

## TRANSFORMING LIVES

### FROM THE EXECUTIVE DIRECTOR

Wave Academy has continued to grow every year since our founding, and I'm thrilled to report 2014 was the best to date.

After two years of data collection, and in partnership with Johns Hopkins' Center for Research and Reform in Education Institute, we have documented new evidence that Warm Water Aquatic Bodywork Therapy (ABT) helps reduce Post Traumatic Stress (PTS) symptoms over an eight-week treatment period. Please see the evaluation study results below for more details.

Additionally, Wave Academy saw contributions increase by 101% from the previous year. Included in this was an \$82,500 restricted grant award, the largest since our inception.

We are pleased to include many of our client success stories on our new website at [www.waveacademy.org](http://www.waveacademy.org) and also by visiting our Facebook page at [www.facebook.com/waveacademy](http://www.facebook.com/waveacademy).

On a personal note, being of service to the populations that Wave Academy serves is one of the most gratifying experiences of my, and our fellow practitioners', lives. It is only with the support of our compassionate donors that we are able to help our young veterans and their caregivers heal from the wounds of war as they begin to transform their lives.

For all that you do in support of our mission – my deepest gratitude.

Dave Towe, Founder & Executive Director



### 2014 WAVE ACADEMY'S BEST YEAR!

With the support of our community, practitioners, leadership and donors we continue to transform the lives of our veterans, their family members and caregivers.

Selected Accomplishments:

- Finalized and released study performed in partnership with Johns Hopkins University
- Increased client sessions by 370% compared to 2013
- Expanded to four private pools to offer our services on an ongoing basis
- Increased total funding by 101% over 2013

### OUR MISSION

Wave Academy is dedicated to expanding the role of Aquatic Bodywork Therapy as a powerful tool in the healing and advancement of individuals, communities and the human condition. By providing our services in San Diego, home of the largest military population in the United States, we support healing families, preventing suicides, and creating hope for the men and women who honorably dedicated their lives in service to our country.

### POST TRAUMATIC STRESS by the numbers

Of the more than **2.6 million** service men and women who served in Iraq and Afghanistan, the National Veterans Association reports that 20-35 percent returned home with PTS. Approximately **1,000 veterans of these wars are diagnosed with PTS every week**. There are tens of thousands of families struggling with the devastating effects of PTS – evidenced by the alarming statistic that **22 veterans commit suicide every day in the U.S.**

\*Statistics from the Department of Veterans Affairs (2012)

# YOUR SUPPORT IN ACTION

## Johns Hopkins Study

Wave Academy partnered with the renowned Center for Research and Reform in Education Institute at Johns Hopkins University to learn more about the impact of ABT for treating PTS.

Once per week for eight weeks 15 PTS diagnosed veterans participated in individual one-hour ABT sessions.

The study found that participants experienced a more than 28% decrease in PTS symptoms, resulting in improved sleep duration and quality, decreased pain and lower levels of anxiety.

### FINDINGS:

- Preliminary results indicate that warm water therapy may be linked to better sleep, pain reduction and lower levels of anxiety.
- The PTSD Checklist — Military (PCL-M) scores showed a 28% median reduction in symptoms over the protocol.
- The Profile of Mood States (POMS) scores showed a 38% median reduction in symptoms over the protocol.

Among others, these findings confirm the viability of ABT and set the stage for increasing care, building awareness, and improving the quality of life for our veterans. To view the full report, visit [www.WaveAcademy.com/resources](http://www.WaveAcademy.com/resources)

## Increased New Client Intake

New client intake increased by 37% in 2014 from the previous year. Through word-of-mouth, organizational partnerships, a public relations push and our new website, news is spreading about Wave Academy's unique approach to transforming lives.

## 120 NEW CLIENTS

### Gender

- Male: 74%
- Female: 26%

### Average Age

- 35.6 years old
- Males: 35.77
- Females: 38.03

### Race

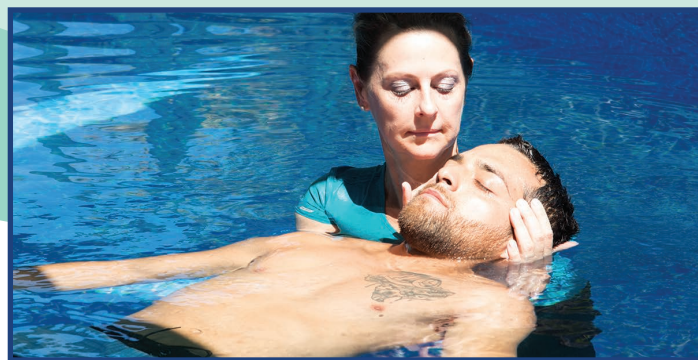
- African American: 7.8%
- Asian: 7.8%
- Caucasian: 55.65%
- Hispanic: 16.52%
- Other: 6.08%
- Declined to answer: 6.08%

### Military Branch of Service

- Navy: 26.95%
- Marines: 29.95%
- Army: 26.08%
- No answer: 20%

### Clients' Caregivers Served

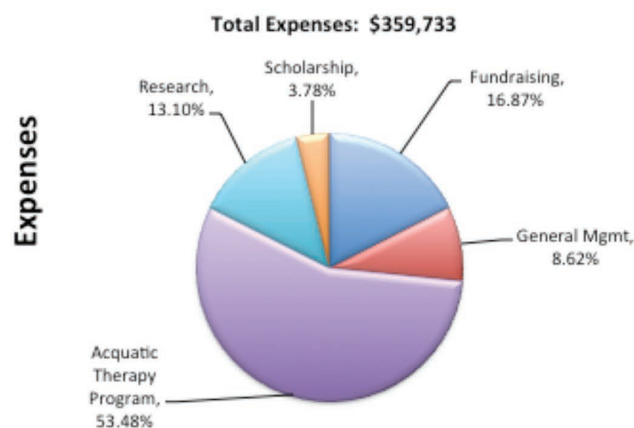
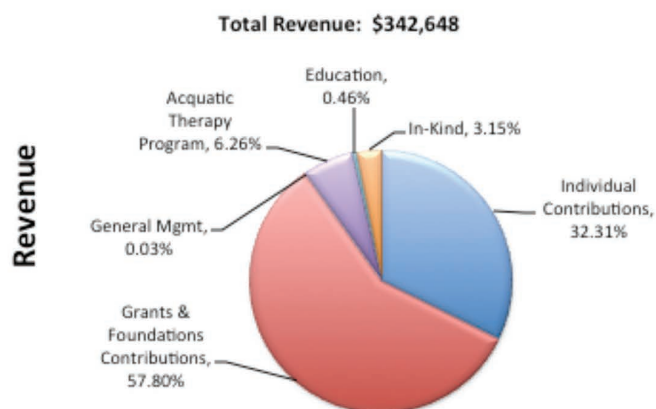
- Hospice caregiver: 4.9%
- PTS caregiver: 18.26%



“I returned from combat 10 years ago with PTSD and thought this is just the way I am now – angry, mad, aggressive. After the first treatment, I asked – is this what it's like to feel relaxed? I hadn't felt that way in years and years.”

— Amanda Smith,  
Army veteran

## Wave Academy Financial Highlights, FY 2014



### Change in Assets & Liabilities - 2013 Versus 2014

	Dec 2013	Dec 2014	Change
<b>Total Assets</b>	\$203,758	\$182,127	-\$21,631
<b>Total Liabilities</b>	\$1,741	\$261	-\$1,480
<b>Total Equity</b>	\$202,017	\$181,866	-\$20,151
<b>Change in Net Assets</b>			
Temp Restricted Assets	\$0	\$82,500	\$82,500
Unrestricted Assets	\$237,261	\$119,517	-\$117,744

# DONORS LIST

## 2014 Donations and Contributions

### Benefactor's Circle - \$25,000+

Anonymous – Donna O'Rourke – Anonymous  
Erin O'Rourke – Phil Russ

### Hero's Circle \$10,000 - \$24,999

The Walton Family Foundation  
The Yontz Valor Foundation  
Dick & Elsie Myers  
Francie Mortenson  
Mike & Nancy DeFay  
Dr. Bret Gerber

### Diamond Circle \$1,000 – \$9,999

Jim & Maike O'Rourke  
David Vogel & Larry Fulton  
Andrew Gross – Christy Walton  
Gloria Polis – Nancy Bell

### Platinum Circle \$500 - \$999

Diane Towe – Beverly Schula  
William P. McQuillan – Dan Becker  
Robyn & David Sharp  
Kelley Worrall – Michelle D. Stanley  
The Fischer Family Fund of the  
Jewish Community Foundation  
William York & Sal Usman

### Friends of Wave Academy - \$1 - \$499

Thomas & Priscilla Morelli – Gil Rose & Stan Russell – Dave Towe – Illiana Van Meetren – Jim White  
Joseph Middleton – Craig Olsen – Barbara McKown – Jean G. Ashby & Kenneth J. Burger  
Heather & Drew Goodmanson – Gary & Pam Roth – Marc Scott – Taylor Wilshire – Vivian Anderson – Deb Haggerty  
Justine Gubar – Darcy Lee – Cynthia Meinhardt – Mark Howell – Abbie Jay – Scott Miller  
Deborah Oppenheimer – Deisy Suarez – Bud Leslie – Diana Ritchey – Michael Comins – Dianna Nichols  
Roberta McKee – Paul Sussman – Aubrey Kelly – Holly Robinson – Kristin Zompa & Craig Willert



## LOOKING AHEAD - 2015

Year after year Wave Academy continues to expand. In 2013 and 2014 we focused on building the organization with qualified practitioners, outreach to the military community and launching and finalizing the Johns Hopkins University study.

Always with an eye on the future and heart set on transforming the lives of our Iraq and Afghanistan veterans, in 2015 we have set our sights on even greater growth - expanding client Aquatic Bodywork Therapy sessions to 1,100 and increasing client enrollment by 115 new clients.

To achieve this, we're broadening our reach within the military community through organizational partnerships, increasing funding through donors and grants, training more practitioners and securing pools that meet the demands of this life changing work.



### Wave Academy Team

#### Staff

Dave Towe, Founder & Executive Director  
Candice Colin, Clinical Case Manager

#### Certified Licensed Aquatic Bodywork Practitioners

Keith Anderson • Kim Hartz • Aubrey Kelly • Kit Kuhlman  
Marcia Le Monte • Erin O'Rourke • Sharon Plaché  
Gal Rahimi • Sebastian Skinner • Mary Theri Thomas  
Dave Towe • Cheryl Zolla • Pete Voggenthaler  
Spike Bywater • Alex Weston



## WE NEED YOUR SUPPORT TO TRANSFORM LIVES

Please donate today at [www.waveacademy.org/donate](http://www.waveacademy.org/donate)

### FUNDING

The total treatment cost on average for each participant is \$1,600.

#### No-Cost Sessions:

To offset the burden to our veterans, we offer treatment at no cost to those who qualify.

#### Practitioner Scholarships:

Greater demand means a greater need for trained practitioners. Wave Academy offers 4 scholarships per year to those who meet the qualifications including having a deep desire to treat veterans.

### POOL ACCESS

To accommodate 1,100 sessions over the next year we need more public pools access that meet the ABT requirements. If you know someone connected to warm therapy pools in San Diego County, please help by connecting your associations with Wave Academy leadership.



### Board of Directors

Erin O'Rourke, President  
Philip Russ, Vice President  
Dan Becker, Secretary/ Treasurer  
Francie Mortenson, President Emeritus

“I am committed to sharing the healing power of Aquatic Bodywork Therapy with those who are most in need of help and might not have access to vital support without Wave Academy.”  
— Erin O'Rourke,  
Wave Academy  
Board President