

UNLIMITED POTENTIAL

ANNUAL RECAP REPORT



Unlimited
Potential

WWW.UNLIMITEDPOTENTIALAZ.ORG

2023-2024

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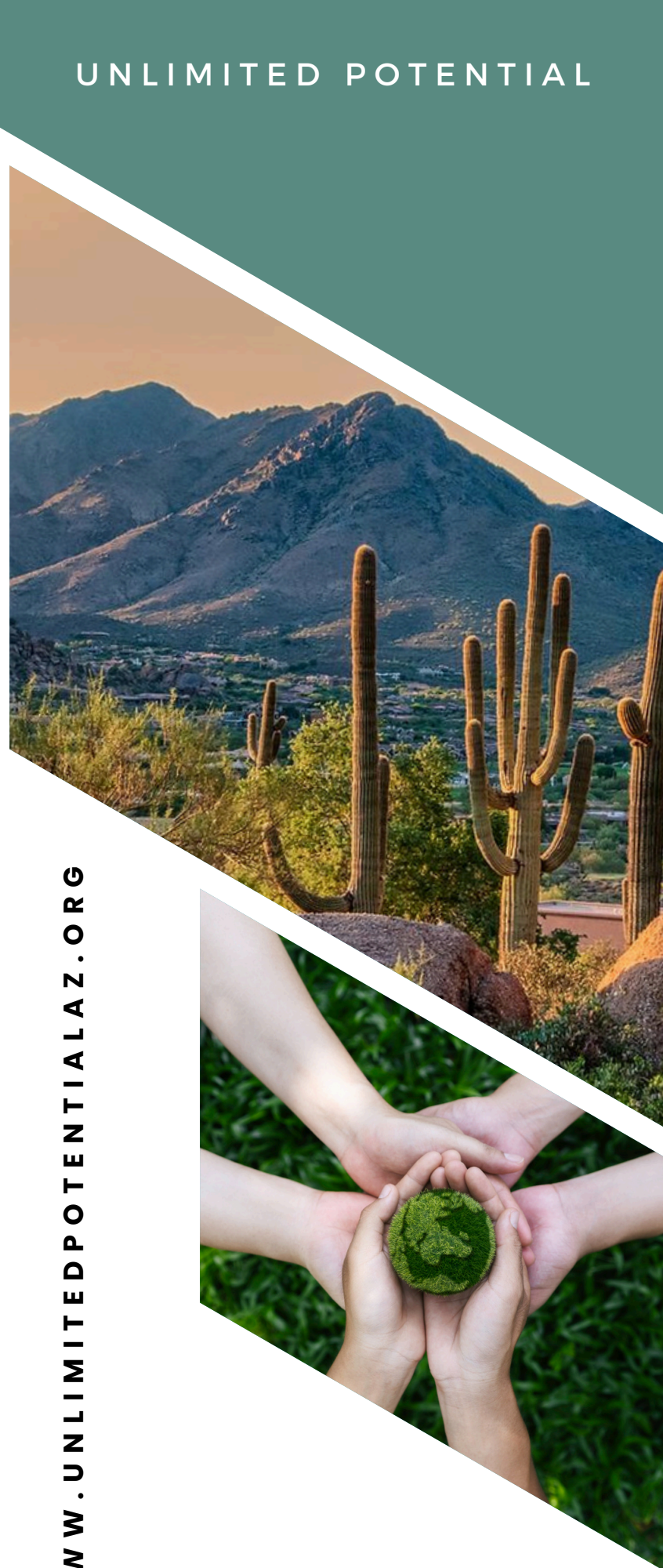


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MISSION AND VISION

Equitable opportunities grounded in acceptance and respect, promoting strong individuals, families, and communities.



Mission:

Unlimited Potential ignites unity, pride and dignity through education and advocacy.

Vision:

In pursuit of Unlimited Potential's vision, there are four main pillars the organization works towards: healthy living, adult education, disease control & prevention, and environmental justice.

Our many volunteers help make all this possible!



Board of Directors

Hunter Perlmeter- Chair

Joan Brunner- Co-Treasurer

Karina Feliz- Co- Treasurer

Fabiola Perez- Secretary

Alberto Rodriguez- Member

Kiran Shah- Member

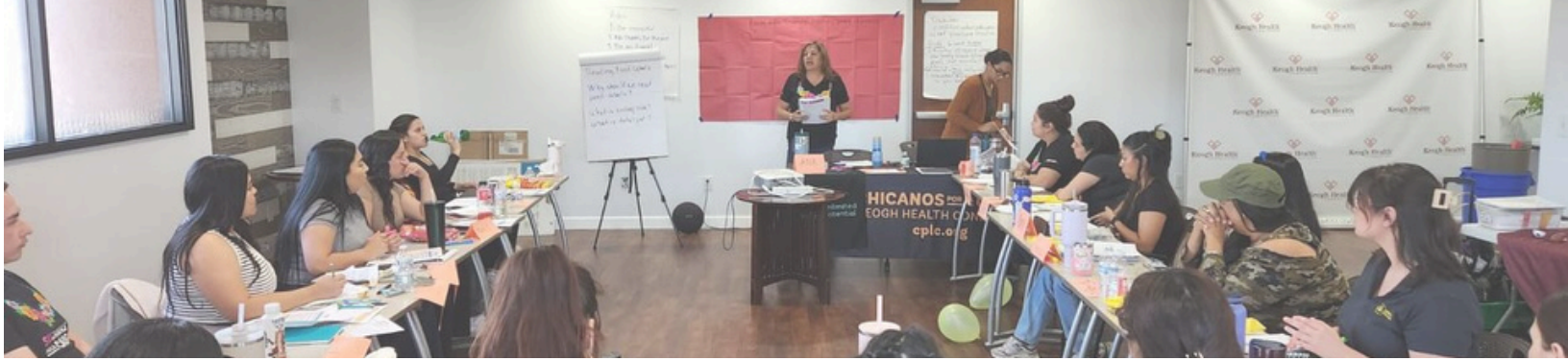
Mary Rabago- Member

Jeanine Bashir - Member

Betty Crisanti- Member

Partners





Healthy Living

Healthy living reduces the risk of serious illness and early death. While not all diseases are preventable, many deaths from conditions like lung cancer, diabetes, and coronary heart disease can be avoided through behaviors that promote physical, mental, and social well-being, including diet, exercise, sleep, mental health, safety, sun exposure, and responsible use of alcohol and drugs.

Unlimited Potential brings education and resources to the forefront of health management and awareness through its Disease Control & Prevention department.

“When healthy living is adopted, it provides a more positive role model for other family members. We believe that anybody can build healthy habits; they just need to know how to do it effectively.”

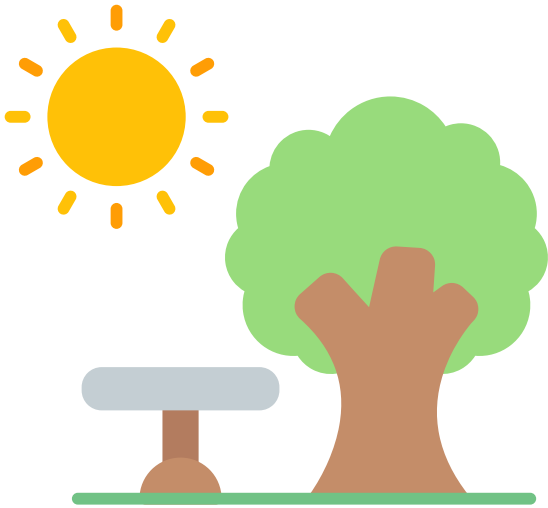
- A. Guzman



Healthy Living Programs

Healthy Living programs work to provide the tools to overcome health impediments and foster wellness.

“Health Start” supports and prepares prenatal mothers through in-home visits, mental health checks, car seats, and pregnancy and child development classes.”



“The Healing Garden” and **“Spaces of Opportunity”** – Monthly Farmer’s Market provides 2 paid positions and engages the community with nutritious food through activities like 75 cooking demonstrations and crop education.

“Fresh Connections” distributes fresh produce from local farmers to families and senior centers.



“The Abriendo Puertas Program”, opened in April 2021, helps guardians prepare their children for success in the future.

Healthy Living Cont'd



Disease Control and Prevention Impact

The department organizes weekly health education classes and Core Competency classes year-round.



The department has continued to work on the Million Hearts, Chronic Disease Self-Management, and Diabetes Empowerment Education Programs – also known as D.E.E.P.

Unlimited Potential works as a preliminary recognition site for the Diabetes Prevention Program.

A total of 42 health classes were held in 2023-2024

A total of 1,655 participants

Unlimited Potential has provided 10 different health education classes for our CHW's.

7 CHWs enrolled and completed DEEP training to become peer educators in courses offered at Unlimited Potential.

21

New Community Health Workers enrolled



Healthy Living Cont'd



Disease Control and Prevention Impact Cont'd **Unlimited Potential works in the 3 Levels of Prevention.**

Primary Prevention

Primary prevention prevents disease or injury from occurring by reducing exposure to hazards, changing unhealthy behaviors, and increasing resistance to disease. It is often considered the most cost-effective form of prevention. Examples include immunizations, health education, and smoking cessation interventions.

Secondary Prevention

Detects disease or injury early to reduce the prevalence of disease and its long-term severity. Secondary prevention involves screening and testing to identify diseases or negative health conditions before symptoms appear. Examples include pap smears, colonoscopies, mammograms, measuring blood pressure, and testing for transmittable diseases.

Third Prevention

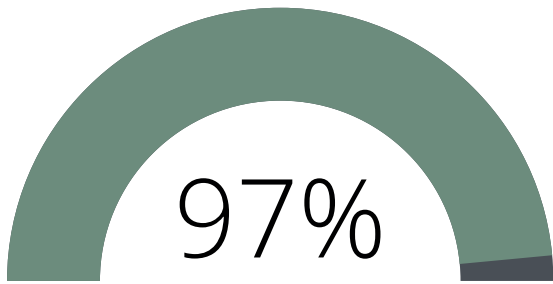
There is also a third level of prevention, tertiary prevention, which involves managing an existing disease to prevent complications or further damage.



Healthy Living Cont'd

Integrative Community Therapy

Integrative Community Therapy (ICT), also known as Community Wheels, is a globally recognized, evidence-based model which was developed in 1987 by the Faculty of Medicine at the Federal University of Ceara in Brazil.



Community members reported feeling more connected with others

47 Integrative Community Therapy Wheels Held

313 Community Members reached

Our facilitators collectively contributed 282 hours

Unlimited Potential is the first to implement this model in the U.S.!





Healthy Living Impact 2023-2024

1,700 lbs

Pounds of fresh produce distributed to families



84

People reached through Abriendo Puertas



2,241

Families served at the food distribution sites



62

Families were helped by the Health Start program



3

Sites for food distribution under Fresh Connections



110

Health fairs



Environmental Justice

Unlimited Potential



Unlimited Potential's Environmental Justice CHW's build community resilience through education and resources, workshop facilitation, and neighborhood meetings..

We focus our efforts on "Justice40" communities, aligning with federal funding goals to allocate 40% of the overall benefits from specific investments in climate, clean energy, affordable housing, and more to disadvantaged communities facing underinvestment and pollution burdens.

“Advocate for the right of all people to live in a healthy environment with access to clean air, water, and land.” - T.Trahan





WHATS NEW?

New partnerships were formed this year, which expanded our environmental justice community outreach and advocacy footprint!

UP is now a community partner on ASU's Walton Sustainability Solutions Service grant with the US Forest Service to expand metro Phoenix's tree and shade canopy, and on an Equitable Transportation Fund grant with ASU researchers to develop an equity framework for analyzing transportation electrification projects.

Other partnerships include:

Chispa, AZ

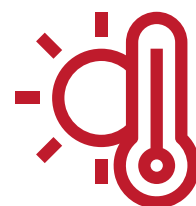
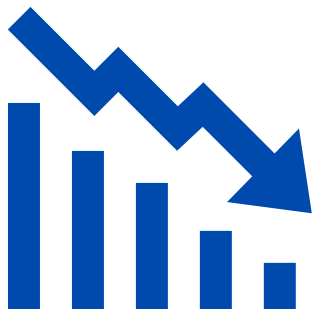
to bring Inflation Reduction Act (IRA) education to Justice40 communities

American Forest

to bring American Forests Tree Equity Score Analyzer (TESA) to Maricopa County

The Office of Environmental Initiatives in Scottsdale

to facilitate community listening sessions as part of Scottsdale's Extreme Heat Strategic Action Plan.



Environmental Justice - Workshops

4 Extreme Heat and Mobility

154 participants

(Grant Partner: City of Phoenix) Laveen, Maryvale, South Phoenix

6 Extreme Heat and Community Solutions

67 participants

(Grant Partner: City of Scottsdale) Southern Scottsdale

3 Energy Security in Lindo Park

86 participants

(Grant Partner: Institute for Sustainable Communities/DEICC Dismantling Energy Insecurity in Communities of Color) South Phoenix

5 Transportation, reducing greenhouse emissions, and Air Quality

212 participants

(Grant Partner: EPA, ASU, Chispa AZ, UP) South Phoenix, Maryvale, Sunnyslope, Mesa, Estrella

2 Food Security and Local Food Initiatives

44 participants

(Grant Partner: USDA Grow Local Tempe)

4 Inflation Reduction Act (IRA)

220 participants

(Grant Partner: Chispa AZ)



Environmental Justice - Workshops Cont'd

Partner Event:

2 - Local Food Events Hosted by Grow Local Tempe

475 participants

(Grant Partner: USDA Grow Local Tempe, multi partner event)

Urban Heat Academy Graduates:

4 Urban Heat Academy (UHA)

Cohort 2 graduates completed their 1st small grant project

(Cool Islands in South Phoenix)

Neighborhood Event:

1 park activation fitness event held at Ho-e Park

(Grant funded by the the City of Phoenix Arts and Culture)

Community Development:

5 CHW's were recruited and received additional outreach and engagement training through Chispa AZ

CHW Education:

Presented during Thursday's CHW standing education sessions - 12 times on a range of topics from compost and pollinators, on how to stay hydrated and where to find free trees.

Professional Training:

22 UP staff completed Institutional Review Board (IRB) training (required training for the EPA grant),



ADULT EDUCATION

Unlimited Potential



Unlimited Potential drives education and academic support among its community members through the Adult Education Department.

By increasing the number of programs through renewed collaborations as well as new partnerships allowed the extension of impact during 23-24.

“The commitment to the growth of our in house programming as well as our services through new initiatives with the support of grants and partnerships was reflected in the increase in the number of students served, programs and partnerships reached and department expansion during 23-24.”

- I. Campana



ADULT EDUCATION

Unlimited Potential

What's New?

ESL services expanded from south and west Phoenix to midtown and the I-17 corridor.

Enhancing partnerships with:

- ESL Roosevelt School District in South Phoenix
- ESL Saint Vincent de Paul in West Phoenix
- ESL Lutheran Social Services at Solano in Midtown
- ESL Unlimited Potential in South Phoenix

4

New Full-time staff member

1

New Part-time staff member

Adult Education received a 5 year grant from the Department of Economic Security to provide English Language Training services to incoming refugees!

This award provided an opportunity to grow as a department and hire 2 more language instructors in full time positions.



As we shift towards incorporating Workforce Development, we are collaborating with the Department of Environmental Justice.





ADULT EDUCATION

Unlimited Potential

**ESL Service for immigrants at
UP and other locations:**



**ESL - ENGLISH AS SECOND LANGUAGE
ELT - ENGLISH LEARNING TRAINING
GED - GENERAL EDUCATION DEVELOPMENT**

257

**Registrations
for ESL**

169

**Participants
attended**

**ELT Service for refugees with a
department of
Economic security:**

GED:

**10
graduated
in May
2024**

**273
attended
ELT classes**

**20
Afghan Students
transitioned into Rio
Salado College
Programs**

**93
Students attended at
least one subject of 5**

In 2024, the Adult Education department plans to apply to become a GED proctoring Center through the Department of Education.



ADULT EDUCATION Extracurricular Classes

Piano Class

27

Registered

9

Participants
attended



Guitar Class

10

Attended

20

Registered



Sewing Class

12

Registered

8

Attended



Technology Class

16

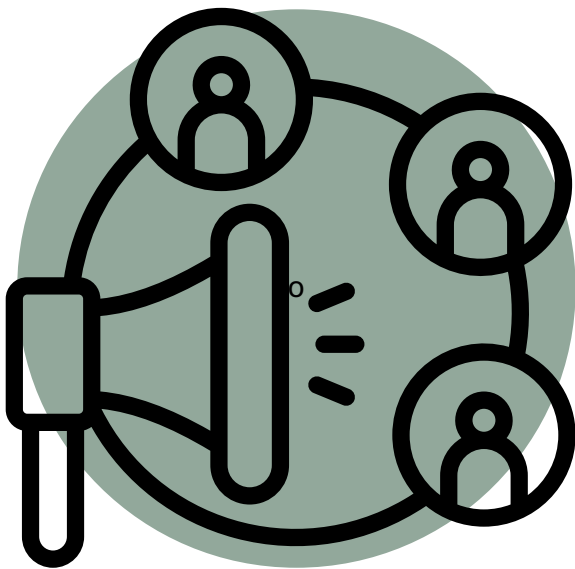
Participants
attended



VOLUNTEER & COMMUNITY OUTREACH

Unlimited Potential would not be possible without its dedicated volunteers, Community Health Workers and Promotoras.

Many of our volunteers that go on to become CHWS attend trainings, health workshops and work to create environments that facilitate wellness.

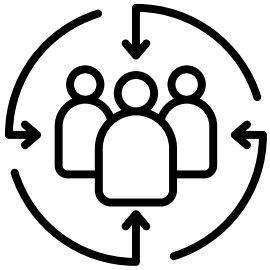


“Having a community that always wants to be better and have better opportunities for themselves and future generations, without expecting anything in return, they are our favorite people. A volunteer may not have the time but they do have a big heart and then they make the time to make a difference.”

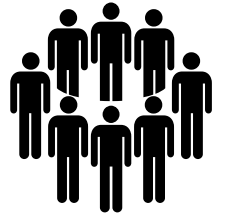
- E. Escalante



Volunteer & Community Outreach Cont'd



Volunteers are especially vital to our community outreach projects.



As a CHW training site, Unlimited Potential continues to practice outreach and volunteering through informed practices.

Being members of the community they work to inform their neighbors, share their experiences, and foster health in connection to Unlimited Potential's four pillars: healthy living, adult education, disease control & prevention, and environmental justice.

139 CHW helped throughout 2023-2024

6,084 Total volunteer hours from

62 Community Leaders

1,373 hours volunteer extra

1255 people impacted through CHW between July 2023 - June 2024



Finances

2023 - 2024



Income Sources:

Grants: **58%**

Contributions & Special Events: **12%**

Program services: **30%**

Foundations: **4%**

TOTAL AMOUNT RECEIVED:

.....
\$ 1,132,640

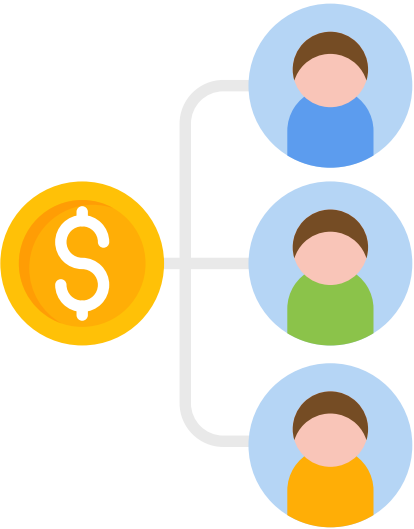
Expenses Distribution:

Environmental Justice: **47%**

Adult Education: **18%**

Healthy Living: **32%**

Fundraising: **3%**



Acknowledgements

We would like to extend our sincere gratitude to all individuals whose contributions have been instrumental in shaping Unlimited Potential into the esteemed organization it is today.

“The Smallest act of Kindness is worth more than the grandest intention.”

- Oscar Wilde

A special thank you to the members of our team who contributed the development of this report.

*E. Viera, E. Escalante, A. Guzman, I. Campana,
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THANK YOU
FOR JOINING
US TODAY!

2023 - 2024

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