

THE BACKSTAGE PROJECT

Healing the ones who hold the mic



832-843-1115
backstageproject.org
11777 Katy Fwy. Ste. 350 Houston, TX 77079

**The stage gets
the spotlight.**

**Backstage
is where healing
happens.**



What problem do we face?

THE PEOPLE LEADING WORSHIP ARE OFTEN LOSING THEIR OWN VOICE.

84% of Worship Pastors & Artists experience one or more symptoms of burnout

Artists and musicians are up to **3x more likely to experience mood disorders** (especially depression and bipolar tendencies) compared to non-creative peers.

Creative professionals have **higher burnout rates** than average service professions



50% Of creatives experience persistent feelings of insecurity and worry about their worth and output.

Musicians are nearly 3x more likely to experience a mood disorder than non-musicians. **3X**

40% Of professional musicians and performing artists show significantly elevated substance use compared to general population norms

Of pastors report constantly fighting depression or have experienced significant depressive symptoms over their vocational journey. **70%**

60% Ministry leaders face higher rates of problematic pornography use, driven by isolation, pressure, and constant digital access - underscoring the need for confidential support.

WHY CREATIVE PEOPLE ARE UNIQUELY AT RISK

Creatives tend to feel more intensely.

Creative cognition = amplified emotional landscape.

Their livelihood depends on interpretation.

There's no set ladder or clear KPI in creative work.

Rejection hits differently.

It often feels personal.

They often work alone.

Isolation + lack of peer support = mental health vulnerability.

Identity is tied to output.

When output stalls, self-worth takes the hit.

**It's not just "artists being sensitive,"
It's psychology backed by decades of research.**

TO CHANGE THE
TRAJECTORY OF
CREATIVE AND CHURCH
LEADERSHIP

**WE NEED
A SAFE PLACE
BACKSTAGE**



Who are we?

THE BACKSTAGE PROJECT

**Supports worship pastors, creatives,
and public-facing leaders who are
navigating burnout, trauma,
transition, or crisis.**

Founded by Brent Dyer, LPC...Pastor-turned-therapist and advocate for healthy leadership...we understand the pressure of the platform because we've lived it.



What is our mission?

To provide confidential and accessible care for creative professionals in crisis. Focusing on supporting leaders, creatives, and public servants as they recover from burnout, identity disruption, and personal collapse.





What is our impact?

When 1 leader gets help:

1 Family Strengthened

When a leader begins to heal, the first ripple hits home. Marriages stabilize. Conversations soften. Kids feel the difference. The tension that used to follow them home from Sunday services starts to lift. A restored leader doesn't just preach peace - they live it in their own living room.

1 Church Protected

Healthy leaders make healthier decisions. They set boundaries. They seek counsel. They respond instead of react. When a worship pastor is supported emotionally and spiritually, the likelihood of moral failure, burnout-driven resignation, or crisis-level breakdown drops dramatically. One stable leader protects the spiritual health and unity of an entire congregation.

Hundreds of People Influenced

Worship leaders don't just lead songs — they shape culture. They disciple volunteers. They mentor young creatives. They model resilience. When one leader is strengthened, their influence compounds week after week, year after year. Healing multiplies. Stability multiplies. Hope multiplies.

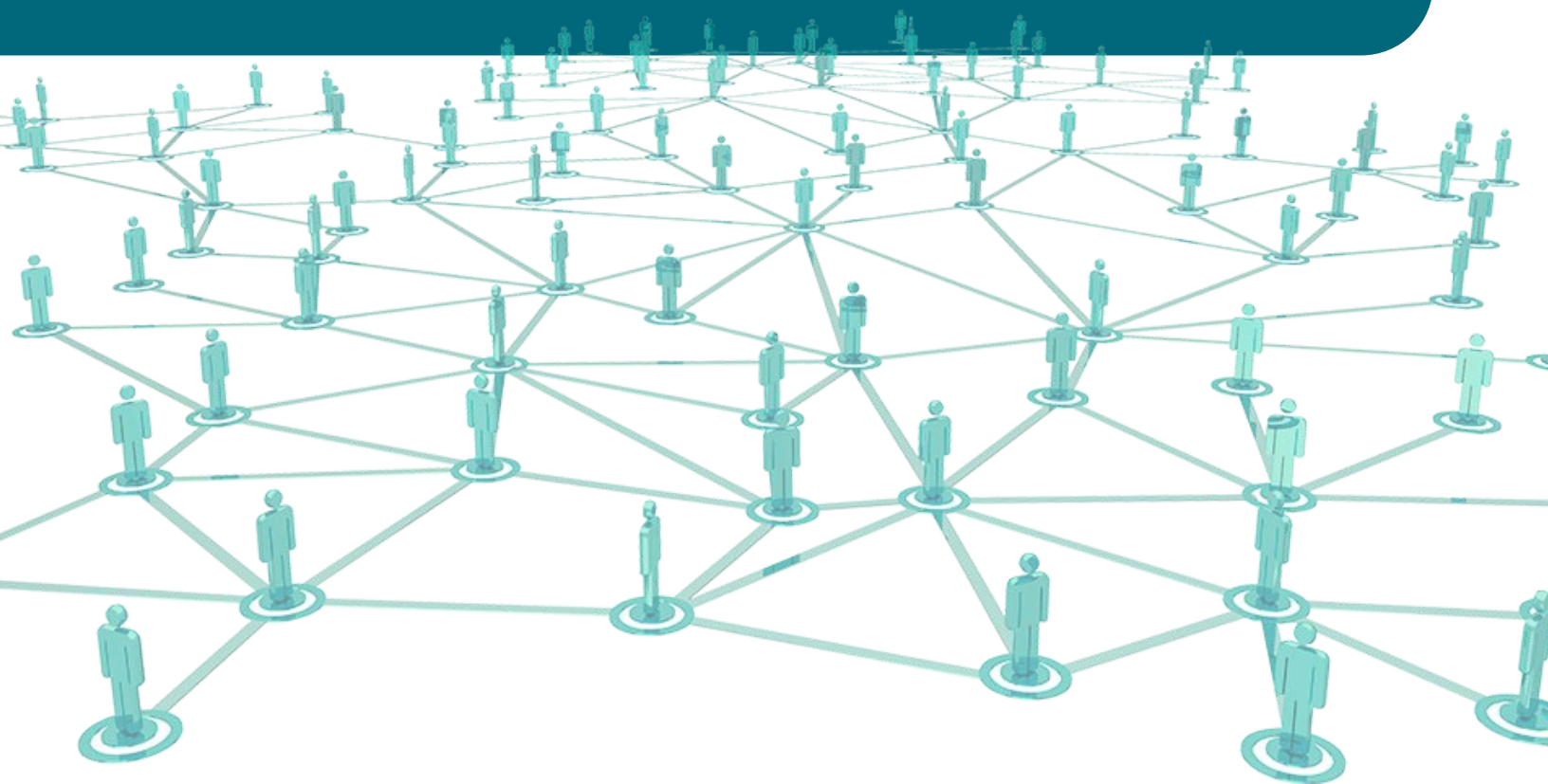
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Where are we going?

BY 2030,

THE BACKSTAGE PROJECT WILL:

- **Establish regional retreat hubs**
- **Provide confidential counseling scholarships**
- **Build a nationwide referral network**
- **Create crisis response support for ministry leaders**
- **Develop preventative mental health resources for creatives, churches, and non-profits**



What can be done?

WE CAN CLOSE THE GAP

The Access Gap

Most worship pastors and creatives:

- Don't have funds for quality therapy
- Fear stigma
- Lack confidential referral pathways
- Have no retreat space to rest

The people who need support the most often can't access it.

**If we close the Access Gap,
we protect the future of the Church.**

How can we close the gap?

The Backstage Restoration Model

We provide:

Scholarship-funded counseling sessions

1:1 Sessions, Couples Sessions, Group Sessions

Intensive retreats

Couples, Mens, Womens, Families, Ministry Teams

Cohort-based support groups

Artists, Worship Pastors, Creatives

Crisis intervention resources

Trauma-informed Clinical Interventions, Career Coaching, Ministry Coaching, Financial Help, Family Counseling

Ongoing pastoral mental health training

Psychoeducation for Churches/Ministries, Staff Training, Retreats, Congregational Trainings



What do we do?

The Backstage Restoration Model

The Back Stage Project exists to meet people offstage—when the lights go out, and the applause stops.

Core Services

- Individual Counseling
- Confidential, trauma-informed therapy with clinicians experienced in leadership, ministry, and creative cultures
- Group Counseling & Support Groups
- Carefully curated groups emphasizing discretion, shared experience, and recovery
- Therapeutic Intensives & Retreats
- Short-term, high-impact care for acute crises, burnout, and vocational trauma
- Crisis Stabilization & Referral Coordination
- Rapid response support and connection to specialized care when needed
- Psychoeducation & Public Awareness
- Resources designed to reduce stigma and normalize mental health care for leaders and creatives

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The spotlight
reveals talent.
Backstage reveals
the soul.

- Brent Dyer

How can you help?

**Every dollar restores a leader
who restores others.**

\$500 → Provides 4 counseling sessions

\$1,500 → Funds a leader's retreat experience

\$5,000 → Sponsors a full care pathway

\$10,000 → Launches a regional care cohort

\$50,000+ → Establishes a restoration hub





WILL YOU STEP BACKSTAGE?



The Backstage Project is a 501(c)(3) nonprofit.
Donations are tax-deductible.

thebackstageproject.org