



2020

**ANNUAL
REPORT**

Building Community
in Times of Adversity



MESSAGE FROM THE DIRECTOR

Fresh off our joyful tenth anniversary celebrations, The FYI carried lots of enthusiasm and excitement into the beginning of 2020. Then, as we all know, our lives changed in an instant. We recognized the magnitude of the moment and the urgent need due to pandemic related stress. It was not easy, but we shifted gears to produce more mental health and family resources, and support our community through exceptionally turbulent times.

Tough times are inevitable, which is why building resilience is critical--resilience as individuals, families, communities, and institutions, like The FYI. That's why I'm incredibly proud that we provided support and resources when our community needed us the most. We could not have achieved this without supporters like you.

While mourning the losses we experienced in 2020, it's also important to recognize that the year contained more than just Covid-19. It was an election year, a year in which racial injustice was repeatedly highlighted--and we struggled. But, there were also reasons to be hopeful! We adapted to our circumstances, yet still found ways to celebrate and maintain connections! We carry this excitement and hope into 2021, with the many invaluable lessons gleaned from last year and a renewed passion for this vital work.

With your continued support and God's blessing, we will continue to innovate and benefit our community.

Sincerely,
Sameera Ahmed, PhD, Director

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THE FYI'S PUBLIC HEALTH MODEL



Strengthen individuals, families, and communities



Ignite community-wide change



Integrate a developmental approach from infancy to elderly

Mental health resources and promotion



Reduce stigma and increase mental health awareness



Create enabling environments (home, schools, mosque, etc.)

WHAT WE DO

The FYI finds solutions to the mental health and family issues impacting Muslim Americans. We do this through research and developing data-driven and culturally appropriate solutions.

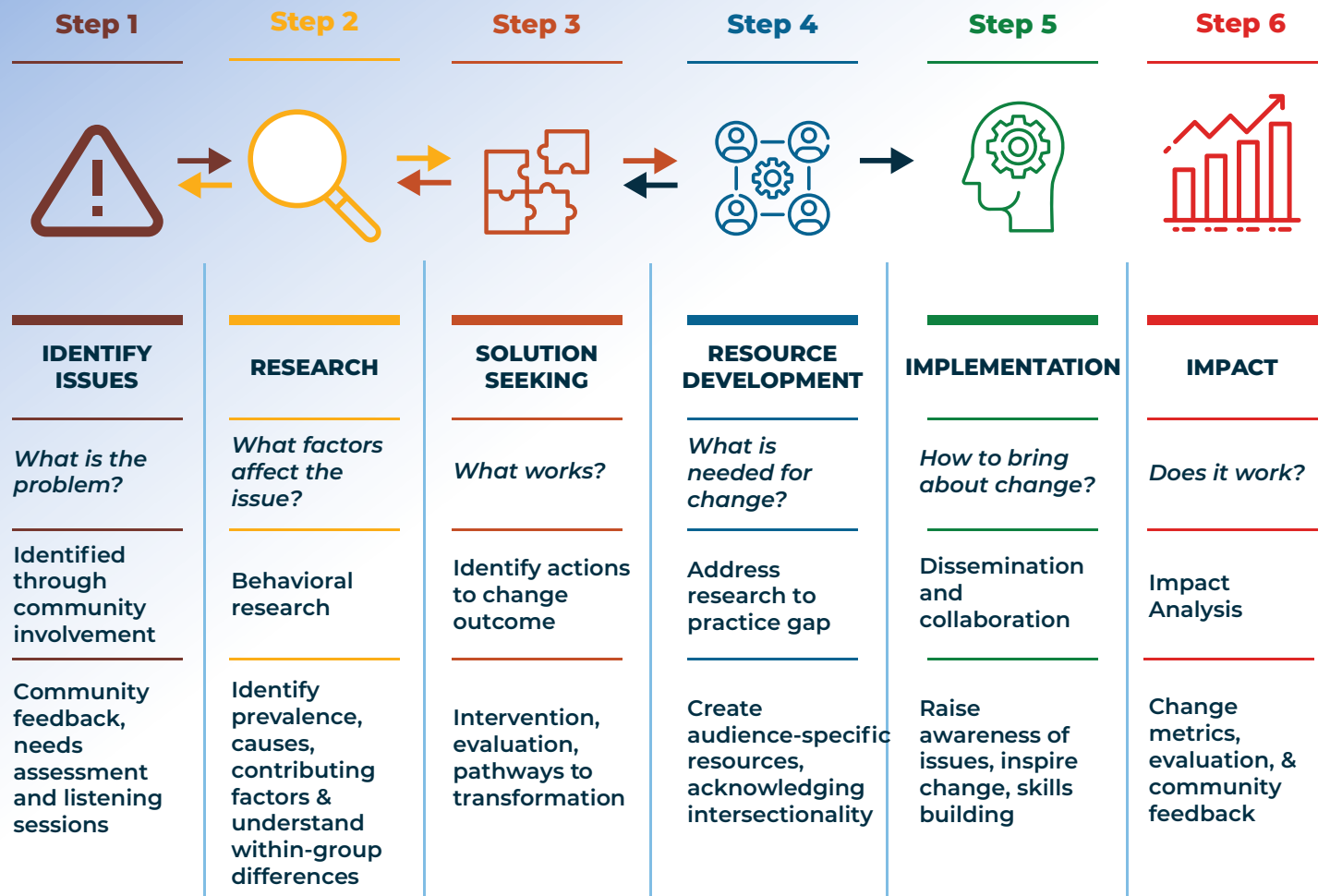
RESEARCH

We research factors that promote the mental health and well-being of individuals, families, and communities. We are committed to producing rigorous, high-quality research, regularly present at academic conferences, and publish scholarly journal articles, reports and books.

EDUCATION

While research is key to extending our knowledge, it is through education that change occurs. Our educational tools (presentations, workshops, webinars, infographics, videos, toolkits, reports, articles, etc.) integrate research, clinical evidence, religious and cultural awareness, as well as community-based experience. These resources are tailored to meet the unique needs of our diverse community.

THEORY OF CHANGE



2020 YEAR IN REVIEW



Celebrating 10 Year Anniversary

Celebrated our 10 year anniversary and excited to continue supporting Muslim Americans.



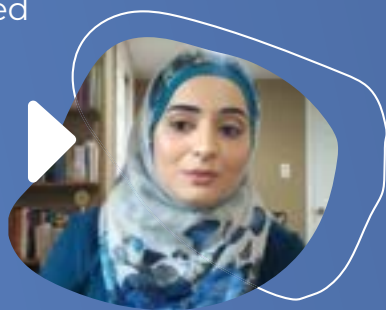
COVID-19 Lockdown

In early March, to provide support for mental health, we swiftly released *The Wellbeing in the Time of Coronavirus Toolkit* and adapted presentations to virtual formats. In addition, we conducted a community needs assessment to determine the needs ahead of a Quarantine Ramadan during the lockdown.



Quarantine Ramadan

Ramadan in 2020 was like no other before it. Our *COVID-19 Ramadan Toolkit* and *Catch the Blessings* campaign helped make Ramadan a time of spiritual growth and healing despite quarantine. Our webinars and articles provided guidance on creating a festive and memorable, physically distant Eid--in a way that supported much needed family bonding.



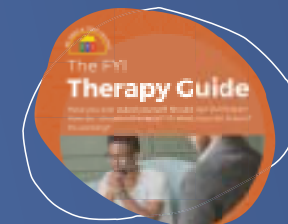
Teacher Support and Training

We are so grateful for all of the courageous and resilient teachers that consistently cared for and nurtured our children through the year. Our resilience training for teachers recognized and responded to the unique pressures faced by educators during the pandemic.



Divorce and Family Conflict Resources

The FYI continued its work compiling and sharing information about real and relevant issues our community is facing: marital conflict and divorce. Our divorce support toolkit offered practical advice for families considering or going through a divorce. Our divorce webinar explored stigma, trends, and the latest research related to divorce as the pandemic stress increased family conflict.



Therapy Guide Infographics

An ongoing mental health crisis meant the community needed more support and resources on how best to access help. We released *The Therapy Infographic Series*, a guide to knowing when to get help, how to find professionals, and making sure therapy works for you. Alongside this, we launched a video -- *Centering Mental Health* -- in which Dr. Madiha Tahseen, our research manager, shared strategies to strengthen mental wellbeing in moments of crisis.



Election Anxiety and Uncertainty

The election was a turbulent time and crucial issues were at stake for Muslim Americans, making it incredibly stressful. To address this, our *Election Debrief Toolkit* included methods for processing strong emotions and building resilience through strategies for the intellect, body, and spirit.



Equipping and Supporting Imams

Imams lead our communities but often do not have the resources and support they need. Dr. Sameera Ahmed provided training on self-care to the members of North American Imams Federation and provided resources for common mental health and family well-being.

STORIES OF 2020

Community Stories

“2020 began with the excitement of being newly pregnant and my sister getting married. As March rolled around, COVID began to hit the U.S and by mid-March, my children’s school went virtual. I began working from home and quarantining from family and friends. The loneliness began to take its toll on me. As we got closer to Ramadan, I held my breath and prayed that COVID would be gone before Ramadan. I looked forward to Ramadan and the faith boost that came with breaking my fast daily and praying in congregation with the community. Once Ramadan began, I finally accepted reality. We would not have congregational prayers or community gatherings. The FYI’s Ramadan webinar and toolkit helped me and my family make the most of Ramadan. The tips on building a Ramadan atmosphere and a dedicated “home masjid” helped us feel the Ramadan spirit. While I missed so many of my favorite parts of Ramadan, my family developed a tradition of making du’a together that we have kept up after Ramadan. Alhamdulillah, our unique Ramadan experience helped bring my family closer to Allah and one another.”



-36 Year-old Mother of Three

“COVID-19 was a huge blessing in disguise. I am grateful for The FYI’s resources that helped guide me through the overwhelming adjustment of balancing my husband working from home and my kids virtual learning. The relationship section of the wellness toolkit really helped strengthen my relationship with my husband.”

-Anonymous

“The FYI continues to outdo itself, while I have relied on their research as a youth director for years, the way they stepped up to support the community through 2020 and all it came with is nothing short of amazing.”

-MAS National Youth Director

“The loneliness and anxiety of the pandemic led my mother to fall into depression. The Therapy guide helped our family make an informed decision about finding a psychiatrist and counselor for her.”

-28 Year-old Male



“After 7 months of diligent social distancing and taking every precaution possible, my mother contracted COVID-19. It was hard to process how quickly she went from healthy to being on a ventilator in the hospital— and we couldn’t even visit her. The article on balancing the stress and anxiety of a family member in the hospital helped me stay centered during such a scary time. Fortunately, she made it. But I can only imagine the pain of those who had to rely on The FYI’s grief toolkit after the passing of their loved one.”

-Anonymous



Team Member Story

“Last year, my work at The FYI took an unexpected turn. When the pandemic began, we had to adjust all community workshops and make them virtual. We design our workshops to be very interactive, so facilitating group activities through Zoom was a challenging adjustment. Fortunately, we conducted 46 virtual webinars with some creativity and learned how to keep our audiences engaged. The positive feedback we received from communities made it all worth it.

COVID-19 impacted our community’s collective mental health, so our focus was on providing the immediate support that the situation demanded. That paused some of our research and resource development efforts. Unanticipated projects were launched instead, such as our COVID Ramadan toolkit to help families make the month of Ramadan special, even while at home.

Although our plans changed, 2020 was a great example of how FYI can rise to the occasion with flexibility and creativity and support our community through a challenging year.”

-Madiha Tahseen



2020 IMPACT



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Mental Health Resources



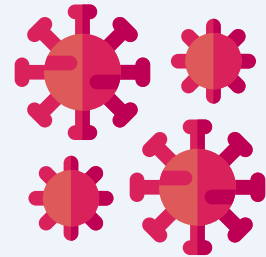
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Parenting Resources

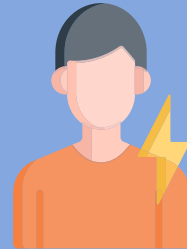


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Marriage and Divorce Support Resources



The Wellbeing in the Time of Coronavirus toolkit was accessed **13,800** times and assisted individuals navigate the pandemic



More than **24,000** people used The FYI toolkits to navigate life stressors this year



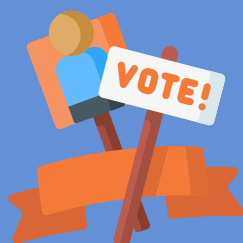
We collaborated with communities to offer **46** webinars helping over **30,000** participants



Assisted **4,500** community members navigate the therapy process



67 Youth Empowerment Resources



The FYI election resources supported **7,021** individuals struggling to cope with the contentious election season



More than **8,800** individuals relied on The FYI's mental health and anxiety coping resources

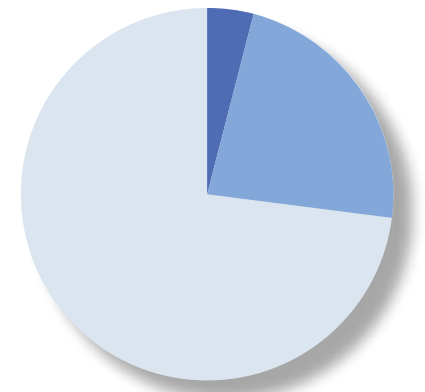
FINANCES

Alhamdulillah, with God's blessing and support of people like **you**, we were able to expand our team and our impact. Our budget has grown to over \$500,000--accommodating increased organizational capacity to meet the needs of the community.

This progress is a result of the generosity of the community and the increase in grants provided by Islamic Relief, Proteus Fund, Ann Arbor Area Community Foundation, Emergent Fund and, Dar Al-Hijra Islamic Center.

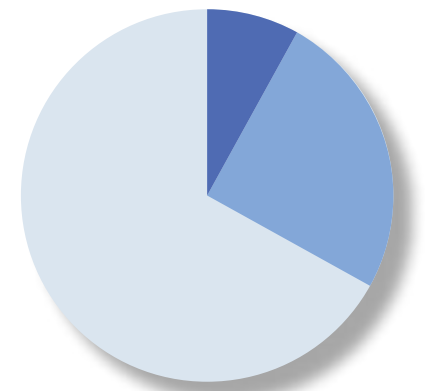
2020 INCOME

Donations	73%
Grants	23%
Program Services	4%



2020 EXPENSES

Community Education	67%
Research	25%
Administration	8%





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