

Overview BOD Wellness Summit

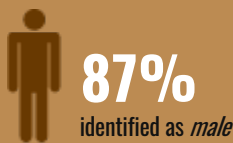
01

Brothers of the Desert held its 5th Annual Wellness Summit: *Honoring Our Past, Envisioning Our Future* on November 11th, 2023. Its purpose: to provide connection, education, and opportunities to hear from thought leaders on how to promote health and wellness for our community and ourselves. An array of guest speakers and workshop leaders presented on a variety of relevant topics that support the overall health and well-being of Black gay men and our allies.

Participants

The Brothers of the Desert Wellness Summit welcomed **156** registrants of diverse backgrounds.

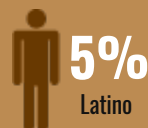
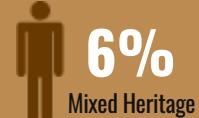
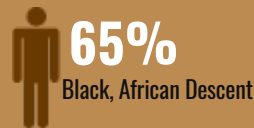
Gender



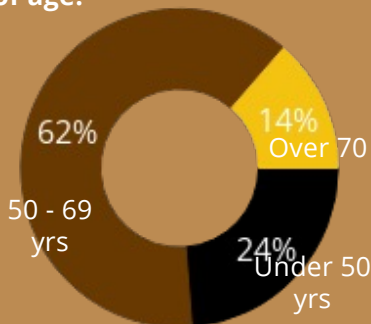
Sexual Orientation



Race/Ethnicity



The majority of participants were between 50 - 69 years of age.



Highlight shared: "The knowledge that there are a number of people that I can turn to for guidance and/or insight on a variety of issues or questions that I may have."

Highlight shared: "I was reminded how much support we have in the desert and folks care."

Highlight shared: "Black queer people are not a monolithic group however, that should in no way hinder our collaboration on the advancement of our people"



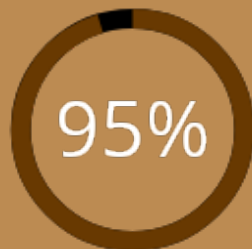
Impact and Outcomes

02

Participants were asked to offer feedback regarding the Summit and 66 submitted a final evaluation. Responses are summarized below. (n=66)

Overall Summit Ratings

The strong majority of participants rated the **overall summit** as *Very Good* or *Excellent* and **workshop topics** *Very* or *Extremely* valuable.



Overall satisfaction with summit



Overall satisfaction with topics

Plenary and Keynote Presentations

The Summit hosted 4 plenary presenters and 16 different workshops covering a wide array of topic areas.

Malcolm Kenyatta - *Do Not Wait Your Turn*

Greg Millett - *This May Be Hazardous to Your Health*

Nathan Hale Williams - *The Past in Perspective Propels a Powerful Future*

Bishop Yvette Flunder - *Honoring Our Past, Envisioning Our Future*

Participants reported a high level of satisfaction with Plenaries with an average of **86%** indicating presentations to be *Very Good/Excellent*.

Highlight shared: "All the keynote speakers were excellent. They were all inspirational. My cup runneth over."

Highlight shared: "It was nice to hear what the bishop was saying and it was nice to know the spirit can still be felt and is in me."



Impact and Outcomes

03

Summit participants engaged in a variety of workshops. The overall majority of respondents (88%) rated the workshops as *very good/excellent*. Average workshop rating was **91%** *very good/excellent*.

Workshops

Series A

The Church Killed My Spirit

Embracing Political Advocacy

From the Rooter to the Tooter

Looking for the ONE or the ONE right now

Highlight shared: "The range of workshops this year has expanded in a magnificent way. Although this is focused on Black gay men, I felt connected to communities this year ... beyond those two identities."

Series B

Roots to Wellness: Exploring Genealogy

Step Up for Wellness: A Total body Tune Up

The Power of Unmasking: Self Care Practices for Black Gay Men

White Supremacy, Race, Sexual Orientation and the Legal System

Highlight shared: "The gift of perspective the various panelists and speakers shared in a safe, non-judgmental environment."

Series C

Five Money Musts

A Gay Mans's Sexual Health Guide 2023

Conversations in a World Café: Creating a Vision for What Can Be

Fostering Unity & Collaboration Between African American and African American Black Gay Men

Highlight shared: "The range of relatively young and powerful leaders - individually and collectively."

Comment: "The topics were great and I wish I could have attended all of them."

Highlight shared: "The excitement and energy of the workshops I attended."

Highlight shared: "A better understanding of how to manage my finances."

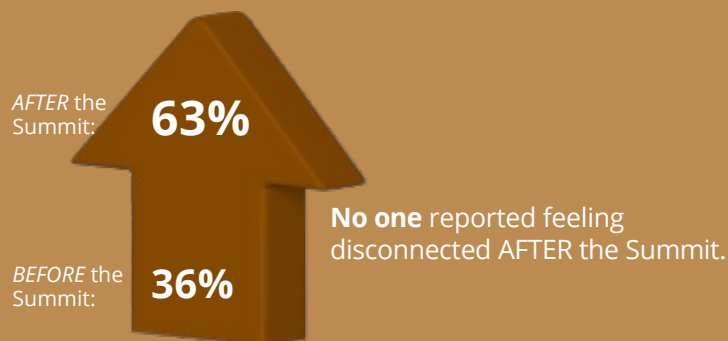


A primary goal of the Summit was to increase engagement and a feeling of connection among Black Gay Men, as well as to build stronger knowledge regarding available health and wellness resources.

Enhancing Engagement and Connectedness

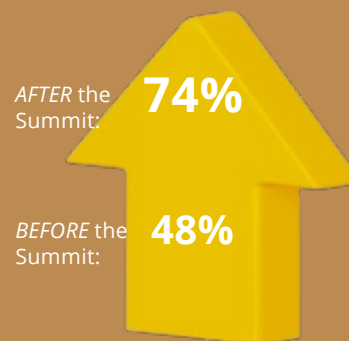
Participants reported a stronger sense of community and connection, as well as increased knowledge to identify resources to support their health and well-being.

Building Community Connectedness



Participants indicating feeling *very/fully connected to community*

Building Abilities to Identify Resources to Support Health and Well-Being



Participants indicating abilities *as very good/excellent*

Participants shared their **most important take-aways** from the Summit experience. Quotes were reflective of the sense of building community, connectedness, and engagement that the Summit strived to create.

"I left the summit with a greater sense of community and very happy to see younger people there, also seeing allies of different races was heartwarming to me."

"The power of us just gathering with full mind, commitment and energies in service to each other. Everything else follows from it."

"The summit lifted my heart, reconnected me with my total community, history and spirituality and brought me full circle with my life and where I am now. I am blessed and happy."

"The need for such an organization as well as summit to promote camaraderie. The importance of meeting new people."

"That the spirit of brotherhood is there for gay black men. I've never been a part of a gay black community and I'm looking forward to participating in more events."

"The most important take away is my wellness is very important and that my journey can be done in community and not solo."

