

THANK YOU FOR HELPING US TRANSFORM LIVES

From the Executive Director

When I began at Wave Academy on January 1, 2017, I learned that Wave Academy was a solid non-profit that provided a much-needed service in San Diego. I was intrigued about the aspect of water as an element of healing, and I was eager to “dive in” to help our veterans heal from trauma. It was a significant year of learning, growing and helping others.

In 2017...

- We provided a best practices program that supported more than 100 clients through aquatic therapy.
- We welcomed clients from active duty military, veterans and caregivers who served in all branches of the military and represented eras from the Vietnam War to Post-9/11 conflicts.
- We hired a Community Engagement Coordinator to build a bridge with veteran groups, mental health organizations, and non-profits.
- We partnered with graduate programs at the University of San Diego and San Diego State University to leverage planning in marketing, financial, and strategic outlooks.
- We became a recognized non-profit among local government agencies and received a proclamation by the County of San Diego for **Wave Academy Day** on August 26, 2017.

Most significantly, we made a profound difference.

Our data collection outcomes show that our clients benefitted deeply from the program.

- In 2017, clients had an average decrease in PTS symptoms by 28 percent.
- Clients described outcomes of increased quality and duration of sleep, improvements in their trust in others, acceptance of themselves and others, and tools to help decrease stress or anxiety.

Thank you to our community members, practitioners, volunteers and friends who support Wave Academy. We are transforming lives together.

Warmly,



Elizabeth Berg, MA, CFRE
Executive Director



Our Mission

The mission of Wave Academy is to expand the role of warm water therapy as a powerful tool in the healing of underserved individuals who have experienced trauma. Wave Academy currently serves active duty military and veterans who are diagnosed with post-traumatic stress, as well as their qualified caregivers. We support healing families, preventing suicides, and creating hope for men and women who honorably dedicated their lives in service to our country.

Key Accomplishments

- We provided a best practices program that served 102 clients with 8 to 12 weeks of aquatic therapy.
- PTS symptoms decreased by an average of 28 percent in 2017 between pre- and post-assessments.
- Program retention increased by 50 percent over 2016 with 75 percent of our clients completing their program.
- Wave Academy was a recognized as a LIVE WELL San Diego partner.
- Our events, including a 5K Trail Run and a Recognition Picnic brought new sponsors, media coverage and public awareness.

2017 Partnerships



LIVE WELL
SAN DIEGO

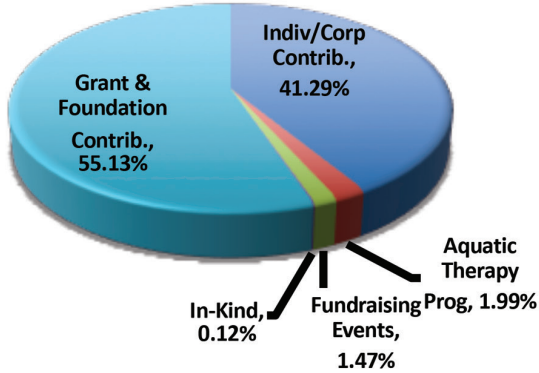


SAN DIEGO STATE
UNIVERSITY

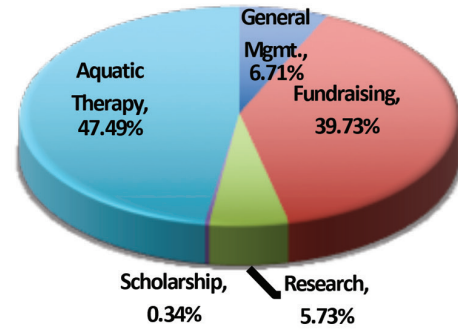


Wave Academy Financial Highlights, FY 2017

Total Revenue: \$336,694



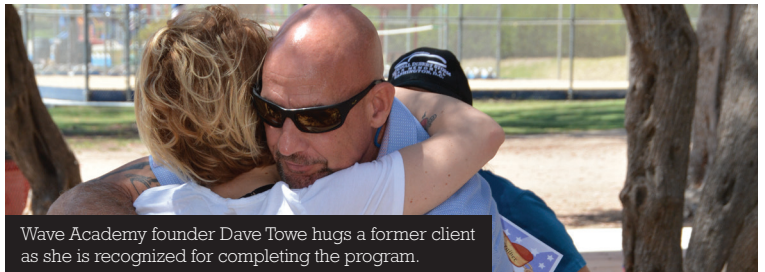
Total Expenses: \$259,125



Change in Assets & Liabilities - 2016 Versus 2017

	Dec 2016	Dec 2017	Change
Total Assets	\$203,060	\$276,678	\$73,618
Total Liabilities	\$5,926	\$5,219	-\$707
Total Equity	\$197,135	\$271,459	\$74,324
Change in Net Assets			
Temp Restricted Assets	\$109,120	\$92,990	-\$16,130
Unrestricted Net Assets	\$176,034	\$158,802	-\$17,232

Highlights from 2017 Events



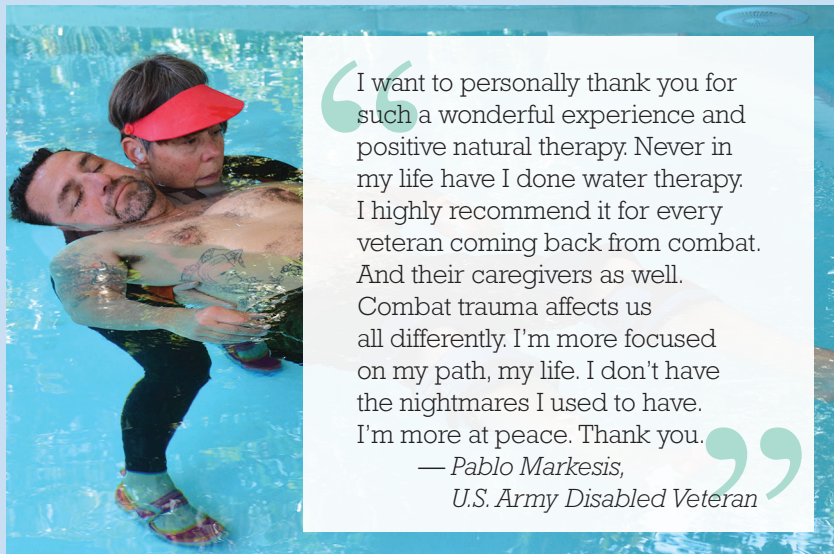
Notes from Clients

I'm so grateful and thankful for this program. Words can never explain the amount of peace I have felt in the last couple of weeks. I feel peaceful and that don't come easy.

— Female Navy veteran who served for 12 years, earned 8 Navy achievement medals and has both PTS and MST (military sexual trauma)

My anxiety levels have shown lots of improvement. Today really helped solidify that momentum.

— Army veteran who served for 14 years and has PTS related to combat service and moral injury.



I want to personally thank you for such a wonderful experience and positive natural therapy. Never in my life have I done water therapy. I highly recommend it for every veteran coming back from combat. And their caregivers as well. Combat trauma affects us all differently. I'm more focused on my path, my life. I don't have the nightmares I used to have. I'm more at peace. Thank you.

— Pablo Markesis,
U.S. Army Disabled Veteran

It was nurturing, blissful and serene. It brought back memories of young childhood safe in mother's arms. Transcendent feelings.

— Vietnam veteran with combat-related PTS

I have had many thoughts about what my life would be like without my experiences in Iraq and Afghanistan. I can say that with my sessions working with my practitioner, I no longer think that way. I'm happy where I'm at.

— Retired Marine Corps veteran who served for 21 years in Post-911 conflicts

It was as if bad energy was being released from my body. Love light into my body and soul.

— 20+ year female Navy officer with PTS and MST

Aquatic Practitioners: Skilled and Specialized

Wave Academy's team of Aquatic Practitioners have a minimum of 500 hours of training in massage therapy, followed by 500 hours of training to be certified as a Watsu® Practitioner. Classes require an extensive amount of work learning how the body can be moved through water to help release tension and create a symbiotic relationship that opens feelings of peace. Most practitioners also take additional classes to expand their work in aquatic therapy, as well as understanding trauma in clients.



I love the mission of helping veterans heal and feeling the deep commitment of the water. It is an honor that feeds my soul deeply.

— Marcia La Monte, Aquatic Practitioner and pool owner

2017 Participant Information Summary

Total Clients Served: 102

Gender

- 71% Male
- 29% Female

Military Status

- 95% Veterans
- 3% Service Members
- 2% Caregivers of Veterans

Branch of Service

- 4% Air Force
- 27% Army
- 1% Army National Guard
- 1% Coast Guard
- 32% Marine Corps
- 32% Navy

Conflict

- 55% OEF
- 51% OIF
- 14% Gulf War
- 3% Vietnam
- 1% Other

Age

- 0% 18-24
- 35% 25-34
- 31% 35-44
- 22% 45-54
- 10% 55-64
- 2% 65+

Marriage & Family

- 61% Have Children
- 38% Married
- 29% Divorced
- 29% Single
- 3% Partnered
- 0% Widowed
- 1% Declined to answer

Employment

- 28% Employed
- 72% Unemployed

Enrolled in Higher Education

- 24%

Race/Ethnicity

- 25% Hispanic or Latino
- 75% Non Hispanic or Latino
- 5% American Indian/Alaskan Native
- 7% Asian
- 9% Black or African American
- 2% Native Hawaiian or other Pacific Islander
- 62% White
- 15% Other

DONORS LIST

2017 Donations and Contributions

Platinum Circle \$25,000+

Anonymous

Donna O'Rourke

Woltman Donor Advised Fund at the Rancho Santa Fe Foundation

Gold Circle

\$10,000 - \$24,999

Elsie & Dick Myers
Walton Family Foundation
Yontz Valor Foundation
Foundation for
the Development
of Human Potential
The Atlantic Philanthropies

Silver Circle

\$1,000 - \$9,999

Dan Becker
Frances Mortenson
Michelle D. Stanley
Jim & Maika O'Rourke
Philip Russ
David Vogel & Larry Fulton
Mike & Nancy DeFay
Maggie Hannegan

Bronze Circle

\$500 - \$999

Dave Towe
Charles Liamos
David C. Kennedy
Ellie & Jeff Byrd
Esther Fischer
John Pierce & Laurel Wyckoff
Sycuan Casino

Friends of Wave Academy \$1 - \$499

Greg Darling – Illiana Van Meeteren – Spike Bywater – Gates Ingram – Elizabeth Berg – George Lanz – Timothy Klauber – Shella Bywater
Connie Berlingeri – Joanne Beatcher – The K Foundation – Valerie Ann Johnston – Denise Rathnam – Kelley Worrall – Lewis Ernest Meyer
Maki Yamamoto – Martin R. Tyler – Protector Brewery – Leonard B. Casiple – David Sumpter – Rocio Ramos – Andrew Laub
Claire Donahue – Laura Pauli – Marco & Paula Cardamone – Merrily Beck – Robert Mison – Leticia Lifton – Renee McMahon
Michael Ruvo – William Ross – Christy Holden – Sylvia Rivas – Cheryl Einsele – Cheryl & George Zolla – Lazar Commercial Real Estate, Inc.
Lisa C Barnett – Michael Kyle Worrell – Warren Smith – Jane Wolf Frances – Malia Behen – Mark Kuncie – Melina Escalante – Jose E. Rios
Giselle Vallejo – Jerome Beery – William Castor Jr. – Timothy White – Lourdes Shapiro – Taylor Edwards – Dana Oakes
Janet Juarez – Richard Nienstedt – Maryoly Ayala

Board of Directors 2018

Dan Becker, Realtor, Board President
Maggie Hannegan, Director of Philanthropy
Dr. Mark Jesinoski, Clinical Psychologist
Nick Seidel, Retired Army Officer

“Aquatic therapy provides a deep acquaintance with your body. It's a wonderful adjunct therapy. Integrative medicine is where things are going with trauma work. Wave Academy is an important cog in the multi-therapy wheel.”

— Dr. Mark Jesinoski

Wave Academy Team

Founder, Dave Towe
Executive Director, Elizabeth Berg MA, CFRE
Community Engagement Coordinator, Maria Halkiadakis, U.S. Army Veteran
Grant Writer, Emilio Flores
Interns from University of San Diego: Ashlynn Rossi, Becca Simpson, Lindsey Kirkbride

Certified Licensed Aquatic Bodywork Practitioners
Tyson Bierwolf • Spike Bywater • Kim Hartz
Andrew Hockenberry • Kit Kuhlman • Marcia La Monte
Erin O'Rourke • Sharon Plaché • Gal Rahimi
Sebastian Skinner • Mary Theri Thomas • Dave Towe
Cheryl Zolla

Join the Wave Academy Movement

- Read our many success stories at www.waveacademy.org.
- Apply or donate online, or call 619-453-0953.

Who We Serve

Active duty military and veterans diagnosed with post-traumatic stress, and their caregivers. Most clients are eligible for free or reduced services.