

RECAP
IN CASE YOU MISSED IT!

Teatime inspirations



WITH
RAEGAN SEALY

As part of our Teatime Inspirations series and in celebration of International Women's Day, we hosted **Raegan Sealy**, poet, singer, rapper and Founder of Sound Board NYC. Sound Board is an organization that uses music and writing to help underserved people process trauma. Working in prisons, substance abuse treatment centers and halfway houses, Raegan is committed to giving all at-risk people access to the same life-saving engagement with the arts that she has experienced.

She was joined by **Lindsay Morris**, Executive Director of the Nantucket Project – of which Raegan is a scholar. The mission of The Nantucket Project is to accelerate the impact of what matters most.

Valerie Biberaj, Director of the Kate Spade New York Foundation, moderated the session during which, Raegan shared her personal journey and the inspiration behind her work. In case you missed the Teatime in person, [click here](#) to listen to the audio podcast. Here are just a few of their comments:

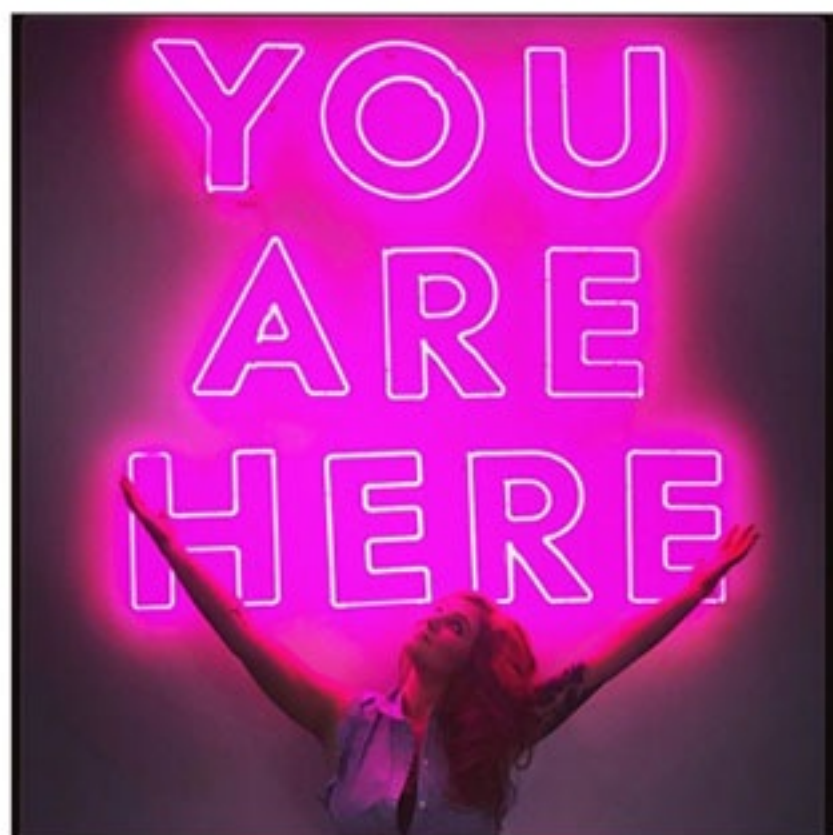
LINDSAY, CAN YOU TELL US ABOUT YOUR WORK WITH THE NANTUCKET PROJECT?

"Each year, we take 15 social entrepreneurs who are working to make the world a better place, come alongside them and ask how we can help. We work collaboratively to provide mentorship and promote their work, which ultimately leads to social change. When Raegan applied for our program, our review board unanimously agreed to accept her!"



RAEGAN, TELL US ABOUT YOUR PERSONAL STORY AND HOW YOU GOT TO WHERE YOU ARE TODAY.

"I've been in New York for three years and came over on a Fulbright Scholarship to study poetry at the New School. However, my life growing up looked vastly different than my life today. I grew up in the UK with addict parents, and ended up in foster care – because of this I moved around often, had substance abuse issues by the time I was ten and faced sexual abuse in my teens. My life was headed in a dangerous direction, but the reason I am not dead or in prison, is because I had my creativity. Through music and song writing I had the voice to tell my own story, and that became my connection to the wider world."



WHAT'S THE MISSION OF SOUND BOARD AND WHAT INSPIRED YOU TO START THIS ORGANIZATION?

"Sound Board works with underserved and at-risk people – individuals facing addiction, incarceration and abuse. I firmly believe that everyone has creativity within them, and if they can tap into creative expression it will divert them from destructive expression. Sound Board teaches individuals how to reclaim their own story and communicate their own narrative. Storytelling is the number one thing everyone can do – story is a universal language."

WHERE DID THE NAME SOUND BOARD COME FROM?

"A *sound board* is a mixing desk in a recording studio or live performance to control the levels of sound in a song. My goal is to raise the voices that have fallen below the mix in our society – the ones you don't often hear – while dialing down negative voices and messages."

WHAT ARE YOUR HOPES FOR THIS ORGANIZATION – HOW DO YOU WANT IT TO GROW?

"I'm currently focusing on creating an online platform, creating workshops that can be accessed and shown anywhere to help people process trauma. My hope is for this musical and storytelling content to be shown in every institution that works with at-risk and underserved people."

WHEN DID YOU REALIZE YOU COULD GET THROUGH TRAUMA IN YOUR LIFE WITH A CREATIVE OUTLET?

"There were many significant moments, but not one that stands out. I think there is a bad narrative that everyone has one moment, and that the moment can be missed or overlooked. **You've never missed a moment.** Even if you think you have, there is always a chance to turn things around."

TAKE ACTION! BELOW ARE WAYS YOU CAN HELP TO TRANSLATE THIS INSPIRATION: