainings, speaking engagements, or community partnerships, we are committed to breaking barriers and building bridges. If you're hosting an event or seeking staff training, we invite you to connect with us—because wellness from head to toe is a journey we share together.



## CHECK IT OUT!

### UPCOMING EVENTS IN THE KNOW FEBRUARY 7TH

FEBRUARY 21ST  
HIS STORY  
COURAGE - RESILIENCE-  
WELLNESS



SADIE PETERSON DELANEY  
AFRICAN ROOTS BRANCH  
LIBRARY

SAVE THE DATE!!! JUNE 20<sup>TH</sup>  
REEL HOPE

THIS YEARS REEL HOPE FOR  
MENS MENTAL HEALTH  
WAS A REELING SUCCESS!  
THANK YOU TO OUR MANY  
SPONSORS!



Supporting Communities Of Color  
[www.brainandbodycoalition.org](http://www.brainandbodycoalition.org)

# The Brain And Body Outdoors Initiatives!

Expanding Outdoor Programming through Brain, Body Outdoors

We are excited to continue and enhance our outdoor programming through Brain, Body Outdoors. This expansion is made possible by our partnerships with growing organizations like Scenic Hudson and New City Parks. We encourage you to connect with us outdoors and enroll your youth and children in events such as “Coping and Casting,” starting in January. We’re thrilled to integrate the sport of fishing into lessons aimed at teaching positive coping mechanisms and essential life skills. Additionally, we look forward to engaging in a new nature program that offers youth and families in our community the chance to explore new natural environments.

Through our outdoor programs, youth have gained new skills and discovered a safe space to express their feelings and emotions. Parents have also had the opportunity to relive childhood experiences, develop new skills, and witness the positive effects of nature on their own well-being.



We would also like to especially thank those who have donated towards our Coping and Casting, and other fishing events!



# Our Services

## Outreach

We bring mental health education into the community through signature events like Brain-Body-Art, Kids Coping and Casting, and Reel Hope. In addition to events, and tabling done at community events across New York we continue to recognize Men's Mental Health in June and Bebe Moore Campbell BIPOC Mental Health Awareness in July.



## Education

The Brain & Body Coalition offers culturally informed, evidence-based mental health education through interactive, custom workshop, and tailored programs that address topics like stigma, trauma, mindfulness, and suicide prevention to promote resilience and open dialogue. Our signature workshop, It Is What It Is works to break the barriers of stigma around mental health through the education on societal norms, culture, and systemic barriers to give participants tools towards mental health



## Training

Throughout the year, we have been able to train many in mental health first aid along with other evidence-based trainings. All trainings and workshops are dynamic and interactive, led by expert facilitators with lived or clinical experience, and culminate in certification while fostering collaboration, open dialogue, and community support. Our trainings can be offered in-person or online, and in a variety of group sizes. In 2025 we have provided training to over 2000 individuals!



## Book Us!

If you're interested in booking our services contact us at:  
Reply@brainandbodycoalition.org



YOU MATTER

Text. Call. Chat.

988 LIFELINE

# OUTREACH



Our outreach this year reflects our deep commitment to healing through creativity and the natural world. Through collaborations with the Frances Lehman Loeb Art Center at Vassar College, Kingston Ceramics, and Crazy Over Art with Carrie Decker, we offered youth opportunities to explore identity, resilience, and emotional expression in hands-on arts experiences. With support from the Dutchess County Youth Wellness Grant, we extended preventive mental health resources by delivering coping-skills toolkits to students at Millbrook High School, Millbrook Middle School, and Beacon High School. As we continue to expand our reach, we are bringing education and outreach together—whether through traveling speakers, our upcoming His Story panel in February, collaborations with local organizations to train staff, or the creation of For the Kings, a men’s mental health resource alongside our updated culturally relevant toolkit. Each initiative strengthens our mission to make art and the outdoors accessible, culturally grounded coping tools for families and youth.



# Education

The Brain and Body Coalition (BBC) focused on education initiatives that enhance opportunities for college students, youth leaders, and local schools. This year, we strengthened our partnerships with Marist University, Dutchess Community College, and Vassar College, providing internships in mental health education and community outreach. We also introduced two Youth Ambassadors from FDR Roosevelt High School to foster youth leadership in mental health education. We emphasize prevention and culturally rooted healing through various programs, aiming to integrate arts and nature into academic activities. Additionally, we continue to offer culturally relevant resources like “4thekings.”



## Youth Ambassador Program

We are happy to add on and continue our youth ambassador program. We have realized that an important way to support the youth is to work directly with them. This has given us many opportunities to learn better ways to support the youth as well. Dutchess County executive Sue Serino has presented our youth ambassadors with recognition certificates for their hard work setting examples within their peers. We are very happy for both of our ambassadors and are excited to continue this program in the future. For more information on our ambassadors, and the program check out our website!



# TRAINING



Over the last year we have come to see the value in training members of our community in our signature workshop, *It Is What It Is: Breaking the Barriers of Stigma*, which invites participants to delve into the connections between culture, identity, and mental health or another one of our offerings utilizing the HEAL framework.

. Through engaging discussions and evidence-based techniques, we foster an environment where mental health is seen as a strength and healing as a shared journey.

We are proud to share that along with training others, our entire team was happy to be trained in CPR and First Aid among other modalities. This underscores our dedication to safety and trauma-informed care. Having trained over 300 individuals, including 100 students and staff at Marist University in Mental Health First Aid, we continue to be a trusted partner in professional development. We provide training that enhances community awareness and equips individuals with the tools for compassionate, culturally sensitive support.

As we look to the future, we are eager to collaborate with organizations interested in integrating arts-based wellness, outdoor learning, or professional development into their programs. Together, we can transform mental health support, fostering a culture of wellness that is both practical and culturally aware. Join us as we rise together, breaking stigma through connection and action.



# HIGHLIGHTS!

Outreach

110 Suicide prevention kits distributed

Culturally Relevant Resources

Serving ages 2 +

Education

Fishing Programs Return!

Youth Ambassadors

Upcoming Panels

Training

2000+ !!

In The Know

February 7th

Serving You.

Dismantling Stigma.

Wellness From

Head2Toe

Now Booking

If you're interested in booking our services contact us at:  
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YOU MATTER

Text. Call. Chat.

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***Prioritizing  
&  
Destigmatizing  
Mental Health***

