



ANNUAL REPORT 2025

Be Prepared:

Because Everybody is Somebody's Somebody.

Click or scan
to learn
what makes
our approach
special



Get Prepared with Cypress

We envision a world where no one faces hard times alone. Because everyone deserves someone who is ready to show up when it matters most. Everybody is somebody's somebody.

This year, Cypress reached a milestone of training over 30,500 people since our start in 2020. Those participants live in 33 states and they come from all walks of life. But one thing unites them no matter their outward differences: the desire to be better prepared to help others. They want to know what to do and say if a friend is struggling with grief. They want to have skills developed so they can manage a crisis or de-escalate a conversation before it gets out of hand. And they want to understand how they can lead their organizations through change and transition. Their individual stories are unique – but the thread of being prepared binds them together and makes them the Cypress community.

As we all continue to manage uncertainty and challenge, I ask that you help Cypress be prepared as well. We are setting our first ever fund-raising goal so we can bring our trainings and coaching services to people and organizations that cannot otherwise afford them. Let's continue to build this amazing and prepared Cypress community – one training at a time!



Brooke Briggance, Program Director

Donate Today:



Meet Our Team



Brooke Briggance,
Program Director
Holland, MI



Jasmine Nakagawa,
Deputy Director
Oakland, CA



Karen Lane,
Program Manager
Richmond, CA



Jessica Forrister,
Operations Coordinator
New Orleans, LA



Michele Dawson,
Training Coordinator
New Orleans, LA



Jessica Leatherman
Admin Assistant
Denver, CO



Olivia LaFond,
Comms Assistant
New York, NY



George Cruz,
MHFA Trainer
Murray, KY



Jermaine Williams,
MHFA Trainer
Pensacola, FL



Jameelah Bennett,
MHFA Trainer
Delray Beach, FL



Emelie Morales-Smith,
MHFA Trainer
Nampa, ID



Shuniqua Guss,
MHFA Trainer
Sacramento, CA



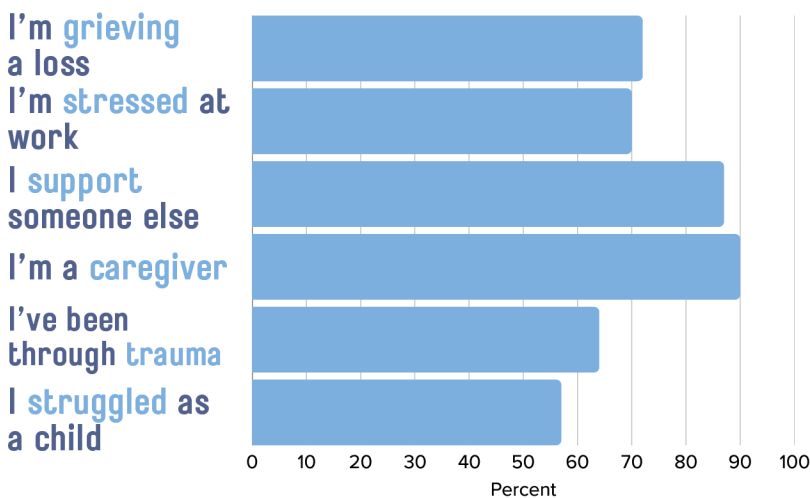
Zelig Komula,
MHFA Trainer
San Francisco, CA

The Urgent Need for Our Services

59% of supervisors and managers in our trainings report that their stress level is changing how they communicate with others

64% of people in our workshops and MHFA classes are **CURRENTLY** supporting someone with their mental health.

We asked people to check all that apply, and this is what they said:



Why Cypress?



KLM,
Youth Org Leader

"As an educator . . . learning is lifelong. Having experts come in and talk about new tools is pivotal."

CLICK HERE or Scan this QR code to watch KLM's testimonial!



Our Solutions

ASSESSMENT



Gather information from leaders and teams to assess work-related needs, with attention to burnout, policies, and systemic issues.

SKILL BUILDING



Short, approachable trainings on topics like managing stress and preventing burnout, de-escalation and interpersonal communications skills.

COACHING



Coaching for organizations, leaders, and supervisors. Retreat and meeting facilitation.

PROFESSIONAL DEVELOPMENT



Certifications including Mental Health First Aid and QPR to respond to mental health challenges and prepare to manage crisis situations.

CURRICULUM DEVELOPMENT



Creation of customized curriculum to address teams and communities impacted by lived experiences.

NAVIGATING LOSS



Learn the impacts of loss and how to support others going through challenges.

Preparing Communities in 2025



30,500+

Participants since we started in 2020



1,700+

Trained in MHFA & QPR this year



99%

Participants who would recommend our training



243

cities



25

states



441

zip codes

Organizations providing affordable housing to seniors in the SF Bay Area, CA

Active duty U.S. Coast Guard

Overdose Prevention Coalitions, Northern CA

Public Health professionals in Arizona

Educators and students in Albuquerque, NM

Community Health Workers & Health Professionals in NYC

Communities impacted by natural disaster on the Gulf Coast, FL

Some of Our Exciting Accomplishments:

- Named Top MHFA Instructors in CA for the 4th consecutive year by the National Council for Mental Wellbeing (2021, 2022, 2023, 2024)
- Increased and diversified our instructor team
- Added QPR Suicide Prevention training to our menu of certifications
- Launched a "Lunch & Learn" workshop series open to the public - on topics like Preventing Burnout, De-escalation Skills, & How to Support Someone Navigating Loss
- Presented to law enforcement officers in Stanislaus County about Building Trust During Crisis Response
- Hosted training series for Big Brothers Big Sisters and Habitat for Humanity
- Created online learning modules that people can access on their own time

Cypress instructors with training participants at East Bay Local Development Corporation, Oakland



Looking Ahead



INNOVATIVE CONTENT

We'll focus on making our work more useful and easier to access. That means adding more online modules, creating new workshops based on what teams and community are asking for, and putting together simple take-home tools to help folks use what they've learned in real life.



BALANCING DEMAND & CAPACITY

Demand for Cypress trainings is growing, and we're excited to help people prepare for the challenges ahead. But we know that growing quickly can't come at the cost of our team's well-being. We'll care for our team so we can sustain this work with creativity and heart.



SKILL-BUILDING FOR CAREGIVERS

We'll support and build skills for those who care for others—whether in helping professions like nursing, education, and social work, or in everyday roles as parents, friends, neighbors, and family. Caring for others is challenging, and we're here to make it a little easier with our workshops, online modules, and certifications.



TELLING OUR STORY

Until now, we've been so focused on doing the work that we haven't always told the story of Cypress and our impact. This year, we're building a stronger communications strategy so more people can learn about the work we're proud of—and the partners and donors who make it possible.

Help Us Meet Our Year-End Fundraising Goal!



If every person we trained this year gave just \$5, we would exceed this goal. Do you believe in what we do? If so, please consider a tax deductible year-end gift.

Here are some examples of what we can accomplish together:

\$5

QPR suicide prevention book for one participant

\$75

Lunch & Learn workshop scholarships for 5 people

\$180

Mental Health First Aid certification for one person

\$5K

an in-person MHFA course for 30 people



CLICK
HERE or
Scan this
QR code
to donate
now!



Thank You!

The Cypress Team is deeply grateful to everyone who has supported us this year — our training participants, partner organizations, funders, and the many others who have joined us in this work. Together, we're helping people build the skills, confidence, and community they need to navigate life's hardest moments.

Thank you to our funders and partners, including:



211 Alameda County
Alameda County Behavioral Health
AltaMed
AmeriCorps VISTA
Arizona Department of Public Health
Berkeley City College
Berkeley Community
Big Brothers Big Sisters of the Bay Area
Boys to Men Mentoring Network
BRIDGE Housing
Bridge the Gap
CA Bridge
CA Overdose Prevention Network
California Health Professions Consortium
California State University, East Bay
Center for Health Leadership & Impact
City College of San Francisco

Code Tenderloin
Contra Costa County Behavioral Health
East Bay Local Development Corporation
FACES for the Future
FutureMakers Coalition
Habitat for Humanity Greater San Francisco
Health Career Connection
Hijas del Campo
Hope Network
Housing Matters
Jewish Family Services of Silicon Valley
Long Beach Forward
Los Angeles County Dept of Public Health
Los Medanos Community College
Mission Economic Development Agency
Mount Sinai Health System
National Council for Mental Wellbeing

National Overdose Prevention Network
NY Community Engagement Alliance
Phillip and Sala Burton Academic HS
QPR Institute
Rising Star Business Academy
Samuel Merritt University
Stanislaus County Behavioral Health
Survivors of Torture
The Grief Recovery Method Institute
Tiburcio Vasquez Health Center
Together Toward Equity
UC Davis
UCLA Academic Advancement Program
University of California San Francisco
Valley Voices
Whole Health for Youth Collaborative

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