



ANNUAL REPORT
2022

LETTER FROM THE PRESIDENT & EXECUTIVE DIRECTOR



Dear Friends,

2022 was a spectacular year! On Veterans Day 2022, Healing Wave Aquatics officially cut the ribbon and opened the doors to our state-of-the-art aquatic therapy facility to support those suffering from PTSD. This facility is the first of its kind in the country and provides veterans with access to the treatments they need to heal, recover, and lead healthy and fulfilling lives.

Together, we did it! The success of our new facility is a testament to the hard work and dedication of our donors, board members, staff, and volunteers who have made this dream a reality. We are truly grateful for all their efforts and for the support of our community.

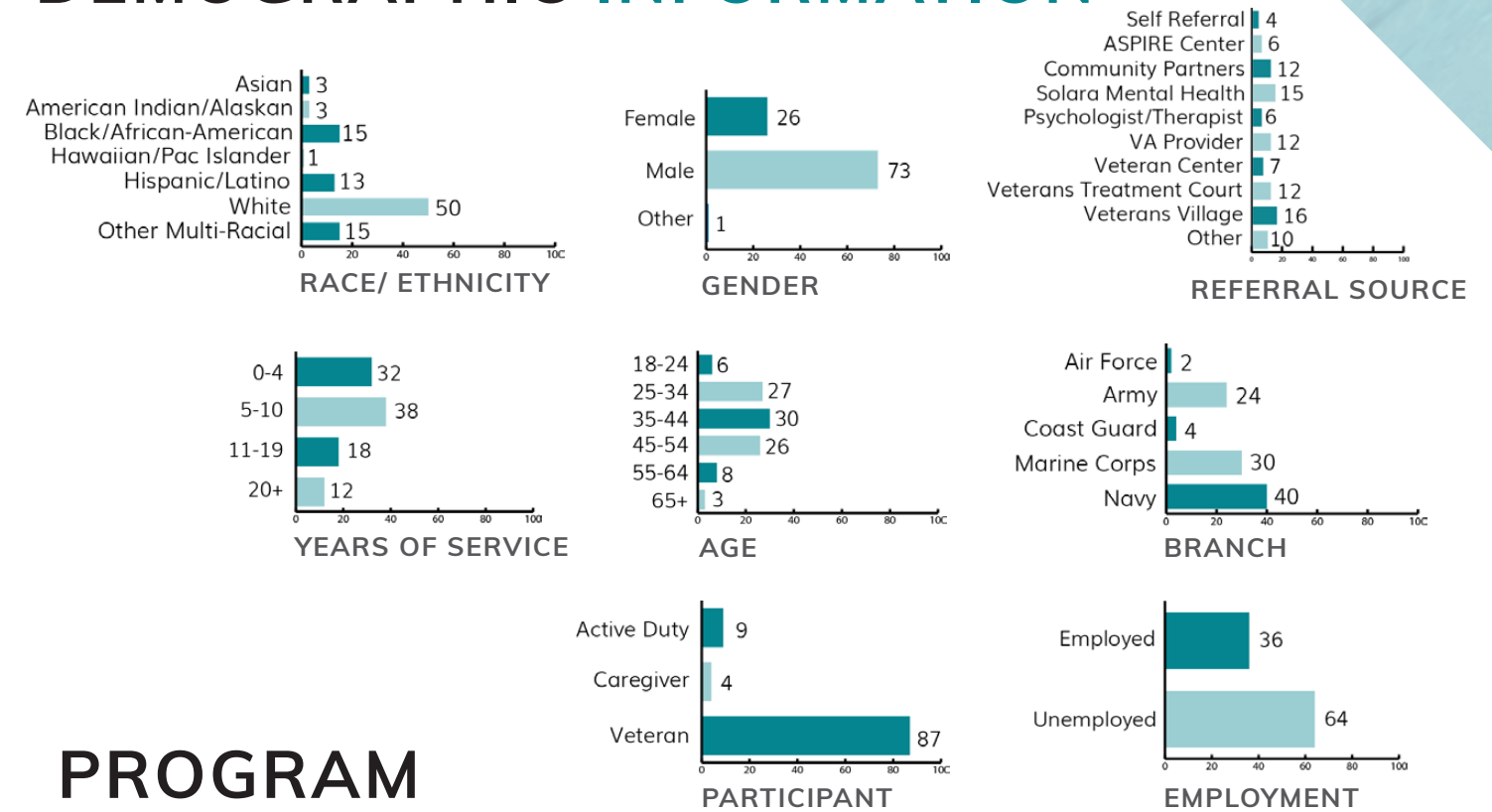
We are excited to share the diligent work that's been accomplished within the organization, and the important progress and outcomes that we've been able to achieve this past year. We look forward to providing a best-in-class treatment to support the mental health of the San Diego community in the years ahead, with an unwavering commitment to underserved veterans.

In gratitude,

Nick Seidel, Board President & Elizabeth Berg, Executive Director

“ This is my first time doing this kind of therapy. My therapist was EVERYTHING I needed to help me relax, and she was very patient and understanding of my needs. She is so awesome, and I am so glad to have begun my healing journey with her. - Nikkole H.

DEMOGRAPHIC INFORMATION



PROGRAM OUTCOMES

In 2022, Healing Wave Aquatics proudly supported the mental health and wellness needs of our community of veterans, active duty military and caregivers. HWA provided 43% more sessions and 22% more orientations in 2022 than in 2021.



52% of applicants had an orientation

8-week completion rate: 77%

Clients with ≥ 1 Sessions: 110

Average number of sessions completed: 7.27

90% of those that had an orientation went on to complete 1 or more sessions

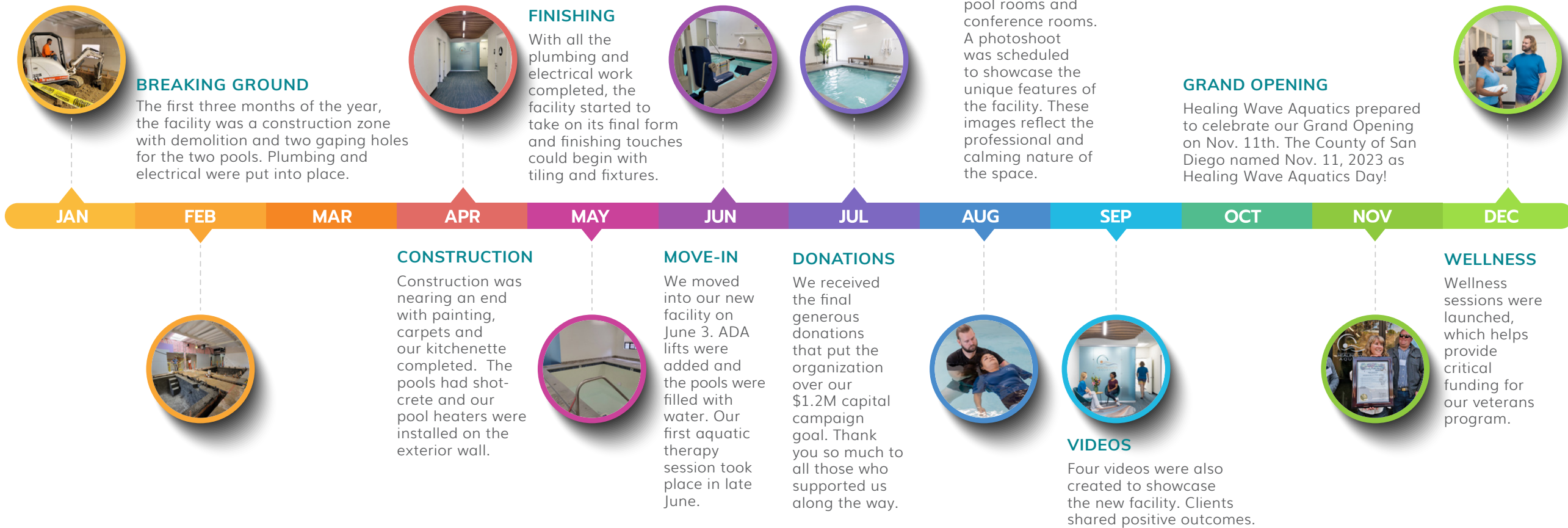
Average change in PTSD symptoms (per PCL-M): -18.49%

Completed Programs: 85

The mission of Healing Wave Aquatics is to support individual wellness and management of complex stress through aquatic therapy.

2022

JOURNEY TO A NEW FACILITY



Javier Siqueiros-Avila stands in front of HWA after a recent session of aquatic therapy

Javier Siqueros-Avila is a return participant at Healing Wave Aquatics. His time spent serving on a combat patrol led to some significant traumatic experiences, including the death of some of his closest brothers in arms. In 2018, he was introduced to HWA's aquatic therapy program.

"This [therapy] helps by sending me into a calming state." Javier is able to feel like "a cloud drifting calmly" and appreciates "just the quietness of floating."

After experiencing the positive effects on his life after first completing the program, Javier once again sought out aquatic therapy recently to manage his trauma, and trauma-related behaviors.

"After all those years, I started to be more ambitious, going to school, just to touch up on my knowledge." Working with HWA again "makes me want to push forward."

CAPITAL CAMPAIGN DONORS

Carolyn Balkwell
Elizabeth Berg
Ellie and Jeff Byrd
Stephen Chin
Beverly Elliott
Maggie Hannegan
Gates Ingram
Parker Jennings
Brenda Kaesler
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Timothy Klauber
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Tom Geisbush
Anne Sexton
Michelle Stanley
Donna O'Rourke
David Kennedy
Marcia LaMonte
Dan Becker
Erin O'Rourke
Anonymous



In January 2023, Healing Wave Aquatics was recognized with the Kaleidoscope Award for Good Governance presented by The Nonprofit Institute of the University of San Diego. The award highlighted our achievement of building a facility in 2022 to serve the community.

A MISSION ROOTED IN WELLNESS

“
Feeling so much of my stress and tension leaving my body and my internal monologue was quieted again. That feeling alone is the best I've ever felt mentally! - Havilah M.

Healing Wave Aquatics understands that the challenges faced by our clients can be incredibly complex and daunting. That's why we strive to offer a unique and research-backed program that supports a better quality of life for individuals dealing with chronic trauma. Healing Wave Aquatics is leading the way in trauma-informed care. Trauma-informed care is defined as practices that promote a culture of safety, empowerment, and healing.

Through research and compelling personal client accounts, we find that when individuals with PTS receive aquatic therapy, the results are often immediate and profound. Reduced stress, better sleep, the ability to think more clearly, minimized physical pain and an overall sense of well-being are just some of the powerful healing effects of treatment on PTS. When the same therapy is given to caregivers, they report many of the same benefits, often feeling revitalized and thus better able to support their loved ones in their own recovery process.

HWA provides a best practices program, including an operationalized format with data measurement; high-level services provided by practitioners who are certified annually; continuous learning opportunities for staff and practitioners; and a strong governance team.

We recognize that everyone is affected by trauma. HWA is the only facility in San Diego where you can sign up for a single session of aquatic therapy. Our mission to "support individual wellness and management of complex stress" includes offering aquatic therapy to the general public to support a healthier San Diego community.

TRAUMA-INFORMED CARE INCLUDES



Realizing the widespread impact of trauma and understanding potential paths for recovery;



Recognizing the signs and symptoms of trauma in individual clients, families, and staff;



Integrating knowledge about trauma into policies, procedures, and practices;

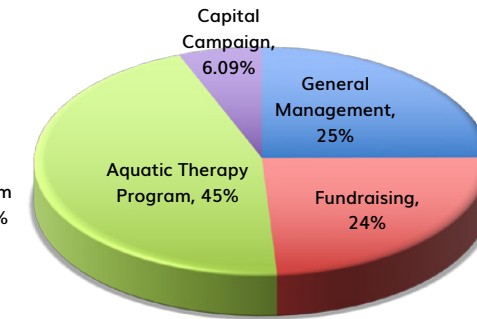
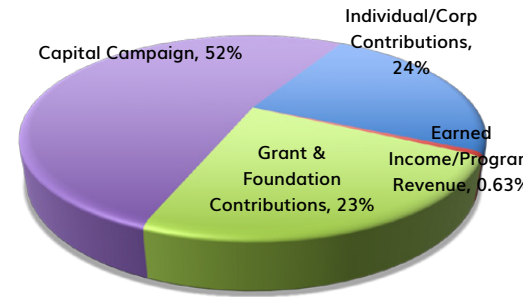


Seeking to actively resist re-traumatization (i.e., avoiding an environment that inadvertently reminds patients of their traumatic experiences and causes stress)

FINANCIAL HIGHLIGHTS 2022

Total Revenue: \$821,113

Total Expenses: \$549,500



Financial Position

ASSETS	DEC 2022	DEC 2021
Cash & Equivalents	\$237,873	\$515,428
Contribution & grant receivables	\$1,195	\$39,805
Fixed Assets (Net of accumulated depreciation)	\$936,724	\$363,448
Other Assets	\$14,595	\$34,344
TOTAL ASSETS	\$1,190,387	\$953,026
LIABILITIES	DEC 2022	DEC 2021
Accounts Payable	\$62,550	\$58,525
Other Current Liabilities	\$522	\$1,763
TOTAL LIABILITIES	\$63,072	\$60,288
NET ASSETS	DEC 2022	DEC 2021
Unrestricted	\$920,313	-\$95,622
Temporarily restricted	\$6,939	\$415,353
Net Income	\$200,064	\$607,521
TOTAL NET ASSETS	\$1,127,315	\$927,251
TOTAL LIABILITIES AND NET ASSETS	\$1,190,387	\$987,539

Revenue & Expenses

SUPPORT & REVENUE	DEC 2022	DEC 2021
Grants & Contributions	\$385,556	\$258,903
Program Revenue (Earned Income)	\$5,157	\$100
PPP Loan Proceeds	\$0	\$44,415
Capital Campaign	\$430,202	\$670,000
Interest Income	\$198	\$31
TOTAL SUPPORT & REVENUE	\$821,113	\$973,448
EXPENSES	DEC 2022	DEC 2021
Program services	\$247,127	\$152,879
Support Services		
Fundraising	\$131,901	\$39,983
Management & General	\$137,023	\$69,740
Capital Expenses	\$33,449	\$92,578
Total supporting services	\$302,373	\$202,301
TOTAL EXPENSES	\$549,500	\$355,180
CHANGE IN NET ASSETS	\$271,613	\$618,268
NET ASSETS-BEGINNING OF YEAR	\$618,268	\$0
NET ASSETS - END OF YEAR	\$889,881	\$618,268

CHANGES FROM 2021

REVENUE

The Capital Campaign wound down as construction of the new facility was completed.

EXPENSES

- Hired an Operations Manager
- Operational expenses (rent, utilities, pools and supplies) represent a 64% increase.
- Aquatic therapy sessions increased in 2022 with more availability at our new facility.
- Depreciation is a new expense resulting from tenant improvements.

DONOR LIST

- | | | | |
|--------------------|------------------------|--------------------|---|
| Shari Anici | Neil Funnell | Cynthia Offenhauer | Bryanna Walker |
| Cristina Bailey | Tom Geisbush | Erin O'Rourke | Kelley Worrall |
| Elise Baker | Maggie Hannegan | Donna O'Rourke | Angela Zappia |
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| Stacey Filice | Phyllis Meredith | Barbara Stewart | |
| Esther Fischer | Catherine Miller | Dave Sumpter | |
| Emilio Flores | Robert Mison | Sherman Tam | |

“
Healing Wave Aquatics' commitment to providing transformative aquatic therapy services to veterans with post-traumatic stress symptoms (PTS) is both admirable and essential for the health of the San Diego community.

- Stephen Chin, Manager of Account Management and Community Relations, Sharp Health Plan



Judges, attorneys and supportive staff from San Diego's Veterans Treatment Court toured the HWA facility.



COMMUNITY PARTNERSHIPS

Healing Wave Aquatics is deeply committed to working with partners to create collective impact in our community. We know that we are stronger when we are working together with other nonprofits, for-profits, civic groups, and government programs of San Diego County. More than 60% of our client referrals come from our community partners.

Healing Wave Aquatics is grateful for the many partners that provide client referrals in support of our program. Vet Court provides an alternative program to veterans who have a misdemeanor or felony. Only veterans who committed crimes as a result of mental health challenges related to military service are eligible for the Court. Defendants in the program are closely monitored with regular court hearings and supported by Veterans Affairs and other community-based organizations, such as Healing Wave Aquatics.

Participants are placed into programs that will give them the tools to treat mental health issues and become productive citizens. Judges shared some key HWA client benefits:



CALM

When clients share their experience, our aquatic therapy is described with enthusiasm. They feel a new calm.



TIMELINESS

Our 2-4 week timeframe, from application to first float session, helps clients get started much more quickly than typical 2-3 month wait-times for other programs.



GROWTH

Our program supports a client's journey of self-reflection and helps accelerate progress in other traditional talk therapy programs.

HEALING WAVE BOARD OF DIRECTORS & STAFF

2022 BOARD OF DIRECTORS & ADVISORY MEMBERS:

Dave Sumpter, President of the Board
Nick Seidel, President-Elect
Will Dendy, Business Development Committee
Sean Keith, Finance Committee
Margaret Hannegan, Governance Committee
Andrew Feaster, Secretary
Sharon Plaché, Aquatic Therapy Research Committee
Dan Becker, Advisory Member
Dr. Meghan Hawker, Ph.D, Advisory Member
Dr. Mark Jesinoski, Ph.D, Advisory Member

STAFF MEMBERS:

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

