



Impact 2018

How do we facilitate *change*?

This past year marked a milestone for Lumos Transforms. With an intent focus on cultivating our internal capacity, we expanded our work helping individuals and organizations build resilience in service of healing and growth. This helped us achieve Los Angeles County certification as a social enterprise, a lean organizational model that encourages agility and innovation.



Our driving question became crystal clear – how do we facilitate the systemic shifts needed to create socio-cultural systems that are healthy, balanced, interdependent, sustainable, and just? We recognize that some folks aren't yet ready for this level of change. By developing frameworks, teaching skills, and offering the support that people require in order to prepare themselves, their workplaces, and their communities for change, we spent 2018 laying foundations for positive transformation that multiplies and endures.

A handwritten signature in black ink, appearing to read 'N. Noy'.

.01

Preparation &
Transformation

.02

Education &
Outreach

.03

Consultation &
Collaboration

.04

Changemaker
Development

.01 Preparation & Transformation

In 2018 we solidified Lumos' role as a vital resource for people who are visioning and implementing positive change in the world. Whether it's individuals seeking relief from their unwanted symptoms of stress, organizations looking to reduce burnout and increase productivity, or communities with a desire to transform systems that create and perpetuate harm, we helped lay foundations for transformation in 2018.

Preparing for *change*

We connected with more individuals, organizations, and community partners than ever before. Through in-person and online sessions of The Resilience Toolkit, lectures, panels, webinars, podcast interviews, and more, we taught people the value and importance of preparing our individual and collective systems for change. Equipped with groundbreaking frameworks and practical tools for building internal capacity, we introduced people all over the world to new ways of approaching personal and systemic healing.



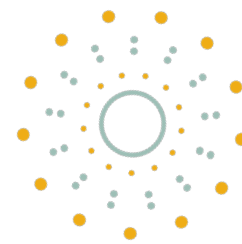
6512

Individuals
Served



680

Sessions
Facilitated



61

Partnerships
Developed

.02 Education & Outreach

We planted seeds of change this year with an incredibly diverse array of speaking engagements, media appearances, and community outreach opportunities. Reaching more people than ever before with our message of transformative resilience, our team of skilled speakers, presenters, and commentators connected with audiences—nationally and internationally, in-person and online.

Presentations, Panels, Podcasts, & More

TED^x Pasadena
x = independently organized TED event

UPSWELL
LA2018



LMU|LA
Loyola Marymount
University



2018's Most Engaging Topics

- Bio-behavioral effects of stress
- Trauma-informed principles
- Racism in medicine and education
- Systems of oppression and mental health
- Resilience models and tools
- Trauma, embodiment, and spirituality
- Holistic perspectives on anxiety
- Embodied healing for survivors of sexual violence



.03 Consultation & Collaboration

In 2018 we partnered with 61 unique organizations to help them develop frameworks for change. From holistic critical incident response to trauma-informed leadership development, we were honored to work with partners in a wide variety of industries, demonstrating the desire and need for our services across sectors.

Education | Healthcare | Social Services | Non-Profit | Hospitality | Mental Health



Outdoor Afro



Empower
Generations



St. John's Well Child
& Family Center



Pomona Unified
School District

Highlight



This year we partnered with The Los Angeles County Department of Public Health as a part of the Trauma Prevention Initiative (TPI) to develop the Peer-to-Peer (P2P) Violence Prevention Learning Academy.

P2P develops infrastructure to support peer specialists such as promotoras, peer advocates, and community health and intervention workers. In 2019, P2P will pilot a curriculum to cross-train peer support workers in healing, self-care, trauma-informed practice, and connections between multiple forms of violence. Peer-system navigation teams will be established in TPI communities to improve access to services and build career pathways.

.04 Changemaker Development

We continued to grow The Resilience Toolkit Facilitator Certification Program. Graduates take The Toolkit back into the world, laying the framework for lasting change in the spaces where they live and work. Sometimes all it takes is one person to change the trajectory of an individual, a family, an organization, a community.



THE RESILIENCE TOOLKIT

Changemaker Spotlight

Dr. Cheryl Grills (Cohort 3) incorporated The Resilience Toolkit into Emotional Emancipation Circles (EEC's), an international program of The Community Healing Network. EEC's are evidence-informed, culturally grounded self-help support groups designed to heal trauma caused by anti-Black racism. The new, Toolkit-infused curriculum launched in August 2018 in the UK and is set to expand to additional program sites in North America, the Caribbean, and Africa.



Community & Diversity

After graduation, Certified Facilitators participate in a private online platform launched in 2018. Via this virtual community of practice, the Facilitators exchange peer support to deepen their growth and learning.

The 2018 cohorts consisted predominantly of women of color. Our graduates include researchers, psychologists, psychotherapists, educators, counselors, fitness professionals, healers, and parents.