



COMMUNITY BUILDING ART WORKS 2022 ANNUAL REPORT



combat loneliness. build community.

#MISSIONBELONGING

www.CBAW.org

Artwork by CBAW Vice-Chair, USMC Veteran Joe Merritt

2022 marked our fifth year of operation as a non-profit organization, an odds-defying milestone we don't take for granted. A small board of committed, hard-working volunteers without extensive non-profit experience founded this organization alongside me. What distinguishes CBAW can be boiled down to one essential (and deceptively simple) practice: asking for help. We know what we do well, and we know what we don't know.

At the end of 2021, one of our fiercest, most generous longtime supporters offered to fund a full-time Director of Programs position. I knew exactly whose help I needed: Ashy Palliparambil. She and I worked together when I was a contractor at Walter Reed and Ft Belvoir. Ashy has been a partner in growing and developing the ideas that became CBAW, and she has so many skills I don't have. She is an incredible time manager, team builder, organizer, and connector.

Around the same time, I reached out to an engaged participant whose own posts about our EOY giving campaign were far better than my own, and asked if they would be willing to help out with social media and graphics. Rob Haney's efforts have brought new people to our programs, maintained community between scheduled events, and updated nearly every aspect of our online presence.

Their help not only made our programs reach farther than ever before, they made it possible for our board to step back from daily tasks (many of the founding board members continue to serve) and build a plan for our future that includes bolder creative programs, research initiatives, and a return to military installations. We know that the future is hybrid: accessible, recurring online programming alongside in-person opportunities for connection. We also know that there are great ideas we haven't had yet, things we don't know. In the following pages, we'll share where we are and some accomplishments we're proud of. We hope that as you flip through, you feel compelled to reach out, strive alongside us, and help us do better.

With respect and gratitude,



Seema Reza, CEO
February 2023



combat loneliness. build community.

#MISSIONBELONGING

www.CBAW.org



**THEATER OF WAR +
POETRY IN AMERICA
WOUND DRESSER EVENT**

250
EVENTS +
WORKSHOPS



1.5
MILLION
ONLINE REACH



**WWP INDEPENDENCE
PROGRAM CAREGIVER
PERFORMANCE AT WOOLLY
MAMMOTH THEATRE**



**BASTION VETERANS
EXPERIENCE PROJECT
IN NEW ORLEANS**

PROGRAM
6,970
PARTICIPANTS

2022 HIGHLIGHTS

- Theater of War and Poetry in America Wound Dresser Performance
- Caregiver Performance at Woolly Mammoth Theatre
- AllTruGather Art & Writing Program with US + Afghan Women Military Members
- Bastion Veterans Experience Project in New Orleans
- Uniformed Services University of Health Sciences Creative Writing Workshop for Medical Students
- Launch of #MissionBelonging
- Special Workshops with Anthony Almojera, Chen Chen, Jonathan Merritt



combat loneliness. build community.

#MISSIONBELONGING

www.CBAW.org

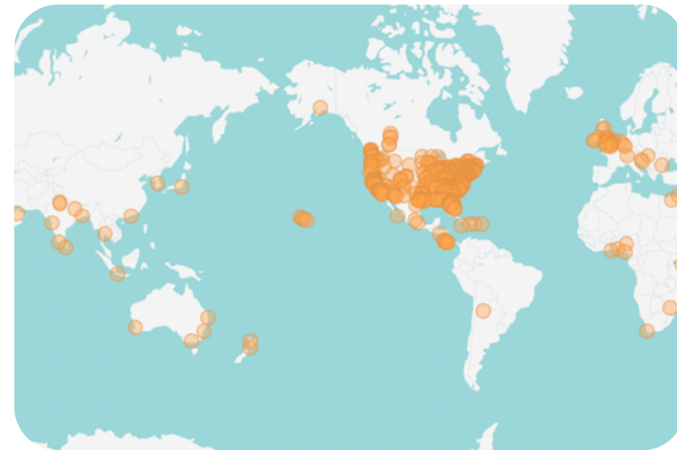
our approach

Connecting veterans, healthcare providers & civilians through workshops led by professional artists who reflect the diversity of the population we serve.



PROFESSIONAL ARTISTS

CBAW provides free or low cost weekly creative arts programs, special events, and performances facilitated by award-winning, professional artists who have exhibited and performed worldwide.



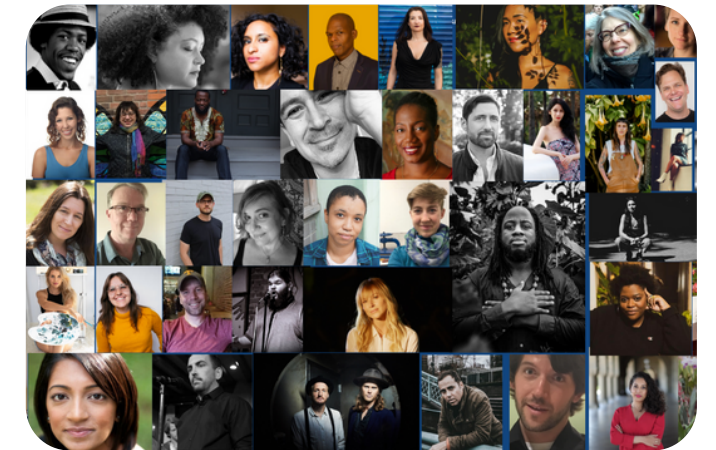
DIVERSE PARTICIPANTS

Through word of mouth and social media, we've been able to reach new audiences. Our virtual programs make it possible for participants to join us from anywhere in the world, and they do.



RELIABILITY & CONSISTENCY

We're there when people need us. Maintaining a consistent schedule, CBAW provides reliable programming 3-4 days a week all year long.



COMMUNITY EQUALS HEALTH

Individuals who feel a sense of security, belonging, and trust in their community have better health. People who don't feel connected are less inclined to act in healthy ways or work with others to promote well-being for all.



combat loneliness. build community.

#MISSIONBELONGING

www.CBAW.org

history

NON-PROFIT FORMED

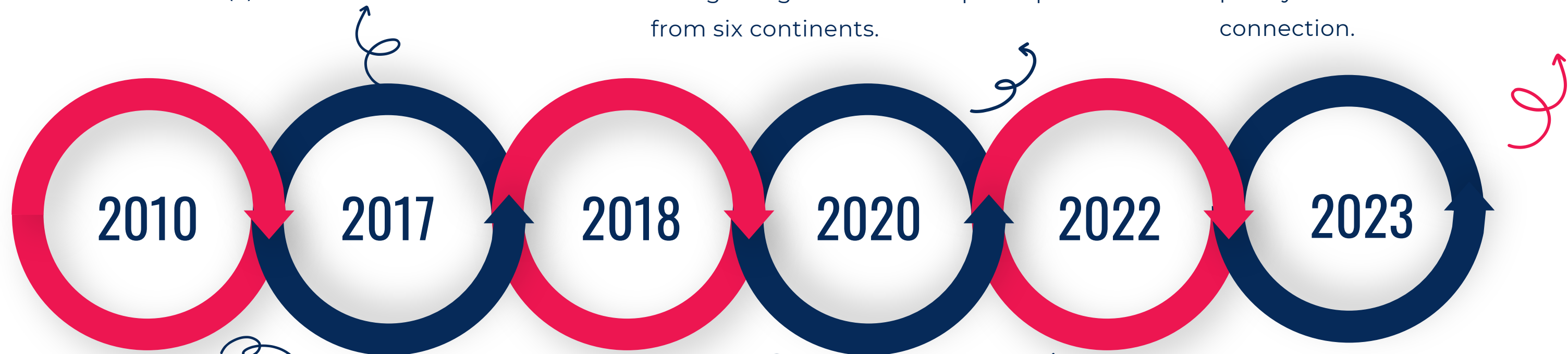
CBAW Board, composed of veterans, artists, and advocates, form 501(c)3.

WORLDWIDE IMPACT

CBAW opened virtual programs for healthcare workers and civilian participants, providing a place of belonging. These programs have brought together 1000s of participants from six continents.

ADVANCING THE FIELD

With partial funding from a VA Suicide Prevention grant and through a partnership with AMES Research Center at Kennesaw State University, we will study the impact of art and poetry on social isolation and connection.



THE BEGINNING

CBAW co-founder, Seema Reza, creates an arts program at Walter Reed to serve wounded, ill and injured service members recovering in the DC Area.

HBO DOCUMENTARY

HBO Documentary, *We Are Not Done Yet*, features the work and impact of CBAW Programs.

EXPANDING REACH

CBAW reached nearly 7,000 participants through virtual and in person programs this year.



combat loneliness. build community.

#MISSIONBELONGING

www.CBAW.org

our team

OPERATIONS

Our small operations team works with our board, advisory board, partner organizations, and faculty to keep our community connected and growing. In 2023 we are welcoming Valerie Acosta, Amelia Bane, and Ben Weakley to our operations team.



Seema
Reza
Chief
Executive



Ashy
Palliparambil
Director of
Programs



Rob
Haney
Social Media
Manager



Valerie
Acosta
MTOS Program
Coordinator



Amelia
Bane
Director of
Digital Media



Ben
Weakley
Director of
Development

BOARD OF DIRECTORS

CBAW's executive board is composed of veterans from 4 branches of service, military family members, and accomplished contemporary artists.



Kevin
Trujillo



Jennifer
Anthony



Amelia
Bane



Amanda
Kelly



Colin
McKee



Willie Charles
Young Jr.



Joe
Merritt



Seema
Reza

ADVISORY BOARD

Our Advisory Board includes remarkable, dedicated leaders in philanthropy, industry, military and veterans issues, and mental health.



Anselm
Beach



Akhil
Iyer



Bryan
Dorries



Christiana
Musk

funding

We actively seek and maintain lasting relationships with funders from multiple sources, including government, corporate, foundation, and individual donors at all levels. It is our relationships that sustain us; when we show up consistently, our supporters show up for us.

INDIVIDUAL DONORS

From the very beginning, CBAW has relied on the support of our stakeholders. Most of our sustaining and individual donors are previous or current participants of our programs-- people who believe in what we do, and want to make sure that these programs are available to others.

FOUNDATION GRANTS

The generosity of grant-making organizations helps CBAW cover administrative expenses and build capacity. We are grateful also, for the way grant reporting requirements have helped us evaluate our impact and data collection processes.

PROGRAM SERVICE REVENUE

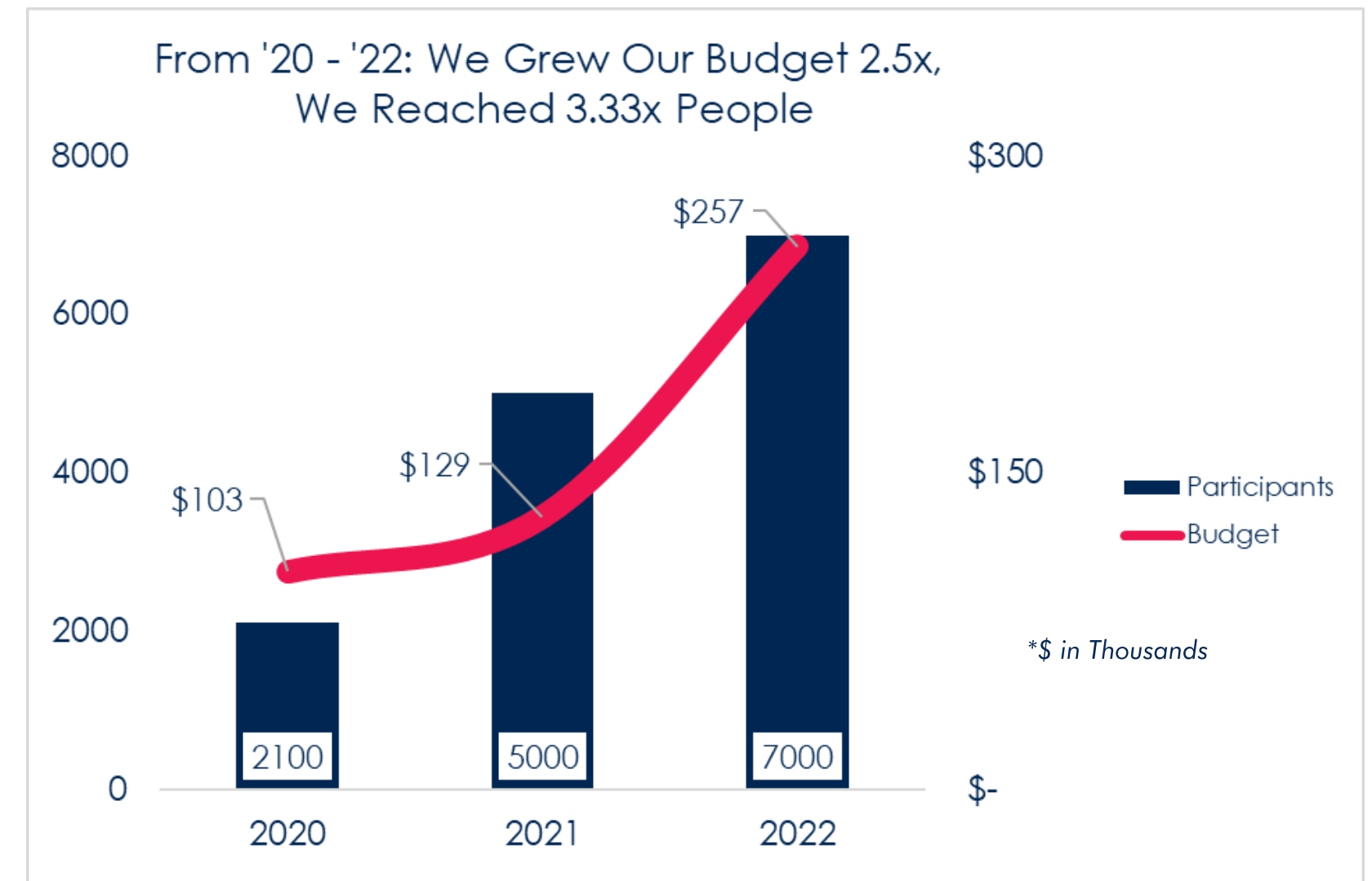
Through fundraising workshops and partnerships with larger like-minded organizations, CBAW provides high quality, mission-aligned programs to select cohorts that in turn help fund our free and low-cost public workshops

GOVERNMENT GRANTS

CBAW has received funding from the Arts and Humanities Council of Montgomery County, and a Suicide Prevention Grant from the VA. These grants help us not only expand our offering, but connect with a network of Veterans and other organizations working locally to meet the needs of Veterans and their families.

SPONSORSHIPS

For-profit corporations committed to doing good sponsor specific programs and movements for either their internal teams or for our broader community. Sponsorships allow us to add new programs, reach new audiences, and help companies connect their brands with their values.



mission belonging

- Our 2022 Giving Season Campaign launched our #MissionBelonging initiative and broke our fundraising record by galvanizing our community to help us raise the funds to give 4,233 hours of belonging
- CBAW's "Digital Community Builders," committed members of the CBAW community (as faculty or participants) hosted virtual and in-person fundraisers, and boosted the #GiveBelonging #MissionBelonging message
- Led by Social Media Manager Rob Haney, our team helped our Digital Community Builders use our digital toolkit to help us spread the word



Be The Change Revolutions, an award-winning, record breaking, human media and intelligence agency with more than a decade of experience building movements sponsored and helped us launch our 2022 Giving Season campaign.



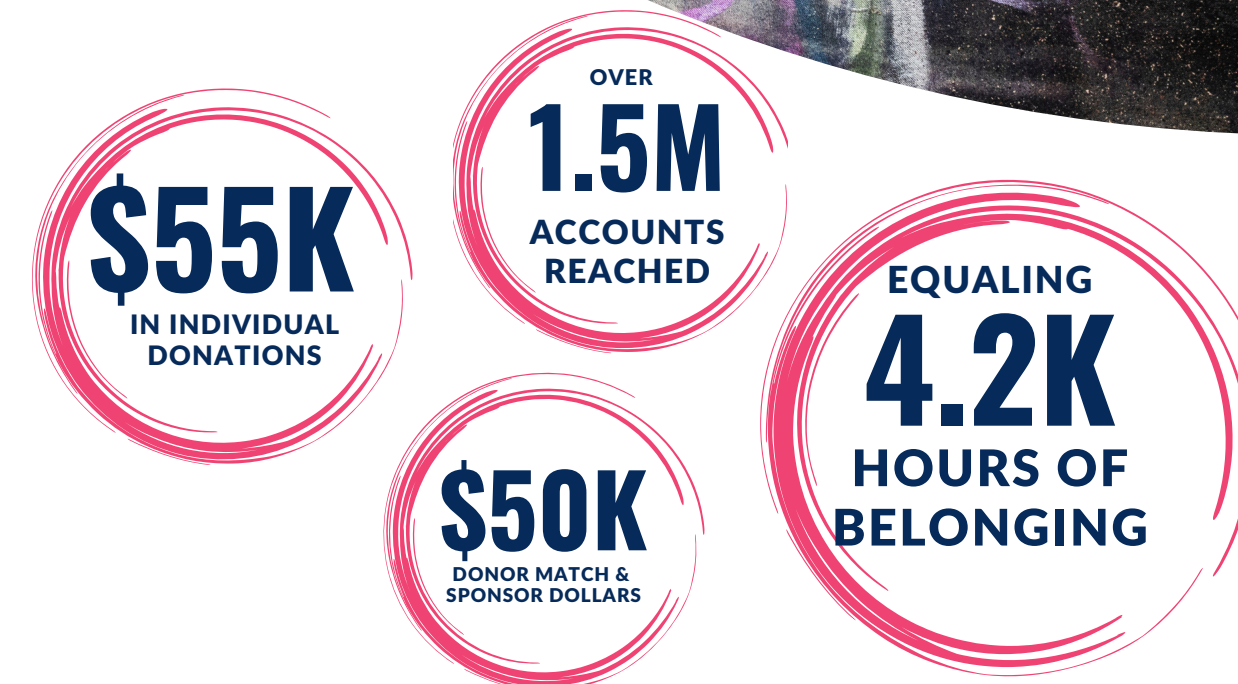
combat loneliness. build community.
#MISSIONBELONGING
www.CBAW.org

#MissionBelonging



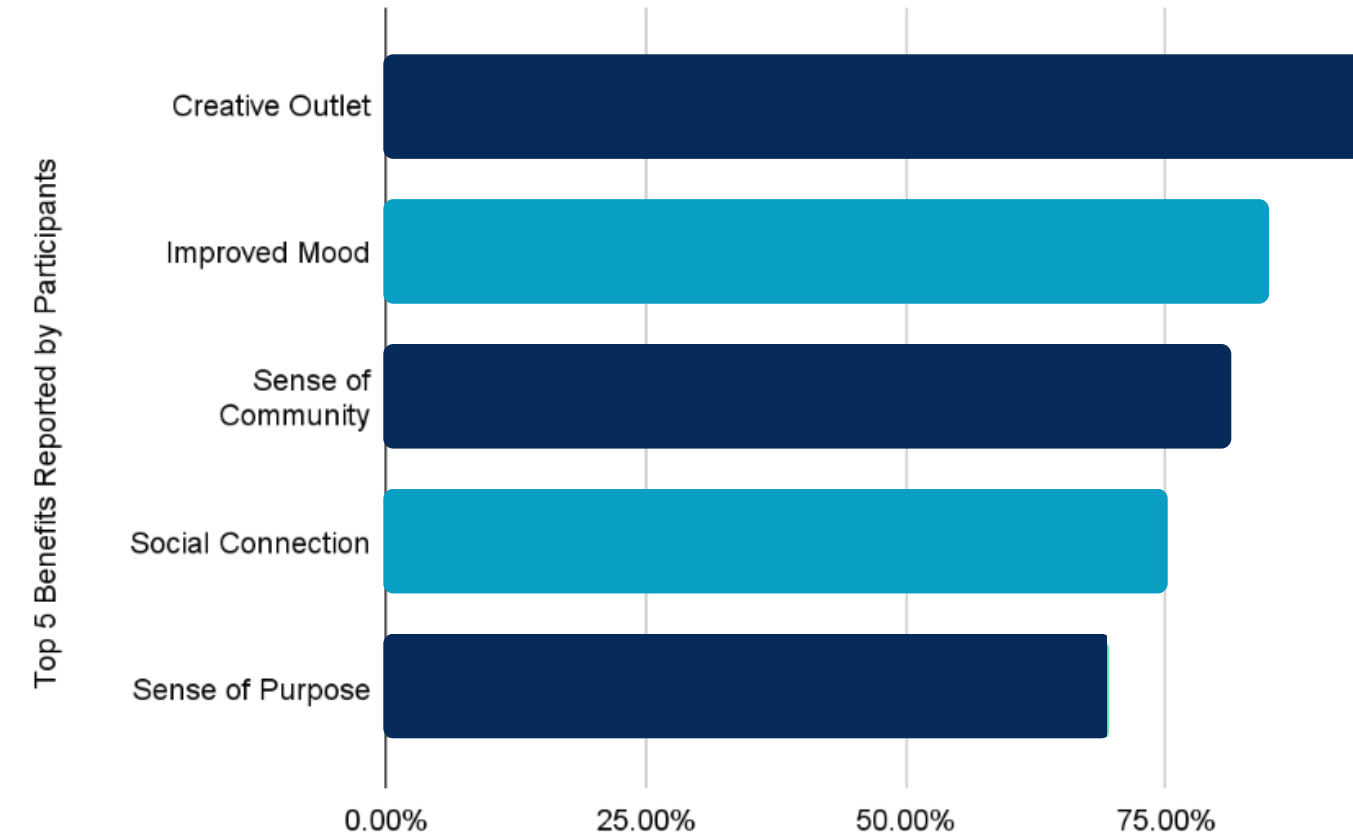
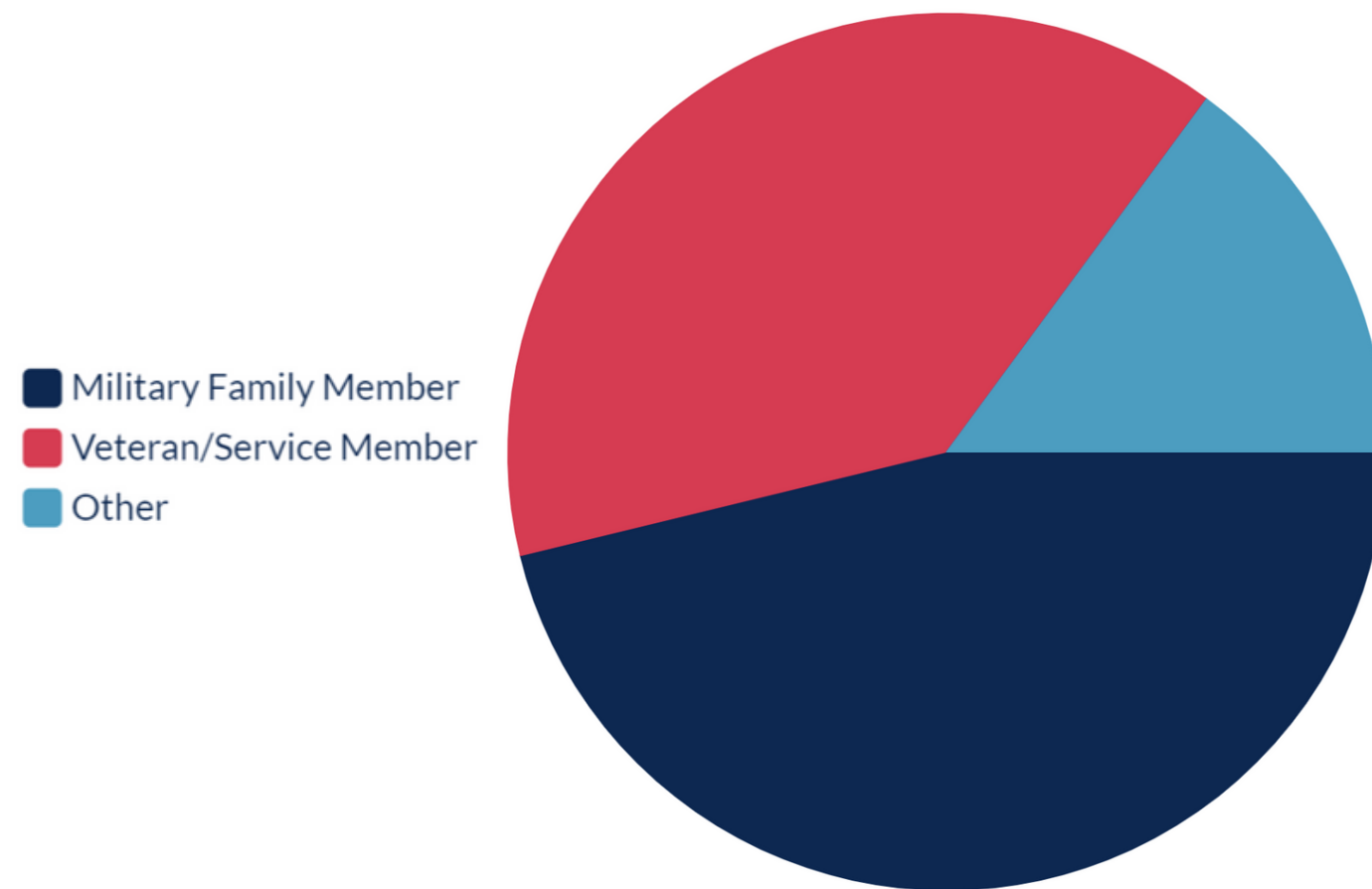
#MISSIONBELONGING FOLIO

Photographer Annie Levy led a diverse group of CBAW veteran & civilian community members in a discussion on belonging. The #MissionBelonging folio included videos like the one above.



our community

When people tell us how they feel, we believe them. It is central to everything we do.



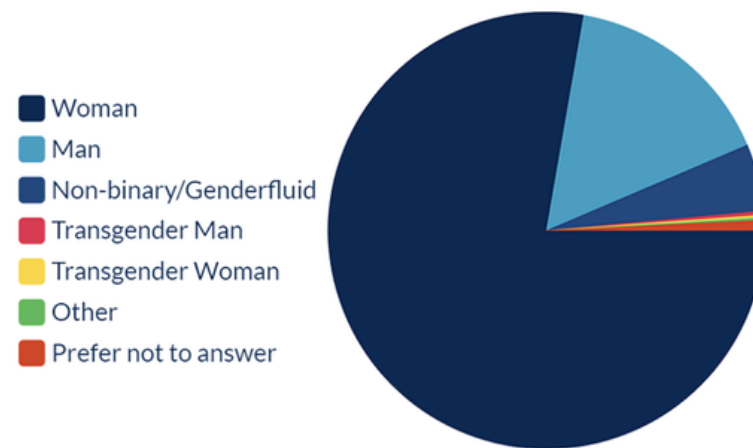
"I am alive because of the safe space provided by your programs."

Program Participant

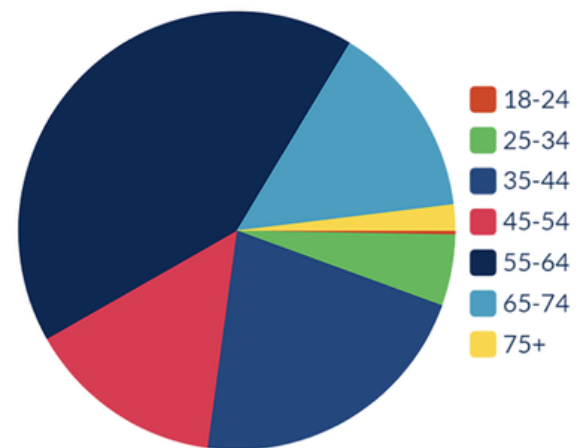
We regularly survey our community to see who they are, and hear how we can serve them better. Since 2020 we have gathered more than 2300 responses, including 1,046 responses in 2022

our community

by gender identity



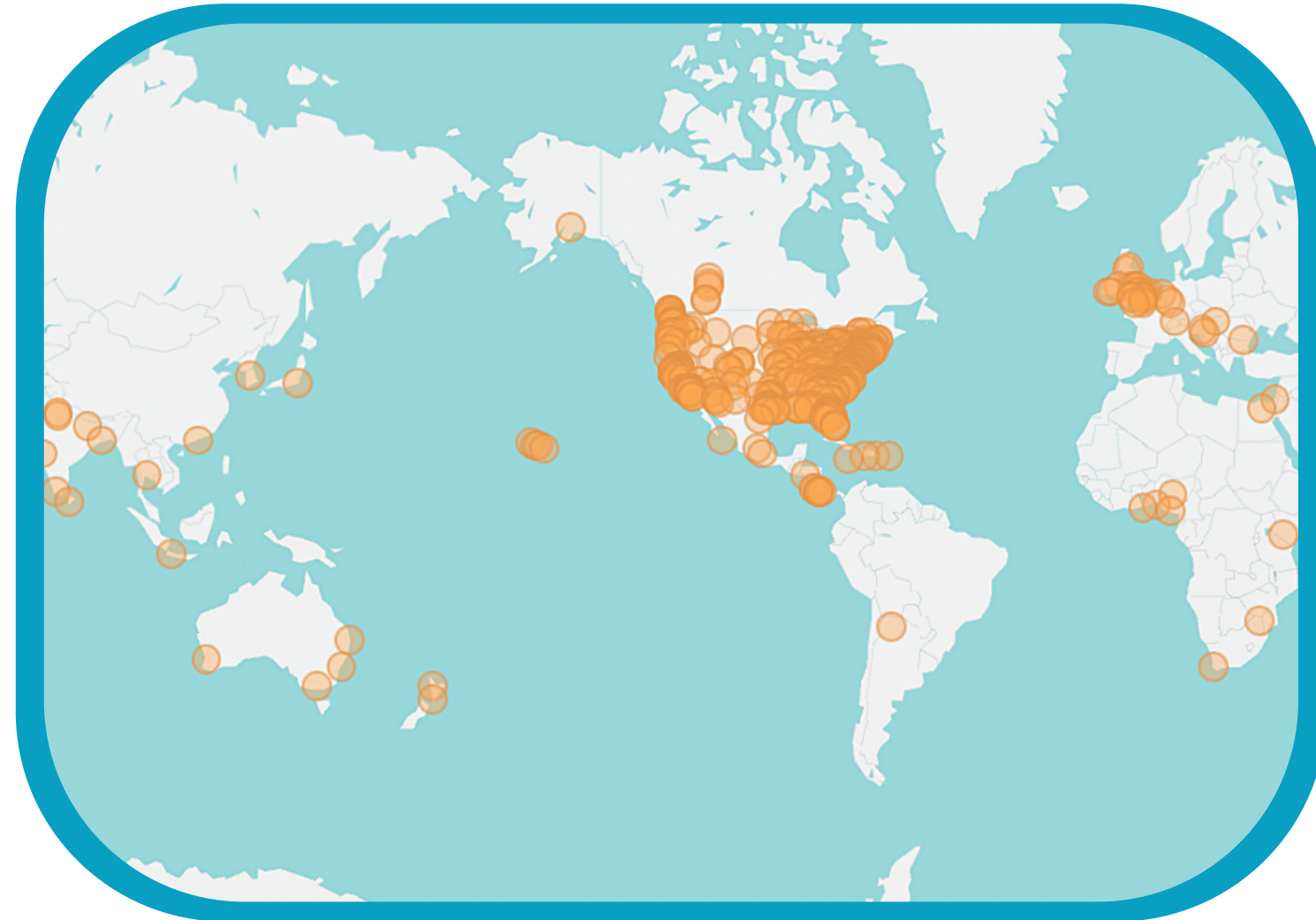
by age



by race



Participant locations are represented on the map below.



source: Eventbrite

We regularly survey our community to see who they are, and hear how we can serve them better. Since 2020 we have gathered more than 2300 responses, including 1,046 responses in 2022



combat loneliness. build community.
#MISSIONBELONGING
www.CBAW.org



in 2023 we will

Ensuring our sustainability and pacing our growth to match our capacity is at the top of our list of goals for 2023. Building the foundation and processes internally to do so, including adding Ben Weakley and Amelia Bane to our operations team, is essential. As we continue to strive for the goals listed here, we are working ardently to improve the internal experience for our facilitators and staff, increasing our honorarium for community facilitators, adding professional development and self-care opportunities, and making CBAW a great place to work.



combat loneliness. build community.
#MISSIONBELONGING
www.CBAW.org

SERVE 10,000 PARTICIPANTS



By expanding partnerships with best-in-class non-profits, increasing special program offerings and reaching veterans in the workplace, we plan to reach 10,000 participants in 2023.

REACH WOMEN + NON-BINARY VETERANS

CBAW was awarded an FY 22-23 VA Suicide Prevention grant to provide programs for women veterans at risk for suicide. We will work with a group of women veterans, led by Program Coordinator Valerie Acosta (USAF ret) to conduct a study and a creative program to help women veterans find and build community.



RETURN TO MILITARY BASES

The COVID-19 lockdown allowed us to create a host of new accessible, low-cost programs, but the impact on military members and families has been great. The shortage of mental health resources for active duty military continues to impact outcomes for service members. This year we plan to add in person programs on 2-4 military installations.

ADVANCE THE FIELD

With partial funding from a VA Suicide Prevention grant and through a partnership with AMES Research Center at Kennesaw State University, we will study the impact of art and poetry on social isolation and connection. We hope to better understand loneliness so that we can help combat it.



sponsorship opportunities

Join a network of leaders across business communities nationally who engage with CBAW to help veterans and healthcare workers connect to their communities and heal through the power of art.

Amplified Programs & Events

Over several meetings, participants co-create a performance or exhibition of original work including film, music, poetry, and visual art to be shared with an audience in a public performance that builds connection and challenges narratives. Sponsorship of a CBAW Amplified Program can include branding and producer credit opportunities for your organization on marketing materials related to the program.

Brand Boosting and Podcast Sponsorship

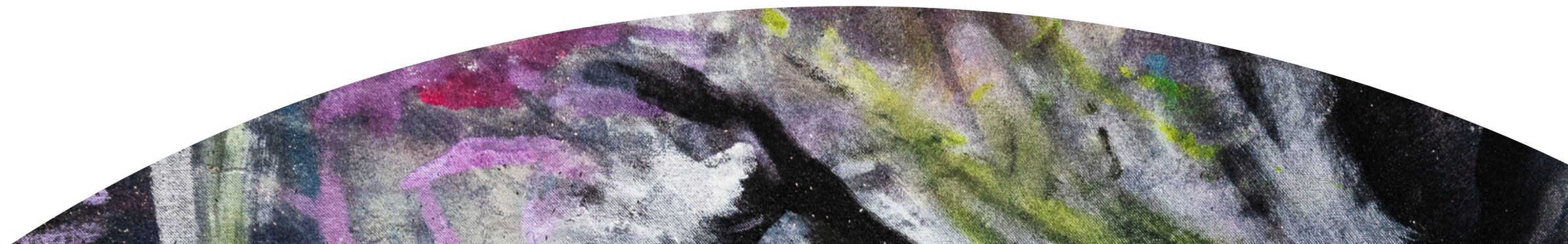
With our combined audience of over 5,000 engaged members across social media platforms and our newsletter subscriber base, we are able to offer branding opportunities to meet the needs of your organization through inclusion of corporate logos on events pages, mailings, and a variety of other platforms including social media. Our United Against Silence Podcast also offers reach to a wide viewing/listening audience on Spotify, Apple Podcasts, YouTube, and other multimedia platforms. This year we're launching "CBAW Loves..." a bookclub that will connect our community through ideas.

Workplace Programs

Monthly or quarterly workshops and other events tailored to a sponsoring partner's employees and/or clients. Workshops provide a safe space for reflection, connection across differences, and self-expression, building stronger relationships between a sponsor's team and/or clients. They are also an added value to an organization's overall benefits packages.

Core Community Programs

Our core programs consist of weekly art and writing workshops that bring together military and civilian community members from all over the globe to learn and connect. In our Veteran and Service Member specific programs, participants join from all over the United States and duty stations worldwide, finding an outlet to express their grief and a pathway to authentic connection. We also offer variations on these workshops to other specific communities such as supporting Healthcare Workers, helping those on the medical front line who are struggling with burnout, compassion fatigue, & moral injury.



An abstract painting featuring bold, expressive brushstrokes in a variety of colors including purple, green, yellow, pink, and blue. The composition is dynamic, with thick applications of paint and visible textures. A white rectangular shape is partially visible on the right side of the painting.

**CLICK HERE TO
SHARE VIA EMAIL**

combat loneliness. build community.
#MISSIONBELONGING
www.CBAW.org

