



# #REBUILD TOGETHER

**2023 IMPACT REPORT**

**DARKNESSRISINGPROJECT.ORG**  
**[BIT.LY/REBUILD23](https://bit.ly/rebuild23)**

# OUR 2023 ACCOMPLISHMENTS

422

Funded more than **422 therapy sessions** for formerly incarcerated community members of color through REBUILD.

257

Connected more than **257 Black community members** to Black therapists through Find Me a Therapist.

9k

**4 Darkness RISING: Live 6** Mental Health Block Parties in Brooklyn, Queens, Harlem, & NC, reaching **9000+** in person & virtually

2792

More than **492** Black Mental Health Resource Packet online downloads, + **2300+ in person**

910

**12 Community Events and/or Wellness Workshops** with community members, Black wellness educators and providers with **910+ attendees.**

# 2023: A YEAR OF EVOLUTION



We expanded our Board and welcomed Dr. Kalisha Smith and Demetrius Edwards, MPA.

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We continued the 2nd year of REBUILD and Find Me a Therapist, providing jobs for our formerly incarcerated community members and up to 10 sessions of free therapy for community members of color.

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We launched the DR Therapists of Color Couch, a community platform for therapists of color on Facebook.

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Our REBUILD Team provided in-person sign ups at several community events in Raleigh, Durham & NYC

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We held Darkness RISING: Live in 4 locations: Raleigh, Harlem, Brooklyn & Queens. We added free wellness workshops with licensed providers, community yoga, African dance and more.

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We invested in partnerships & programs with like-minded organizations

# OUR STORIES

Meet Elizabeth  
REBUILD Program Coordinator  
[Click here to watch](#)

A woman with long dark hair, wearing a black long-sleeved top and dark pants, is sitting on a black metal stool. She is smiling and looking slightly to the right. The background is a dimly lit room with a window showing a view of a house at night. There are plants visible on the left and right sides of the frame.


**MEET  
ELIZABETH**

# OUR STORIES

Meet Will

REBUILD Therapy Seeker

[Click here to watch](#)

A man with short dark hair, wearing a dark t-shirt, is sitting in a black chair. He is smiling slightly and looking towards the camera. The background is a dimly lit room with a window and some plants. Overlaid on the image is large, bold, white text with a black outline. The word 'FREE' is highlighted in yellow. In the top right corner of the image, there is a small circular logo for 'Darkness RISING' with 'A MENTAL HEALTH NONPROFIT' written below it.

**WE PROVIDE  
FORMERLY  
INCARCERATED  
PEOPLE  
OF COLOR  
WITH  
FREE  
THERAPY**

# 2023 ARTISTS, WELLNESS GUESTS, TEAM MEMBERS, BOARD MEMBERS

## ARTISTS

Lavon Fisher-Wilson  
 Jade Jones  
 Sandra DuBose  
 Dawn 'Deja' Joyner  
 Shaq Hester  
 Christian Mark Gibbs  
 Deanna Richards  
 Sheniqua Trotman-George  
 Jason Williams  
 Tavis Cunningham  
 Collin L. Howard  
 Shy Palmer  
 EJ Thorne  
 DL Zene  
 Chuckey Robinson  
 Andre Chez Lewis  
 Dwayne Jordan  
 Mark 'Lace' Gibbs  
 Ian Jesse  
 King 'Lefty' Lee  
 Christian Sharp  
 JC Alex  
 DJ Killa Court

\*In Memory of Theresa Renee\*

## WELLNESS WORKSHOP GUESTS

Tamar Draughn, LPC  
 Phoenix Professional Services  
 Nisani Lopez  
 Ms. Twisted Yogi  
 Elevated Expression  
 Sheniqua Trotman-George  
 Michael Snipes Jr., LPC  
 Jill Hubbard-Salk  
 Urban Asana Yoga  
 Imari Hardon, MHC

## TEAM MEMBERS

Carlita Ector  
 Kyma Lassiter  
 Antuan Byers  
 Nisani Lopez  
 Cashmere Bentley  
 Rodrigue Dorleus  
 Jay Giles  
 Bobby Harrington  
 Elizabeth Butler  
 Nekeyeta Newkirk  
 David Melendez  
 LaKeisha Coffey  
 Collin L. Howard  
 Valese Jones  
 India K. Easley  
 Nadjah Johnson

## BOARD MEMBERS

Cathey Ector-Cox  
 Tamar Draughn, LPC  
 Demetrius Edwards, MPA  
 Bryan Parker, Esq.  
 Dr. Kalisha Smith  
 Carlita Ector  
 Tuesday Brooks, MBA

Advisory Board:  
 Shani Graves  
 Collin L. Howard  
 Lillias White

REBUILD Advisor:  
 Mariame Kaba



# 2023 ADVISORS, PARTNERS, SPONSORS, & ORGS

MARIAME KABA  
PROJECT NIA  
BEAM  
YOLO AKILI  
STEP UP DURHAM  
TISCH ILLUMINATION FUND  
NC ARTS COUNCIL  
BROOKLYN ARTS COUNCIL  
BOREALIS PHILANTHROPY  
COMMUNITIES TRANSFORMING POLICING  
KNOW YOUR RIGHTS CAMP  
INTERUPTING CRIMINALIZATION  
HEALTH EQUITY COLLECTIVE  
BROOKLYN COMMUNITY FOUNDATION  
MARGARET CASEY FOUNDATION  
THE DABA FUND  
ONE IN AN ARMY / BTS  
ARTEMISIA FOUNDATION  
PHOENIX PROFESSIONAL SERVICES  
TAMAR DRAUGHN, LPC  
URBAN MINISTRIES DURHAM  
FLEXIN' WITH DEX PODCAST  
MY CAROLINA CBS 17  
NC THEATRE

NC BLACK ALLIANCE  
CRISSY SHINED NAILS  
ONE FOR ALL THRIFT  
ARTSPACE  
ARTSPLOSURE  
SUCCESS WHILE IN TRANSITION  
LLOYD'S  
CITY OF RALEIGH  
MOVE WITH GRACE BROOKLYN  
CULTURELAB  
RECITY  
LACHANZE  
KIMBERLY AKIMBO BROADWAY  
DARK KNIGHT PRODUCTIONS  
NOAH CON  
SARC FOUNDATION  
RADIO ONE, BRIAN DAWSON, MELISSA WADE  
NY ASSOCIATION OF BLACK PSYCHOLOGISTS  
JUST PRACTICE  
CHICAGO COMMUNITY BOND FUND  
RALEIGH UNITED MUTUAL AID HUB  
ALPHA KAPPA ALPHA SORORITY INC.  
IMPEL FORWARD  
PLAYMAKERS REPERTORY COMPANY



**In January 2022, Darkness RISING Project launched REBUILD, a free service which connects formerly incarcerated individuals to a therapist of color. We expanded this program in 2023.**

**Our team consists of 5 part-time and 2 full-time staff members who are formerly incarcerated people or have lived experience with mental health challenges. These team members assist with matching formerly incarcerated and justice involved individuals with therapists of color. This assistance includes finding and vetting therapists, scheduling therapy appointments, and continued outreach to therapy seekers.**

**To date, REBUILD has covered therapy costs for more than **500 sessions**. With additional funds, REBUILD can continue subsidizing therapy costs for formerly incarcerated people of color.**



**101**  
**Formerly incarcerated  
members were  
connected to a  
therapist in 2023.**

**321**  
**People reached  
through our  
programs, social  
media and online  
content.**

**DARKNESSRISINGPROJECT.ORG**

**BIT.LY/REBUILD23**

**41202**  
**Therapy sessions  
were funded in 2023.**

# WHAT PEOPLE ARE SAYING

**Q.L.**

**Therapy Seeker**

"After the gift of 10 free sessions from REBUILD with a woman of color in the same area I'm from - I have packed my toolbox with even more irreplaceable tools."

**J. M.**

**Therapy Seeker**

"As a systems impacted person who spent half his life in the system, I knew that I would need an outlet to process my experiences and trauma. REBUILD helped connect me with a tailor-fit local therapist and removed the burden of how to pay for the much needed services. I refer people to REBUILD every single day!"

**J. G.**

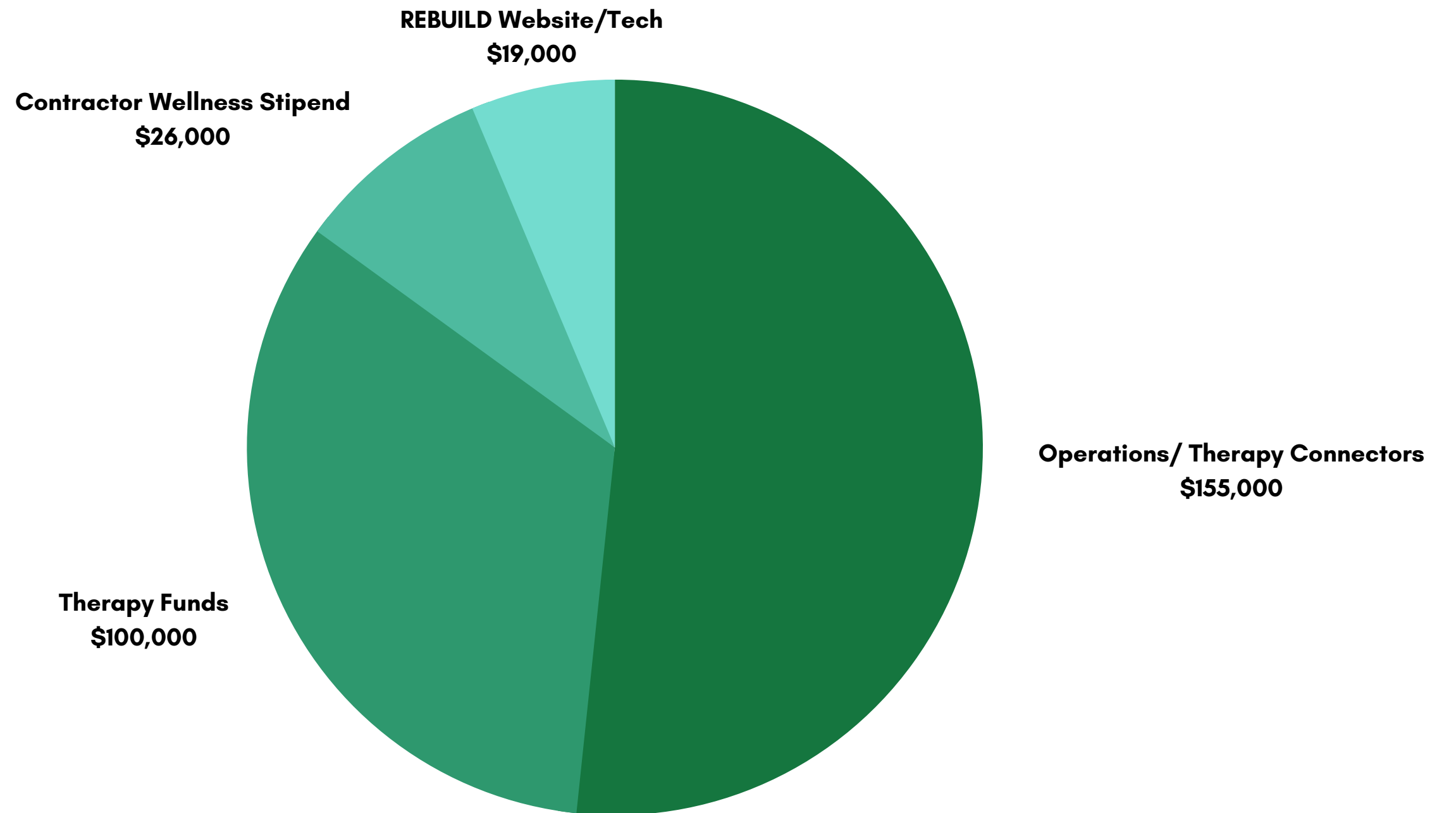
**Therapist Connector**

"When I was released from prison, I was in a dark and broken place mentally. With the help of REBUILD and that of my therapist, I have been able to heal. It meant so much to have people that look like me be by my side, helping me get my mental health back together. I am so thankful for the team and for my therapist!"



**Become a Donor Today**

**Your donations will allow us to continue providing **free** mental health resources.**



**DARKNESSRISINGPROJECT.ORG**

**BIT.LY/REBUILD23**

Our goal is to continue to provide formerly incarcerated people of color with free mental health services.

**Our Goal:  
\$300,000**





# How To Give

Help us connect formerly incarcerated and criminalized people of color to therapists of color.

**Online**

**[BIT.LY/REBUILD23](https://bit.ly/rebuild23)**

Darkness RISING Project is a 501(c)3 nonprofit, and your donation is fully tax-deductible.

**Check**

**CHECKS SHOULD BE MADE PAYABLE TO:  
DARKNESS RISING PROJECT**

**CHECKS CAN BE MAILED TO:  
P.O. BOX 33603 RALEIGH, NC 27636**

**DARKNESSRISINGPROJECT.ORG  
[BIT.LY/REBUILD23](https://bit.ly/rebuild23)**