



calm. impact report 2019-20





calm's **mission** is to prevent childhood trauma, heal children and families, and build resilient communities throughout Santa Barbara County.

“It is difficult to imagine what this year would have been like without *calm*.”

– PARENT

Welcome to the *calm* Impact Report. We are honored to share *calm*'s mission in action, highlighting the impact our services have on families and systems to create social change throughout the County.



Connect with CALM

Lompoc

110 S C St
(805) 741-7460

Santa Barbara

1236 Chapala Street
(805) 965-2376

Santa Maria

210 E Enos Dr, #A
(805) 614-9160

calm4kids.org



CALMsbcounty



calm4kids



CALMsantabarbara

Hello from the CEO & Board Chair

calm is here — for all of us.

As we endure one of the greatest traumatic periods of our lifetimes, the stress and strain are felt by each of us. Anxiety, uncertainty and exhaustion are taking a significant toll. And, for the most vulnerable, those feelings can be overwhelming.

Through it all, one truth remains: trauma recovery is CALM's expertise. Our services ensure the health and well-being of thousands of children and families.

calm is innovative. Trauma is bigger than any of us can solve alone. As such, CALM embeds therapists and prevention practices in schools, childcare centers, law enforcement agencies, family resource centers, and pediatric clinics. By partnering in this holistic way, we identify new opportunities to support all families.

calm is responsive. Throughout the pandemic, we provided uninterrupted, essential services tailored to meet the unique challenges of our community's families. Since March, CALM served more clients than ever before, all in new ways. We also developed innovative trainings and support groups for partner agencies to better meet evolving needs.

calm is resilient. We anticipate a deluge of mental health crises in coming years. Children, families, teachers, and organizations will require more support than ever before. CALM has served our community for 50 years, and we pledge to learn and grow to effectively support our communities for the next 50 years.

With your support, we will continue to lead with courage, strength, and grace. **calm** is here — for as long as it takes.

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Preventing Childhood Trauma




calm's prevention programs serve families with children who are most at risk for abuse and neglect. We help parents and caregivers form strong, healthy attachments, identify sources of support, and learn parenting strategies to build foundations for healthy development.


Protecting the most important relationship in the world

YEAR IN
REVIEW

in 2019 - 2020



calm strengthened
parent and child
attachments



calm blended
behavioral and physical
health in pediatric settings

Providing necessary tools for a healthy start

1,015

FAMILIES SUPPORTED THROUGH EARLY INTERVENTION



60%

OF *calm* SERVICES FOCUS ON PREVENTION



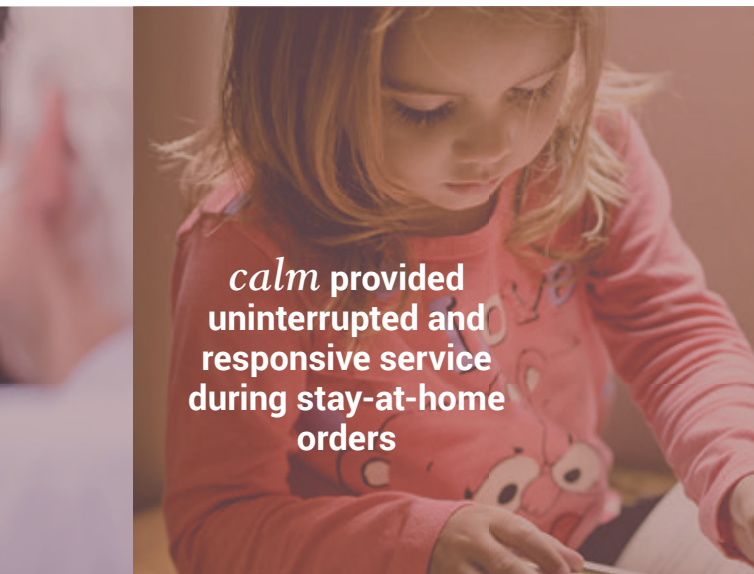
418

FAMILIES PROVIDED EARLY SUPPORTS TO PREVENT ENTERING CHILD WELFARE SYSTEM



Through therapy, my client started blooming, smiling and bonding. His foster parents were open to any and all ideas and interventions. They got the whole family doing “belly breathing”... even the dogs! It was so exciting to see them wrap around this sweet little boy. THIS is the reason we do this work.”

– TONYA, NORTH COUNTY CLINICIAN



calm provided uninterrupted and responsive service during stay-at-home orders

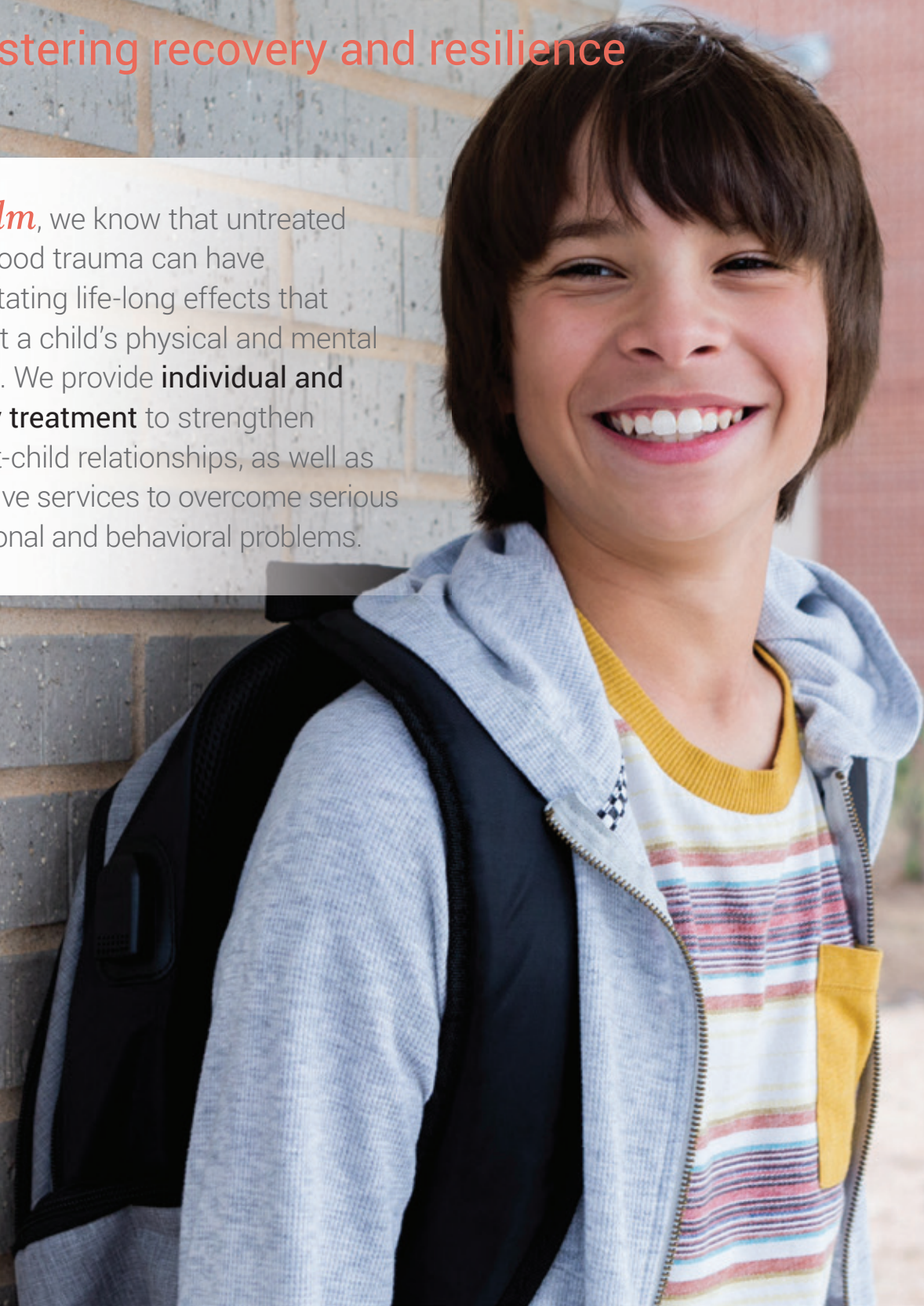


calm expanded support for teachers and school communities

Healing Children and Families

Fostering recovery and resilience

At *calm*, we know that untreated childhood trauma can have devastating life-long effects that impact a child's physical and mental health. We provide **individual and family treatment** to strengthen parent-child relationships, as well as intensive services to overcome serious emotional and behavioral problems.





Adverse childhood experiences have lifelong health effects

911

CHILDREN AND FAMILIES TO WHOM *calm* OFFERED PRACTICAL TOOLS FOR HEALING



348

CLIENTS PROVIDED INTENSIVE CARE SERVICES TO OVERCOME COMPLEX TRAUMA HISTORIES



191

INTERVIEWS FOR CHILDREN CONDUCTED BY THE *calm* SEXUAL ASSAULT RESPONSE TEAM (SART)



When I think of the impact my son’s therapist has on our lives, I think of a calm and steady presence during a daunting time. I think of a positive, guiding, and reliable figure dedicated to supporting a young man, and family in need.

Our family is stronger, more capable, and more resilient because of *calm*’s efforts. We are better equipped for these challenging times. This is precious, timely and rare, and I could not be more grateful.”

– MOTHER, CALM CLIENT

At what cost?

\$5K vs. \$400K*

COST PER YEAR TO PROVIDE EARLY INTERVENTION TO A CHILD AT *calm*



LIFETIME COSTS IF CHILDHOOD ADVERSITY IS LEFT UNADDRESSED

* costs include health care, criminal justice, and special education

Building Resilient Communities



calm creates a community where teachers, parents and children work together to provide the strongest possible start for children. We are **reaching beyond the walls** of our building and the homes of our clients to embed and partner with the community, ensuring trauma-informed practices are the groundwork for healing.





What makes working with *calm* so important and special is the mental health consultation model they use. It builds a critical mass of teachers, administrators, and staff who can respond to children’s needs in the moment ... providing a safe and nurturing classroom climate; which, helps children be ready to learn. It’s that simple.”

– FRANN WAGENECK, SBUSD ASSISTANT SUPERINTENDENT



Countywide efforts to support the entire community

10,212

SCHOOL-AGED CHILDREN *calm* HAS SUPPORTED THROUGHOUT THE COUNTY



60

TRAININGS FACILITATED BY *calm* STAFF TO COMMUNITY ORGANIZATIONS



75

NUMBER OF ORGANIZATIONS *calm* PARTNERS WITH THROUGHOUT THE COUNTY



We partner with *calm* frequently. One recent collaboration was a *calm* therapist training our preschool teachers, weekly, and for a full year, on how to positively navigate behaviors of children who are challenged emotionally and socially.

We included the parents so that the support system, knowledge, and tools were consistent both at our preschool and in their homes.

This type of community support for our most vulnerable youth is crucial – now so more than ever! With *calm*, anything is possible.”

– SHANNON SEIFERT, CEO SANTA MARIA VALLEY YMCA

Thanks to you

calm would not be able to accomplish all we have without the support of our community. We are indebted to the Board of Trustees, Auxiliary, event sponsors and attendees, Family to Family donors, Children's Legacy Society members, community partners, and countless committee members who display love and passion for *calm*'s mission each and every day.

* For a complete donor listing, please visit calm4kids.org.



CALM at Heart set a record with more than 300+ attendees and \$200,000 raised.



CALM's Board of Trustees serve as visionaries to our strategic growth and continue to be ambassadors for systems change in our community.

We are grateful for all you do



For 50 years, the CALM Auxiliary has raised funds and awareness for CALM through special events.



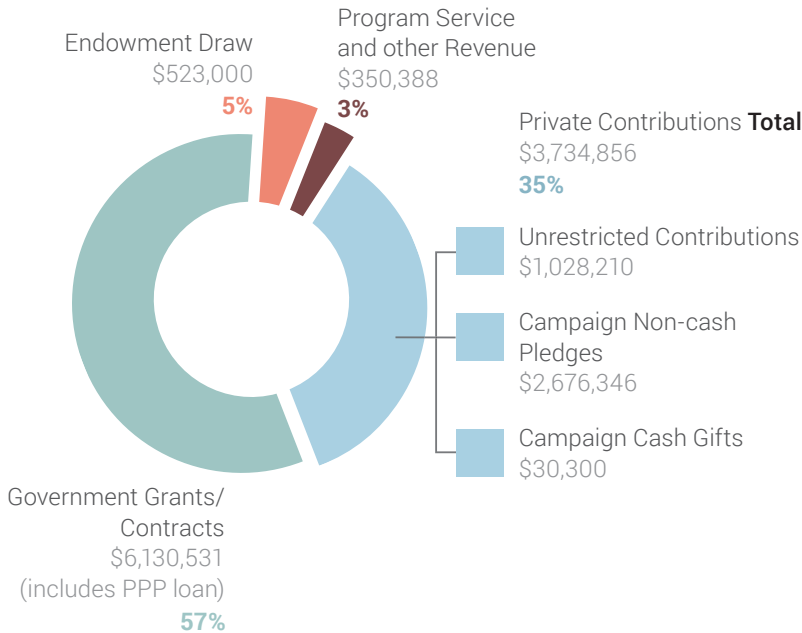
calm together

**COMMUNITY CONVERSATION:
UNDERSTANDING RACISM THROUGH A
TRAUMA LENS**

CALM Community Conversations are bringing people and ideas together to tackle big issues.

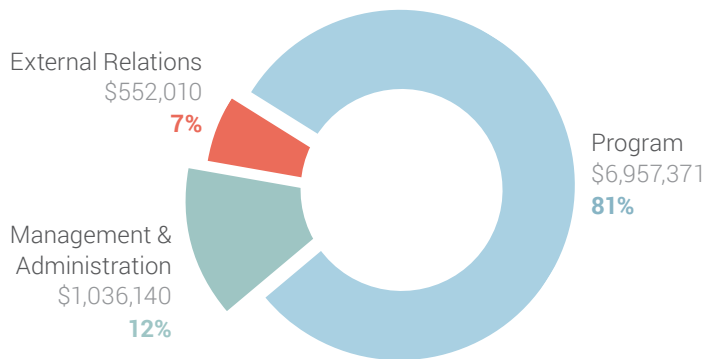
Sources of Support

\$10,738,775



Operating Expenses

\$8,545,521



* 2019-2020 audited financials and 990 can be found at calm4kids.org

2019 - 2020 at a glance

120

STAFF MEMBERS THROUGHOUT 3 OFFICES



12,434

TELEHEALTH THERAPY SERVICES PROVIDED BETWEEN 3/16/20 - 06/30/20



11,269

IN-PERSON THERAPY SESSIONS IN 2019 - 2020



1,498

COMMUNITY MEMBERS EDUCATED THROUGH TRAUMA-INFORMED TRAININGS



Every family supported, every child thrives

calm Family of Support

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\$100,000 and above

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\$10,000 - \$24,999

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up to \$100

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In-Kind

includes Family to Family

Anonymous (4)
1114 CraftHouse & Kitchen
Heather Ainsworth
The Allan Family
All Saints By the Sea Preschool
American Riviera Bank Employees
Anesthesia Medical Group of Santa Barbara
Appfolio
The Baker Family
Soma Baldwin
Stephanie Ball
Paul and Julie Baray, Ramon and Mindy Anaya, Angel and Carrie Curiel, Nian and Lisa Gonzales
PJ Baray
Bartlett, Pringle & Wolf, LLP
The Batesole Family
Bath and Body Works
The Bellamy Family
Nicolette and Andrew Benson
Blue Planet Eco Eyewear
Boone Graphics
The Book Den
Lori Bormes
The Bosma Family
Brooke Bradley
Michelle Brenner
Broomberg Family
Katie Brown
Nicki Bywater
Mrs. Calles's English Classes at SBHS
CALM Auxiliary

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calm Family of Support

In-Kind

includes Family to Family

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Carpinteria-Summerland Fire Association
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Carrillo Surgery Center & The Spine and Orthopedic Center
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Jannine Chamorro
Leonard Champion
Chapman Family
Miriam Cislo
The Collier Family
Melissa Cook
Albert Cordero
Corktree Cellars
Corona Family
Christina and Joseph Cortez, John Krasner
Crocker Family
Cox Family
Kylander & Craig Family
Crimson Day Spa
Cub Scout Pack 11
Amy Curti
Alicia D'Anna
Julie Danley
Deckers Brands - People Success & Talent Acquisition Team
Molly and Ben Diener
Nasim Delavari
Raquel Demarest
Alexis Desales
Susie Duane
Megan Duarte
Dianne Duva
Olivia Esparza
Jamie Ficarra
Fielding Graduate University
Dr. David Fischer
The Fletcher Family
The Food Liaison
The Fothergill Family
Debra Fowler
The Fowler Family
Gajardo Family
Carolyn and Andrew Fitzgerald
Heather and Robert Gibson
Sally H. Giloth
Girl Scout Troop 50762
Karla Gonzalez
Liora & Cameron Goodman
Joyce Gracie
Toni & John Grant
Trisha Gray

Carolyn Greenbaum
The Habecker Family
Jeannette Hahn
Paul and Larissa Halsell
Ashley and Tom Harrison
Mollie Harrison
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Children's Legacy Society

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Heather and Alex Craigie
Bobbi and Paul Didier
Sandra Robertson and Gene George
Mike and Marla Gibson
Margaret Hart*
Anna and Petar Kokotovic
Catherine Kort
William Ledbetter*
Allegra Lewis*
Tina Hansen McEnroe
Karen and Bob Merrill
Ray Olmstead
Thomas and Charmaine Rogers
Adele Rosen
Maryan and Richard* Schall
Judith Stewart for Stephen Stewart Living Trust*
Leah and Robert Temkin

*deceased

calm Events

CALM at Heart

Climbing

Anonymous

Running

Alliant Insurance Services, Inc.
Casa Dorinda
Carolyn and Andrew Fitzgerald
Cindy and Steve Lyons
Montecito Bank & Trust

Skipping

Bartlett, Pringle & Wolf, LLP
Bobbi and Paul Didier
HUB International Insurance Services,
Inc.
Janis Salin
Kenny and Elizabeth Slaughter
Leah and Robert Temkin
Dr. Carrie Towbes, Ph.D. and
Dr. John Lewis

Stepping

Jacquelyn Belt and Fred Clough
Fell, Marking, Abkin, Montgomery,
Granet & Raney LLP
Chana and Jim Jackson
Anna and Petar Kokotovic
Amanda and Travis Lee
Lois Moore
NS Ceramic, Inc.
Mutual of America Life Insurance
Company
Santa Ynez Band of Chumash Indians
Brigitte DeVoe Welty and Alain Welty

CrabFest

Old Bay

Mary Ann Froley
Mullen & Henzell, LLP
April Thede

Cracked Claw

Brashears Insurance Agency, LLP
Miriam Cislo
Integrated Procurement Technologies
Stella and Wes Johnson
Aurora and Adam Malan
Peter Wenzel

Courage & Resilience

Healing

Anonymous

Never Giving Up

Hutton Parker Foundation
Manadoob Foundation

Courage

Arlington Financial Advisors
Roberta and Matt Collier
Bridget Foreman
Carole MacElhenny
Charmaine and Tom Rogers

Hope

Dr. and Mrs. George Bifano
Linda and Kyle Butterwick
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