

POSITIVE RESULTS CENTER 2024 Impact Report



Dear Community,

As the Chief Executive Officer of the Positive Results Center, I feel incredibly blessed to work alongside our dynamic and dedicated team (past and present), our exceptional community partners and the resilient individuals in our communities.

Our unique approach focuses a cultural lens on fostering healthy and positive relationships and enhancing productive communication. Emphasizing mental health awareness, trauma-informed care, peer leadership, and art-based prevention education, we provide sensitive, culturally specific training for youth, young adults, parents, and youth-serving agencies and organizations.

Our passion for this work is deeply rooted in love, hope, and a steadfast commitment to community care. As healers, we listen with our hearts to address the needs of those we support. Our work is informed by the voices and lived experiences of the women, men, children and non-binary people in the communities we serve...aiming to meet each individual where they are in their healing journey.

We are excited to be creating California's first Center for Healthy Families and Relationships. We invite you to join us. Together, we can develop a novel blueprint to advance social justice, equity, accountability, and healing.

We are deeply grateful for your belief in our mission, your support and investment in the future of our youth and young adults, and your active participation in the communities we serve. Your role is crucial to achieving our collective goal.

***Blessings,
Kandee***



PRC 2024 IMPACT

Community Connections

2,537

People Served

1,450

Case Management Hours

72

Programs, Workshops, and
Trainings Conducted

Volunteer Connections

201

Volunteers

3,323

Volunteer Hours Worked





About

Our work at Positive Results Center (PRC) empowers healing journeys, helping people of all ages discover their dreams and potential. We foster healthy and positive relationships and enhance productive communication. We believe people who know they are loved, are taught to believe in themselves, and given an opportunity to excel, can live amazing lives. With an emphasis on mental health awareness, trauma-informed care, peer leadership, and art-based prevention education, PRC provides sensitive, culturally specific training for youth, young adults, parents, and youth-serving agencies and organizations.

Mission

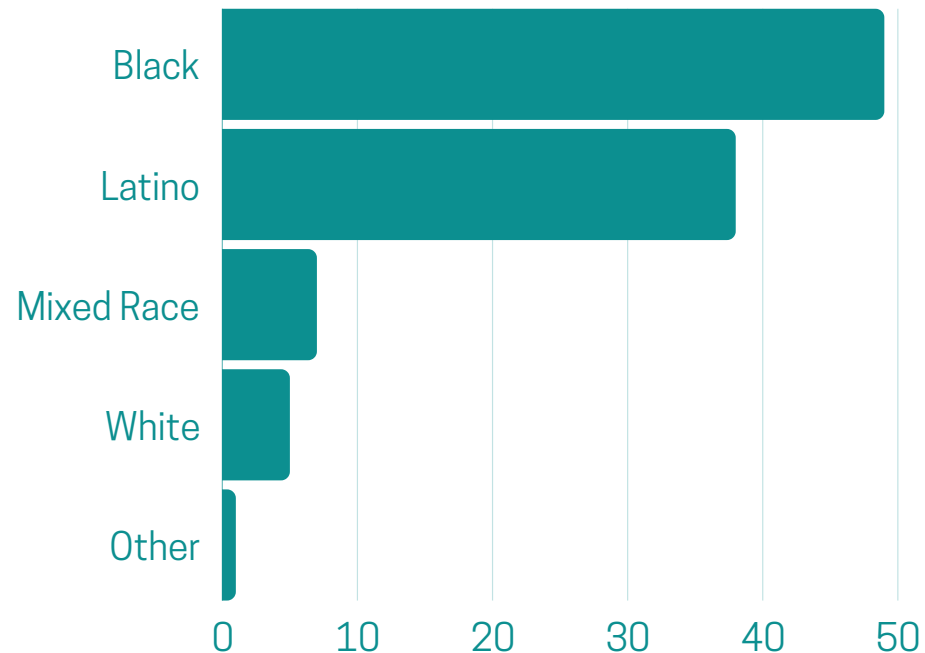
Our mission is to prevent and end the trauma that results from domestic violence, intimate partner violence, and sexual assault.

Who We Are

We are a premier authority on healthy relationships, trauma, dating, intimate partner violence, and sexual assault awareness and prevention. We Are Warrior Queens, Healers, My Sister's Keepers, Truth Bearers, Advocates, Community Mothers, Sisters, and Partners! We are trusted, respected, and loved. We respect, lift, and empower all people! We are unique and authentic to our mission; we live, work, love, and worship in the communities in which we seek to make the greatest impact. As members of the communities we serve, we have seen and experienced the same traumas, concerns, and hopes as the people we support and serve.

PLEASE FOLLOW, JOIN, SUPPORT, OR CONTRIBUTE TO OUR COMMUNITY HEALING!

WHO WE SERVE

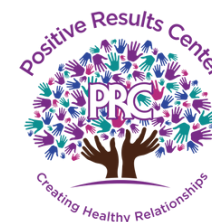


Numbers in %

- Children
- Teens
- Transitional Aged Youth
- Adults
- Youth Serving Providers

- Systems Impacted
- Foster Youth
- Re-Entry
- Mental Health Concerns
- Experiencers of Violence

- LGBTQIA+
- Families
- Single Parents
- Grandparents
- Houseless



OUR WHY

Imagine a world where all people are safe and free from violence in their homes. In recent years, we have witnessed an escalation of intimate partner violence (IPV), sexual assault, and the crisis of missing and murdered Black women, girls, and boys.

Every

9

Seconds

Every nine seconds, a woman in the United States is assaulted or beaten.

35%

Black Women experience IPV 35% higher than white females, 2.5 times higher than women of other races.

70%

Women who have been physically or sexually abused, or stalked by a dating partner first experienced abuse between the ages of 11-24.

60%

Teens who experience dating violence see a 60% increase of extreme dating violence if they become pregnant.



PRC Programs

YOUTH DEVELOPMENT

The Positive Results Center conducts Youth Leadership Development, Peer Advocacy, and Financial Empowerment workshops for youth and young adults. Each session affirms the critical life skills, resilience, and wisdom participants have learned and bring to the center while guiding them through the less familiar territory of identifying their personal concerns and the parts of themselves they want to grow, develop, and heal.



PROFESSIONAL DEVELOPMENT

Professional development for parents and youth-serving agencies working in trauma awareness is essential to improving the quality of services, fostering resilience in staff and clients, and creating trauma-informed environments that promote healing and growth. Some key areas of focus and strategies include: "Understanding the Nature of Trauma," including its various forms (e.g., physical, emotional, sexual, neglect, systemic, etc.) and its impact on the brain, behavior, and unborn children; intersecting with race, ethnicity, gender, and socioeconomic status; and focusing on cultural competence to support youth from diverse backgrounds.

PRC Programs

HEALING JUSTICE

Healing Through Trauma is an arts-based awareness and prevention program consisting of virtual and in-person workshops designed to engage, inspire, and promote hope, improved health, recovery, and healing from the trauma of intergenerational, systemic, sexual, and interpersonal violence and abuse. Healing Through Trauma provides a safe space for participants in our **Healing Center** to feel supported, connect in a nonjudgmental & loving environment, and cultivate a sense of peace, self-awareness, and joy!



COMMUNITY OUTREACH

Conducting community outreach is an essential part of Positive Results Center's efforts to raise awareness around trauma, violence, and abuse. The goal is learning to heal and ultimately having healthy relationships with your family and community. We build strong and positive collaborations and partnerships with for-profit, non-profit, faith-based, and government agencies to help expand our outreach efforts. Volunteers play a significant role in our outreach programs and events such as our annual Prom Dress Gift Away, where volunteers donate over 3000 hours to its success.

PRC PROGRAM SPOTLIGHT

Prom Dress Gift-A-Way

Since 2015, the Positive Results Center has helped thousands of high school seniors across Los Angeles feel and look their best on their big day, prom!

In partnership with our community, a host of volunteers, and sponsors, we offer a wide selection of beautiful gowns, tuxedos, accessories, and personal hygiene items.

The free event also includes a continental breakfast, lunch, and a resource fair to address the needs of attendees and their families.

2024 OUTCOMES

635

Participants Received Prom Attire and Accessories

159

Volunteers

1000+

Attendees at the Community Resource Fair

1590

Volunteer Hours



PRC PROGRAM SPOTLIGHT

Healing Through Trauma

Healing Through Trauma is an arts-based awareness and prevention program consisting of virtual and in-person workshops designed to engage, inspire, and promote hope, improved health, recovery, and healing from the trauma of intergenerational, systemic, sexual, and interpersonal violence and abuse.

Our programming provides a safe space for participants to feel supported, connect in a non-judgmental & loving environment, and cultivate a sense of peace, self awareness, and joy!

We use the following healing modalities and emotional heart services:



**Music & Movement
Therapy**



**Food
Therapy**



**Art
Therapy**



**Writing & Journaling
Therapy**



Hydro-Therapy



**Emergency
Services**



PRC PROGRAM SPOTLIGHT

Mental Health Ambassador Program

Mental illness is on the rise among Black and Brown children! **The Mental Health Ambassador Program** is a paid 12-week art-based program designed to enhance mental health and wellness awareness in Black and Brown communities. We focus on educating and empowering young adults to:

- Increase their knowledge about mental illness and how it affects our lives, families, and community, especially when someone has experienced trauma.
- Reduce stigma surrounding mental health.
- Gain a better understanding of good mental health and mental illness.
- Explore the root causes of mental illness.
- Learn strategies for the treatment and prevention of mental illness.

At the end of the program, all participants conduct an in-person awareness workshop addressing one of the five common causes affecting our mental health for the community.

2024 OUTCOMES

23

Ambassadors

3000+

Ambassador Hours Spent over the 12-week program

25

Volunteers Donated 350+ Hours



PRC PROGRAM SPOTLIGHT

Black Wellness and Healing Retreat

The Black Wellness and Healing Retreat is designed as a day of rest, relaxation, rejuvenation, wellness, and healing—in a safe space, just to be.

This retreat is specially curated for Black individuals who have experienced abuse and trauma, as well as those who serve as healers, advocates, therapists, case managers, and caregivers, providing support for others in their healing.

Services include yoga, Reiki, sound baths, physical therapy, massage therapy, hydrotherapy, ear acupuncture, swimming, journaling, horticulture therapy, sunbathing, and savoring delicious food in a tranquil and peaceful environment at an estate in Los Angeles—all free of charge!

2024 OUTCOMES

60 **100%**
Participants Satisfaction

“As a trauma experiencer, I often operate in survival mode, but I felt calm and welcomed because I knew I was in a safe space. Services were high-quality, and everything was executed smoothly.”



PRC PROGRAM SPOTLIGHT

Wine Down Wednesday

Our monthly Sistah Circle, **Wine Down Wednesday**, is a cozy night celebrating and centering Black women!

This is a time where women of all ages and connections to the Diaspora connect with amazing souls, enjoy yummy food, and engage in uplifting conversations.

We toast and celebrate ourselves because who else will celebrate US if we don't celebrate OURSELVES?!

This program is in partnership with Dr. Joy Cooper, co-founder and CEO of Our Culture Care, Black Doctors for Black Women.

What participants are saying...

"I believe you all are doing a wonderful job creating a space of belonging and community!"

"Sisterhood, the conversation, the food! I found myself just smiling as I went to bed!"

"Was perfect and flowed with ease. Will need a bigger space soon!"



PRC PROGRAM SPOTLIGHT

SELF-LOVE JOURNAL CLUB

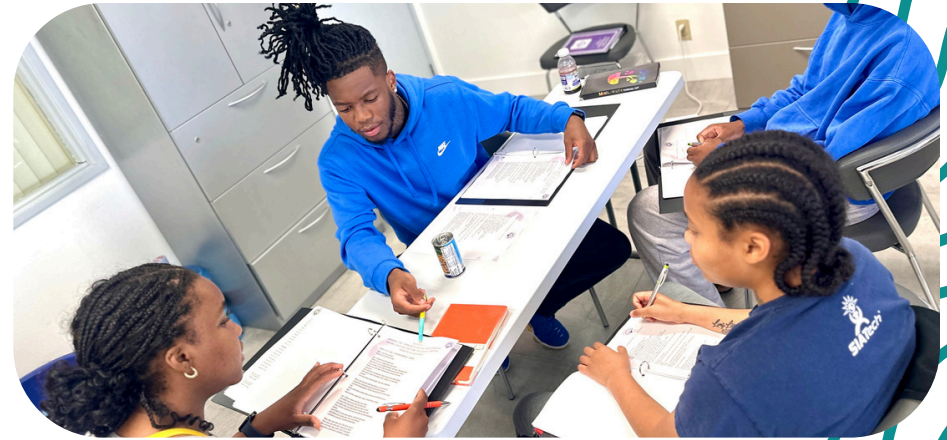
The Self-Love Journal Club is a sacred space for people who have experienced violence, bullying, and various forms of othering to dive deep into rituals of self-love with a like-minded and supportive community.

We meet twice a week to have vulnerable, support-group style conversations, play joyful and uplifting games, read texts, and listen to music that can support us to think more compassionately about ourselves and respond to journal prompts crafted by our own Director of Education and Programming, Vanessa Rochelle Lewis.

WHAT PARTICIPANTS ARE SAYING...

“Through this journey, I was able to get my STRAN’GEE back, and for that, I am deeply grateful. Today, I can see myself stepping back into my light, stronger and more empowered than ever.”

“I started attending the Self-Love Club with PRC at a time when I was feeling hopeless and uncertain. Being a member of the group gave me a safe space to release my emotions, feel accepted, and reconnect with my worth, my value, and my Black girl magic.”



PRC Team

**Ashley
Buitrago -
Burrus**



Director of Operations

**Crystal
Graham**



**Social Media Manager +
Program Manager**

**Kandee
Lewis**



Chief Executive Officer

**Malinda
Lewis,
M.A.**



**Director of Reproductive Justice
and Maternal Health**

**Vanessa
Lewis,
MFA**



Director of Program

**Ashlie
Prudholme**



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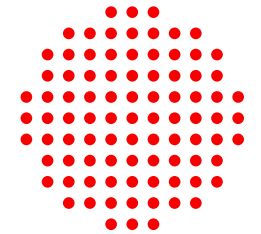


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POWERMOMES**



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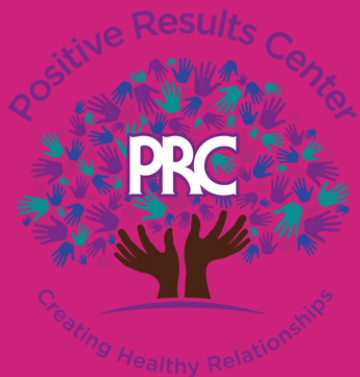
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