

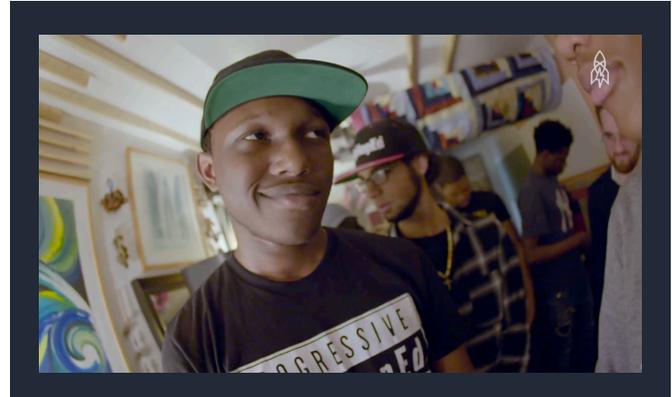


# HIP-HOP THERAPY GLOBAL INSTITUTE

Empowering a new generation of leaders to inspire wellbeing thru Hip-Hop

## About Hip-Hop Therapy.

Since its creation Hip-Hop has enabled countless youth to develop a positive sense of self, belonging and purpose. Hip-Hop Therapy builds upon this legacy by combining Hip-Hop expression with proven therapeutic techniques in an effort to promote mental health and wellbeing. In the last decade the number of Hip-Hop Therapy programs across the country has risen dramatically igniting a new movement to reimagine mental health care for youth.



### HIP-HOP THERAPY IN THE NEWS:

BRONX SCHOOL EMBRACES A NEW TOOL IN COUNSELING: HIP-HOP  
<https://www.youtube.com/watch?v=iL82x-djQAY>

## Mental Health and Youth.



As many as 1 in 5 public school students show signs of a mental health condition<sup>1</sup>



Nearly 50% of youth with mental health challenges drop out of school<sup>2</sup>



Youth of Color are 1/2 as likely to receive mental health care as White youth<sup>3</sup>



Youth Men of Color are up to 4 times more likely to experience PTSD due to exposure to trauma<sup>4</sup>

## About HHTGI.

The Hip Hop Therapy Global Institute (HHTGI) is a new social venture dedicated to helping youth achieve wellbeing by promoting a Hip-Hop Therapy approach. Created by Ashoka Fellow and CNN Hero Tomás Alvarez, HHTGI intends to revolutionize mental health care for youth. HHTGI envisions a world where every child is at-promise, not at-risk, and Hip-Hop Therapy is widely used as tool for teaching youth to actively nurture wellbeing in their lives.

<sup>1</sup> 2016 Children's Mental Health Report from Child Mind Institute

<sup>2</sup> Youth with Disabilities Leaving Secondary School

<sup>3</sup> Racial and ethnic disparities in children's mental health from Wilder Research

<sup>4</sup> Healthy Communities Matter: The Importance of Place to the Health of Boys of Color



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## A Social Impact Network.

HHTGI is co-developing an open-action platform ([hiphotherapy.org](http://hiphotherapy.org)) designed to spread Hip-Hop Therapy and accelerate the impact of a far-reaching community. Through this platform HHTGI will connect users with proven tools and resources to utilize Hip-Hop as a pathway to wellbeing for youth. A beta version of the platform will launch in 2017 and it will target adults that work with youth for whom Hip-Hop is a bridge for communication. When the platform launches educators, school counselors, mental health providers, healers, youth center staff, and artists will be able to share and access tools, knowledge base and resources related to Hip-Hop Therapy.

## Platform Features.

### INTERACTIVE DIRECTORY

An interactive map of network members and with built-in communication functions

### PROVIDER DASHBOARD

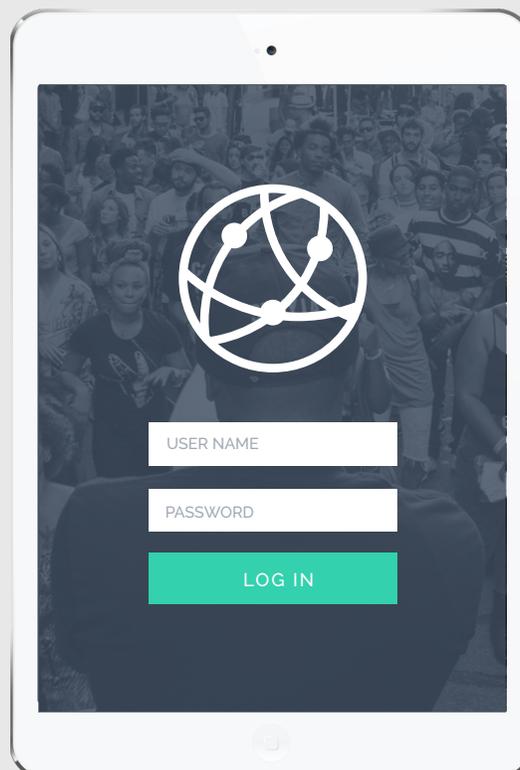
Essential tools for program design, facilitation and evaluation

### REAL TIME ANALYTICS

To measure impact in real-time and across time

### ACADEMIC JOURNAL

A peer reviewed journal featuring scholarly works on Hip-Hop Therapy



### INSTITUTIONAL REPOSITORY

A cloud-based searchable archive of content stemming from the field

### TRAININGS AND WEBINARS

Highlighting the latest process and program innovations from leading experts

### COMMUNITY FORUM

An open forum to exchange of ideas and questions regarding Hip-Hop Therapy

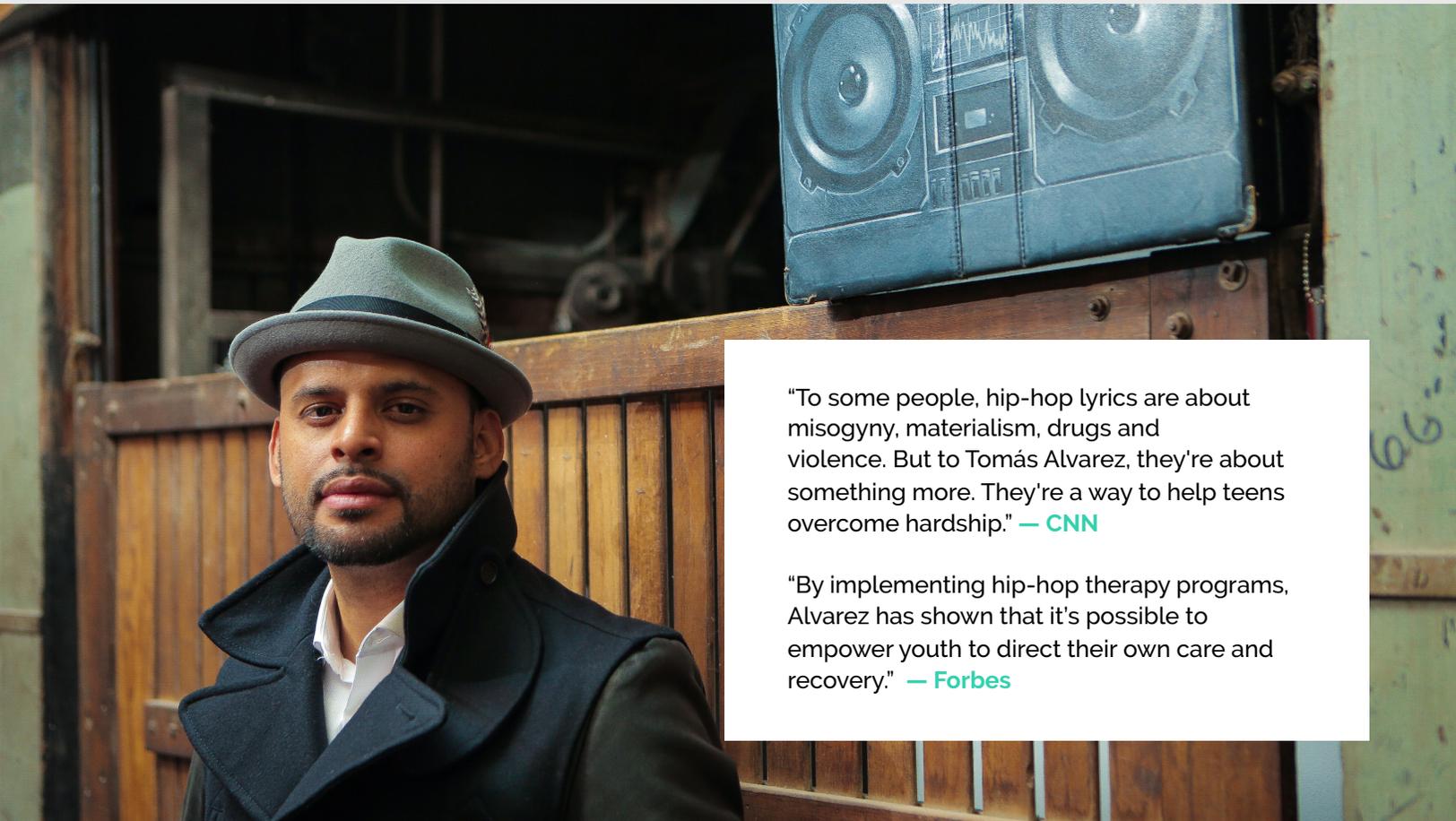
### MEDIA BLOG

The latest news and updates from the Hip-Hop Therapy field



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"To some people, hip-hop lyrics are about misogyny, materialism, drugs and violence. But to Tomás Alvarez, they're about something more. They're a way to help teens overcome hardship." — [CNN](#)

"By implementing hip-hop therapy programs, Alvarez has shown that it's possible to empower youth to direct their own care and recovery." — [Forbes](#)

## Tomás Alvarez III.

HHTGI FOUNDER.

Tomás is an award-winning social entrepreneur known for his trailblazing work using Hip-Hop to promote positive mental health outcomes among young men of color. As a clinically trained social worker he developed one of the country's first Hip-Hop Therapy programs in 2004 and served as the founding CEO of the nonprofit Beats Rhymes and Life, Incorporated (Oakland, CA). Building upon his mission to transform mental health care for youth, Tomás has partnered with other leaders to launch HHTGI and the [hiphoptherapy.org](http://hiphoptherapy.org) platform. Tomás is a champion for a new mental health paradigm that focuses on wellbeing and empowers youth to become change markers in their community and beyond.

FEATURED ON:

**CNN HEROES**  
EVERYDAY PEOPLE CHANGING THE WORLD

**Forbes**  
.com

**NBC**  
LATINO

**COM**  
PLEX

**The New York Times**