

The Foundation of Choose to DO, Inc.

This presentation showcases the foundation of Choose to DO, Inc. Learn how we got started, who we are, why we exist and more.



MEET OUR FOUNDER/CEO

DOZIE OHERI

Growing up in an emotionally abusive environment caused Dozie to experience negative consequences because of the absence of a positive support system. After years of experiencing emotional distress, Dozie started seeing a therapist, but it wasn't until her early 30s that she applied the tools she learned in therapy. In addition to that, Dozie also had an abusive experience working for various Houston nonprofits. But she knew that she could create an organization that taught youth the lessons she learned about herself in therapy to give them the tools to make different life choices, which led her to create Choose to DO, Inc.



ABOUT CHOOSE TO DO, INC.

Choose to DO, Inc. is a nonprofit founded March 8, 2016. Our mission is to build confidence and esteem for black youth 12-17 years old, to embrace healthy mental development by introducing them to applicable skills and resources that foster socioemotional well-being.



Mission, Vision, and Values

Mission

To build confidence and esteem for black 12-17 yr olds, to embrace healthy mental development by introducing them to applicable skills and resources that foster socioemotional well-being.

Vision

Enable black youth to thrive mentally and personally.

Values

- Confidence
- Courage
- Compassion
- Fun

Personal Development Related to Mental Health

Research states that black youth are more likely to experience intergenerational trauma, parental incarceration, family history of mental illness, disadvantages in education, and disruptions in social and emotional development in their adolescent years which can drastically affect their mental health over time.

THE REASON WHY WE EXIST



OUR PROGRAMS

- In partnership with like-minded individuals and organizations, **Breaking the Cycle** seeks to promote social-emotional well-being among black teens through thought-provoking exercises and interactive activities.
- The **internship program** gives individuals 12 and older the opportunity to gain working experience, make connections in their areas of interest, and cultivate talent.
- Volunteers with professions in health and wellness, self-esteem building, leadership building, or youth development teach the **YouTube Self Help Classes**.
- The **Self Care + Food Project** delivers self-care packages to locations and institutions interested in having their youth participate in our YouTube Self Help Classes.

OUR PROGRAMS

- Through the **Mindfulness Project**, yoga and meditation instructors educate youth on alternative methods to create balance in their lives.
- The **Young Authors in the Making Project** teaches the process of becoming an author and how to work towards a common cause on topics that can educate and help others.
- The **Self Discovery Project** teaches youth how to express themselves creatively through various art disciplines and acknowledge each other's differences while working together.
- The **Let's Talk Mental Health with Youth** are classes on personal development taught by teens.



Demographics

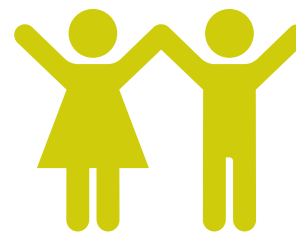
Choose to DO, Inc., since March 8, 2016, has mentored predominately black youth in Houston, TX, and here are the demographics for the populations we have served.



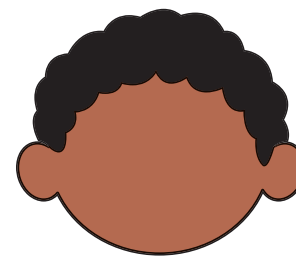
500+ youth



12 - 17 years old



60% female and 40% male



90% African American, 10% Hispanic, Caucasian, Asian and other



Demographics

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Locations

- Girls Scout Troop
- Ortiz Middle School
- Attucks Middle School
- Fondren Middle School
- Upbring Krause Children's Center
- Emancipation Park
- East Orange AME Church
- The Pink Giraffe House
- Sweetwater Point Apartment Complex
- Hope House Houston

Our History

Here is the journey of the progress Choose to DO, Inc. has made since March 8 2016.

IN THE BEGINNING

- **2017**
- **Breaking the Cycle**
- **Spa Day**

In 2017, Choose to DO, Inc. started an initiative to tackle low self-esteem in predominately black teens through our first program, Breaking the Cycle, and later created our second program Spa Day, which we ran separately.

DURING COVID-19

- **2020**
- **Paused Breaking the Cycle**
- **Created YouTube Self Help Classes**

In 2020, Choose to DO, Inc. started our YouTube Self Help classes to provide at-home instructions to extend our initiative to tackle low self-esteem in young adults.

DURING COVID-19

- **2021**
- **The Mindfulness Project**
- **The Self Discovery Project**
- **Young Authors in the Making Project**

In 2021, we collaborated with like-minded individuals who volunteered their time to help us create a program, from idea to execution. We now include "Project" in the program title to identify these programs as a collaborative effort.

GOVERNANCE

- **The Board of Directors** oversees board governance, program development, and funding and sees that the organization fulfills its obligations to its vision and mission.
- **The Youth Advisory Board** is a body of young people serving as ambassadors to Choose to DO, Inc.
- **The External Committee** supports comprehensive marketing and communications, programming, and fundraising goals.
- **The Membership Committee** vets nominees for Choose to DO, Inc.'s Board of Directors, Youth Advisory Board, and each committee.
- **The CEO** is responsible for the supervision of the administrative office and the programs or services provided to the community.

BOARD OF DIRECTORS ROLES

- Chair/President
- Vice President
- Secretary
- Treasurer
- Board Member

MEMBERSHIP COMMITTEE ROLES

- Chair
- Member

YOUTH ADVISORY BOARD ROLES

- Chair
- Member

EXTERNAL COMMITTEE ROLES

- Chair
- Member

Positions for Governance Groups