



# ANNUAL REPORT 2021

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





**DEAR FRIENDS OF  
BE STRONG INTERNATIONAL,**

As I reflect on the many challenges we have overcome in recent years and those that lie ahead, I am both proud and humbled. It has been a challenging time for our team and the thousands of families we serve in Miami-Dade and Broward counties, but we have come through it with compassion, creativity, and resilience. We continue to serve our families with meaningful programs that make a difference in their lives, from heart skills education to outreach work and events such as our monthly food drives and back-to-school community fair.

None of this would have been possible without you, our dedicated Board of Directors, staff, volunteers and donors. It is only because of your caring support that we have been able to impact so many lives. Your commitment means we can make sure all of our client families get help for their growing needs in mental health, education, health and other critical areas.

We are excited about our plans for future expansion into high-need areas and the intensive service we already offer anyone struggling with their mental health. I know that positive change will take place in communities where we work and live.

**Here's to bringing even more families from brokenness to wholeness for many years to come!**

**STRONGER TOGETHER,**

*Michella Shirley*

**CEO & CHIEF HEART OFFICER  
BE STRONG INTERNATIONAL**

**STRENGTH IN NUMBERS**

We have partnered with more than **22** schools in Miami-Dade and Broward counties.



Served **5,283** youth in 2021.



We have worked with **2,723** parents.



We have served more than **240,000** community members, students, and parents combined since inception.



**L . M . \* , PROJECT H.O.P.E. STUDENT , 18 :**

"I had and still having a great experience in every meeting. Everybody is very respectful and gives you so many advice about life and how to be the best version of yourself. I think it's great because you can see that you are mentally evolving, and you have a new perspective about some things in life. Some decisions in the future are going to be easier to make for I already know what's good for me and what the outcomes are going to be for some actions. I will 100% recommend somebody to attend at least one session."

\*Name hidden to protect the confidentiality of the student.





## ABOUT US

**B**e Strong International, now over 30 years old, was founded by Mrs. Althea McMillan, a retired Miami-Dade County Public School teacher. Through specialized programs, Be Strong International touches the heart of the whole family: youth, parents, and married couples, throughout South Florida, by teaching them the importance of heart skills through healthy relationship education, while helping them move from brokenness to wholeness.

Our youth program has been recognized as a best practice in addressing risky behaviors and delivers educational programming to more than 5,000 students within Miami-Dade and Broward public schools each year.

## OUR PROGRAMS YOUTH



### PROJECT H.O.P.E. (Healthy Outcomes through Prevention Education)

provides prevention

education to middle and high school youth to help them avoid risky behaviors. This program serves youth with heart skills and healthy relationship education, character development, financial literacy, and career education workshops. Services are offered throughout the school day, consisting of interactive activities and guided group discussions.



### BE STRONG AFTER SCHOOL CLUB

is a unique enrichment program that guides the emotional, mental, physical, spiritual, and social development of middle school youth. This program offers academic

assistance, art enrichment (culinary, photography, dance), financial literacy, heart skills workshops, field trips and more!



### GIRLS EMPOWERMENT MASTERY SESSIONS

teaches girls ages 9 to 12 how to connect, thrive, lead and love better so they discover

and prosper in their life's purpose. Through the art and science of Healthy Relationship Education, girls learn to master skills in emotional resilience, healthy relationship, holistic well-being, leadership and purpose.



### STRONG MONEY

### MENTALITY

is one-of-a-kind financial literacy program that uses real-life situations to help

adolescents and adults identify and discover the origin of their unhealthy behaviors, beliefs, and patterns with money, while teaching the elements of financial health. In a journey of self-discovery, participants heal their relationship with money and gain insight on tools to manage their finances effectively. This program uses a holistic approach, so individuals develop the skills to make choices about spending and credit. It focuses on the importance of saving for a rainy day and the challenging decisions of buying a home, renting an apartment, college funding, and purchasing a car.





## HEALTHY RELATIONSHIPS THRIVING FAMILIES STRONGER COMMUNITIES

### FAMILY AND MARRIAGE



#### MARRIAGE MATTERS

encourages and educates married couples in areas of relationship strengthening, intimacy, communication, stress and anger management, problem solving, financial knowledge, and parenting skills. This program utilizes evidence-based curricula aimed to empower married couples to build and maintain a healthy and lasting marriage. This program is offered at no cost in English and Spanish.

### PARENTING



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

teaches parents and caregivers evidence-based strategies that support the healthy development of children. Workshops are available to primary caregivers with children from birth to 18 years old located in Miami-Dade and Broward Counties, and offered at no cost in English, Spanish, and Creole. Families with additional needs for services are linked to intensive parenting supports. Served almost 3,000 parents in the 2020-2021 program year and funded by Federal, State and Local grants, including The Children's Trust.

### COMMUNITY



#### BE STRONG AT THE TABLE

(BSATT) is a unique relationship-building experience offered through a round table 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. We also partner with other institutions to offer food drives, toy drives and back-to-school supplies to the community.

“Thank you very much for giving us the opportunity to participate in this awesome program. This program provided us with the tools to be a better husband/wife and therefore, to have a more stable and loving family. This program helped me identify areas where I can improve and better serve my partner’s needs”.

*Carlos Usategui - Former participant Marriage Matters Program*







## WHAT DOES THE DATA TELL US ABOUT OUR YOUTH AND PARENTING PROGRAMS?

The **96%** of Parents that attended a workshop rated that the information they received was beneficial.

The most popular **parenting workshop** was “Keeping Our Youth Safe On Social Media” with almost half of the total parents in attendance.

In 2021 there was an **increase of 334 more parents** who received parenting workshops, compared to 2020 annual report.

Ethnicity and Programs	Parent	Youth	Total	%
Asian	21	62	83	1.04%
Black or African American	829	802	1631	20.37%
Multiracial	264	342	606	7.57%
Native Hawaiian or Other Pacific Islander	2	31	33	0.41%
Other	116	752	868	10.84%
Unknown	271	789	1060	13.24%
White	1220	2505	3725	46.53%
<b>Total</b>	<b>2723</b>	<b>5283</b>	<b>8006</b>	<b>100%</b>

Total Hispanic: 4596 - 57%

## Project H.O.P.E - Program Satisfaction Outcomes OVER 80% OF YOUTH ENROLLED ARE SATISFIED WITH THE PROGRAM

PROGRAM OUTCOMES	%
Healthy Relationship (Empowerment)	76.35%
Healthy Relationship (Skills)	79.95%
Financial Literacy	95.31%
Career and Educational Success	91.38%

# STATEMENTS OF FINANCIAL POSITION



## 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.



“Exceptional services, and I would recommend this program to our entire district.”

- MR. DAVIS, MIAMI DADE COUNTY PUBLIC SCHOOLS, CAROL CITY MIDDLE

**THANK YOU**  
to all of our  
**SUPPORTERS PARTNERS**

## Assets 2021

CURRENT ASSETS	
Cash and cash equivalents, restricted of \$59,022 in 2020	558,613
Grants receivable	191,717
Pledges receivable - current, restricted of \$1,000 in 2020	9,000
Prepaid expenses and other current assets	5,206
<b>TOTAL CURRENT ASSETS</b>	<b>764,536</b>
Pledges receivable - long-term, net	6,838
Deferred compensation investments	42,007
Other Assets	8,038
<b>TOTAL ASSETS</b>	<b>821,419</b>

## Liabilities and Net Assets

CURRENT LIABILITIES	
Accounts payable and accrued expenses	88,214
Deferred revenue	-
<b>TOTAL CURRENT LIABILITIES</b>	<b>88,214</b>
Deferred compensation obligations	42,007
<b>TOTAL LIABILITIES</b>	<b>130,221</b>
NET ASSETS	
Without donor restrictions	616,282
With donor restrictions	74,916
<b>TOTAL NET ASSETS</b>	<b>691,198</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>821,419</b>

## Support and Revenues 2021

	Without Donor Restrictions	With Donor Restrictions	Total
Federal, state, local & other grant contracts	2,822,165	-	2,822,165
Contributions and other	46,416	115,000	161,416
In-kind revenues	104,105	-	104,105
<b>TOTAL SUPPORT</b>	<b>2,972,686</b>	<b>115,000</b>	<b>3,087,686</b>
Net assets released from restrictions due to satisfaction of donor imposed restrictions	81,084	(81,084)	-
<b>TOTAL SUPPORT AND REVENUES</b>	<b>3,053,770</b>	<b>33,916</b>	<b>3,087,686</b>

## Expenses

Program	2,504,056	-	2,504,056
Fundraising	179,854	-	179,854
General and administration	314,539	-	314,539
<b>TOTAL EXPENSES</b>	<b>2,998,449</b>	<b>-</b>	<b>2,998,449</b>
CHANGE IN NET ASSETS	55,321	33,916	89,237
NET ASSETS - Beginning of Year	560,961	41,000	601,961
<b>NET ASSETS - End of Year</b>	<b>616,282</b>	<b>74,916</b>	<b>691,198</b>

The numbers enclosed in this annual report are from audited financial statements.



## BE STRONG IN THE COMMUNITY 2021

### SPRING CHARITY EVENT - APRIL, 2021 KEY BISCAAYNE, FLORIDA

Be Strong International hosted the Spring Charity dinner - Blossoming Bigger and Better - to help raise funds to provide critical resources for broken families. This charity event was intended to honor donors, sponsors, and other supporters, while also highlighting BSI's services and programs that have positively affected parents and students in South Florida communities. Miami-Dade County Mayor Daniella Levine Cava presented the following eight community leaders with the "Making Our Community Stronger" award for 2021: Mark Trowbridge, Stephanie Sylvestre, Senator Shevrin Jones, Luisa Santos, Todd Battaglia, Marlen Abrahantes, Commissioner Danielle Cohen-Higgins, and Dr. Germaine Smith-Baugh.



### BACK TO SCHOOL BLOCK PARTY DONATES 1,300 BACKPACKS WITH SCHOOL SUPPLIES - AUGUST 2021 MIAMI, FLORIDA

Sponsored by Miami-Dade County, Project P.E.A.C.E. is administered through Be Strong International. Through Be Strong's efforts more than 1,300 students received new school bags during the Back-to-School Block Party on Saturday, August 21, 2021, from 11:00 a.m. to 2:00 p.m. at Demps Park, 11350 SW 216th St, Miami, FL 33170. Many organizations contributed to this event by donating supplies, volunteers, and providing information on resources available to the community. These include ICN Relief, The Education Fund, Citrus Family Care Network, Yoga 4 Change, Amigos for Kids, The O'Farrill Learning Center, Mothers Fighting for Justice, Lexus of Kendall and West Kendall, the Miami Dade Police Department, Miami Dade Fire Rescue, Gould's Community of Churches, and the Hard Knocks Foundation.



### DRIVE THRU FOOD DISTRIBUTIONS AUGUST / DECEMBER 2021 MIAMI, FLORIDA

In partnership with Farm Share Florida and supported by Project P.E.A.C.E., Be Strong International distributed food to 1,500 families during food drives held at Demps Park (Goulds), in South Miami-Dade. Food items included a variety of produce, milk, chicken, canned goods and bread. For the holiday season, turkeys and gift cards were also distributed along with cotton face masks and family-friendly board games.





Healthy Relationships. Thriving Families. Stronger Communities.

**Miami-Dade:**

9730 E. Hibiscus Street, Suite B  
Palmetto Bay, FL 33157

**Broward:**

Miramar Multi-Service Complex  
6700 Miramar Parkway  
Miramar, FL 33023

305.969.7829

**[bestrongintl.org](http://bestrongintl.org)**

**Board Members 2021**

Lisa Greer | President

David Cox | Treasurer

Maria Mallory White

Emily Arcia

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James P. McIntosh II

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