

BREAKING BARRIERS: ANNUAL REPORT FOR LACDMH BAH USCC – MHSA INITIATIVE



MP
ATHLETIC
MENTORSHIP PARTNERS

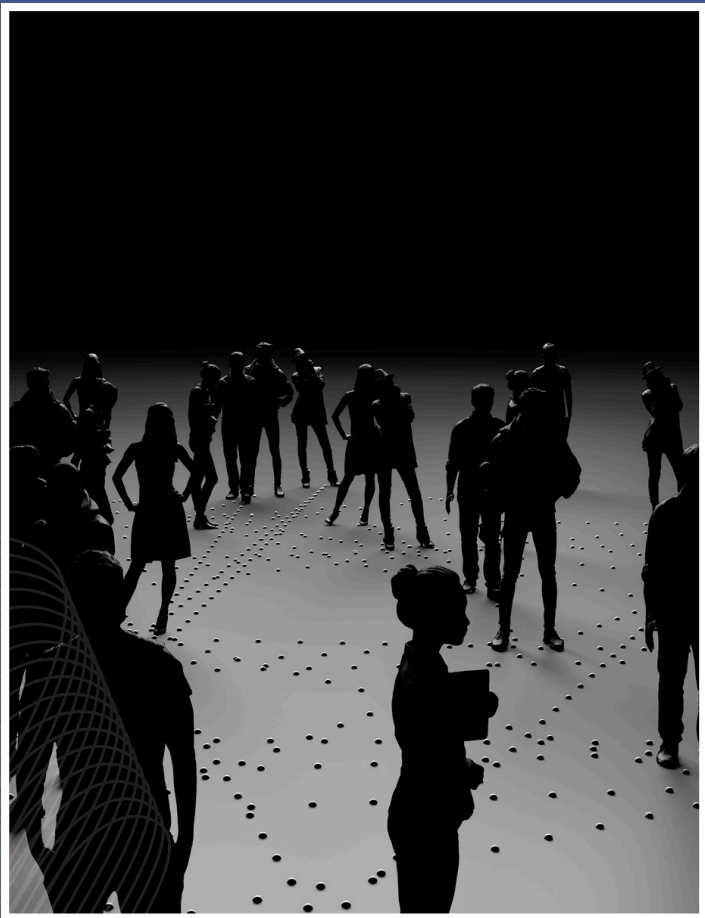
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PROGRAM OVERVIEW

Breaking Barriers is a community-centered mental health and wellness initiative led by Athletic Mentorship Partners (AMP). In partnership with the LACDMH BAH UsCC Unit, the event took place in Spring 2025 and included a series of culturally grounded workshops focusing on mental wellness, healing through movement, and creative expression. These events were held in Los Angeles to better serve historically marginalized Black and African Heritage communities. Our methodology allowed Breaking Barriers to meet participants where they are both physically & emotionally, while reinforcing the message that mental wellness is a collective, lifelong journey that honors both history and hope.



Goals & Objectives

- Increase mental health awareness and reduce stigma in underserved communities
- Provide culturally relevant and trauma-informed wellness practices
- Encourage community resilience, family bonding, and intergenerational healing
- Offer accessible mental health tools and connections to local resources



METHODOLOGY

The Breaking Barriers event series was designed using a trauma-informed, culturally responsive framework rooted in community healing, intergenerational connection, and whole-person wellness. Each session was intentionally structured to engage participants across age groups and cultural backgrounds, with activities chosen to create psychological safety, emotional expression, and communal resilience.

Program Delivery Format

- In-person gatherings held in accessible community spaces within Los Angeles County. Events were co-facilitated by AMP wellness instructors, licensed clinicians, coaches, and cultural leaders, with support from youth mentors

Core Engagement Strategies

- **Movement-Based Healing:** Each session began with grounding exercises such as yoga, guided meditation, or dance, tailored to the physical ability and comfort of participants (e.g., seated yoga for elders, active sports for youth).
- **Culturally Rooted Dialogue:** Facilitators led interactive mental health workshops/seminars that used storytelling, visual aids, and open group reflection to enable emotional dialogue around key themes like intergenerational trauma, cultural pride, and self-worth.
- **Creative and Experiential Learning:** Activities such as journaling, cooking, and sports provided multiple entry points for self-expression and engagement.
- **Resource Connection:** Each event included a mental wellness resource table with free printed materials, including County resources, BAH UsCC pamphlets & to how access to therapists or wellness coaches.
- **Feedback & Reflection:** Participants completed retrospective pre-post surveys measuring perceived knowledge, comfort levels discussing mental health, and willingness to seek support. Observations were also logged.

Community-Centered Implementation

- Events were promoted through local schools, community organizations, flyers, and social media, with specific attention given to reaching Black and African Heritage families in underserved areas.
- A conscious effort was made to ensure intergenerational inclusion, accessibility, and cultural relevance through music, food, language, and storytelling elements embedded in each program.



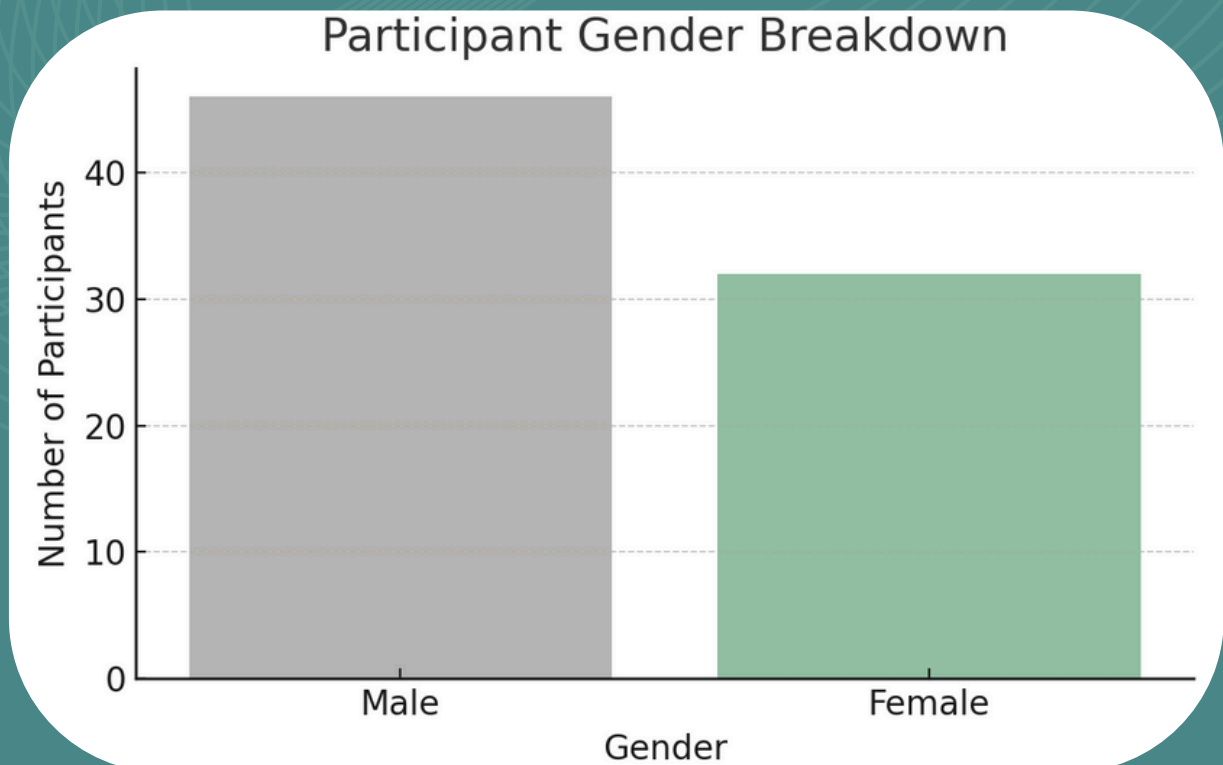
COMMUNITY ENGAGEMENT & OUTCOME INSIGHTS - DATA COLLECTION

ATTENDANCE: TOTAL: 147
PARTICIPANTS (SURVEY WERE
VOLUNTARY)

ETHNICITY:
55 IDENTIFIED AS
BLACK/AFRICAN AMERICAN
21 IDENTIFIED AS
HISPANIC/LATINO
2 IDENTIFIED AS WHITE

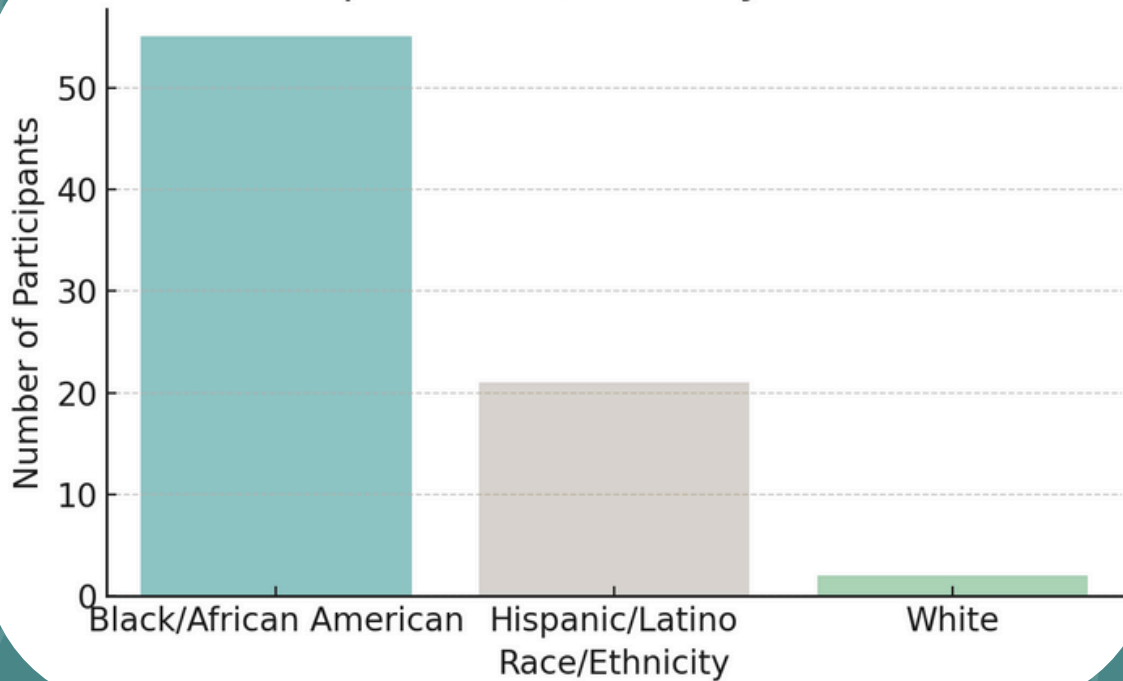
GENDER:
MALE: 59%
FEMALE: 41%
OTHER: 0%

AGES:
TEENAGERS (9-17): 75
ADULTS (18-64): 47
SENIORS (65+): 25

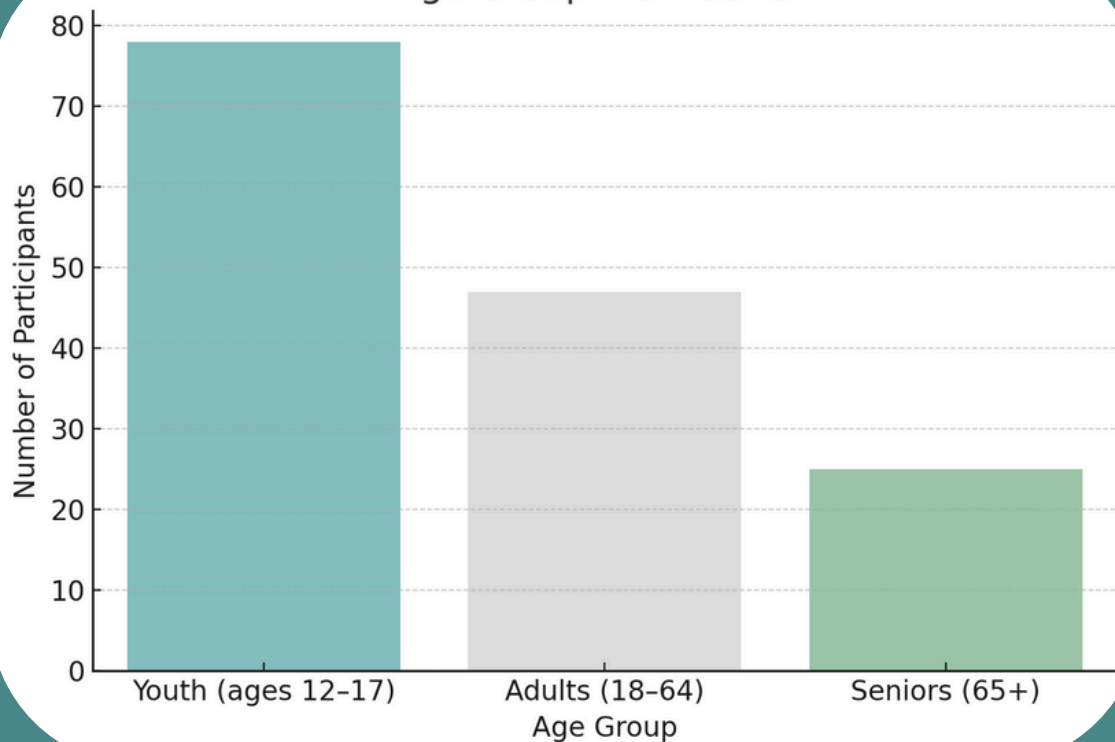


Demographic Overview

Participant Race/Ethnicity Breakdown

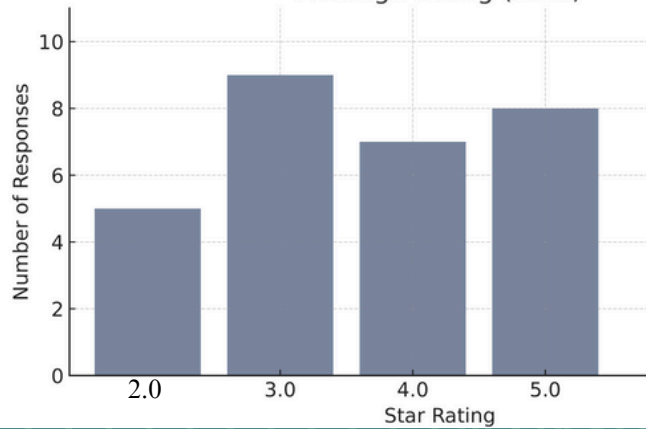


Age Group Distribution

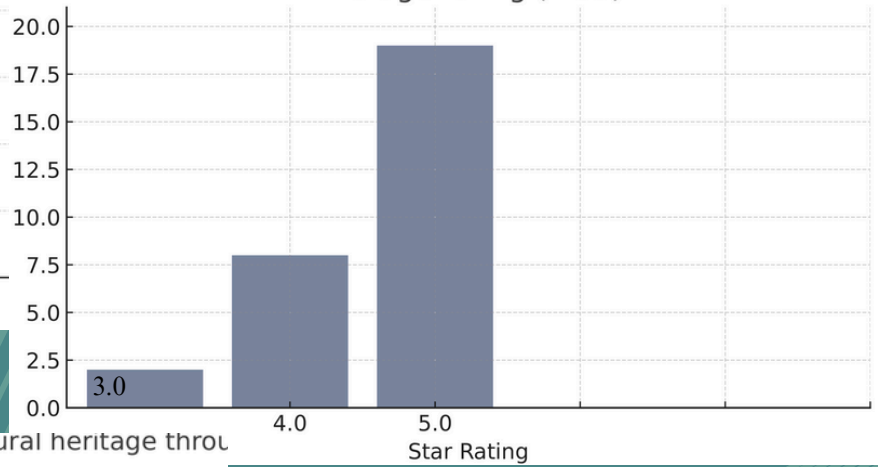


Pre- and Post-Seminar Insights

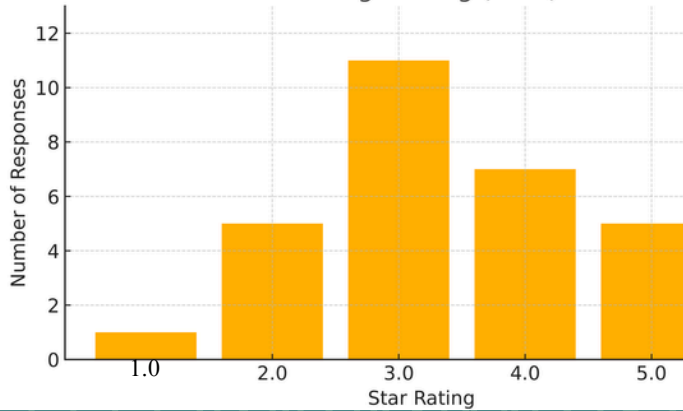
Before Seminar: I understand the signs & symptoms of mental health issues
Average rating (3.62)



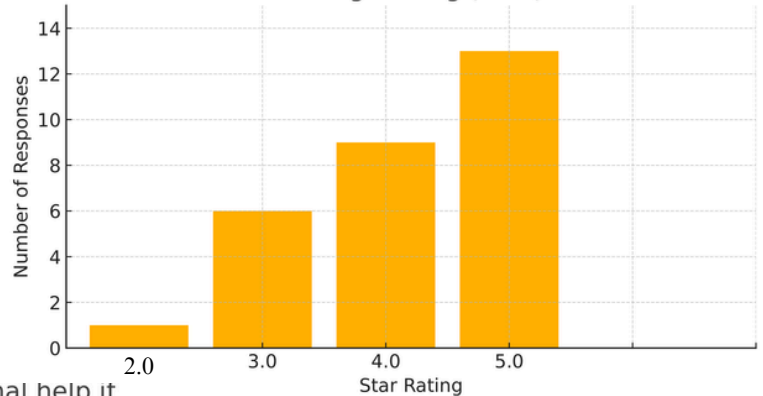
After Seminar: I understand the signs & symptoms of mental health issues
Average rating (4.59)



Before Seminar: I feel more connected to my cultural heritage through the seminar
Average rating (3.34)



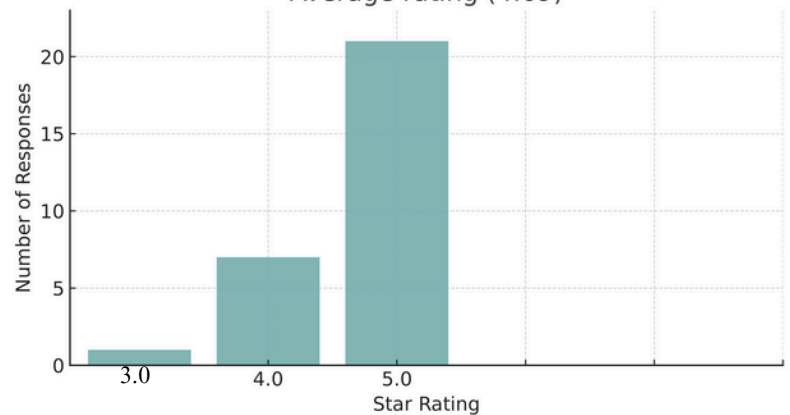
After Seminar: I feel more connected to my cultural heritage through the seminar
Average rating (4.17)



Before Seminar: I am more likely to seek professional help if I have a mental health issue
Average rating (3.86)



After Seminar: I am more likely to seek professional help if I have a mental health issue
Average rating (4.69)



EVENT 1 - INTERGENERATIONAL TRAUMA IN THE BLACK COMMUNITY

Activities:

Guided Yoga, Poetry, Meditation, and Mental Health Seminar

Overview:

This session opened up with a powerful focus on the deep, often unspoken impact of intergenerational trauma within Black families and communities. Through mindful movement, breathwork, and open discussion, participants were invited to reflect on how trauma, resilience, and healing are passed down through generations.

Themes:

of grief, injustice, and generational pain. The session created a rare space where vulnerability was met with support, and cultural truths were voiced without fear of judgment.

Key Observations:

Participants welcomed a safe space for honest reflection, high engagement in breathwork and meditation exercises and emotional responses were particularly strong during discussions on grief and racial injustice.

Core Themes Identified:

The ongoing legacy of racialized trauma. Cultural silence as a survival tool. A growing desire for tools and language to support intergenerational healing.

Strengths Displayed by Participants:

Participants showed a strong interest in sharing personal stories as a way to build understanding and connect with others. Many were open to trying mindfulness and calming techniques for the first time.



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Breaking Barriers
Mental Health Seminar
& Wellness Activities
Transform Your Life with
Personalized Wellness Guidance

FREE ENTRY & FOOD

- Breaking the Stigma
- Coping Mechanisms & Resources
- Parenting & Intergenerational Trauma
- Family Dynamics & Mental Wellness Tips

APRIL 26

11 AM - 3 PM

9100 S Sepulveda Blvd,
Los Angeles, CA 90045

RSVP NOW AT WWW.AMPFAMILY.COM



EVENT 2 - ELDER CIRCLE HONORING WISDOM AND LEGACY

Activities:

Seminar, Seated Yoga, Music, and Cultural Dance Circle

Overview:

This session was dedicated to honoring the wisdom, stories, and cultural contributions of our elders. Participants were encouraged to reflect on the importance of legacy, the power of storytelling, and the role elders continue to play in shaping community identity. Many elders expressed heartfelt gratitude for being intentionally recognized, sharing powerful and emotional reflections on their life experiences, including stories long held in silence.

Key Observations:

- Elders expressed surprise and deep appreciation for being intentionally included and honored
- Emotional responses were common as participants shared long-forgotten stories and personal hardships

Strengths Displayed by Participants:

The inclusion of music and gentle movement sparked joy and helped build connection across generations. Discussions surfaced deep themes such as overlooked grief, forgotten wisdom, and the healing that comes from simply being seen and heard. Also found renewed energy through shared songs, stories, and movement.



BREAKING BARRIERS WORKSHOP

10am-12pm Wednesday, 28th May 2025

Mental Health Seminar & Wellness Activities

Experience

- ✓ Breaking the Stigma with an informative Seminar
- ✓ Lets Enjoy some Poetry - Yoga - Meditation
- ✓ Coping Mechanisms & Mental Health Resources

Location: 330 Mission Rd, Glendale CA 91205

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For More Info contact: Info@ampfamily.com

Or Visit our Website: www.ampfamily.com



EVENT 3 – YOUTH ACTIVATION – EXPRESSION THROUGH MOVEMENT

Activities:

Seminar, Sports, Music,
Cooking,

Overview:

This session focused on supporting the youth through hands-on activities that encouraged movement, creativity, and open dialogue around mental wellness

Key Observations

- Youth thrived in active, hands-on settings where they could express themselves physically and socially
- Activities like sports and cooking helped break the ice, encouraging communication and confidence

Strengths Displayed by Participants:

High levels of energy, creativity, and enthusiasm throughout all activities.



TESTIMONIALS

“
ITS REALLY IMPORTANT
TO LOOK AT FAMILY
HISTORY TO UNDERSTAND
DEEPER ISSUES. LOVED
DR. JOHNSON
PRESENTATIONS!

“
THANK YOU FOR CREATING
THIS EVENT TO HELP
GARNER DEEP
CONVERSATIONS AND
CULTIVATE A SPACE FOR
HEALING AND GROWTH!

“
A POWERFUL REMINDER:
SOMEONE ELSE'S TRAUMA
ISN'T YOURS TO CARRY,
AND GENERATIONAL
TRAUMA IS VERY
REAL.

“
GENOGRAM WAS
EYEOPENING AND
GAVE A BETTER
UNDERSTANDING OF
INTERGENERATIONAL
TRAUMA



“IT GAVE ME A DEEPER
UNDERSTANDING OF HOW MY
JOURNEY MIGHT LOOK THROUGH
THE EYES OF MY KIDS AND
GRANDKIDS. MORE THAN ANYTHING,
IT OFFERED REASSURANCE THAT THE
EXPERIENCES I'VE LIVED, THE
LESSONS I CARRY, AND
THE LEGACY I'M BUILDING ALL HOLD
VALUE. TODAY AFFIRMED THAT MY
VOICE, MY STORY, AND MY PATH ARE
NOT ONLY VALID
THEY'RE MEANINGFUL”

“
NEVER BE AFRAID TO ASK FOR
HELP NO MATTER HOW BIG OR
SMALL THE CHALLENGE. WE'RE
ALL FIGHTING OUR OWN
BATTLES, AND LEANING ON
EACH OTHER IS A PART OF
STAYING STRONG

Mental Health / Crisis Resources

Los Angeles County Department of Mental Health (DMH): 24/7 Helpline at 800-854-7771.

Crisis Text Line: Text "HELLO" to 741741.

National Suicide Prevention Lifeline: Call 1-800-273-TALK (1-800-273-8255).

Los Angeles County Department of Mental Health Access Line: Call 800-854-7771.

211 LA County: Dial 211 or visit www.211la.org.

Mental Health America of Los Angeles: Visit www.mhala.org.

Didi Hirsch Mental Health Services: 24/7 Suicide Prevention Center at 877-727-4747.

Los Angeles LGBT Center: Visit www.lalgbtcenter.org/mentalhealth.

Asian Pacific Counseling & Treatment Centers: Call 213-252-2100 or visit www.apctc.org.

The Trevor Project: 24/7 Lifeline at 866-488-7386 or visit www.thetrevorproject.org.

National Domestic Violence Hotline: Call 1-800-799-SAFE (1-800-799-7233) or visit www.thehotline.org.

Loveisrespect: Call 1-866-331-9474 or text "LOVEIS" to 22522. Visit www.loveisrespect.org.

RAINN (Rape, Abuse & Incest National Network): Call 1-800-656-HOPE (1-800-656-4673) or visit www.rainn.org.

Black Women's Blueprint: Visit www.blackwomensblueprint.org.

Melanin & Mental Health: Visit www.melaninandmentalhealth.com.



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



