



ANNUAL REPORT 2021



LETTER FROM PRESIDENT OF BOARD & EXECUTIVE DIRECTOR

"Great deeds are usually wrought at great risks," wrote the Greek historian Herodotus. While focusing on the great deed of carrying out our mission, we took a great risk in 2021– to raise \$1M in capital funds to build a facility that would strengthen our service to the community. The outpouring of donor and grantor support lifted us this year, and we want to acknowledge the donors who shared our passion to grow into our own space. We will remember 2021 with much gratitude for helping us raise \$670,000 in capital campaign funds from April -December 2021.

Focusing on our mission is always a core priority. Although we were closed in early 2021 due to the pandemic, we served 89 participants from late March to December. We discovered that the global attention on mental health helped open new partnerships and deepen existing partnerships. The VA, for example, shifted into a more active partner role with us and we saw referrals coming from different groups within their system. We also developed new partnerships in support of veterans dealing with PTSD, such as with Confidential Recovery. Take a look inside to read some of our partner quotes about referring clients to our program.

In 2021 we had some exciting changes to our team. We brought on a new board member, Will Dendy, who brings financial and management acumen. We hired two staff members who are central to the success of our program and fundraising in 2021: Mateo Montell, Wellness Specialist, who is our program manager and client/partner liaison, and Elise Baker, Fundraising & Marketing Manager, who supports grants, communications and administration.

We ended 2021 as a stronger team with the summit of our new facility in sight. We can't wait to help more individuals who are dealing with trauma. As we approach the peak of this mountain, we want to thank you for being part of our journey.

With much appreciation,



Dave Sumpter, President of the Board



Elizabeth Berg, Executive Director



MISSION VISION VALUES

Healing Wave Aquatics is entering a new chapter of serving our community. The Board of Directors, Advisors and Staff developed a new Value Proposition. The following Mission, Promise, Vision and Values were adopted to guide us in this growth.



MISSION

Our mission is to support individual wellness and management of complex stress through aquatic therapy.

OUR PROMISE

Our promise is to introduce the benefits of an aquatic therapy program to help alleviate trauma from body and mind. The combination of warm water and practitioner expertise help inspire the key benefits of trust and calm.



OUR VISION

Our vision is to expand our research-backed program to support a better quality of life for individuals dealing with chronic trauma.

OUR VALUES

We are guided by our core values of: compassion, honor, courage and respect.



COMPASSION: We are a heart-centered organization

HONOR: We honor ourselves and others, and conduct our mission with integrity

COURAGE: We acknowledge the courage to try something new

RESPECT: We respect and value our community members

“ *This was the first time my body and mind were fully relaxed.* - Miguel R. ”

NUMBERS SERVED

85 clients served and 533 sessions provided

69 percent of clients achieved program completion of all 8 weeks

24 percent of average decrease in PTS Symptoms between pre-and post-assessments

62 percent of clients have children, with 149 children potentially impacted by their parent's participation in the program as part of whole family wellness

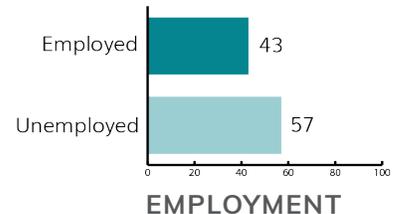
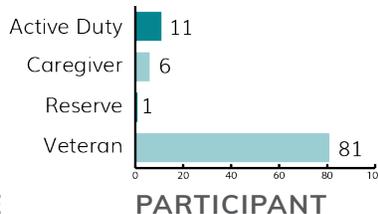
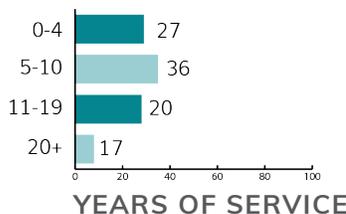
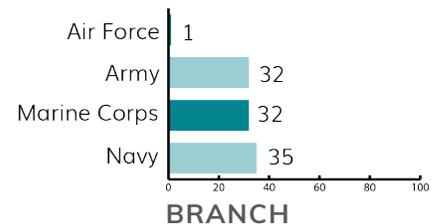
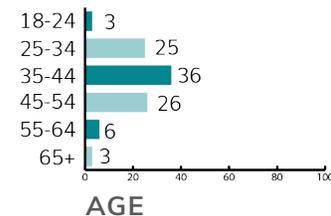
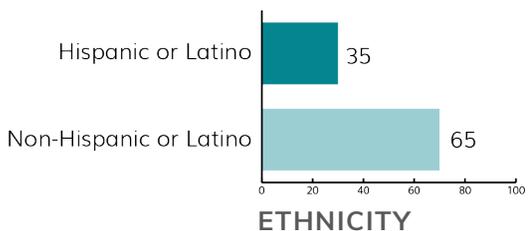
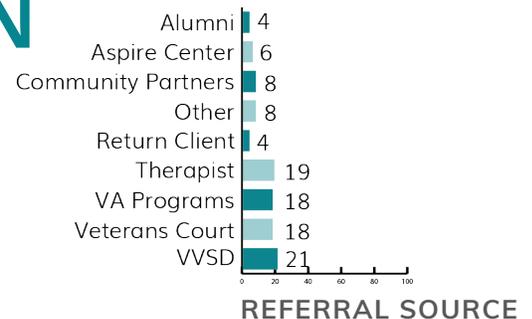
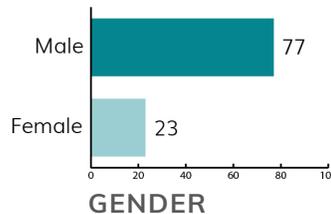
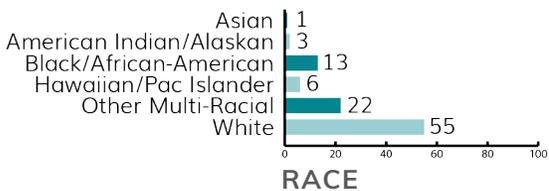
40 different zip codes served in San Diego County

STAFF TRAINING IN TRAUMA-INFORMED CARE

In 2021, as part of our effort to further provide exceptional individualized experiential care our practitioners and staff completed trauma-informed training. These included:

- QPR Gatekeeper Training for Suicide Prevention. As customized for those helping vets, it is one of the most researched citizen-action suicide prevention interventions in the world.
- S.A.V.E.: VA Suicide Prevention Gatekeeper Training. A gatekeeper training program that is provided by VA suicide prevention coordinators to veterans and those who serve veterans. It consists of 5 components: Signs of suicide, Asking about suicide, Validating feelings, Encouraging help, and Expediting treatment.

PARTICIPANT INFORMATION



“As I breathed into the tight areas I could actually get them to release and relax. After the session, I had an amazing feeling of bliss and being able to relax. - Dan S.





TOBY WELLS YMCA PARTNERSHIP

We want to express our deepest gratitude and acknowledge Toby Wells YMCA for its continued commitment to providing a safe and inviting space for Healing Wave Aquatics to serve our veteran community in 2021. During the pandemic, this space proved to be essential to continue our work, and serve as a bridge to keep the program afloat, while we await the completion of our new space. Thank you so very much for the support!

CLINICAL PARTNERS

A key aspect to getting clients started is our partnership with clinical providers who refer their clients to our program. We are grateful for their partnership. Here are a few quotes describing why our partners recommend our program to support mental and behavioral health.



CONFIDENTIAL RECOVERY:

"Confidential Recovery is an Intensive Outpatient Treatment Program for primary diagnosis of Substance Use Disorder that specializes in helping working adults, first responders, and veterans. What we have found is that for many veterans, as they enter early sobriety and begin to get their heads clear of substances much of their past traumas, anxiety and depression come to the surface. Healing Wave Aquatics has been a vital tool for helping many of our vets to cope with these uncomfortable feelings and emotions in a much healthier way. Our clients have spoken in glowing terms of how Healing Wave Aquatics has become yet another tool to help them to stay sober and heal from the traumas of their past, helping them to move forward to a much healthier and happier future in recovery!" – Operations Manager at Confidential Recovery

VETERANS COURT:

"Healing Wave Aquatics has been an amazing adjunctive treatment option for many of the Veterans served in both the San Diego Superior Court and Federal Veterans Courts. Veterans report to the courts the significant improvements in sleep, relaxation, anxiety and sense of calm after their participation in aquatic therapy. Thank you so much for making this therapy available to Veterans through your grant

funding and improving the lives of so many that have sacrificed for this country." – Veterans Justice Outreach Specialist

CLINICAL PSYCHOLOGY - PRIVATE PRACTICE

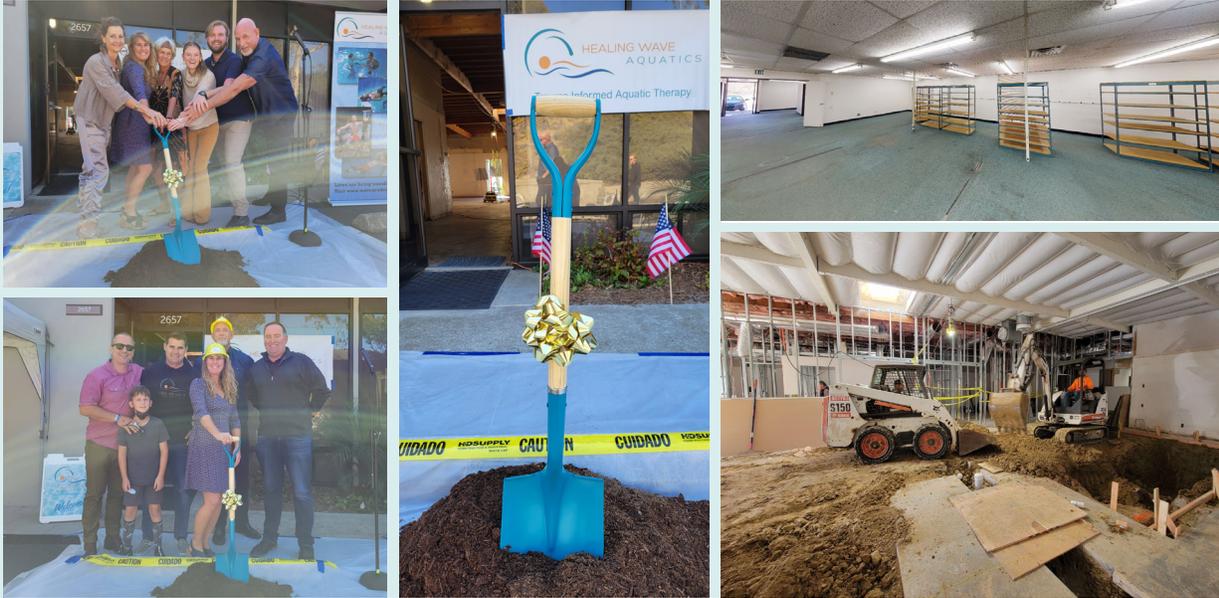
"As a psychologist, I refer clients to Healing Wave Aquatics because it is a way to help them learn to experience and practice achieving a sense of calm, release of tension, and managing the physical symptoms of anxiety. I see what Healing Wave Aquatics provides as an essential and/or integral part of the PTS treatment protocol I use. I also find Healing Wave's intake process, customer care, and follow-up to be proactive and typically superior to that of more established and/or traditional medical treatment centers." – Clinical Psychologist

VETERANS VILLAGE OF SAN DIEGO (VVSD)

"VVSD is proud to be a partner with Healing Wave Aquatics. Over the past several years we have had countless veterans benefit from their program. Our veterans have reported that they feel less depressed, that their sleep is better, and that in general, they feel more at ease. Our veterans are extremely grateful for the services that Healing Wave Aquatics provides. Thank you for your continued support in working with our nation's heroes." – Combat PTSD Clinician



STEPS TOWARDS GROWTH HEALING WAVE AQUATICS FACILITY



The largest project for the organization in the last year has been the creation of the Healing Wave Aquatics Facility. In January 2021, Healing Wave Aquatics found a property to rent where two therapy pools could be built. A facility dedicated to aquatic therapy will help increase the number of clients who can access the program, as well as create an earned revenue for the organization through public paid-for sessions. The 3,000-square-foot suite will be a state-of-the-art facility with two therapy pools. Renovations include removing flooring and excavating concrete in the warehouse space to put in two in-ground 13'x15' therapy pools, with underground plumbing, re-laying the floor with slip-resistant tiles, removing the ceiling tiles in the warehouse space to provide added ventilation, adding dehumidifiers and ducting to draw air current upward, adding safety features around the two therapy pools, including access lifts and self-latching doors, providing two shower rooms areas, create a space for a meeting room and kitchenette, and upgrading the office area.

In early October, the city approved the building permit and demolition began to renovate the property. Healing Wave Aquatics staff, board members, donors, and community partners celebrated at our official groundbreaking on October 14th. Construction got right to work with demolition. Excavation began next on our two therapy pools, followed by piping and electrical work. Construction continued in 2022 with completion scheduled in May.

CAPITAL CAMPAIGN

In 2021, Healing Wave Aquatics raised \$670,000 for our original \$1M capital campaign goal. For a small organization with a large dream of this facility, this was a huge accomplishment. We raised the remaining amount of funds toward our \$1M goal in Spring 2022. We are astounded and grateful to all of our supporters who helped with this project. Your gifts have made a transformational difference.

You can find updates on our 2022 efforts on our website and in our newsletter as we get close to opening our doors and serving more veterans!

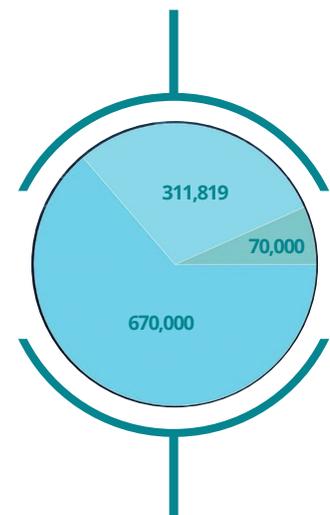
67%

of our goal reached

64 percent received grants and donations

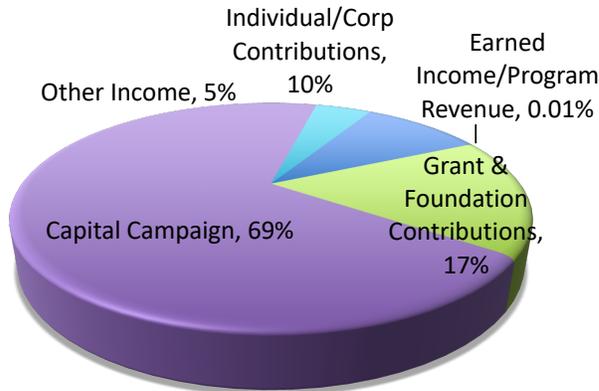
30 percent submitted grants

7 percent planned grants

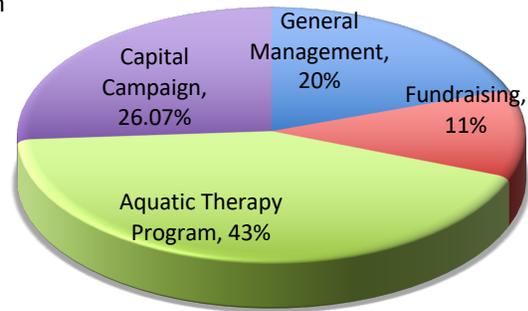


FINANCIAL HIGHLIGHTS 2021

Total Revenue: \$973,448



Total Expenses: \$355,180



Financial Position

ASSETS	DEC 2021	DEC 2020
Cash & Equivalents	\$515,428	\$310,667
Contribution & grant receivables	\$39,805	
Fixed Assets (Net of accumulated depreciation)	\$363,448	\$0
Other Assets	\$34,344	\$25,500
TOTAL ASSETS	\$953,026	\$336,167
LIABILITIES		
Accounts Payable	\$0	\$0
Other Current Liabilities	\$2,599	\$4,007
TOTAL LIABILITIES	\$2,599	\$4,007
NET ASSETS		
Unrestricted	\$535,120	\$289,598
Temporarily restricted	\$415,308	\$42,562
TOTAL NET ASSETS	\$950,428	\$332,160
TOTAL LIABILITIES AND NET ASSETS	\$953,026	\$336,167

Revenue & Expenses

SUPPORT & REVENUE	DEC 2021	DEC 2020
Grants & Contributions	\$258,903	\$305,135
Program Revenue (Earned Income)	\$100	\$1,175
PPP Loan Proceeds	\$44,415	
Capital Campaign	\$670,000	\$0
Interest Income	\$31	\$656
TOTAL SUPPORT & REVENUE	\$973,448	\$306,965
EXPENSES		
Program services	\$152,879	\$71,436
Support Services		
Fundraising	\$39,983	\$146,377
Management & General	\$69,740	\$90,520
Capital Expenses	\$92,578	
Total supporting services	\$202,301	\$236,897
TOTAL EXPENSES	\$355,180	\$308,333
CHANGE IN NET ASSETS	\$618,268	-\$1,368
NET ASSETS-BEGINNING OF YEAR	\$331,447	\$332,815
NET ASSETS - END OF YEAR	\$949,715	\$331,447

DONOR LIST

Alumbra Innovations Foundation
 Anne Sexton
 Anonymous
 Beverly Elliott
 Carolyn Balkwell
 Catherine Williams
 Charles Lamos
 Cheyenne Phoenix
 Chris and Steve Sumpter
 Cindi Phallen
 Cristina Bailey
 Cynthia Offenbauer
 Dan Becker
 Dave Sumpter
 David Kennedy
 David Dewse
 Deborah Marroquin
 Debra Brown
 Donna O'Rourke
 Elizabeth Berg
 Elsie and Dick Myers
 Esther Fischer
 Gates Ingram
 George Lanz

Gilead Sciences, Inc.
 Greg Darling
 Hope Walker
 Illiana van Meeteren
 Independent Insurance Agents & Brokers of San Diego
 Jean Ashby and Kenneth Burger
 Jim and Maikie O'Rourke
 John Buie
 Jon Bain
 Jordan Moore
 Karen Kanani
 Kelley Worrall
 Laurel Barile
 Lauren Castro
 Lisa Keith
 Lynn Cleary
 Maggie Hannegan
 Marcia LaMonte
 Martin Payan
 Meghan & Jared DeSpain Despain
 Michael Ruvo
 Michelle Stanley
 Nancy Caliendo

Norma Yarbrough
 Pacific Premier Bank
 Pamela Vilkin
 Patricia Kellenbarger
 Renee McMahon
 Renee Bagley
 Robert Mison
 San Diego County Board of Supervisors
 Sean Edward Keith
 Shani Moore
 Sherman Tam
 Stacy Stewart
 Teague Insurance Agency, Inc.
 Kofiatta Ofori
 Timothy Klauber
 Tom Geisbush
 Trace Herman
 Unique Property Solutions, LLC
 Valerie Johnston
 Wally Krampf
 Will Dendy
 William Spear
 Yontz Valor Foundation

DONOR SPOTLIGHT



"There are no greater treasures in our country than the brave men and women of our military. Our freedom is a gift often taken for granted, but my father, Kenneth Yontz believed as I do that it should never be taken for granted. That's why he started Yontz Valor Foundation in 2014. He was determined to do all he could personally as he saw the cracks in our system and Veterans being left at the end of the line versus the front. Our Veterans deserve and should receive only the best care and support as they reintegrate back into society and try to live a "normal" life.



Tragically for so many, the invisible wounds of war haunt them 24/7 - making daily life a challenge, every single moment. PTS and TBI are at all-time highs - overburdening our VA leaving many Veterans hopeless or overmedicated. There are many alternative therapies that can have life-changing effects for our Veterans and Healing Wave Aquatics is one of the best. They are an incredible organization that delivers what they promise...TRANSFORMATIVE RESULTS! It was critical to my father that we make sure any donation gets to the Veteran and makes an impact - not thrown into a big slush fund where we cannot see and feel the impact. As President of Yontz Valor Foundation, it is my goal to ensure we are donating to transparent, effective organizations. I experienced an actual session from the founder of Healing Wave Aquatics a few years back. To this day I know that it helped me become stronger and overcome negative obstacles that were disrupting my life at that time. I am forever grateful for that day!

Since we started donating to Healing Wave Aquatics in 2015, they have shared their data, the personal stories of their therapy, and most importantly shown us their passion and conviction. As their capital campaign was announced there was never a doubt that the Yontz Valor Foundation would be a huge supporter of this effort. It's organizations like these who deserve your donations as their therapies work, our Veterans ARE at the front of the line and what Healing Wave Aquatics is doing is changing the trajectory of many Veterans' lives. If you want to help our Veterans - giving to Healing Wave Aquatics is much much more than just writing a check. You will have that incredible feeling inside knowing that you made a real difference in our veterans' lives."

-Terri Yontz Miller, President, Yontz Valor Foundation

BOARD OF DIRECTORS, STAFF & PRACTITIONERS

2022 BOARD OF DIRECTORS & ADVISORY MEMBERS:

Dave Sumpter, President of the Board
Nick Seidel, President-Elect, Facility Committee
Will Dendy, Finance and Marketing Committees
Sean Keith, Finance Committee
Margaret Hannegan, Governance Committee
Andrew Feaster
Sharon Plaché, Aquatic Therapy and Program Committee
Dan Becker, Advisory Member, Facility Committee

2022 STAFF MEMBERS:

Elizabeth Berg, Executive Director
Mateo Montell, Wellness Specialist
Elise Baker, Fundraising & Marketing Manager
Tyson Bierwolf, Operations Manager & Aquatic Therapist

2021-2022 Practitioners:

Sharon Plaché
Tyson Bierwolf
Theri Thomas
Norriah Mease
Cheryl Zolla
Marcia LaMonte
Erin O'Rourke

