



SeekHealing

2022

Impact Report

This report highlights the programming metrics, strategic growth, and community impact in 2022 for SeekHealing, an Asheville, NC-based 501(c)3, whose mission is to make opportunities for meaningful human connection universally accessible in order to improve social health in local communities and reduce deaths of despair.

Our Story

OUR MISSION

We transform lives through authentic human connection, creating a world we all want to live in rather than escape from.

OUR VISION

We envision communities in which each one of us gives and receives care. In this world, a sense of belonging is available for all, because it is provided by all.



"SeekHealing seriously changed my life. It helped me learn to trust people again and be vulnerable. I was totally unable to speak in a group or share my true emotions and experiences before. It helped me in so many ways."

- Seeker

Our Community



SEXUAL ORIENTATION

29% identify as LGBTQIA+

HOUSING STABILITY

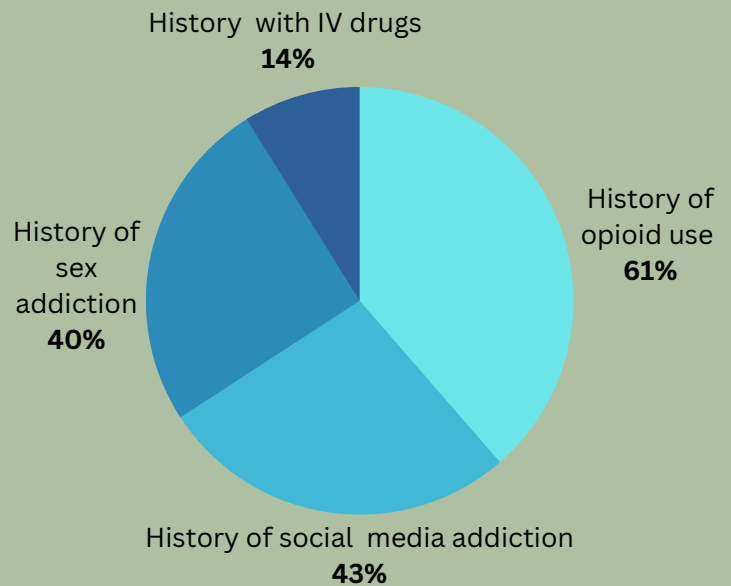
37% experience housing instability

ETHNICITY

27% identify non-white or mixed race

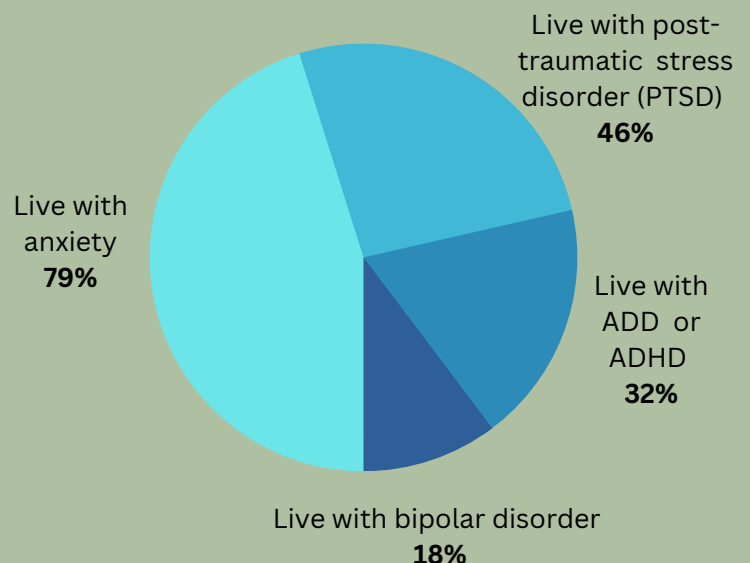
SUBSTANCE USE HISTORY

82% have a substance use history



MENTAL HEALTH HISTORY

92% have a documented mental health history



2022 by the Numbers

2,140

Unique individuals served through our various social health initiatives. 1,758 (82%) were engaged in a meaningful way (3 or more engagement points).

1,128

meetings and events hosted across 3 communities in Buncombe and Haywood counties, as well as our online community.

345

 in Asheville

276

 in Haywood

413

 online

94

 registration only

11,400

Volunteer hours logged

108

People matched in 54
"Seeker Pairs" to practice
communication skills

908

People signed in to
events 3,860 times

3,700

Calls received on the
Listening Line phone
systems from 975 unique
callers

"I've use the Listening Line a handful of times. I call when I am feeling down and out. It's a one-on-one listening session that feels personal and connective. It is so good to have someone there when I need it."

- Seeker

20

Listening Training
courses hosted that
reached over 234 people



61

Facilitators trained through
SHFT (Social Health
Facilitation Training)



34

Facilitators received 100-
hour Social Health
Professional certification



15

Clinicians trained through
Listening Training for
Professionals

25

Teenagers impacted through
Social Influencer Connection
Practice Meetings and a Youth
Listening Training (thanks to
partnership with 4.0 Schools)

2022: A Year of Change

SeekHealing held over 1,100 events in 2022 despite operating entirely by volunteers for nearly six months due to revenue limitations. Since then, we've doubled down on our focus on revenue growth, increased our income from grants and donations, and turned a profit for the first time on our fee-for-service facilitation training program. At the same time, we've maintained our Asheville and online programs and grown our program in Haywood County, NC. The future is bright!



Programmatic + Organizational Milestones

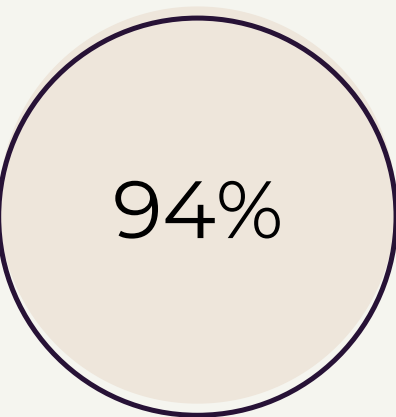


Held Listening Training sessions in Watauga County, NC and San Francisco, CA.

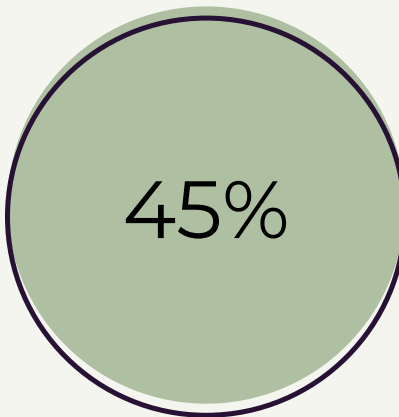
Launched marketing campaign for the Listening Line, a non-crisis community phone line for citizens to support each other

Delivered two Social Health Facilitation Training (SHFT) courses and certified 10 new facilitators in 100 hour training program.

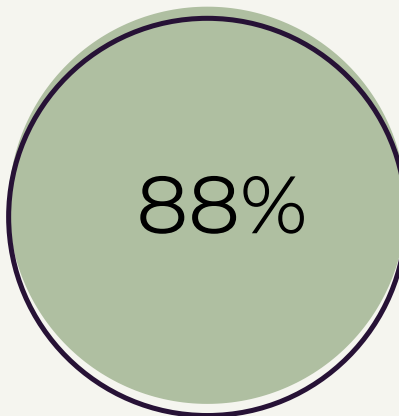
In 118 Connection Practice Meetings that served over 1,000 attendees*, attendees' survey responses reported the following:



Expressed feeling more connected now than when they arrived



Experienced an emotional trigger during the meeting



Expressed that their social connection felt rich and meaningful

Of those 45% of attendees who experienced an emotional trigger felt accepted, heard, and got what they needed from the group, even though being triggered was hard

* Sample size doubled from 2021. Data were derived from the UCLA Loneliness Scale and is the best measure of SeekHealing's impact, as it correlates to better physical and mental health outcomes in peer-reviewed scientific studies.

Spring Gala



Community Partners



Making SeekHealing's programs in Asheville, NC possible, empowering the organization to stabilize its business operations and build capacity to expand program reach and delivery in WNC.



Partnering with SeekHealing to provide support for fundraising and capacity building in 2023.



Making SeekHealing's programs in Haywood County, NC possible.

Delacour Foundation

Made it possible for SeekHealing to continue programming during the summer of 2022 amidst a cash-flow crisis and layoffs.

The Stand Together Foundation Catalyst Program



The Stand Together Foundation Catalyst Program represents a transformational opportunity for SeekHealing. Stand Together seeks out innovative programs that fill unmet needs, and they have chosen us. Their goal is to skill develop SeekHealing executives to catalyze our vision into reality with consultants around financial operation, fundraising, communications, marketing, board operation, and legal. This type of funding for emerging nonprofits can be game changing. It is a revolutionary model for how foundations can help nonprofits.

Overdose Awareness Day



Overdose Spike Alert System

In February 2022, Buncombe County, NC officials had seen a continued spike in fentanyl and opioid overdoses in the community. In response, SeekHealing's overdose spike alert system issued a spike alert.

Around the same time that the spike alert was issued, six people at the Grove Park Inn in Asheville, NC were taken to the hospital for suspected overdose.

The Grove Park Inn incident and the spike alert system's accuracy illustrate why people should sign up to receive alerts.

"I know that when people have this information in their hands they're more likely to be cautious and to take additional safety measures to ensure that the substances they're using are safe."

- Jennifer Nicolaisen

Spike Alert System: Overdoses & Bad Batches

Text START to
828-33-ALERT

(828-332-5378)



Stay informed. Test your substances.
Take care of your friends.

NEW HIRES + PROFESSIONAL VOLUNTEERS

Melisa Gonzalez
Business Operations
Manager

Stuart Jeckel
Chief Operating Officer

Amy DeCamp
Marketing Coordinator

Raphael Schwartzman
Marketing Consultant

Tayni Traynor
Seeker Pair Program
Coordinator

Janie Gabbett
Chief Editor

James Lowens
Content Curator

Joanie Terrizi
Content Curator



"After 5 years of struggling in the system to try to find a better life and not seeing any improvements I was introduced to SeekHealing, a realistic path to a better life and the connection to my authentic self and now for the first time in my life I can see a light at the end of the tunnel and it's real f***** bright!"

- Seeker

NEW CERTIFIED FACILITATORS

KayJay Jablonski	Raphael Schwartzman	Lauren Tevelow
Tawni Traynor	Nate Berner-Tobin	Giles Carwyn
Dakota Block	Tony Stokes	Naomi Veak
Sydney McGary	Adrian Engstrom von Alten	

FACILITATOR SPOTLIGHT: CAM PAYNE

Cam Payne is a SeekHealing facilitator who donated facilitation for over 45 Connection Practice Meetings during the cash flow crisis. *Thank you, Cam!*



"I was diagnosed with ADHD at age 5. I was a hyper-sensitive person, unable to properly process my emotions. I came into SeekHealing as a "Seeker", looking to heal a life of traumas, co-dependency, addictions and self-sabotaging ways. I was greeted with love and acceptance. Thanks to SeekHealing and all the other fellow "Seekers", I was given direction and purpose to help others along with their healing journeys. I now am giving to what was so freely given to me. I am grateful for the opportunity to be able to express my healing journey and to support SeekHealing!"

We are the Medicine



*We thank you for your
continued support in
our programs!*

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