



August 18, 2020

**Promise Resource Network  
Awarded Women's Impact Fund Spark Grant**

Charlotte, NC: Promise Resource Network, Inc. (PRN) has received \$20,000 from Women's Impact Fund for the expansion of mental health services that use the voice, experience, and

resilience of people who have overcome trauma, substance use, and other mental health barriers to elevate recovery and wellness. The grant was announced at the annual meeting of Women's Impact Fund which was held virtually on June 1, 2020. A total of \$300,000 was awarded to six local non-profits in the areas of Education, Health, and Human Services, as well as a grant to the COVID-19 Response Fund.

The grant, for unrestricted operating support, will allow increased access to behavioral health services, in high demand due to the pandemic and issues of systemic racism. Virtual Peer Support will help more people find the hope, inspiration and supports to move through challenges, discover their strengths, and find meaningful purpose in their lives. Support groups, attended by over 200 people to date, will continue to be an invaluable resource to our community. The Warm Line, a twenty-four hour a day phone line, will provide more hope, encouragement, and resource connections to people across the nation. PRN will be able to offer additional wellness and recovery classes that cover a range of topics, from mindfulness, physical health, yoga, financial wellness, creativity and navigating grief, to recovery education. Since "Stay-at-Home" orders were enacted in NC, these classes have been viewed more than 72k times globally. In addition, PRN will be able to create more series like the Wellness Chronicles, which provides weekly community discussions on the impact of the many manifestations of systemic racism and ways to heal from this trauma, as well as provide additional events like the recently completed six week book club study of *The New Jim Crow* by Michelle Alexander. "This generous grant will allow PRN to expand its free services, that are available to everyone on the path to wellness and will support capacity building of much needed mental health recovery, resources, services and supports in Charlotte and beyond" said Cherene Caraco-Allen, CEO of PRN.

**About Women's Impact Fund:** Since 2003, Women's Impact Fund has amplified the significant role women play in philanthropy. Its mission is to strengthen communities by maximizing women's leadership in philanthropy through collective giving, education, and member engagement. With approximately 500 members, the organization has emerged as one of the largest women's collective giving groups in the country and continues to create powerful change within Mecklenburg County. To date, Women's Impact Fund has made 85 grants totaling more than \$6.2 million. For more information, visit [www.womensimpactfund.org](http://www.womensimpactfund.org).

**About Promise Resource Network, Inc.:** Promise Resource Network (PRN) is a local, grassroots, peer-operated 501(c)(3), established in 2006 to offer alternative and trauma-informed wellness supports that are free, open to the community and steered by the Eight Dimensions of Wellness, created by the Substance Abuse and Mental Health Services Administration. PRN is operated and staffed by a diverse team with regard to race, ethnicity, and sexual orientation who are Experts by Experience, as trauma survivors in recovery from mental health, substance use, homelessness, incarceration, domestic violence and suicide attempts. This recovery-oriented system of care was developed to eliminate the dependency and low expectations that are perpetuated by illness-based mental health and substance use systems. PRN embraces a community collaboration of providers, people in recovery from labels of mental illness, advocates, and funders, working to transform the local behavioral health service delivery system, and make recovery a reality.

For additional information or to get involved contact:

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*Mission: Through the wisdom of the lived recovery experience, PRN ignites social change, inspires hope, and serves as a catalyst for personal greatness.*