

# Attitudinal Healing Connection || Annual Report 2020







Attitudinal Healing Connection Annual Report / 2020



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#### :: Letter from the Executive Director

Attitudinal Healing Principle #11: Since love is eternal, change need not be viewed as fearful.

I've spent a lot of time this year reflecting on what in my work and personal life is "essential." What really matters? How will I respond to change?

I took a journey back to my childhood and remembered the myriad events where I Recent events have given AHC and our global communities much to ponder. There

dealt with trauma and had to accept change. When I thought deeply about it, these events were, in fact, opportunities. Opportunities for building my character, my resiliency, my faith, my passion and my goals. Not that I wish for traumatic events to test my strength, but rather to have gratitude for my gifts and remember that I "can let go of the past and the future" and "now is the only time there is and each instant is for giving." are the external realities and our inner state of mind and well-being. The challenge is how to balance both of these things. I believe to balance is to stay grounded, keep a spiritual practice, our ears to the ground and our boots ready.

Like so many businesses in 2020, AHC had to drastically alter its focus and respond to the needs of our local community while continuing to drive our mission forward. We shifted into gear and reallocated resources in light of multiple threats to the mental, physical and spiritual health and safety within our communities. We put our creative minds together and took steps toward tangible solutions. In 2020, AHC's team gave away over 5,000 Art Kits to schools and families in Oakland and the larger Bay Area. An integral part of this campaign included Art YOU Ready, a potent, creative and timely community arts response to emergency preparedness.

This imaginative response was a result of our use of the Attitudinal Healing tool of empathetic listening with eyes and hearts wide open. We hope you enjoy learning about our work in the past year and a half in this annual report as we close out the year and move forward with optimism and love.

Amana Harris **Executive Director, AHC** 





#### **ArtEsteem** :: Art in Schools

Our award winning art and literacy program ArtEsteem creates intuitive, emotionally resilient, and artistically brilliant leaders of tomorrow.

Daytime arts-integration and afterschool art classes emphasize self-awareness, social justice and environmental education.

Over the years your support has enabled ArtEsteem to serve over 75,000 K-12 students in Bay Area schools, engaging them in creative expression and exposing them to the power of art.

Art has served my students as medicine, as an outlet, and as preparation for the world as they move through it. I have seen confidence, leadership, advocacy and self love grow from the seeds they plant."

- Etty Alberto, ArtEsteem Teaching Artist



#### **:: Professional Development** This program deepens our alliances with schools, providing educators with the tools they need to create inspiring arts-integrated lessons.

ArtEsteem expands its reach to serve more children and youth by training teachers in arts-integration and project-based learning through our customized workshops, learning plans, consulting services, and instructional materials for educators.

With your support, we've been able to ensure that teachers can create and implement a visual and performing arts curriculum that catalyzes learning in language arts, social studies, math, and science.

You funded 72 teachers in six Oakland schools to receive training about the tools, supplies, mediums, techniques and methods they can use to boost their students' learning through art.

Our annual professional development sessions prior to COVID allowed staff to engage in deep social emotional learning practices through drumming and fine arts. These learning opportunities allow teachers to lean into their growth mindset as they learn new ways of connecting and engaging with content, academic materials, and students."

- Jaymie Lollie, Frick Impact Academy



#### :: Art Kits

This year AHC broadened its reach by taking a big leap in expanding ArtEsteem services. The pandemic initiated our Art Kits program, bringing meaningful arts engagement to students across the Bay Area. Art Kits created a lifeline for students and families. The standards-based activity guides paired with art supplies brought opportunities for artistic expression to homes during shelter-in-place. We collaborated with Flax Art and Design and schools to give away over 5,000 Art Kits in 2020–2021.

Having AHC provide art kits was joyous... Students were able to leave with supplies to be creative at a time when we could all use a boost of inspiration and imagination. I'm grateful for the reminder that art is not just something kids want, but is something they need."

- Ariel Benavides, Elmhurst United Middle School





#### :: ArtMobile

The ArtEsteem ArtMobile is a custom built mobile art pop up, equipped with everything needed to create an outdoor art event for schools, festivals, wellness centers or private events. Accompanied with professional artists, an operation manager, and art assistant(s), the ArtMobile is ready to bring creativity to any event.

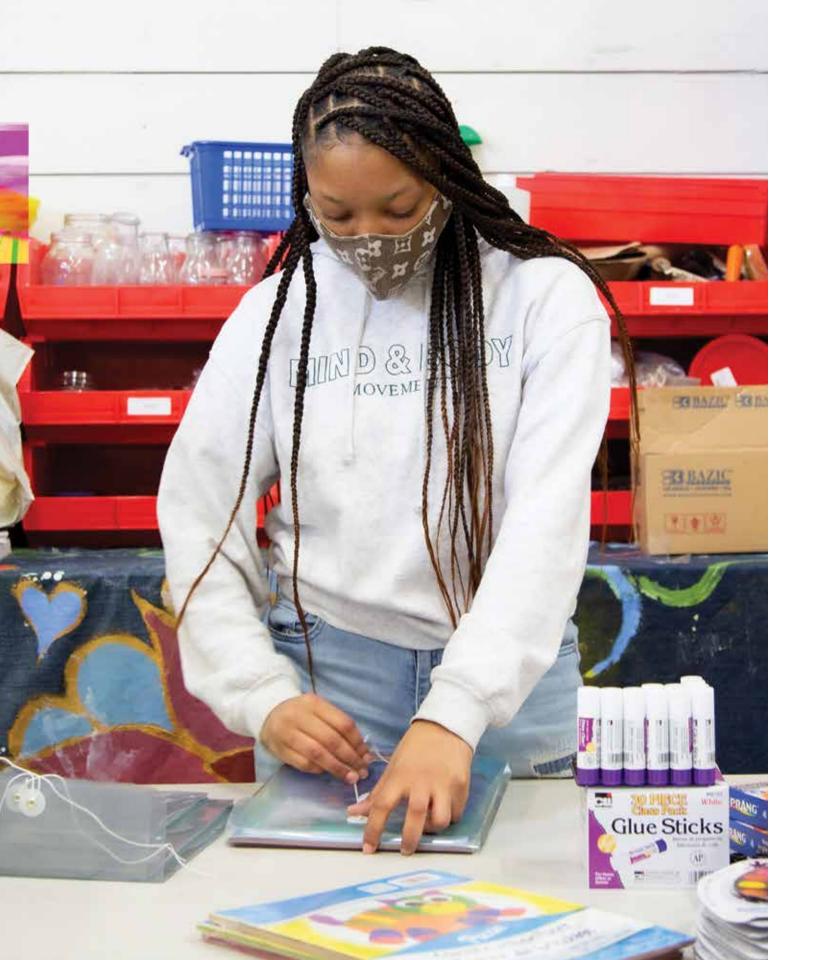
During the 2019-20 fiscal year, the ArtEsteem ArtMobile brought the power of art to 38,675 people. We were present at prominent Bay Area events including the Art and Soul Festival, Oakland Lunar New Year Bazaar, FAAE Pistahan Parade and Festival, and Life is Living. Its impact has been truly profound:

When the ArtMobile pulled up to the campus, the students' curiosity expanded. They were drawn to the ArtMobile and immediately wanted to learn more. 'What is this?!'... 'How can we sign up for this art program?' Students loved what they were able to see, hear and create. There were soothing sounds coming from the ArtMobile that allowed students to reflect and connect with the art pieces they were creating. It was such a cool and innovative way of learning, creating and sharing work."

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- John Fuentes, Bay Area Community Resources, Inc. (BACR)





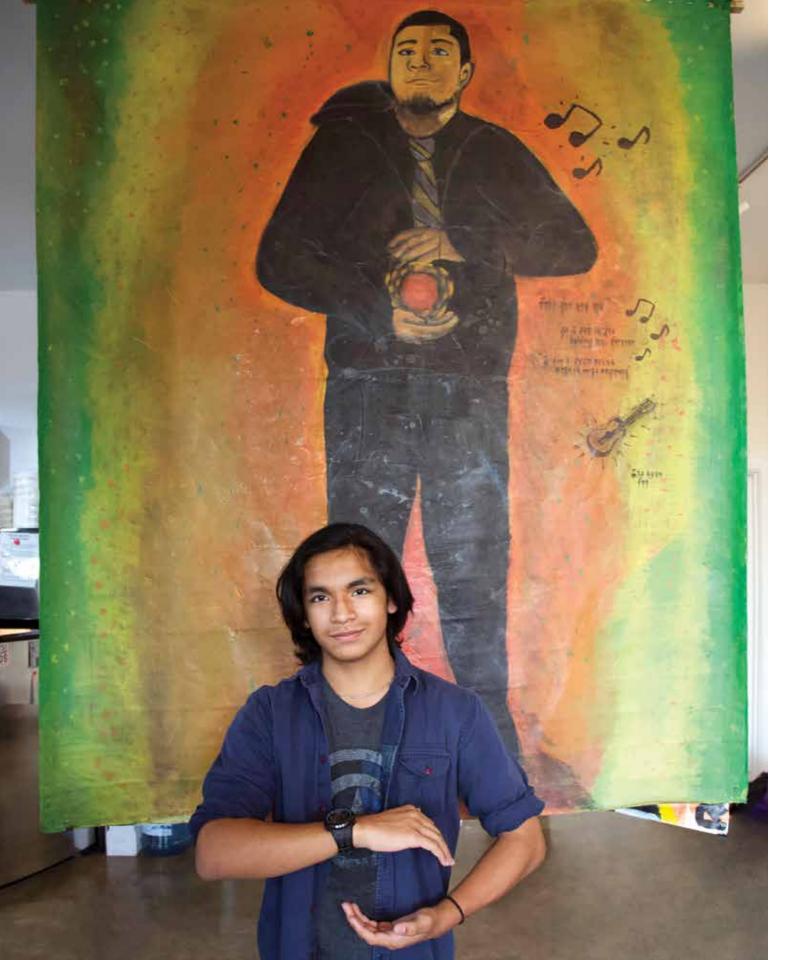
# Workforce Development and Leadership

#### :: Earn2Learn

Earn2Learn is our workforce development program for Oakland youth ages 16 to 24. The program begins in the summer and ends in the fall, giving high school age youth and young adults entry-level job experience with Oakland business partners. The program builds confidence and self-esteem, supports youth to earn an income and learn vital job skills through direct experience. In a world where gaining and retaining employment is becoming increasingly difficult, we're helping our community's young people gain access to work and to support them to put their best foot forward. Since 2014 we've served 134 youth.

It is a struggle for young people to find a job because most companies want experienced workers, but employment programs like Earn2Learn give youth a chance to grow and gain experience for the workforce. The program gave me an opportunity to get a rewarding job. The most valuable thing I learned was how to carry myself in the workplace."

- Dareion Blackmon, Earn2Learn



#### :: The Legacy Project

Since 2016, The Legacy Project has served over 110 Oakland youth to develop strong voices for social and environmental justice in their communities. Students work side by side with experienced artists, environmentalists, and activists who support them in their journeys as young visionaries. Youth participants learn leadership skills and the art of advocacy through experience within their own community. They gain exposure to a host of art, environmental and civic fields to create a deeper connection with civil society, our land and its history, and one another as a part of AHC's larger school and community efforts.

The Legacy Project is AHC's robust on site community based program serving middle and high school aged Oakland youth with the goal of providing exposure to unique and rare learning opportunities. It's a part of the larger school based The Legacy Project.

Thanks to my day-dreamer tendencies, I am naturally drawn to the arts and the art of storytelling as they help me direct my thoughts and interests. I like to think I try my best when acting as a role model for others so that I can steer them towards a good path."

- Nikko Cabrera, Legacy Student





### **PUBLIC ART** :: Oakland Super Heroes (OSH) Mural #5 The power of community art: Celebrating Oakland's rich legacy

Students from our West Oakland Legacy and Leadership Program (Legacy) came together to design OSH Mural #5 in celebration of the people and culture of Oakland. Legacy youth Makiya, Nikko, and Yaretsy wrote short stories that built upon the characters depicted in the newest mural, all of which have an elder spirit and an animal guide. Here is one of their stories about a superhero named Tobi:

Tobi is an impulsive and free spirit that carries a lot of emotion. (He's a Pisces.) He grew up in a rural area with his younger brother, surrounded by lush forests, practically raised by nature. When his empath personality compounded with his disgust for deforestation after the death of his sibling (Cause of Death: sabotage by a clear-cutting corporation), he was found by a Tawny Owl named Micah. Micah felt Tobi's distress in the moments after his sibling's death and was drawn to him. Through their connection, they learned that the traumatic event activated latent powers within Tobi. With Micah's guidance, Tobi learns that his powers are semi-limitless. He must meditate regularly to keep it in check and direct the energy into positive action. He can astral project to scope areas undetected and take control over another person's body for a short amount of time - as long as he keeps focus. His senses are enhanced, and he can manipulate life energy to form objects or perform offensive and defensive strategies. With these powers, he protects forests around the world.

AHC is currently in the approval phase of making this mural a reality. It is our hope that this mural, representative of a community coming together, will reduce blight, increase safety and take onlookers on a visual journey that boosts community consciousness and pride.

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Check out AHC's online exhibitions at www.ahc-oakland.org

# **ANNUAL EXHIBITION**

Our longstanding annual exhibitions give young people an opportunity to present their provocative artwork and stories. Their vision, hope, and creative ideas for imagining and manifesting a better world have the potential to inspire change in the Bay Area and beyond.

To honor our tradition of hosting an annual exhibition celebrating ArtEsteem student's work in the face of COVID-19, AHC pioneered the online, 3-D, multimedia, virtual showcase in 2020 for ArtEsteem's 22nd Annual Exhibition: Planting the Seeds of Change. Featuring over 100 pieces of artwork, our online multimedia exhibit had over 2,500 attendees, and they continue to stream in!

Visit our website to view the current annual exhibition. We are building a gallery of archived exhibitions so previous student work can be viewed on an ongoing basis by students, their families and the community.

I was actually pretty nervous but I'm glad that I was able to be a part of it. I love art because it's a good form of expression. I think a lot of people's voices have been suppressed... but art is a good way to express yourself without any limitations."

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- Asia Calhoun, ArtEsteem Student



# **HEALING CIRCLES**

AHC has held Racial Healing and Mindful Drumming circles for over 30 years, led by our founders, Aeeshah and Kokomon Clottey. The circles provide a safe space for the community to come together, share and heal. Each session harnesses the power of practicing deep listening and mindful communication.

#### :: Mindful Drumming

Mindful Drumming is a transformative process that offers individuals opportunities to heal historical trauma and foster forgiveness through the nonverbal magic of rhythm and sound. Effective communication is inspired by trust, respect, self-esteem and kindness. Mindful Drumming creates an atmosphere of community through the natural richness that drumming brings to the heart. Our founder Kokomon Clottey wrote a book called Mindful Drumming: Ancient Wisdom for Unleashing the Human Spirit that is available online.

The healing circles provided a healthy and safe platform for dealing with personal and social issues. When I brought friends, they also were moved by being a part of these conversations. I also have to commend the leaders for showing their vulnerability, this enabled the rest of us to be even more genuine..."

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- Hildie Spitzer, Healing Circle Participant





#### :: Racial Healing

In Racial Healing Circles we recognize our common humanity, acknowledge the truth of past wrongs, and build authentic relationships capable of transforming communities and enriching our national discourse.

AHC offers racial healing workshops to nonprofit organizations, schools, businesses, institutions and groups. For more information on in-person or online workshops, contact info@ahc-oakland.org.

# **IMAGINARY WALLS**

Imaginary Walls, a documentary film released in November 2019, highlights the important work of AHC Founders Aeeshah and Kokomon Clottey in facilitating healing from the trauma and stress caused by racism. The history of AHC's Racial Healing Circles are detailed in the film. The circles bring together a diverse group of people with the specific intention of discussing their experiences and feelings about race. You can view Imaginary Walls by visiting www.ahc-oakland.org.

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# **AHC 30TH ANNIVERSARY GALA**

Over 300 friends, allies, supporters and valiant changemakers joined us for our Unleashing The Power Within 30th Anniversary Gala at the Scottish Rite Center by Lake Merritt in Oakland.

Complete with a cocktail hour, silent auction, formal dinner, distinguished keynote and a whole lot of dancing, the Gala celebrated AHC's life changing impact within the community.

We were inspired by the young people we work with. They led the evening and fostered meaningful conversations about all we have achieved over the past 30 years, and the change we want to make a reality in the next 30.

I still look back at the 30th Anniversary Gala with the fondest memories. My takeaway was the great diversity of people in the room, all wanting the same thing - love for all and opportunities for young people. AHC works at a grassroots level, locally and in a hands-on way that works for young people. Art is an expression of our inner selves."

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– Anita Casalina, Gala Attendee





# **HOW YOU CAN HELP!** These are the ways you can make an impact and join this

community of heroic changemakers:

### :: Donate and watch the ripple of good grow

Each year, our generous donors enable our work to bring healing and art education to more people. If you want to ensure that our ground up community building, healing and artistic programming can continue, consider chipping in with a donation. Please consider becoming a monthly donor. The consistency of your donations provide us with the stability to grow our work and keep showing up to boldly inspire the Oakland community.

Donate online at www.ahc-oakland.org/donate or send a check to: Attitudinal Healing Connection, 1901 Poplar Street, Suite H, Oakland, CA 94607

#### :: Volunteer

Time is incredibly valuable, and we couldn't be more thankful for the team of volunteers who keep our projects thriving. If you're passionate, a people person and a changemaker, we'd love to have you join our volunteer team! Email - info@ahc-oakland.org to volunteer!

# :: ArtEsteem Art Kit Fund - Bring art home!

Consider giving the gift of art to a child. In 2020, thousands of children lost access to arts engagement due to being stuck at home during the pandemic. As we integrate back into society, still with uncertainty, we're making sure that children and youth can have access to their own creative supplies whether at home or at school. Donate online at ahc-oakland.org/donate

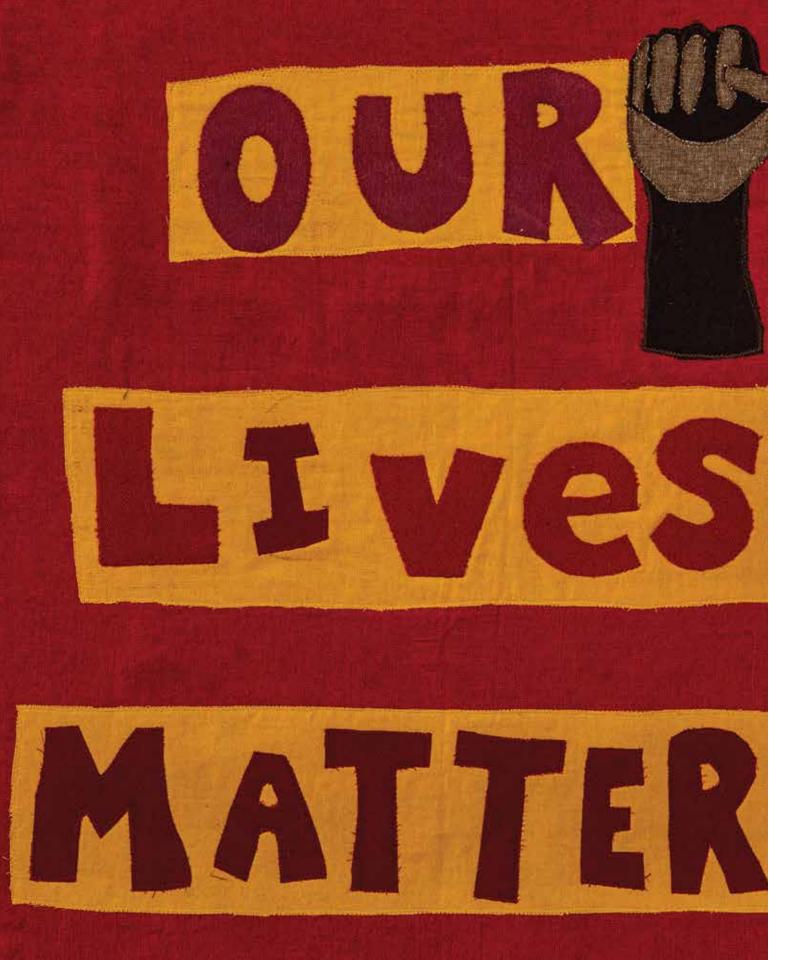
## :: Capital Campaign

Help us with our capital campaign! We are working to secure a permanent home that will provide long term stability. During COVID-19, we were unfortunately displaced and need a permanent space in West Oakland where we can sustain, build and thrive. If you can contribute, we'd love to hear from you. Email - info@ahc-oakland.org to help AHC secure a permanent home!

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# "Your unwavering commitment and generosity in helping AHC actualize its mission inspires us to overcome the hurdles in front of us and make impactful change. Thank you, on behalf of everyone we serve, for being the trailblazer that you are!"





# **OUR TEAM 2019-2021**

#### **Board Members**

Aeeshah Clottey, Co-Founder Kokomon Clottey, Co-Founder Willard Davis, Board President **Cesar Escalante, Vice President** Fred Lambright, Treasurer

Kurt B Cathy Adam Terry Sabał

Administrative and Program Team Amana Harris, Executive Director Nan Eastep, Associate Director Phyllis Hall, Program Director Melissa Neal, Communications Lead Munirah Harris, Operations Associate Jim Kaiser, Bookkeeper

Etty Alberto, The Legacy Project Lead Teacher Jamie Sanitate, ArtEsteem ArtMobile Manager Sharifah Ihsan, CSCE Community Building Coord. Malcolm Defils, CSCE Extended Day Coordinator Malik Stills, Program Assistant and Tutor Marisa Vitiello, Curriculum Specialist Deirdre Searcy, Curriculum Specialist Diana Alonzo, Earn2Learn Associate

Teaching Artists and Muralists Aaron Kierbel, Teaching Artist David Burke, Teaching Artist and Muralist Javier Mathieu (JD), Teaching Artist Laila Espinoza, Teaching Artist Melinda Salerno, Teaching Artist Narges Poursadequi, Teaching Artist Pancho Escobar, Muralist Santé Johnson, Teaching Artist Vanessa "Agana" Espinoza, Muralist

Project Ivan Ab Zyaire

Nikko Cabrera Jason Navas

2019-2020

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Banks
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and Teaching Assistants
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Knighton

#### **Youth Ambassadors**

- **Clinton Johnson**
- Nayzeth Vargas
- Makiya Wilson

- Administrative and Program Team
- Amana Harris, Executive Director
- Phyllis Hall, Program Director
- Melissa Neal, Communications Lead
- Eduardo Escobedo, Executive Assistant
- Jim Kaiser, Bookkeeper
- Neeka Salmasi, The Legacy Project Coordinator
- Keena Romano, The Legacy Project Lead Teacher
- Jamie Sanitate, ArtEsteem ArtMobile Manager
- Sharifah Ihsan, CSCE Community Building Coord.
- Malcolm Defils, CSCE Extended Day Coordinator



#### 2019-2020 Teaching Artists and Muralists Manny Alvarado Martin Backhauss David Burke Christine Cao Sidney Coultier Nan Eastep Pancho Escobar Vanessa "Agana" Espinoza Talia Frank Santé Johnson Aaron Kierbel Mike Tan Nhan Le Javier Mathieu (JD) Yesenia Mendez Angel Perez Barbara Rojas Melinda Salerno Ayikweu Hashimtau Scott Shakira Scott Grace Spangler Malik Stills

Office/Program Assistants Ivan Abundis Rachel Adejobi Erin Bates Kenny Johnson Juan Mendez John Mendosa

Youth Ambassadors Nikko Cabrera Asia Calhoun Clinton Johnson Rodney Marshall Cho Namdol Andrew Vega Individual Donors **Ray Adler** Sean Alexis Laureen Andalib Juana Araiza Laura Arreola **Ethan Ashley** Martin Backhauss **Terry Banks** Katherine Barron Michaela Beckman Nedir Bey Shiyon Bradford Sara Brandon **Dominique Brassey** Meredith Breeden Monique F. Brinson Marit Brook-Kothlow Alpha Buie Monica Campbell-Wilson Patricia Caplan Anita Casalina Lucia Castello Ellen Sebastian Chang Eileen Chieco Holly J. Clarke Aldora Clottey Clifford Clottey Halifax K. Clottey Gay Cobb Kim Collins Alternier Cook Imani F. Cooley Cheris Crocker-Root Samara Julie Cummins Toni Cupal Ryane Daniels Jim Davis Kathryn Davis **Cathy DeForest** 45

Diane Dodge Danner Doud-Martin Jacqueline Duncan Elizabeth Dunn-Ruiz Beth Edwards Deborah J. Edwards Patricia Ellis Linda Ely Marcia Lovelace & Dennis Fagaly Sheryl Faria Sofia Fojas Lacy Fosmore Matthew Fox Paula Friedman Barbara Gay Caryl Gay Elisabeth Gay Jennifer Geib Judy Geoghegan Kaitlin Glass Mark Goldberg Rafael J. Gonzalez Michelle Groleau Normand A Groleau Jess Grotenstein Roma R. Groves-Waters Anthony Hall Phyllis Hall **Beverly Hamilton** Melissa Heckman Janet Heller Taja Henderson Adrienne Herd Mary & Stephen Hicken Jumoke Hinton Hodge Carol Lynne Horiuchi Elizabeth Hossfeld Andrej Hostynek Dana Hudson Jane P. Hunter



Sharifah Ihsan-Wilson Christopher Ikeda-Nash **Diane Jampolsky** Jerry Jampolsky Virginia C. Jardim Harley E. Jensen Constance Y. Jiroh Harriet E. Johnson Kyla Johnson-Trammell Nadia Joseph David Kahn Tatyana Kalinga Pamela Kaye J. Chris Kidney Anna Kingsley Kirby Kinkead Natasha Kinstler Erica Kloehn Jennifer Koney Suzanne Lacy Lisa Laird Derek Lam Fred Lambright Mary Lynne Law Jack Leamy Andrea Ledbury Selina Lee Yehudit Lieberman Joyce Lin-Conrad Nina Lindsay Matthew & Angela Livermore Russell Lobar Jody London Dulce J. Lopez Stephen Lowe Lisa Mabry Lauren McCarty Indi McCasey Caroline F. McKinnon Kelly McLachlan

Kenneth R. Mahaffey Jennifer Mahoney Kathleen Maloney Luis Marroquin Katherine A. Maxwell Nancy L. Merritt Cynthia Mildon Tina Monaco Penelope S. More Ellen Morrison Heather Mulvaney Louise Music Ida Oberman Annette Nellies-Ortiz Lucinda Nelson Lois Neuberger Kathleen Normington Tyler Norris Rasmus Olsson William G. Ortiz Alvirdia Owens Kristen Patino Daneen Pederson Jacquie Phelan Heidi Pickman Romanique Pierce Thomas Pinkson Ann Poncelet Noelle Poncelet Susan Poncelet Dorothy L. Presley Maureen Reidy Andrea Riquelme Lena Robinson Heather Rockwood Sarah Rodriguez Phoebe Rossiter Deborah Rubin Courtney A. Ruby Andrew Ruiz

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Paul Salinger Earlene Sanders Tsutomu Satomi Suzanne Saunders Barbara Schiltenwolf Chrissandra Schindler Barinetta Scott Irene S. Scully Charline Bayon Simmons **Ruth Simon** Jesse Simons Patrick Sluka Peter Smith **CB Smith-Dahl** Hildie Spritzer David Stein Jessica Stewart Mark & Susan Stutzman Timothy Tabernik Adriana Taranta Frances Taylor Nancy Taylor Stephanie K. Thomas Rachel Tolmachoff Kathryn & Chuck Trumble Brook Turner Sabrina Walasek Michelle Weger Madeline Wells Jimmie & Evelyn Wesley Mertice Williams Melani Wilson Peter Wilson Stephanie Wong Nina Woodruff-Walker Acacia WoodsChan Arthur Wright Yahmz Yahi Alfred Zollar Karen Zukor





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Foundations Akonadi Foundation **California Arts Council** City of Oakland Cultural Fi Program **Clorox Foundation** East Bay Community Foun **Episcopal Charities** Holmgren Charitable Lead Marin Community Founda Meyer Family Fund Oakland Fund for Children Poncelet Family Fund Robert & Barbara Straus Fa **Rogers Family Foundation** Walter and Elise Haas Fun

#### Schools

Allendale Elementary Scho Comm. Sch. for Creative E Frick Impact Academy Mid Elmhurst United Middle Se Grass Valley Elementary So **Hoover Elementary Schoo** Life Academy Middle Scho Life Academy High School Martin Luther King Jr. Elen Oakland Emiliano Zapata Academy High School Oakland Technical High Sc Ralph Bunch Academy Rudsdale High School San Francisco University F West Oakland Middle Sch

Volunteers Rachel Adejobi Ray Adler Hilary Alexis Diana Alonzo

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	Monica Branch
	Kathy Brandenberg
	Mike Brown
unding	Nicholas Bruno
	Nikko Cabrera
	Lucia Castello
ndation	Vivian Cheung
	Carol Cynhoff
d Trust	Erin Tamia Davis
ation	Regina Gilligan
	Anthony Hall
n & Youth	Munirah Harris
	Sabah Harris
mily Fdn.	Tyrese Johnson
1	Mark Khmelnitskiy
ıd	Mary Laird
	Nhan Le
	Ailish Leamy
ool	Jack Leamy
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loc	Juniper Liston
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nentary	Tenzin Namdol
Street	Alexis Oddi
	Lynne Prather
chool	Mikaela Rascano
	Cathy Robinson
	Christina Samuelson
ligh Sch.	Bayinnah Sharrief
ool	Barbara Taveres
	Rachael Toschi
	Carrie Wise



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