

2021 ANNUAL REPORT



OVERVIEW

The Dr. Alauna Trauma Recovery Institute, DA-TRI (pronounced "The Try") was founded in 2018, with an organizational mission dedicated to eradicating the effects of psychological trauma by providing education and training in Empathy Skills Practice™, for Traumatized Humans, helping people and communities self-heal from psychological trauma.

Our Core Values are centered around Mental Wellness, Education and Entertaining Information, Integrity, Respect and Camaraderie, Community Health and Embracing the Fun of Healing.

A MESSAGE FROM OUR CEO AND FOUNDER DR. ALAUNA

Dr. Alauna Trauma Recovery Institute continued to make a significant contribution to the challenging mental health landscape of 2021. DA-TRI was established upon the premise that psychological trauma is widely under-appreciated as a mass driver of mental challenges in our global society, and as one human race, it's essential that we update our understanding of the human brain, biology and behavior. As we endure this season of climate disasters, racism, gun violence, war, geopolitical upheaval, aggressive communication and the widespread impact of the COVID-19 pandemic, self healing from psychological trauma is key to addressing the public mental health crisis we are facing. There are not even enough trauma-trained mental health providers to serve all of the world's traumatized peoples, hence the need for an individual, skills-based approach.

DA-TRI continues to nurture an international audience with ever-increasing need for scalable services. The Trauma Recovery Academy, our online mental health and trauma education learning platform, has grown in its offerings, hosting 8 practical biological education and recovery tools to more than 150 new learners in 2021 and more than 400 since launching in 2020! Due to the generosity of donors, we were able to provide discounted and scholarship opportunities for access to 20 users!

DA-TRI staff, volunteers and donors continue to invest in solving the greatest mental health challenges facing our society, aiming to bridge the gap of knowledge, access, resources and skills to improve our emotional health, individually and collectively. We honor the heavy cost of trauma that humanity has borne in this challenging year, including the people we lost, lives forever changed, and moments we will never get back. Yet through your consistent support, uplifting prayers and triumphant resilience, we will continue to move forward in 2022 with renewed hope and abundant faith in our ability to evolve into a healthier society.

Many start their trauma recovery journey with a desire to "try to do better." We go beyond the "try!" We do better, so we can BE better.

Try. Do. Be.
#BetterTogether

Dr. Alauna

Trauma Psychiatrist
CEO & Founder of DA-TRI





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2021 BY THE NUMBERS

\$13,000

In 2021, DA-TRI raised nearly \$13,000 from individual donors! Future goals include creating scholarships to support ongoing trauma recovery and mental health trainings to the community-at-large.



4 Trauma Recovery Trainings & Workshops



8 TV News Interviews



14 Print, Podcast and Radio Guest Interviews



21 Educational Events and Webinars



150 new Trauma Recovery Academy Learners



9K+ New Social Media Followers*



200k+ Content Views*

*Combined Dr. Alauna/DA-TRI profiles

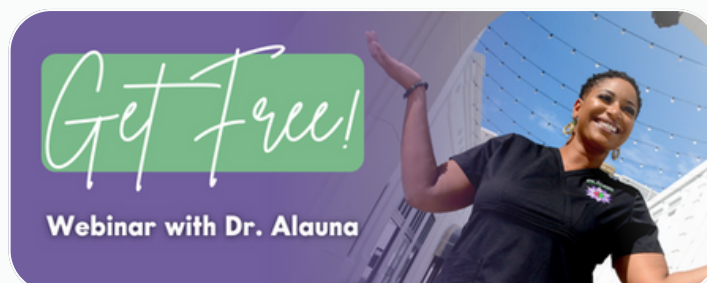
MENTAL HEALTH EDUCATION AND OUTREACH

Trauma Recovery Academy

The Trauma Recovery Academy is the primary platform for DA-TRI's goal of providing affordable and accessible public health education about psychological trauma and mental health. Through informative and entertaining educational videos, the TRA provides an opportunity for anyone interested to learn more about their brain, body and behavior and the predictable patterns of trauma, whenever they're ready! In addition to transformative 24/7 coursework, Trauma Recovery Academy Members may register for monthly virtual Empathy Skills Practice™ coaching group. 2023 goals include raising funds to produce Episodes 3-8 of the Master Your Self Series, covering the remaining Primitive Brain Systems (\$50k goal).

Noteworthy Achievements

- Serving over 400 learners since launching in 2020
- From Jan-Dec 2021, the TRA served 150 new learners
- Launch of Episode 1 of the Master Your Self Video Series: Master Your Trauma™
- Launch of Episode 2 of the Master Your Self Video Series: Master Your Amygdala™
- Serving 100+ Participants through the 2021 Get Free Monthly Webinar, a free 1 hour virtual public educational webinar





Testimonials from TRA Members:

Empathy Skills Practice for Traumatized Humans

"Excellent information! I couldn't write fast enough :-)" - Donna W.

Primitive Brain Systems Crash Course

"Helpful, clear, and fun!" - Elizabeth S.

"Straightforward and informative" - Eddie S.

"Informative and easy to grasp." - Gerald V.

Master Your Trauma

"Extremely helpful! Love how the operations of the brain were simplified and digestible. I will definitely be back to absorb more content." - Makiea M.

"This course gave me step-by-step instructions on how to heal my trauma. I feel hopeful again and excited about using these awesome tools." - Donna W.

Events and Community Partners

DA-TRI participated in more than 20 events with community partners, servicing more than 3,000 participants. Our 2021 partners included:





DA-TRI IN THE MEDIA

2021 continued the trend of global turbulence, driven by viral pandemics, climate driven disasters and geopolitical turmoil. Dr. Alauna's Trauma Psychiatry expertise is in high demand as American society began to reckon with the now obvious detrimental mental health effects these events have on individuals and communities. In addition to establishing [DA-TRI's official Facebook page](#) - the Dr. Alauna Trauma Recovery Institute was well represented on radio, podcasts, print AND TV news!

Quoted/Referenced in the media



Trauma Psychiatrist, of Cypress, Texas was honored as [Xavier University of Louisiana's 40 under 40](#)

SHOUTOUT HTX

Meet Alauna Curry | Dr. Alauna, Trauma Psychiatrist—[Shoutout HTX](#)



Dr. Alauna Curry: Skills Over Pills—[Bump in the Road](#)



Featured on ABC, CBS, NBC, and FOX news in major news markets such as Washington DC, San Francisco, Seattle, Portland and Tampa



Fear, extreme thinking, and the fascination with conspiracy theories - [WJLA News Washington](#)



Is Your Child a Bully? - [KATU-TV Portland](#)



How do we help our kids understand events like the one at the US Capitol when we are still trying to process it ourselves? - [NBCKING Seattle](#)



How to talk to your children about the Capitol Riot - [KTVU Fox San Francisco](#)



Are You Empathetic? - [WTVR Virginia](#)



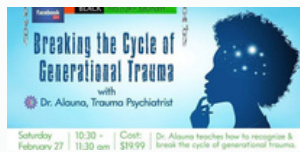
Seeing Through the Lens of Empathy - [WJLA News Washington](#)

Featured on award-winning podcasts including Humanize Your Workplace, Better with Dr. Ericka, Soul Revival Podcast, Coffee and Politics 101, In Recovery with Dr. Nzinga, New Day Podcast, and Remap Your Mind with Dr. Maiysha Clairborne.



SOCIAL JUSTICE ENGAGEMENT

DA-TRI's mission is strongly centered around the concept that all human beings are suffering from the predictable and preventable effects of multiple traumatic pandemics including but not limited to racism, sexism, xenophobia, voter suppression, gun violence, gender-based violence, misinformation, COVID-19 trauma and beyond. As we enter into an era of accountability and rapid evolution surrounding mental health and psychological trauma, DA-TRI aims to be a leading voice in championing causes that help people "Tell Their Trauma Story." Through organizing and presenting in these events, DA-TRI fulfills its mission to support corrective action and social justice for historically marginalized and oppressed people, especially addressing the role of mental health support and trauma recovery for healing.



Black History Month: Breaking the Generational Cycle Webinar



Jack and Jill of America Black Families' Mental Health Event: All Minds Matter: Emotions are a Super Power!



Chicago Urban League: Bridging the Silence Gap - Empathy Skills for Healing Racial Trauma

DA-TRI | 2021 Year in Review





MENTAL HEALTH RESOURCES

SAMHSA and the National Suicide Prevention Lifeline have launched a new national mental health resource 988 - Suicide and Crisis Lifeline

Need Support Now? If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org

National Domestic Violence Hotline

800-799-SAFE (7233) and TDD 800-787-3224

Rape, Abuse and Incest National Network (RAINN)

800-656-4673

TrevorLifeline

24-hour, toll-free confidential suicide hotline for LGBTQ youth
866-488-7386

TWLOHA Find Help Online Tool

Locate free or reduced-cost counseling and other mental health resources in your community.
twloha.com/find-help

National Alliance of Mental Illness (NAMI)

Connect to mental health resources via NAMI Helpline
800-950-NAMI or in a crisis, text "NAMI" to 741741

Substance Abuse and Mental Health Services Administration (SAMHSA)

National Help Hotline **1-800-662-HELP (4357)**

Bad Bitches Have Bad Days Too

Centralized mental health resources platform for the Black Community, courtesy of Megan Thee Stallion
www.badbitcheshavebaddaystoo.com

SPECIAL GRATITUDE AND THANKS!!!

Dr. Alauna Curry, Founder/President
Eddie Stallworth, Treasurer
Carolyn McLain, Secretary
Joe Bryant, Consultant
Megan Breakenridge, Consultant
Nicque Montgomery, Volunteer
Scotland Carter, Volunteer
Makayla Davis-Curry, Volunteer

We could not do this without all of you! Please visit our homepage and consider supporting DA-TRI, a 501(c)(3) non-profit organization, with your tax-deductible donation.

