

ANNUAL REPORT 2019



LETTER FROM THE PRESIDENT & EXECUTIVE DIRECTOR

Dear Friends,

"I laughed for the first time this week," wrote one of our clients after a session of aquatic therapy. The client was working through a difficult time, which was compounded by his symptoms of Post-Traumatic Stress (PTS). These symptoms limit his ability to feel calm enough to enjoy the moment.

Wave Academy's program helps by addressing two key factors: the ability to feel calm and the ability to trust others. Clients tell us that the program is life changing and life affirming.

With your support our program is helping. Thank you!

In 2019, clients averaged a 22 percent reduction in PTS symptoms. This aligns with results from each of the past six years; we consistently see an average drop of 20-25 percent as a result of our 8-week program. This is helping to relieve the devastating symptoms associated with PTS.

Wave Academy's program is outcomes driven, scientifically measurable and includes strong protocols to deliver a world-class treatment modality. Our aquatic therapy program, which began nine years ago, ensures that more veterans survive and thrive in spite of their PTS diagnosis.

This is important because the number of individuals and families struggling with PTS in our community is astonishing. According to the San Diego VA Healthcare, there are 25,000 veterans who have PTSD. There are many others, including active duty and retired military, who cope with undiagnosed symptoms. Their challenges not only affect themselves, but their family and community as well.

Today, we address this critical community need to help reverse the spiral of depression, isolation and suicide. We hope that every one of our clients will laugh again.

We ask that you help us continue this important work. Donate. Volunteer. Advocate. Your efforts make a difference in the lives of those who have given so much.

With gratitude,

Maggie Hannegan
Board Chair

Elizabeth Berg
Executive Director

*"I felt completely at ease in my head. Feeling more relaxed.
I felt like I was floating in a dream"*

Male Navy veteran of Operation Iraqi Freedom & Operation Enduring Freedom



OUR WHY

COMMUNITY NEED: Wave Academy was founded in 2010 to address the veteran suicide epidemic facing our nation. Throughout the last decade, up to 22 service members and veterans a day have lost their lives to suicide. San Diego County has the third-highest concentration of veterans in the nation, the highest proportion of active-duty service members in the country, and the highest rate of veteran suicide in all of California. Many military members and veterans have expressed dissatisfaction with traditional PTSD therapies and have expressed interest in alternative-therapy solutions. To confront all of these problems, Wave Academy has made our profound, warm-water therapy accessible to the military and veteran community of San Diego.

OUR MISSION: Wave Academy's mission is to help active-duty military and veterans heal from post-traumatic stress through our unique, research-based program of warm water therapy. Our service welcomes caregivers to support whole family wellness.

OUTPUTS: In 2019 Wave Academy served 133 clients in the water for our healing, transformational program. Each client participated in a research-based 8-week, 8-session program. The program is open to PTS-diagnosed active-duty military and veterans of all eras, regardless of discharge status. Qualified applicants receive Wave Academy's therapy at low-cost or no-cost to make this therapy accessible for low-to-moderate income applicants. Caregivers of service members or veterans enrolled in Wave Academy are also eligible for the therapeutic program.



OUTCOMES: In 2019 Wave Academy achieved a 22.2 percent average decrease in symptoms for its clients. Since its foundation Wave Academy has never lost a client to suicide. Year after year Wave Academy is able to report a 20 percent or higher annual average decrease in its clients PTS symptoms.

IMPACT: Aquatic bodywork therapy addresses PTSD symptoms such as trusting oneself and others, achieving a state of calm and relaxation, stress management, and acceptance. The Wave Academy program is designed to encourage individuals to make a transition from Post-Traumatic Stress Disorder to a state of Post-Traumatic Growth by promoting virtues such as personal wellness, mindfulness, and resiliency. By providing our high-level healing modality of aquatic therapy, Wave Academy can make an impact on dropping the military and veteran suicide rate in San Diego to zero.

2019 HIGHLIGHTS



WAVES FOR THE BRAVE 5K

In 2019 Wave Academy held our second annual 5K trail-run and hike, the Waves for the Brave 5K at Lake Poway. This year's event featured live-music courtesy of The Roy Rockers. Eve Jack and the Ramona High School JROTC color-guard joined forces for a solemn national anthem and colors ceremony, and after the race, runners were treated to free Kombucha sampling thanks to Vida Kombucha. Although the weather was wet, the conditions for a great 5K and spreading Wave Academy's mission to the community couldn't have been more perfect. Waves for the Brave 5K raised \$18,246 in support of our healing, aquatic therapy.



WAVE ACADEMY SUMMER OPEN HOUSE

The 2019 Summer Open House event gave the opportunity for members of the healthcare, military, veteran, and caregiver communities to obtain a thorough understanding of the Wave Academy mission and what we do to achieve it. Aquatic bodywork therapy demonstrations were given by Wave Academy practitioners Cheryl Zolla and Tyson Bierwolf. Clients Norriah Mease and Joseph Schramm spoke on how Wave Academy has affected them, and County Supervisor Kristin Gaspar's policy advisor Corrine Busta touched on Wave Academy's important role as a community partner.



WAVES OF SUPPORT DINNER

The 2019 Waves of Support Dinner brought together a gracious group of individuals for an intimate and unforgettable evening of exquisite food, remarkable stories, and charitable atmosphere. Clubhouse season passes from the Del Mar Thoroughbred Club, four home-plate San Diego Padres tickets, and a four-pack of float sessions were auctioned off by our Board President Maggie Hannegan. Executive Director, Elizabeth Berg and Outreach and Communications Coordinator, Sean McGinty both gave their unique perspectives on how Wave Academy has affected them and their communities. The \$35,000 raised has been instrumental in providing our unique, effective therapy to the men and women who have served our nation.

NEW SOURCES OF SUPPORT: In 2019 both the Art Pratt Foundation of Old Mission Rotary and the USS Midway Foundation selected Wave Academy as a recipient of their grant programs. New corporate sponsorships gained in 2019 also helped underwrite the cost of our three events: The Waves for the Brave 5K, Summer Open House, and the Waves of Support Dinner.

VITAL NEW PARTNERSHIPS: Wave Academy obtained its first partnerships with active-duty military organizations in 2019 - The Overcoming Adversity and Stress Injury Support (OASIS) program at Naval Sub-Base San Diego and the Surf Clinic held by Navy Medical Center San Diego.

CLIENT INPUT COUNCIL: In October, Wave Academy staff invited a number of client-volunteers to a roundtable discussion focused on ways to improve Wave Academy's program from a client's perspective. Much of the data taken from this session was put to use in tailoring our post-program survey questions and in crafting additions to the program for 2020.

BY THE NUMBERS

133

The total number of men and women served by Wave Academy's life-changing therapy, not including their loved ones who also benefit from their wellness outcomes.

22

This was the average decrease in PTS symptoms between pre- and post-assessments achieved through the 8-session aquatic bodywork program.

8

This is the number of sessions of our aquatic therapy program. Clients who complete all eight sessions are presented with a challenge coin to recognize their commitment.

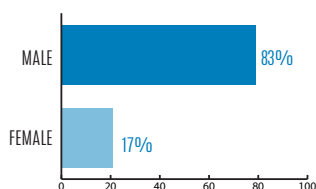
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Wave Academy expanded its Board of Directors with three new members that contribute with their respective talents in legal matters, human resources, and insurance expertise.

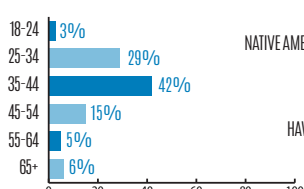
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Wave Academy brought on two new staff members in order to help build capacity: Sean McGinty, Outreach and Communications Coordinator, and Chelsey Hinrichsen, Administrative Manager.

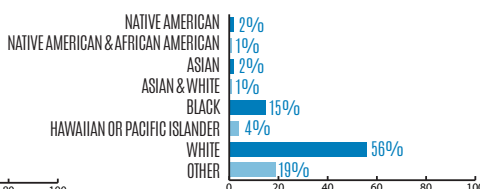
PARTICIPANT INFORMATION



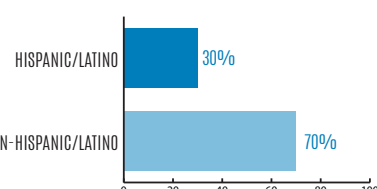
GENDER



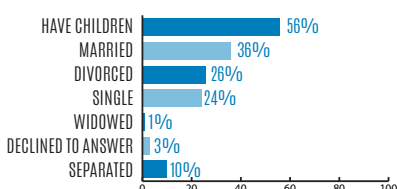
AGE



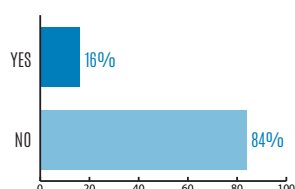
RACE



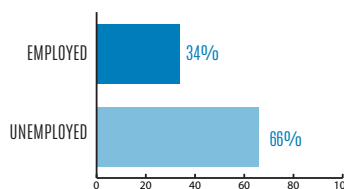
ETHNICITY



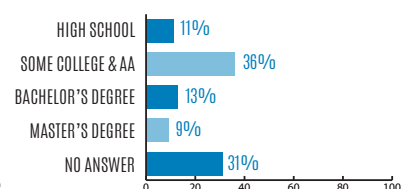
MARRIAGE & FAMILY



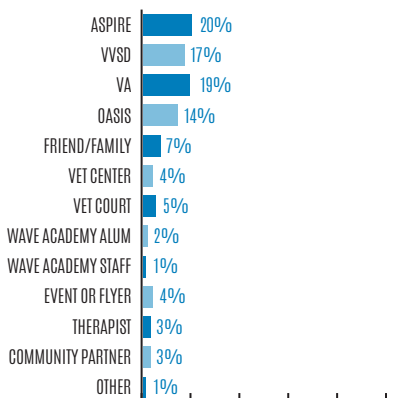
FEMALE HEAD OF HOUSEHOLD



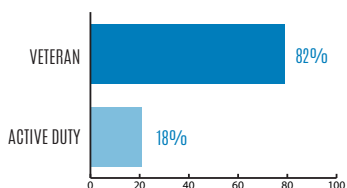
EMPLOYMENT



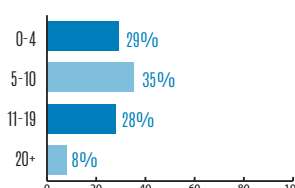
HIGHER EDUCATION



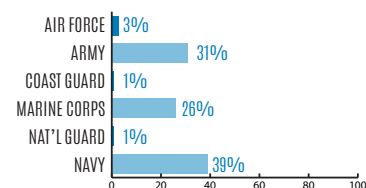
REFERRAL SOURCE



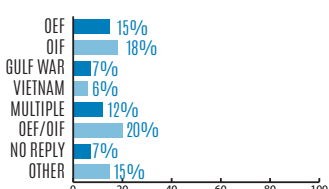
MILITARY STATUS



AVERAGE YEARS OF SERVICE



BRANCH OF SERVICE



CONFLICT



OUR HIGHLY TRAINED PRACTITIONERS

The crux of the Wave Academy program is our highly-trained team of aquatic practitioners. To become certified as a Wave Academy practitioner an individual must first complete 500 hours of training to become a certified massage or physical therapist. This is followed by an additional 500 hours of aquatic training to become a licensed Watsu® Practitioner. Classes require an intensive, in-depth education into how a body may be manipulated in the water to release tension and deliberately maneuver a client's body to induce extreme relaxation, feelings of calm, and profound trust in the practitioner. Wave Academy's practitioners are multi-disciplinary, and pursue additional training to expand their aquatic therapy skills and better understand military and veteran clients who have experienced trauma.

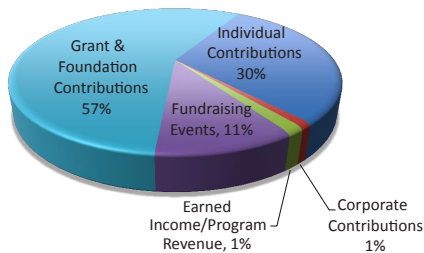
OUR VOLUNTEERS

[Big thank you to our Wave Academy volunteers](#) The success Wave Academy in 2019 could not have been possible without the tremendous support of our volunteers. To Deb Brown, Claudine Casillas, Danielle Seidel, Amber Lay, Bobbi Hammack, Jonathan Martinez-Ramirez, Bentley Brown, Joe Schramm, Billiekai Boughton, Norriah Mease, Dennis Sinclair, J Lee, Branden Gray, Cherrie Phillips, the Marroquins, as well as many, many others -- Wave Academy thanks you for all the hard work and effort you provided to help us succeed.

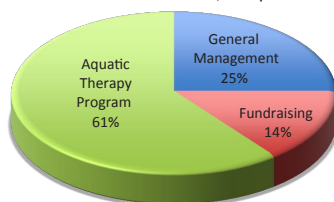


FINANCIAL 2019 HIGHLIGHTS

TOTAL REVENUE: \$413,409



TOTAL EXPENSES: \$394,119



FINANCIAL POSITION

ASSETS	DEC 2019	DEC 2018
Cash & Equivalents	\$311,583	\$286,906
Contribution & grant receivables		
Fixed Assets (Net of accumulated depreciation)	\$0	\$60
Other Assets	\$16,380	\$17,742
TOTAL ASSETS	\$327,963	\$304,708
LIABILITIES		
Accounts Payable	\$0	\$0
Other Current Liabilities	\$12,010	\$7,637
TOTAL LIABILITIES	\$12,010	\$7,637
NET ASSETS		
Unrestricted	\$220,107	\$197,869
Temporarily restricted	\$95,845	\$99,202
TOTAL NET ASSETS	\$315,952	\$297,071
TOTAL LIABILITIES AND NET ASSETS	\$327,962	\$304,708

REVENUE & EXPENSES

SUPPORT & REVENUE	DEC 2019	DEC 2018
Grants & Contributions	\$394,779	\$342,293
Program Revenue (Earned Income)	\$13,775	\$18,381
Interest Income	\$456	\$16
TOTAL SUPPORT & REVENUE	\$409,010	\$360,690
EXPENSES		
Program services	\$210,128	\$195,854
Support Services		
Fundraising	\$98,223	\$46,758
Management & General	\$85,971	\$81,032
Total supporting services	\$184,194	\$127,790
TOTAL EXPENSES	\$394,322	\$323,644
CHANGE IN NET ASSETS	\$14,688	\$37,046
NET ASSETS-BEGINNING OF YEAR	\$250,583	\$228,225
NET ASSETS - END OF YEAR	\$265,271	\$265,271

LIST OF DONORS

Anonymous
 Abigail Allen
 Alejandro Garcia
 Alumbra Innovations Foundation
 Andrew Feaster
 Anne Sexton
 Art Pratt Foundation of Old Mission Rotary Club
 Ashley Weeks
 Barbara McKown
 Bob Sobol
 Bobbi and Fred Hammack
 Brave Wellness Studio
 Bret Gerber
 Carol Foster
 Carolyn Balkwell
 Casa Palmera
 Catharine Brown
 Cathy Deibler
 Charles Lamos
 Cheryl & George Zolla
 City of San Diego
 Consilio
 County of San Diego
 Cristina Bailey
 Cynthia Offenhauer
 Dan Becker
 David Kennedy

David McCormick
 David Riber
 Del Mar Thoroughbred Club
 Donna O'Rourke
 Dr. Blaire Ehret
 Dustin Bingaman
 Eco Chateau
 Elizabeth Berg
 Elsie and Dick Myers
 Envent
 Eric Forbes
 Esther Fischer
 Eve Jack
 Frances Mortenson
 Gary Rossio
 Gates Ingram
 George Lanz
 Greg Darling
 Illiana Van Meeteren
 International College of Holistic Studies
 Isaiah Walker
 Jacqueline McKenna
 Jim & Maika O'Rourke
 Joanne Beatcher
 Kathleen Takayama
 Kathryn Keitzer
 Kelley Worrall
 Liberty Call Distilling Co.

Linda Brown
 Linda Frodesen
 Linda & Butch Purvis
 Lynda Gualtier
 Lynn Thierolf
 Marcia LaMonte
 Margaret Hannegan
 Mariano Ramirez
 Mark & Karen Victor
 Marsha Stocking
 Mary Engles
 Mary Whitehead
 Matthew Lorscheider
 Maurice & Rebecca Mezzino
 Meghan & Jared DeSpain
 Merrily Beck
 Michael Crivello
 Michael Ruvo
 Michelle Stanley
 Mike and Nancy DeFay
 Nancy Sasaki
 Norriah Mease
 Ori Schnitzer
 Patricia Kellenbarger
 Paychex
 Pete McMahon
 Philip Raphael
 Philip Russ

Poway Veterans Organization
 Renee McMahon
 Rey Clanor
 Richard Woltman
 Robert Mison
 Sean & Shauna Malone
 Sharon Plaché
 Shawnie Adams
 Simon Family Philanthropic Foundation
 Sparkletts
 Stephen Chin
 Steven Hasson
 Susan Payne
 Target
 Taylor Vinzant
 Teague Insurance
 Timothy & Christina Adams
 Timothy Klauber
 Todd Murray
 Travis & Vicki Williams
 University of Southern California Marshall School of Business
 U.S.S. Midway Foundation
 Valentine Malicsi
 Vida Kombucha
 Yontz Valor Foundation

PARTNERSHIPS



Wave Academy welcomes its first active-duty organizational partnership - In March of 2019 Wave Academy was offered an opportunity to present its therapeutic program to the US Navy's Overcoming Adversity and Stress Injury Support (OASIS) comprehensive in-patient PTSD program at Naval Sub-Base Point Loma. The presentation was given to a combination of active-duty Navy medical officers and DoD civilian psychologists, followed by a panel of questions from the cohort about topics ranging from accessibility of pools to client safety precautions. Due to our program's years in service and tight procedural methodology, we were selected to become an additional therapy available to the men and women assigned to OASIS.

Partnering with the OASIS program represents Wave Academy's first foray into dealing directly with an active-duty Department of Defense organization to provide aquatic bodywork therapy to current service members. The OASIS program utilizes a host of traditional and holistic therapies to treat service members in need from all branches of service who come from any active military installation around the globe.



NEW PARTNERS HELP LINK WAVE ACADEMY TO CAREGIVERS

An important part of Wave Academy's mission is serving the caregivers of our military and veteran clients to promote whole family wellness. To better expand our reach to military and veteran caregivers, Wave Academy has been working with the Southern Caregiver Resource Center in San Diego County.

Wave Academy has worked alongside the SCRC at their "Strong Caregiver, Stronger Family" expo's geared toward military and veteran caregivers, and as co-presenters at the Navy Wounded Warrior Caregiver Expo at Balboa Hospital. Both Wave Academy and the SCRC are dedicated to helping caregivers and their families through their respective programs.

"Everyone is a caregiver for somebody," explained Jessica Romero, community educator at the Southern Caregiver Resource Center. "There are unique challenges for the caregivers for military families due to physical injuries or mental illnesses of the military lifestyle. That is why it is so important to have resources like Wave Academy available."

BOARD OF DIRECTORS

Maggie Hannegan - President
Dan Becker - Immediate Past President
Dr. Mark Jesinoski, Susanna Summers,
Andrew Feaster, David Sumpter

FOUNDER

Dave Towe

STAFF Elizabeth Berg - Executive Director
Chelsey Hinrichsen - Administrative Manager
Mariela Brambila - Development Manager
Sean McGinty - Outreach and Communications Coordinator

PRACTITIONERS Tyson Bierwolf, Kim Hartz,
Marcia LaMonte, Kit Kuhlman, Erin O'Rourke,
Sharon Plaché, Cheryl Zolla



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