



ANNUAL REPORT 2020

STRENGTHENING BONDS IN OUR COMMUNITY
HEALTHY RELATIONSHIPS. THRIVING FAMILIES. STRONGER COMMUNITIES.



STRENGTH IN NUMBERS



DEAR FRIENDS,

Over the past year, we've watched Be Strong continue to thrive. We've touched even more lives than before, and we've forged essential partnerships that further our vision and demonstrate our dedication to this community.

From our after-school programs to our empowerment workshops, we are making a real difference in the lives of our community members.

Our impact is great, but what is even greater is the dedication of our volunteers and staff. They have helped Be Strong grow from one program to two branches, and without them, we wouldn't have the same momentum.

We want to change lives, and you are helping us do that. For being a part of Be Strong, we thank you.

STRONGER TOGETHER,

Michelle Shirley

CEO

We Have Partnered With More Than

20

schools in Miami-Dade and Broward County.



Served more than

2,978

youth in 2018.



We have worked with more than

2,276

parents.



We have served more than

230,000

community members, students, and parents combined since our inception.



"Being at Be Strong has really boosted my confidence, personality, knowledge, and a little bit of [my] physical health as well. [...] I got so much in return: awesome field trips, great people, good prizes, and some activities. I love everything about this program."

-T., 2018 PROGRAM PARTICIPANT



ABOUT US

Be Strong, now more than a quarter-century old, was founded by Mrs. Althea McMillan, a retired Miami-Dade County Public Schools teacher. Our program has been recognized for best practices in addressing risky behaviors and delivers educational programming to more than 2500 students within Miami-Dade and Broward public schools each year.

With two programs, and Project Hope, Be Strong touches the life of youth and parents throughout South Florida, reaching additional participants through Parent-Youth Summits nationwide.

ADDITIONAL PROGRAMS FOR OUR COMMUNITY



PROJECT H.O.P.E.

Project HOPE provides prevention education to middle and high school youth in South Florida to help them avoid risky behaviors. In the 2021 school year alone, Project HOPE has served over 2,900 youth with healthy relationship education, character development, financial literacy, and career education workshops. An additional 1,200 youth will be served by June 2021. This program is offered throughout the school day in partnership with schools and consists of interactive activities and guided group discussions.



STRONG MONEY MENTALITY

This one-of-a-kind financial literacy series uses real-life situations to help adolescents and adults identify and discover the origin of their unhealthy behaviors, beliefs and patterns with money, as well as learn the elements of financial health. In a journey of self-discovery, they will gain insight on tools to manage their finances effectively and heal their relationship with money. Be Strong uses a holistic approach to personal finance that uses real-life situations to help individuals with decision-making skills that affect their choices about spending and credit, understanding the importance of saving for a rainy day, and dealing with challenging financial situations, like buying a home, renting an apartment, college funding, or purchasing a car.



RAISING THE B.A.R. (Budding Adult-Child Relationship) PARENT ALLIANCE

The Raising the BAR program teaches parents and caregivers evidence-based strategies that support children's healthy development. Curriculum is universally relevant and available to all primary caregivers with children from birth to eighteen years old who reside in Miami-Dade and Broward Counties. Workshops are in convenient locations and offered at no cost in English, Spanish and Creole. Through these stand-alone workshops, families with additional needs for services are immediately linked to more intensive parenting supports.





AND EVEN MORE PROGRAMS



GIRLS EMPOWERMENT MASTERY SESSIONS (GEMS)

Through the art and science of Healthy Relationship Education, the GEMS program teaches girls between the ages of 9 and 18 how to connect, thrive, lead, and love better so they may discover and prosper in their life's purpose. During this program, girls will learn to develop emotional resilience, healthy relationship skills, holistic well-being, and practice a leadership-driven lifestyle. Meetings are held monthly throughout the school year.



MARRIAGE MATTERS

The Marriage Matters program is designed to encourage and educate couples in the areas of relationship strengthening, communication, problem solving, stress and anger management, intimacy, financial knowledge, and parenting skills. We use an evidence-based curriculum that aims to empower married couples at every stage to build and maintain a healthy and lasting marriage. The program is offered at no cost in English and Spanish, lasts fourteen weeks, and includes various activities, awards, and prizes.



BE STRONG AT THE TABLE (BSATT)

BSATT is a unique relationship-building experience offered through a roundtable dining activity. This project is intently focused on increasing social empathy and encouraging healthy dialogue amongst community members despite their differences. The dinner participants will include a mix of local families, youth and community leaders from different racial, cultural, and socioeconomic backgrounds to address the issue of racial and social injustice, all while dining together. Additionally, we will premiere a documentary with insights of each community member's process to increase awareness of the limitations that hinder meaningful progress towards equality and justice in our community.



BE STRONG AFTER SCHOOL CLUB (BSASC)

BSASC is a unique enrichment program sponsored by The Children's Trust that guides the social, emotional and academic development of middle school youth, empowering them to be socially, physically, emotionally, and mentally healthy. It offers tutoring and academic assistance provided by certified teachers, culinary art classes, photography classes, financial literacy, healthy relationship activities, field trips and more! BSASC is offered Monday through Thursdays throughout the school year at no cost.



Asian	49
Black	448
Hispanic	1307
Mixed	211
Native American	4
Other	45
Pacific Islander	12
Unknown	53
White	849

WHAT DOES THE DATA TELL US ABOUT OUR YOUTH PROGRAMS?

Ethnicity and Programs

Hispanics are the **majority** and make up about 44% of those in the programs in 2020. **About half of the Hispanic youth in the programs are in SRAE I.**

Whites are second with about 29% of the youth population in 2020.

Blacks are third with about 15% of the youth population in 2020. Blacks were the second largest ethnicity among the programs in 2019 but **enrollment for black youth went from 2359 to 448.**

The total number of students served was just under 3000, which is a drastic drop from **6492** in 2019 (affected by COVID)

Out of the **1635** youth who were part of the Real Essentials program, **1434** completed it.

Retention rate: **87%**

We served **997** more parents this year, compared to 2019





Sources of Support

Be Strong is one of the oldest funded nonprofits addressing healthy relationships in Florida and is supported by a number of local, state, and national grants, in addition to private donations.

STATEMENTS OF ACTIVITIES FOR THE YEAR ENDED DECEMBER 2021

		2020		2019
	Without Donor Restrictions	With Donor Restrictions	Total	Total
Support And Revenues				
Federal, state, local and other grant contracts	\$ 1,853,057	\$ -	\$ 1,853,057	\$ 1,909,656
Contributions and other	92,004	75,000	167,004	155,963
In-kind revenues	100,135	-	100,135	145,662
Total Support	2,045,196	75,000	2,120,196	2,211,281
Net assets released from restrictions due to satisfaction of donor imposed restrictions	93,601	(93,601)	-	-
Total Support And Revenues	2,138,797	(18,601)	2,120,196	2,211,281
Expenses				
Program	1,604,504	-	1,604,504	1,438,068
Fundraising	92,250	-	92,250	69,532
General and administration	287,433	-	287,433	213,766
Total Expenses	1,984,187	-	1,984,187	1,721,366
CHANGE IN NET ASSETS	154,610	(18,601)	136,009	489,915
NET ASSETS - beginning of year	609,690	78,623	688,313	198,398
NET ASSETS - end of year	\$ 764,300	\$ 60,022	\$ 824,322	\$ 688,313

Thank YOU
to all of our
SUPPORTERS
PARTNERS

BE STRONG GIVES BACK

COMMUNITY FUN DAY

GOULDS, FLORIDA

Students, residents and notable community partners came out in numbers to Community Fun Day at Goulds Park, hosted by Project P.E.A.C.E. and Be Strong International in June. Guests enjoyed live music, free food, and exhibitions from different organizations such as the Miami Dade County Police Department. State Senator Ana Maria Rodriguez, School Board Member Luisa Santos, and Miami-Dade County's Mayor Daniella Levine Cava were among the notable guests who attended the first in a series of community events for Goulds, Fla., residents. The event seeks to establish greater community cohesion through an entertaining, family-orientated experience



HOLIDAY TOY DRIVE

FLORIDA CITY, FLORIDA

With the help of sponsors and volunteers, Be Strong International delighted parents and children by providing wrapped gifts and a dancing Santa at the South Point Crossing Apartments in Florida City, Florida. More than 200 needy children between the ages of 3-13 received presents during BSI's Holiday Toy Drive on December 11th from 2 to 4 p.m. Gift items included books, interactive games, sports equipment, arts and crafts kits, journal sets, play food and kitchen sets, science kits, bath products, action figures, toy trucks and cars, stuffed animals, and gift cards.

DRIVE-THRU COMMUNITY FAIR AND FOOD DISTRIBUTION

MIAMI, FLORIDA

More than 350 boxes of fresh groceries were given to needy families from 10 a.m. to 1 p.m. at the at the South Dade YMCA in April. The event organizer, the Marriage Matters program, is one of the newest programs at Be Strong International (BSI). Marriage Matters is designed to encourage and educate married couples, while enabling them, at every stage, to build and sustain a healthy marriage. With the help of sponsors and volunteers, BSI not only distributed boxes of fresh food, they also were able to give out free books for children and share information about programs or resources from partners such as Survivors Pathway and Kristi House.





Healthy Relationships. Thriving Families. Stronger Communities.

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