

2023-2024

PEERS Impact Report





FOREWORD

Dear Friends, Partners, and Supporters:

We are filled with immense gratitude for the resilience, dedication, and compassion that define our organization and the community we serve. At PEERS, we remain steadfast in our mission to provide accessible, culturally-responsive peer-run mental health services to

the community at large.

We are pleased to present our Impact Report for fiscal year 2023-2024.

Through innovative programs, expanded outreach, and a commitment to culturally responsive care, we have been able to support more than 900 individuals on their journey toward mental wellness.

There has been an ongoing increase in the number of people seeking out mental health support, as the needs of the community continue to grow. To further our mission of providing culturally responsive, peer-based wellness strategies and eliminating mental health stigma, we sought out new funding opportunities while continuing ongoing programs providing support groups, wellness workshops, and community events.

Recently, we secured funding from the Mental Health Services Oversight and Accountability Commission to launch PEARLS (the Program to Encourage Active and Rewarding Lives). PEARLS provides one-on-one support to elders experiencing isolation and depression symptoms. The response has been very positive and our participants report greater social inclusion and understanding of mental health and wellness. Along with this new

program, we also shifted our focus of the Everyone Counts Campaign to the Latinx community with the Latine Community Wellness Program.

In addition to these new programs, we've continued our work with our speakers' bureau, Lift Every Voice and Speak. We have also continued our programs with the Black faith community, Hope & Faith, our Asian American and Pacific Islander program Healing from Our Past and Expectations (HOPE), the Wellness Recovery Action Plan (WRAP), as well as the Special Messages, Buried in Treasures, and Healing Arts support groups.

These achievements would not be possible without the unwavering support of our staff, partners, and supporters like you. Your belief in our mission empowers us to break down barriers to mental health care and ensure that no one walks their path alone.

We've seen so many positive impacts from the

“Together we will continue to innovate, expand, and uplift those who rely on us.”

“These achievements would not be possible without the unwavering support of our staff, partners, and supporters like you.”

work we do. Over 90% of PEERS program participants reported that our support groups, presentations, and workshops did the following:

- Helped them gain understanding of mental health challenges and how to maintain wellness,
- Normalized experiencing mental health challenges, thereby reducing stigma,
- Increased social inclusion,
- Increased knowledge,
- Increased awareness of options for caring for their mental health.

Speaking for the Board of Directors, each of us feels privileged to work with the staff and our community partners in achieving our goals. And looking ahead, we remain committed to fostering hope, healing, and resilience for anyone with mental health challenges.

Although the future may hold funding challenges, we are planning ahead by expanding our network of financial support to ensure PEERS can continue to advocate for peer support and strengths-based, culturally relevant services. We urge all of you to speak out about the importance of peer-run organizations and what we provide for our community and we welcome your comments and questions.

Together, we will continue to innovate, expand, and uplift those who rely on us. Thank you for being an integral part of this journey.

Max Derenoncourt

Max Derenoncourt
President
Board of Directors



About PEERS

PEERS (Peers Envisioning and Engaging in Recovery Services) is a peer-led mental health organization rooted in community, cultural responsiveness, and the power of lived experience. Since our founding in 2001, we've championed innovative, strengths-based approaches that center healing, empowerment, and inclusion.

We believe recovery is not only possible—it's deeply personal and community-driven. Through peer support groups, advocacy campaigns, and educational programming, PEERS creates safe spaces where people with mental health experiences can share, grow, and lead. From transition age youth to older adults, from in-person summits to virtual wellness calls, our work spans generations and

modalities—always grounded in the belief that everyone deserves access to care that reflects who they are.

As a peer-run organization, most of our staff and leadership have personal experience or have a loved one with mental health challenges. This allows us to connect with our community in ways that are authentic, empathetic, and effective. Together, we're building a future where mental health is met with understanding, and where every person is valued for their resilience and voice.

In 2023-24, we continued to carry out our mission by expanding our offerings to reach even more individuals. We now serve Contra Costa County as well as Alameda County.



Our Vision

All people can freely choose among many methods of tending to their mental health and are valued members of their communities.

Our Mission

PEERS' mission is to build a diverse community of people with mental health experiences who provide culturally responsive, peer-based wellness strategies and work together to eliminate stigma and discrimination.

Our Values

Hope
Collaboration
Strengths-Based
Cultural
Responsiveness
Lived Experience
Peer Support
Social Inclusion
Social Justice
Self-Determination
Empowerment
Personal
Responsibility

Our work by the numbers in 2023-24



Hosted 268 support groups



LED 55 workshops and presentations



Reached 347 youth and providers through wellness workshops



Reached 170 community members through anti-stigma speaking engagements

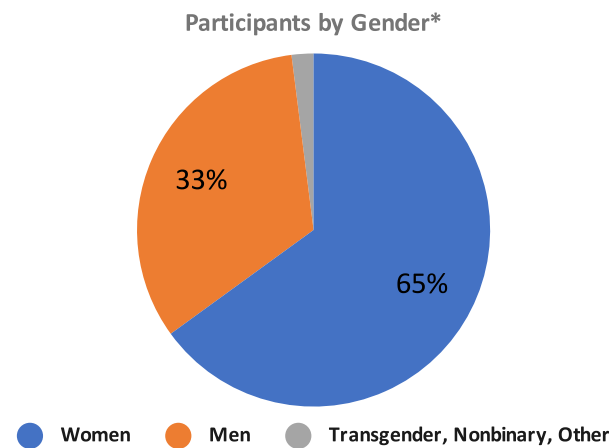


PEERS serves some of the people most impacted by mental health inequities. The age, gender and racial composition of our participants reflects that we offer several programs that center the needs and experiences of Black people, older adults, and women.

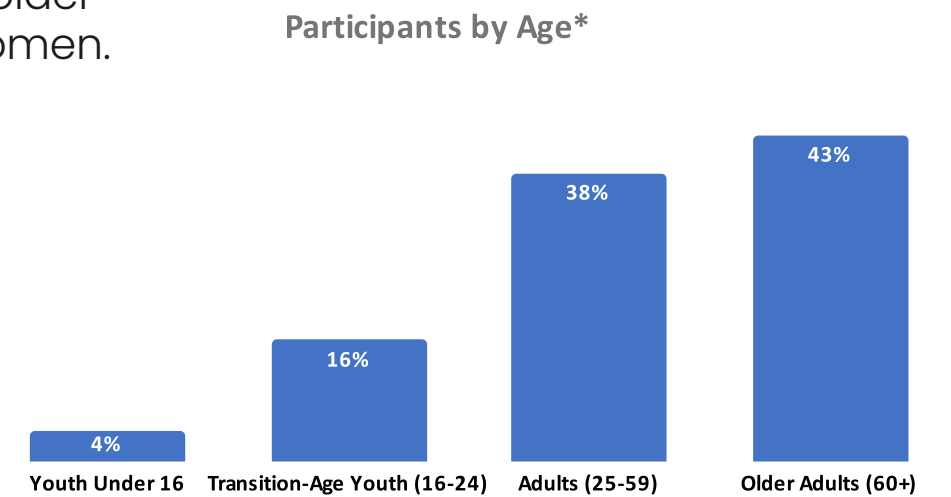
Our Participants

PEERS served 919 people in 2023-24.

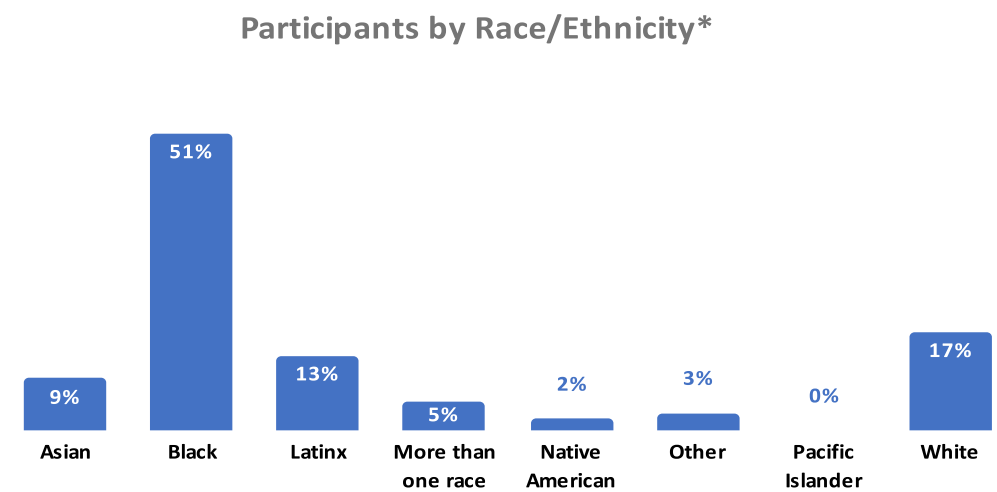
Here's a look at who our participants are.



* Among participants who shared their gender identity



* Among participants who shared their age



* Among participants who shared their race/ethnicity

Building Community

91%

of PEERS participants reported that the group or workshop helped them have hope.

Tools for Wellness

89%

of PEERS participants understand more about their mental health and wellness.

2022-23

HOW WE DO THIS

Participants increase sense of hope, empowerment, and connection to community

Peer support groups are the core of our work. In 2023–24, the peer support groups we offered included:

- Buried in Treasures: Support and skill-building to give participants tools to manage moderate to severe levels of clutter.
- Culturally Relevant Peer Groups: Black Wellness & Resilience, Healing Our Pasts & Expectations (HOPE), and Latine Community Mental Wellness groups by and for African American, Asian American, and Latine/Latinx/

Latino communities respectively.

- Hope & Faith: Peer support around wellness among members of African American faith communities.
- Wellness Recovery Action Plan (WRAP): Peers share stories, ideas and insights and come up with a personal plan for getting well and staying well.
- Transition-Age Youth Collective Leadership Club: Peer support, leadership development, and wellness skills for young people.

HOW WE DO THIS

Participants have greater awareness that they have multiple options for supporting their wellness

Participants gain new information, skills, and tools to support their wellness through PEERS programs. In 2023–24, we offered the following:

- Peer support groups: Groups providing a welcoming and engaging environment for folks to share their experiences.
- Program for Encouraging Active and Rewarding Lives (PEARLS): A holistic one-to-one coaching

program based on skill building and problem-solving that supports isolated older adults who have depression.

- Transition-age youth wellness workshops: Workshops on multiple topics related to the social determinants of mental health.
- Other wellness workshops: Presented where community members gather; topics included racism and mental health, art and wellness, spirituality and peer support, and more.

Reducing Stigma

93%

of participants reported that the group helped them feel that mental health challenges are normal and common.

Changing Perceptions

95%

of community members reported that after the presentation they think that people with mental challenges can grow, change, and recover.

HOW WE DO THIS

Participants experience less internalized stigma

Leadership development among people with mental health challenges combats internalized stigma. In 2023-24, PEERS offered the following:

- Lift Every Voice and Speak: Speakers' bureau members are trained in public speaking and sharing their stories.
- Everyone Counts Campaign: Latine

- Community Mental Wellness Fellows plan and lead anti-stigma efforts.
- Youth Collective: Leadership development and wellness for young people.
 - WRAP Facilitator Training and Mentoring: Certification and ongoing support for peers leading WRAP groups.

HOW WE DO THIS

Community members' perceptions of people with mental health experiences improve, decreasing stigma and discrimination

Positive images and stories about people with mental health experiences help change community members' attitudes. In 2023-24, PEERS reached people in the following ways:

- Lift Every Voice and Speak: Speakers' bureau members tell their stories in the community.
- Media: Email blasts, blog posts, social media, and

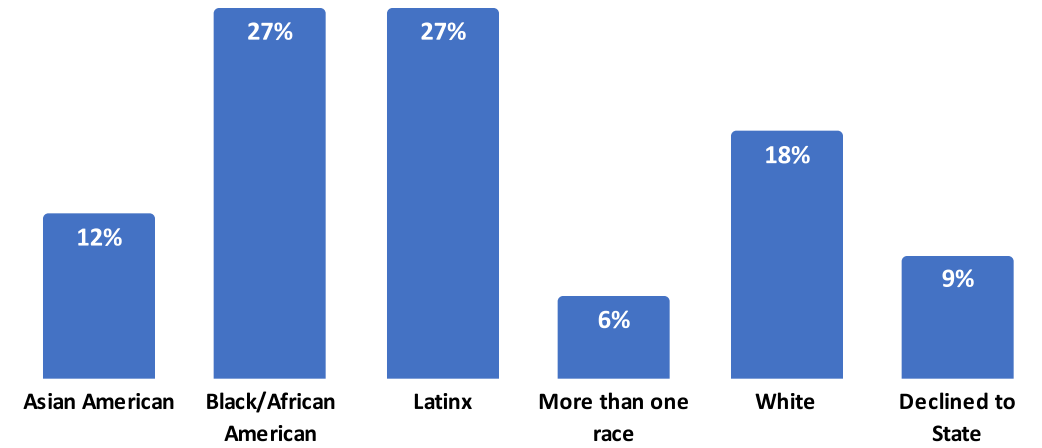
- traditional media stories countering stigma.
- Community Outreach: Disseminating anti-stigma messages through visibility at community events.

Our Staff

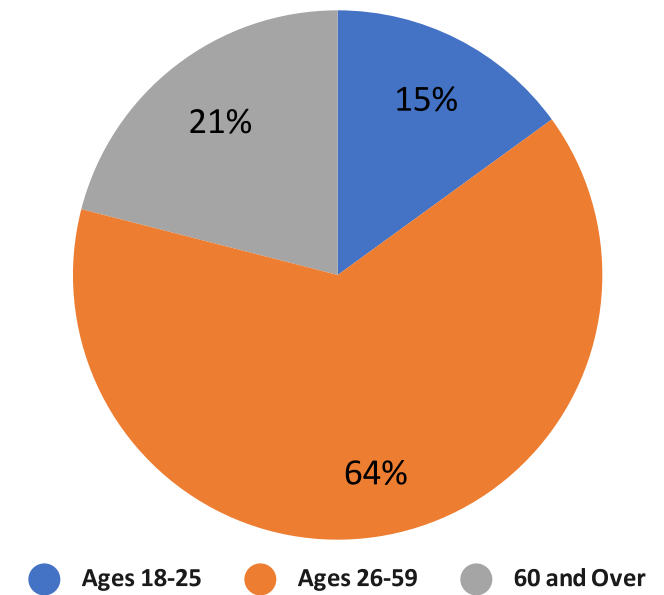
We are proud that all of our staff have lived mental health experience or have cared for a loved one with live mental health experience - or both. This is an important form of expertise that informs our work and helps us show up fully.



Staff by Race/Ethnicity



Staff by Age



Our Finances

Statement of Activities

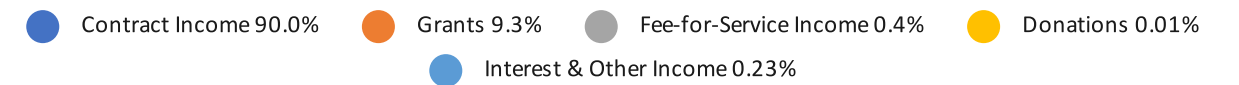
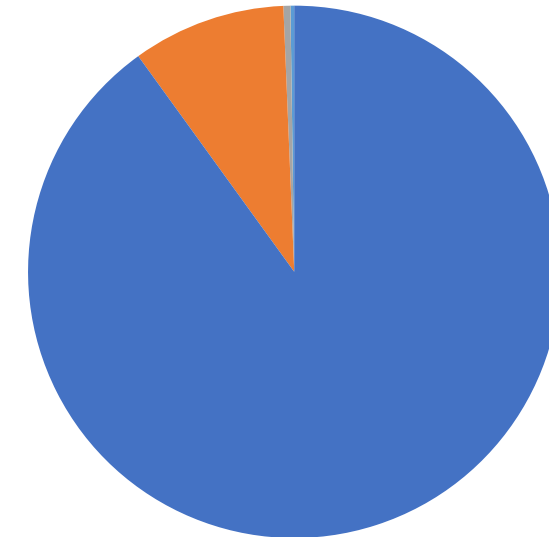
	2023-2024	2022-2023	2021-2022	2020-2021
REVENUE				
Contract Income	3,045,133	2,050,805	1,881,189	1,669,667
Grants	315,018	172,740	141,585	179,160
Fee-for-Service Income	14,198	39,170	18,575	25,498
Donations	197	701	8,780	2,675
Interest & Other Income	7,686	6,379	1,663	4,204
Net Assets Released from Restrictions				
Total Revenue	3,382,232	2,269,795	2,051,792	1,881,204
EXPENSES				
Program Services	2,377,690	1,606,613	1,554,875	1,221,536
Administration and General	637,750	600,162	532,476	496,628
Fundraising	9,376	4,086	2,634	2,456
Total Expenses	3,024,816	2,210,861	2,089,985	1,720,620
Net Assets, Beginning of the year	675,468	616,534	654,727	494,143
Net Assets, end of the year	1,032,884	675,468	616,534	654,727
Change in Net Assets	357,416	58,934	(38,193)	160,584

Statement of Financial Position

	2023-2024	2022-2023	2021-2022	2020-2021
ASSETS				
Current Assets	1,309,625	855,564	908,437	907,784
Fixed Assets				
Other Assets	81,116	108,890	3,949	5,435
Total Assets	1,390,741	964,454	912,386	913,219
LIABILITIES AND NET ASSETS				
Current Liabilities	318,507	205,447	295,852	258,492
Non Current Liabilities	39,350	83,539		
Net Assets				
Without Donor Restrictions	1,032,884	675,468	616,534	654,727
Total Net Assets	1,032,884	675,468	616,534	654,727
Total Liabilities and Net Assets	1,390,741	964,454	912,386	913,219

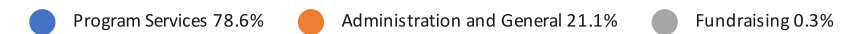
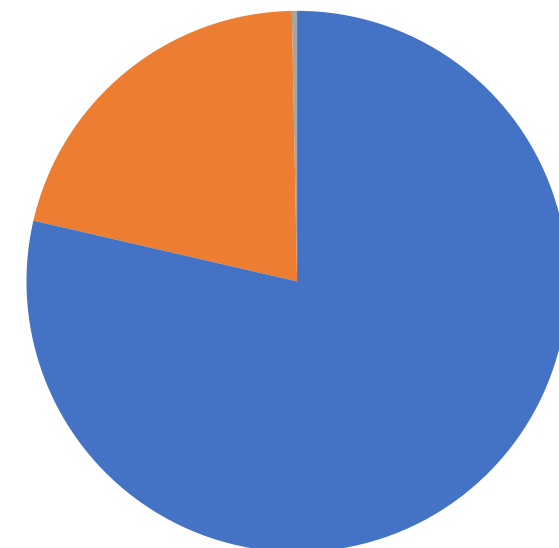
Revenue in 23-24

REVENUE: \$3,382,232



Expenses in 23-24

EXPENSES: \$3,024,816





**Love More,
Judge Less**



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