

Spring 2026

# THE Upside

Your Giving Matters



“They’re not  
only listening,  
they’re helping.”



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# A Letter From Our CEO

Dear MiSide Friends and Family,

**It is officially spring, and as Ladybird Johnson said, “Where flowers grow, so does hope.”** In this latest newsletter, we’re pleased to share a few updates on the hope-giving and life-changing work that your continued love and support have made possible through MiSide.



**Last month, hope looked like 45,000 diapers collected through our Cupid’s Care Diaper Drive.** With diaper costs now topping \$1,000 per child each year, this relief means parents with children enrolled in our Head Start programs can breathe a little easier and focus on what matters most: caring for their children.

**This month, hope looks like a new home for a family who completed MiSide’s homebuyer counseling program and has been waiting for an affordable, move-in-ready property.** That home exists because participants in our YouthBuild program completed a full gut rehab of a house in Mexicantown – work that not only strengthens our neighborhoods but also launched two YouthBuild graduates into apprenticeships with the local Carpenters Union.

**And next month, in recognition of Mental Health Awareness Month, hope will take the form of community and connection as we come together for our Mind Over Miles: Mental Health Awareness Walk.**

I hope you’ll join us in supporting our neighbors navigating mental health challenges and addiction, and celebrate the powerful connection between movement and emotional wellness.

Thank you for being the reason hope continues to grow at MiSide. We could not do this work without you by our side.

With gratitude,

A handwritten signature in blue ink, which appears to read "Sean J. de Four".

Sean J. de Four  
President & CEO





“I’m so glad I decided to join.”

## Diamonds Are Unbreakable

They say diamonds form under pressure, and this Diamond has dealt with her fair share of it.

At the beginning of 2025, Diamond was not sure where her future was headed. She had been suspended from school and was feeling lost. Her mom brought home a brochure about a program that she thought Diamond might like, so Diamond took a chance and applied.

A few days later, Diamond was accepted into the YouthBuild program, and she hit the ground running. She quickly earned her OSHA30 and NCCER certifications, working hard to learn the material and pass the tests.

Not long after that, she was given a job opportunity in a local print shop. After preparing for the interview with the program

staff, she had the confidence to go and ace her first interview.

Now, Diamond has her first real job and is loving it. The program has given her the skills and confidence that she needed to show up for herself in a way that she had never done before.

**“Just getting into the MiSide program opened up bigger opportunities for me.”**

This is just the beginning for Diamond. She is still showing up and working hard to earn her GED and learn valuable skilled trades.

One day she hopes to enter the skilled trade workforce and build her future with her own two hands. But for now, she is going to continue showing up for herself and enduring the pressure. She knows that if she does, her future will shine brighter than any diamond.

# A Little Village in a Big City

Parenting isn't easy; doing it alone is even harder. Thankfully, now that Briajanae found MiSide, she doesn't have to.

Last year, Briajanae was newly postpartum with her second child and looking for help. She looked online for free childcare and came across MiSide EarlyYears. After a quick registration process, both her newborn, Demetrius, and her oldest, Raelyn, were enrolled in our Head Start/ Early Head Start program.

This lifted a weight off her shoulders and allowed her to focus on providing for her family while her kids were in our care.

**“Knowing my kids are in good hands every day ... it's a breath of fresh air.”**

After finally settling into a routine, their living situation turned upside down. Domestic violence left them turning to their family's couches and shelters. Briajanae did what she had to do to keep herself and her babies safe, but they didn't have a place to call home.

The staff at MiSide EarlyYears could tell something wasn't right one morning when she dropped off the kids. They pulled her aside and asked how they could help.

Telling them about her family's living situation, Briajanae was expecting to get some pamphlets with information about shelters, but instead she was connected to the team at MiSide Housing.



**“They're not only listening, they're helping.”**

In February, Briajanae and her little ones got the keys to their very own home. Now they are living in a MiSide Housing affordable housing project and don't have to worry about being priced out.

**“The help didn't stop there.”**

After moving in, they got set up with Infant Mental Health services and now have weekly home visits to work on building their relationship as a family and learning together.

Even a broken-down car could not keep their family down. When Raelyn and Demetrius missed one day of school, the staff reached out immediately to see what was wrong. After sharing that she had no transportation, a ride to and from the center was arranged for the rest of the week.



**“They thought about everything.”**

Now, the dust has finally settled, and they are enjoying their time making their new place feel like home. After years of feeling like they had no place to go, Briajanae and her babies are right where they were meant to be.

Raelyn and Demetrius are thriving thanks to the Infant Mental Health and Head Start/Early Head Start services they receive. They love going to school every day to see their teachers and their friends.

Briajanae can breathe knowing that help really is available for every side of life. She doesn't have to do this life alone; she has a village surrounding her with love and support.

**“I love being part of the MiSide family.”**

It is because of you that Briajanae and her children were able to get the holistic support that they did. Their story is beautiful, but it is not unique. Families across metro Detroit struggle every day and thanks to you they know where to turn to get the help they need.

Thank you for being part of their village.



**YES!**

I want to give more families in Detroit the support they need!

Visit us online at [misode.org](https://misode.org) or scan the QR code with your phone.

Call 313-481-3113

Enclosed is my tax deductible gift of:  \$250  \$100  \$50  \$25  \$ \_\_\_\_\_

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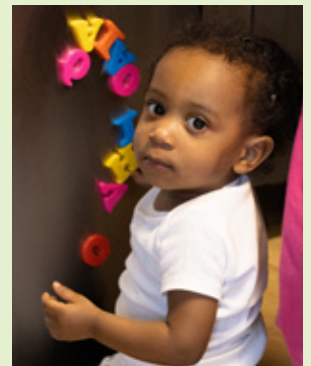
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# Help Every Step of the Way

For the past 15 years, Michael has been coming to the same building and seeing the same people to get help with his mental health.

At first, he was just receiving medication treatment for his ADHD. When he was diagnosed at age 5, he bounced around to a handful of doctors with no luck. Then, his mom found MiSide Health and Michael was finally able to get the support he needed.

The ADHD medication was all Michael needed, until he started college. The stress and workload of his new routine was overwhelming, and Michael found himself struggling with depression. He reached out to the people who had been there for him the past decade and set up an appointment with a therapist named Janet.

**“No matter what the situation is, no matter what life has thrown at me ... I can always count on the fact that I will be able to get services from [MiSide].”**

Unfortunately, not long after college began, Michael lost his mom. Starting college is a big enough transition as it is, adding in the loss of the person that raised him was almost too much for Michael to bear.

His family surrounded him with love but the support he got from his therapist was different. She was there for him however he needed, offering flexible scheduling and understanding. Through their work together,



Janet pushed him to continue chasing his dreams and to do it for his mom.

In 2024, Michael graduated from College for Creative Studies with a bachelor's in communication design and pride in himself for accomplishing his goal.

Graduation was an exciting milestone, but it meant that now the real work had begun. Michael struggled to find a job in his field for over a year, working odd jobs to make ends meet while he applied was tough, but Michael knew he always had someone in his corner.

**“If it wasn't for their support, I wouldn't have stayed persistent in finding the job I wanted.”**

Bouncing from job to job can be stressful, especially if you need insurance to get the help you are accustomed to, but luckily Micheal didn't have to worry about that. Over the years his insurance status had changed, but his ability to afford help never did.

Thanks to support like yours, Michael was able to get the help he needed at no cost.

Now, he is working at a nonprofit and using his education to help his community. There are still days where he struggles, but Michael knows he is never alone.

**May is Mental Health Awareness Month and this year you have the opportunity to show up for Michael and people like him. Mind Over Miles: MiSide Mental Health Awareness Walk begins May 1st and registration has already begun!**

Join the challenge and help stomp out the stigma by logging your miles and raising funds to support important services like the ones Michael receives.

**“You should use all of the tools that are available to you without shame.”**

Michael knows what it is like to have someone rooting for you every step of the way, now you can too.

We hope you will join us this May as we raise awareness of mental and physical well being by participating in Mind Over Miles. Not only will your participation change the lives of the people we serve, it can change yours too! Mindful movement is good for your body and mind, so while you are racking up miles and fundraising, you’re caring for your community and yourself.

Thank you for showing up, not just for Michael, but for everyone else who needed it too.

## Join us for Mind Over Miles: MiSide Mental Health Awareness Walk



Scan the QR code to learn more about Mind Over Miles and register today!





Celebration of  
**IMPACT**  
Gala



**SEPTEMBER 18, 2026**

**6:00 PM • THE MASONIC TEMPLE DETROIT**

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