

BREAKIN' BREAD, BREAKIN' BARRIERS



Breakin' Bread, Breakin' Barriers sessions incite powerful discussions on the stigma surrounding mental illness, uniting communities and creating a culture of health, individual growth and social change.



\$110,041 grant award



Organization is 5 years old and program is 4 years old



Serving anyone struggling with mental wellness in the Denver area



4 employees

SUCCESS MEASURES

Recruit new Breakin' Bread, Breakin' Barriers (BBBB) facilitators. Im'Unique's primary goal was to increase the number of people trained to facilitate BBBB sessions. Not only has Im'Unique trained 35 new BBBB facilitators, 75 percent of these facilitators report using the tools they learned in the training in other areas of life.

GOAL

24 New BBBB Facilitators

TO DATE*

35 New BBBB Facilitators

80

BREAKIN' BREAD, BREAKIN' BARRIERS SESSIONS

On track to surpass goal. Im'Unique has held 100 BBBB sessions to incite powerful discussions on the stigmatization of mental illness.

60%

FIRST-TIME PARTICIPANTS

On track to surpass goal. 70 percent of participants were attending the BBBB sessions for the first time.

80%

INCREASE IN PARTICIPANT MENTAL WELLNESS

On track to meet goal. 80 percent of BBBB participants reported increased positive views of their community, increased levels of self-efficacy, and decreased levels of personal stress.

**Goals included in the grant agreement are based on an Oct. 2016 - Oct. 2017 timeframe.*