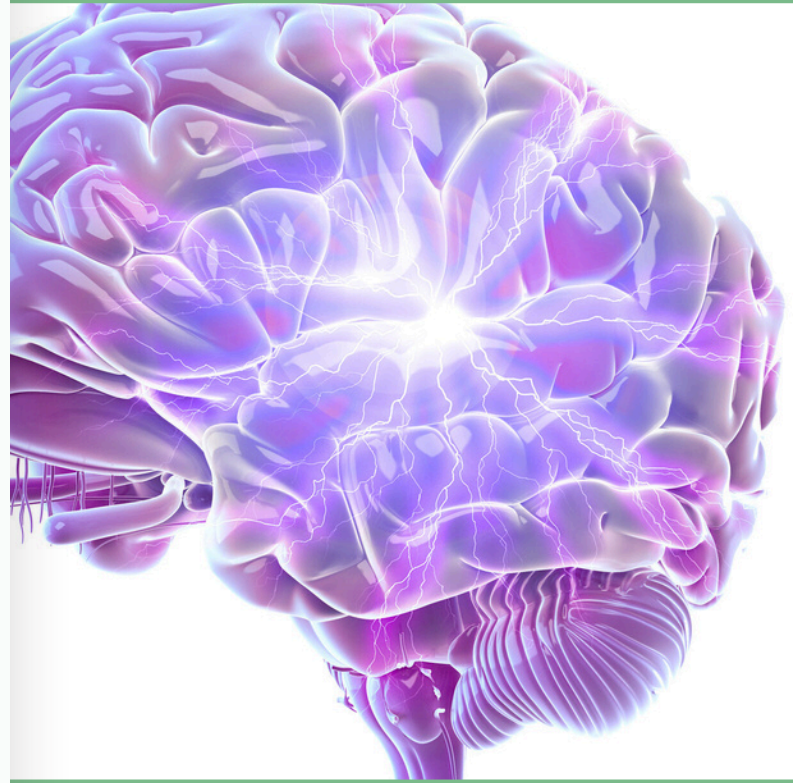


2023 ANNUAL REPORT



OVERVIEW

The Dr. Alauna Trauma Recovery Institute, DA-TRI (pronounced "The Try") was founded in 2018, with the mission to address global psychological trauma through providing mental health education and trauma-informed, empathy-based skills practice.

DA-TRI's Organizational Core Values

Mental Wellness, Skillful Practice, Entertaining Education, Evidence-based Science, Informational Integrity, Non-Violent Communication, Respect and Camaraderie, Community Public Health, and Embracing the Fun of Healing.

A MESSAGE FROM OUR CEO AND FOUNDER DR. ALAUNA

In 2023, Dr. Alauna Trauma Recovery Institute celebrated 5 years of impactful contributions to the mental health field. We addressed the growing need for trauma-informed care, recognizing the widespread impact of psychological trauma on a global scale. DA-TRI remains committed to leading the movement to focus on expanding access to brain-based trauma interventions. DA-TRI leads this effort to transform the delivery of mental health care, leaving behind the current archaic model that requires people to have to overcome cultural stigma, financial barriers, provider limitations and be in significant distress to access the extremely limited number of trained mental health professionals. Focusing on public mental health education allows exponential impact, by planting the seeds of transformation in the individual, that will blossom in the family, community, professional space, and beyond.

In 2023, The Trauma Recovery Academy, our online mental health and trauma education learning platform based on the latest in neuroscience, has grown in its offerings, hosting 15 mental health education and recovery courses for over 500 unique participants since 2020! We continue to build the Trauma Recovery Academy Membership as a supportive village of empathetic, trauma-informed people, accepting accountability for our skills use and challenging each other for continued growth!

We learned we cannot do this alone! DA-TRI started as the brainchild of Dr. Alauna, America's First (and only) Trauma Psychiatrist, but our mission from day one was to empower others to carry this knowledge and practice to the masses. This year, we pursued sponsorships and engaged donors to support DA-TRI through their financial investment.

We continue to work towards the democratization of mental health through brain-based education and practical skill building. The language of mental health is changing for the better, and we are finally having much needed conversations about our individual and collective trauma. 2023 is another opportunity for each of us to evolve into a healthier society; DA-TRI continues to lead the way.

Try.Do.Be.
#ItsTimeToEvolve

Dr. Alauna

Trauma Psychiatrist
CEO & Founder of DA-TRI





TABLE OF CONTENTS

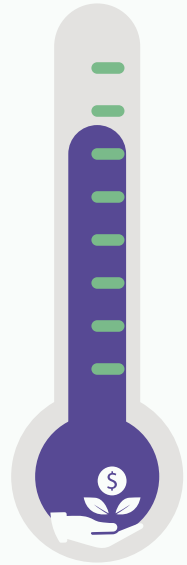
4	2023 By The Numbers
5	Mental Health Education and Programming <ul style="list-style-type: none">• Trauma Recovery Academy• Program Highlights• Institutional and Corporate Trainings
9	DA-TRI in the Media <ul style="list-style-type: none">• TV, Print News, Radio, Podcasts
10	Social Justice Engagement <ul style="list-style-type: none">• Free David Ian Blue campaign• State of Black Health - Blackdoctor.org• Black History Month: Breaking the Generational Cycle Webinar
11	Mental Health Resources <ul style="list-style-type: none">• Updated city, state, region, and national resources• Safety Plan (from Trauma Toolbox)• Provider Directories



2023 BY THE NUMBERS

\$15,000

In 2023, DA-TRI received nearly \$15,000 from individual donors and sponsors, supporting our mission of creating more educational content, offering unique trauma recovery resources and mental health interventions to the community-at-large, as we formulate a comprehensive global response to the many traumatic challenges facing modern society.



4 Television and Print Media Interviews



10 Trauma-focused Trainings and Keynotes



3 Podcast and Radio Guest Interviews



39 Health Educational Events and Webinars



60 Trauma Recovery Academy Participants



2.3k Volunteer Hours



13K+ Cumulative Social Media Followers*



230k+ Social Media Content Views

*Combined Dr. Alauna/DA-TRI profiles

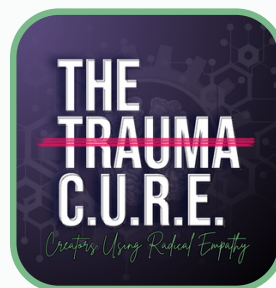
MENTAL HEALTH EDUCATION AND OUTREACH

Trauma Recovery Academy

The Trauma Recovery Academy is DA-TRI's flagship platform for accessible public health education on psychological trauma and mental health. Members gain 24/7 access to in-depth, self-paced coursework on brain systems, along with a monthly virtual Empathy Skills Practice™ coaching group to reinforce practical tools and strategies. This transformative learning experience empowers individuals to understand the interplay between brain, body, and behavior in trauma recovery.

Noteworthy Achievements

- Launched the Retrain Your Brain Webinar series, featuring topics such as Vision Board Party, Healing From Racism, and Parenting Traumatized Children
- Achieved nearly 2,000 downloads for the Minding Your Amygdala Podcast
- Delivered intensive trauma recovery coaching to 25 participants through the RECREATE Coaching Program
- Transformed approximately 100 attendees with the Trauma C.U.R.E. (Creators Using Radical Empathy) 3-Day experience
- Expanded corporate partnerships by training employees at Yahoo Inc., GE, Chevron Energy, and more
- Provided trauma-informed, empathy-centered workshops for hundreds of educators and future physicians





What they say about the DA-TRI's Trauma Recovery Academy!

Testimonials from TRA Members, Corporate Partners:

Empathy Skills Practice for Traumatized Humans

- Wow! Thank you for teaching me how to resolve many issues by seeing the man in the mirror (ME) first! - Angela A
- Such important work! I had the privilege of taking a DBT class with my teenage daughter. I felt that it was something that EVERYONE should get. This program offers a variation, yet more appropriate, introduction into many of those skills, along with great insights into how we operate as humans. I intend to review this program over and over until I feel like these fantastic skills start to take hold. Thank you, Dr. Alauna, for making this program available to the masses. :) - Monica G.

Primitive Brain Systems Crash Course

- Very informative. much needed in anyone's life. Great learning and teaching on how to retrain the brain . The direct cause and effects of trauma. -Jessie B.
- I learned a lot about the primitive brain and look forward to learning more about how to overcome trauma and learn more about the more evolved part of the brain. - Donna M.
- Helpful, clear, fun - Elizabeth S

Master Your Trauma

- This course is excellent! It provides the fundamentals and is great preparation for additional Dr. Alauna courses and programs. It is succinct for those who are busy. Will be using it as my personal quick reference guide when I find myself having a traumatized human moment. - Demetria S.
- I appreciate Dr. Alauna's wisdom in trauma mastery and her passion for sharing her expertise with others. This information is invaluable. Not only can I use it for myself, the skills are also extremely applicable in my professional life. - Lou Ann H.
- Truly broke it down to granular level. The degree of work taken to figure this out and explain it so effortlessly is a testament to your knowledge and understanding. I am excited to learn more from you. - Dr. Funminiyi

Master Your Amygdala

- Essential Material : Every individual and professional I know could benefit from this material. Even though I had a pretty good grasp on the basics of trauma and the brain, Dr. Alauna provided tools that I want to use on a daily basis. I need a big 'reset' and 'rewind' and be 'D.O.N.E.' button on my desk at work and at home to remind me to choose the prefrontal cortex! :)Thank you!! - Terri D.



(Continued)

Testimonials from TRA Members, Corporate Partners:

The Trauma C.U.R.E. : 2023

- The course is educational, and it is taught in a welcoming and accepting manner.. It not only explains some of the body mechanics of trauma, but it give hands-on skills to apply that help in recovery and prevention of trauma to you and others. - Jasmine P.
- Learning to define trauma, and understand my biology created immediate freedom. I clearly see why it has been so long and hard to release old patterns, behaviors, and beliefs that done serve me. One conversation with Dr. Alana was eye opening. I was in awe and everything she said had me speechless because her words were speaking to my heart. My eyes were opened. There was a shift and my life has changed. I knew I needed to learn more and synthesize this new knowledge which is why I registered for TTC2023 and signed up for RE-CREATE coaching. In January, my birthday goal was to create peace, freedom and newness in every day. I know for sure I attracted RE-CREATE to my life and I'm excited to re-create the powerful story of my life whichI have been sharing from my primitive brain. I'm calm and ready to Evolve! Thank you Dr. Alauna. Shout out to Hey Sister and Best Life of Wellbeing for hosting you on their podcast. I would not have gained this insight without your community sharing you and your healing message. I'm so grateful!! - Karen L.

Minding Your Amygdala Podcast Reviews

- Trauma Body 101 Apple Podcasts Reviews: If you have trauma, or want to understand someone in your life with trauma-related mental illness, welcome to Trauma Body 101. As the doctor says, we do not have formal education around emotions but here it is, this is the minimum of biological information everyone with a brain should understand about themselves. Not only is this a nugget of pure valuable information, the Doctor is flippin' HILArrious! LOL many times. I could listen to her crack jokes about trauma all day. That's a gift. -bhgvgevg
- Outstanding: I dunno which is more captivating and compelling, her charm or the insights and understandings which she imparts.👏👏👏 Outstanding human doing the Good work, thanks. - Doc James
- Minding MY Amygdala! Each time I have a virtual encounter with Dr. Alauna, I feel like I just completed a therapy session and can't wait until the next session. I walk away with an increased knowledge base and a profound understanding of trauma and the impact it's had on my life and those I love. There's so much more to learn, but I know so much more about the brain and how it works. By all means do therapy if you must, but please make sure you get training and an education from an expert! I'm counting down to the Trauma C.U.R.E. workshop in June. Parting with yet another smile and Minding My Amygdala. -KRenee
- This is what we need: Dr. Alauna is the voice we need in this space! Thank you for sharing your expertise and your story with us. This podcast is a must for anyone who is dealing with or has dealt with trauma. -Dr. Kimmy

Events and Community Partners

DA-TRI participated in more than 20 events with community partners, servicing more than thousands of participants.

Our 2023 partners included:





DA-TRI IN THE MEDIA

2023 continued the trend of global turbulence, driven by viral pandemics, climate driven disasters and geopolitical turmoil. Dr. Alauna's expertise remains in high demand as American and the global society at large begins to grasp the substantial, devastating impact of undiagnosed, untreated, unappreciated mental illness in society. Dr. Alauna Trauma Recovery Institute was well represented on radio, podcasts, print AND TV news!

Quoted/Referenced in the Media:



The Nightcap TV Show - [Fox 26 KRIV Houston](#)



TIKTOK Influencer Dr. Christy Gibson - [@tiktoktraumadoc](#)



WVON 1690 AM Chicago - [iheartradio](#)



Dr. Alauna Curry: The 'Trauma Psychologist' #DefenderRewind — [Houston Defender](#)

Interviews
& Podcasts:





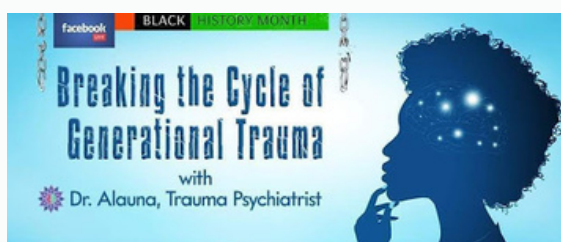
SOCIAL JUSTICE ENGAGEMENT

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, specially addressing the role of mental health support and trauma recovery for healing.

**FREE
DAVID
IAN
BLUE**

In 2023, DA-TRI, in partnership with INMS Professional Services led by Nicque Montgomery, played a pivotal role in supporting the exoneration of David Ian Blue, who had been wrongfully convicted of aggravated criminal sexual assault in Marion, IL—despite the absence of forensic or physical evidence. Retained by the Blue family, our team provided

strategic planning and crisis communications in collaboration with the legal team led by renowned civil rights attorney Jennifer Bonjean. On May 10, 2023, less than two years after his conviction, the Illinois Appeals Court unanimously overturned the verdict, affirming Mr. Blue's innocence. David was released on December 12, 2023, and returned to work as a professional nurse following the reinstatement of his nursing licenses. In December 2024, he filed a civil lawsuit against key figures involved in his wrongful conviction—including his ex-wife, police detectives, the presiding judge, and prosecutors. A jury trial is pending, alongside a Department of Justice investigation into systemic misconduct within the county courts and district attorney's offices. We are honored to have contributed to this historic case and remain committed to supporting the Blue family as they prepare to share their powerful story through film.



Saturday February 27 | 10:30 - 11:30 am | Cost: \$19.99 | Dr. Alana teaches how to recognize & break the cycle of generational trauma.





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)

Houston Area Resources

Mental Health of America Greater Houston - mhahouston.org
713-523-8963

Legacy Clinic - legacycommunityhealth.org
832-548-5000

Harris Health - harrishealth.org
713-634-1000

Serving Harris County Residents

Texana Center - texanacenter.com

MH Crisis Hotline: 1-800-633-5686

Serving Fort Bend, Austin, Colorado, Matagorda, Waller, and Wharton Counties

The Harris Center for Mental Health and IDD (previously known as MHMRA) theharriscenter.org

24/7 Crisis Access Line: 713-970-7000

Provider Search Engine

Psychologytoday.com

[Black Mental Avenue - info@blkmentalave.org](mailto:info@blkmentalave.org)

SPECIAL GRATITUDE AND THANKS!!!

Dr. Alauna Curry, Founder/President
Eddie Stallworth, Treasurer
Carolyn McLain, Secretary
Megan Breakenridge, Consultant
Nicque Montgomery, Consultant

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.



DR. ALAUNA
TRAUMA RECOVERY INSTITUTE

