



2023 ANNUAL REPORT

MESSAGE FROM THE EXECUTIVE DIRECTOR

Dear Donors, Friends, and Tip It Forward Participants,

I am filled with gratitude for the incredible work we have accomplished together over the past year. It is my honor to share with you a snapshot of the impact we've made and the progress we've achieved in pursuit of the mission of Holistic Health for Every Body.

The details within this report illuminate the transformative power of collective investment and underscore our commitment to Transformative, Integrative Health, and the wellbeing of our community.

The success from 2023 is a testament to the dedication of our team, the generosity of our supporters, and the openness, love and resilience of those we serve.

Many thanks to the donors, volunteers, and providers for giving your dollars, your time, and your talent. Thank you for being an integral part of our journey. I am excited to continue this impactful work together.

Gratefully,



Kammaleathahh Livingstone
Executive Director

WHOLE HEALTH FOR EVERY BODY.



MISSION & VISION

WHO WE ARE



Tip It Forward is a nonprofit based in Louisville, Kentucky on a mission to provide equitable, trauma-informed, whole health services to underserved individuals, families, and neighborhoods. Utilizing The Plus Bus, Tip It Forward's mobile wellness clinic, along with a crew of credentialed clinicians, Tip It Forward operates in collaboration with various neighborhoods and local nonprofits to provide dynamic access to a whole health model of care that actively engages individuals in the healing of trauma.

Our Clinic Offerings Include:

- 5-NP ear acupressure
- massage therapy and bodywork
- movement therapy
- mindfulness practices
- self-care health education
- holistic care kits (take-home)

**WHOLE HEALTH
FOR EVERY BODY.**



Trauma stemming from systemic racism, gun violence and poverty is prevalent in our community. The importance of mental health support for residents in West Louisville cannot be overstated. Tip It Forward's Plus Bus, the first of its kind in Kentucky, is well positioned to add therapeutic value to our patients for mental health support.



Dr. Swannie Jett, DrPH, MSc, MHA, CEO
Park DuValle Community Health Centers



VALIDATION

97.88 % of our participants report a positive impact in their lives from our services and request that regular access would benefit them even more.

OVERALL FINDINGS



**49%
REDUCTION
IN PAIN
ON AVERAGE**

Through the combination of services we provide, we observe an extraordinary reduction in participants' pain.

Massage Therapy reduced pain by **68%**
 5NP Acupressure reduced pain by **40%**
 Care Kit Training reduced pain by **65%**

44% INCREASE IN KNOWLEDGE OF WHOLISTIC HEALTH PRACTICES

Given that many of our participants have been unfamiliar with whole health practices, this surge in knowledge supports enhanced healing and a more profound, longer-lasting impact.



**33%
INCREASE IN
WELLBEING
OVERALL**

Wellbeing forms the basis of our health. When we feel connected and calm, we have the energy to engage in activities that matter to us. Given that a 10% change represents a significant improvement, these results are remarkable.

On average **97.88%** of participants report a positive impact in their lives from our services and request that regular access would benefit them even more.

Pain ratings show that sleep, general activity, and enjoyment of life are the most affected areas in people's lives.

25% of participants have pre-treatment wellbeing scores indicating potential clinical depression.

41% of participants have chronic disease.



Using a whole health trauma-informed model, Tip It Forward understands that the health of a person is influenced by multiple systems - our physical, mental, emotional, and spiritual health - all interacting with and influenced by our family, our physical environment, our culture, our personal and genetic history, and social and economic context. Tip It Forward's ability as a grassroots organization to garner authentic trust is built upon the priority to engage clients where they are, eliminating geographic and transportation barriers to access holistic trauma-informed options for mental and physical wellbeing.

DEMOGRAPHICS OF PERSONS SERVED



**73%
BLACK**



**18%
WHITE**



**4% MULTIRACIAL
3% LATINO / LATINX**

PARTICIPANTS SERVED IDENTIFIED AS:



**85%
FEMALE**



**12%
MALE**

**3%
NON-BINARY**

Participants served identified ages ranging from **10 years old to 89 years old.**

- 10-19 = 6%**
- 20-29 = 19%**
- 30-39 = 25%**
- 40-49 = 19%**
- 50-59 = 14%**
- 60-69 = 12%**
- 70-79 = 4%**
- Did Not Report = 1%**



74% of Tip It Forward clients reside in the following zip codes:
**40203, 40208, 40210,
 40211, 40212, 40214,
 40215, 40216**



BY THE NUMBERS

As a result of our services, participants feel a greater sense of overall well-being and mental wellness. This improvement equates to a lessened risk for suicide, depression, and anxiety with a greater ability to participate with their family, workplace, and community

550
HOLISTIC
CARE KITS
DISTRIBUTED

46
COMMUNITY
EVENTS AND
TRAININGS

48
MOBILE
WELLNESS
CLINICS

Our high-level objectives are to: 1) help participants feel a greater sense of well-being for improved mental wellness; 2) feel less pain to increase ability for activities of daily living; 3) increase a skill set for managing stress; 4) decrease symptoms of trauma and anxiety; and 5) provide alternative options for pain management.

Collaborations & Partnerships



Thank you to our volunteers including Louisville residents and volunteers from Humana, Businessolver, and Buechel Lodge Members for helping us pack our Holistic Care Kits.

7 TOP ACCOMPLISHMENTS

Our Executive Director, Kammaleathahh Livingstone, was selected as an honoree in 2023 for Louisville Business First's 2024 Health Care Heroes awards.



We partnered with La Casita Center to create self-care videos and translated our Holistic Care Kits into Spanish. We distributed 200 Kits to the Latinx community.

We introduced our first consistent mobile site at Park DuValle Community Health Center, ensuring regular access to our mobile clinic for West End residents.



We launched a new massage protocol for diabetic patients experiencing neuropathy at our Diabetic Foot Care Clinic and taught a massage technique for home use for West End residents with diabetes.



With the launch of our Community Healer Program, we trained staff and facilitators from the Play Cousins Collective and The Ace Healing Project in the 5-NP acupressure protocol.



In partnership with The Ace Healing Project, we hosted the second annual Hurt to Hope to Healing Event for those impacted by trauma and gun violence, and assisted with Grief Support Circles twice a month.

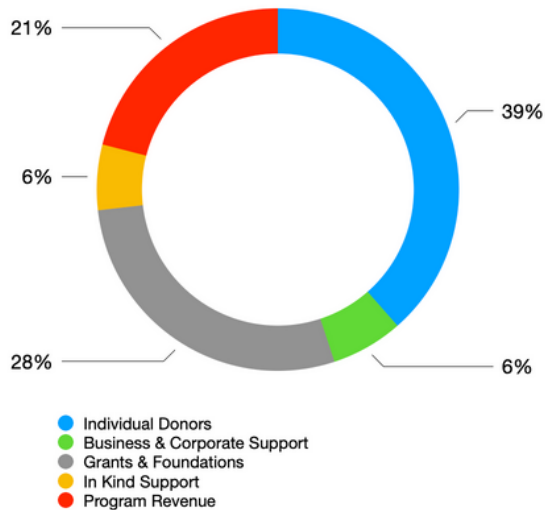


We trained outreach workers in meditation and massage techniques to decrease symptoms of trauma, grief, and overwhelm in partnership with OSHN and Trauma Resilient Communities.



FINANCIALS

Revenue



Total Income: \$230,250

PUBLIC SUPPORT

Individual Donors
\$88,695
Business and Corporate Support
\$14,776

GRANTS & FOUNDATIONS

\$65,000

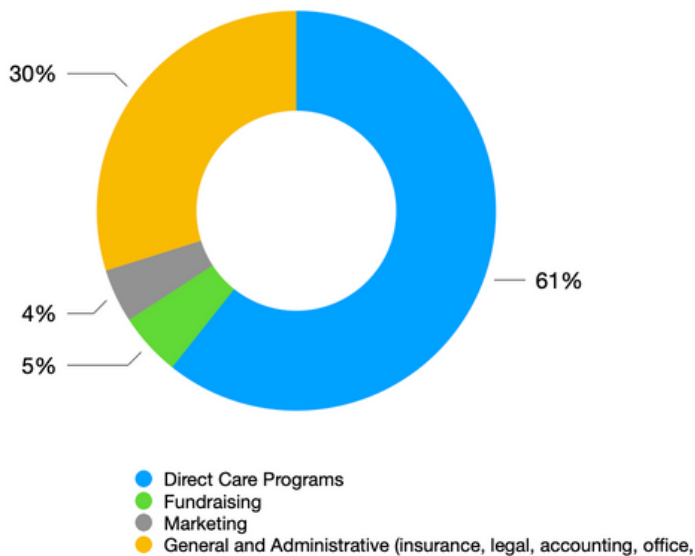
GIFTS IN KIND & REFUNDS

\$13,449

PROGRAM REVENUE

Program Service Fees
\$48,330

Expenses



Total Expenses: \$165,787

PROGRAM SERVICES

Direct Care Program -
Mobile Wellness Clinics
\$90,786
Holistic Care Kit Program
\$9,821

Total Program Services: \$100,607

CORE MISSION SUPPORT

Fundraising
\$8,494
Marketing
\$7,200
General and Administrative (insurance,
payroll taxes accounting, office, rent)
\$49,486

Total Core Mission Support: \$65,180



CONTACT

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