



# ANNUAL REPORT 2023



TRAUMA-INFORMED AQUATIC THERAPY



# WELCOME

## FROM THE EXECUTIVE DIRECTOR



Dear HWA Friends,

2023 marked the first full year at our flagship facility in Rose Canyon. Each day when I open the doors to Healing Wave Aquatics, I am grateful for the donors who helped make this place a reality and continue to support our incredible program. I am grateful to our clients who have the courage to be part of our unique program of gentle, warm water therapy. I am grateful to our partners who refer clients to our program. And I am grateful to our staff, practitioners and board of directors whose skills and talents have boosted our capabilities to serve our community.

We learned a lot in our first full year of operations, especially how important our service is in addressing the mental health challenges of all community members. In addition to our core program for veterans and active military members with Post Traumatic Stress, our aquatic therapy can be a resource for any member of the general public seeking the same high level of relief. We take this task seriously and all staff and practitioners receive extra training in trauma-informed care, in addition to regular check-ins with our healthcare partners and advisors regarding best practices.

Read on to learn how we make a difference every day and all year long.

In gratitude,

Elizabeth Berg, Executive Director



### MISSION

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



### VISION

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



### VALUES

We are guided by our core values:

- Respect
- Honor
- Courage
- Compassion



# CLIENTS ARE AT THE HEART OF EVERYTHING WE DO

Our program is designed to support clients each step of the way. We understand clients can experience anxiety just signing up or walking in our door for the first time. Questions arise, such as: Where is it located? Who else is there? Will I feel safe?

## OUR PROGRAM DESIGN OFFERS LAYERS OF SUPPORT



Staff responds to applications within 1 business day.

An Orientation at our HWA facility familiarizes clients with our location.

We provide a welcoming and serene environment.

We pair clients with Practitioners who help best meet the client's needs.

Clients can choose to exit out the back to support their need to decompress.

Graduation packets contain our custom HWA Challenge Coin, HWA T-Shirt, and HWA Certificate commemorating completion of 8 sessions of aquatic therapy.

## WE MEASURE PROGRESS



Clients complete a pre-assessment survey called the PCL-5, also administered after Sessions 4, 6 and 8 to measure changes in PTS symptoms.

Clients also complete a short survey after each pool session, called a Poolside Note, with a space for their comments. These statements help tell their story of progress.

## OUR TRAUMA-INFORMED TEAM



All staff and practitioners complete online coursework about working with clients with Post Traumatic Stress.

Our team participates in Suicide Prevention training by the VA.

Staff meetings include additional trauma-informed learnings and current resources.





# PROGRAM DATA

117

TOTAL CLIENT COUNT  
 Veteran: 101  
 Active Duty Military: 10  
 Caregiver: 6

54%

PARENTS WITH KIDS  
 More than half of our clients have children. A total of 64 children under age 18 had a parent who participated.

85%

CLIENTS SAW A DECREASE  
 in PTS symptoms following  
 their 8-week program

-24%

AVERAGE CHANGE  
 in PTS Symptoms  
 (per PCL-M)

76%

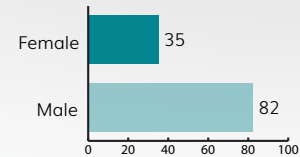
COMPLETION RATE  
 of our 8-week program. 60% of  
 applicants had an orientation

831

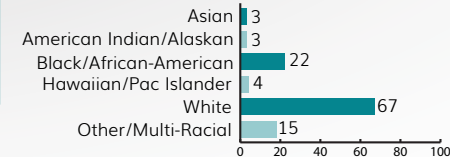
TOTAL SESSIONS  
 in 2023



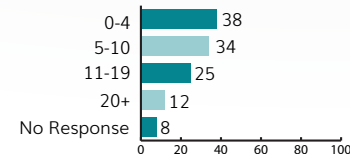
## GENDER



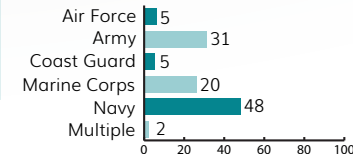
## RACE



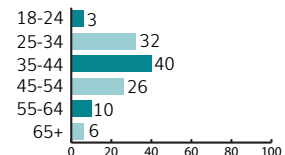
## YEARS OF SERVICE



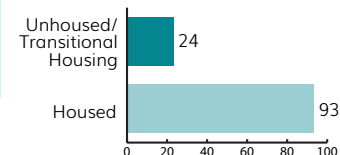
## BRANCH



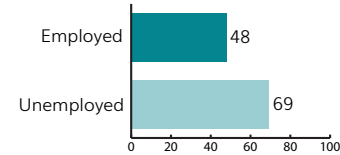
## AGE



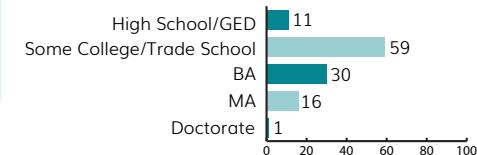
## HOUSING



## EMPLOYMENT



## HIGHEST LEVEL OF EDUCATION



# KEY OUTCOMES



At Healing Wave Aquatics, our key outcomes are **calm** and **trust**. Since trauma is held in the body, as well as the mind, aquatic therapy offers a somatic (body-oriented) approach to accessing the brain's association with trauma through the body's nervous system and limbic system. The no-talk warm water therapy allows the body to relax in ways that are difficult in typical settings and opens up new pathways to dealing with trauma from a calm, peaceful state. This "letting go" provides new pathways to release trauma.

## “ CALM

*I finally felt peace like never before. The images that were holding me back were not there.*

*I finally feel free, more confident than I have ever felt before.*

*I just felt like I could let go. I'm not sure of what but I feel lighter and very very relaxed today.*

*Really feel the effects of these sessions and how they've taught me how to relax or calm down.*

*Most progress I've made in years.* ”

## “ TRUST

*I'm able to feel empowered that my world will be alright and is very hopeful looking forward to my future.*

*A sense of peace, closure. Seeing my loved ones that passed living free and happy.*

*The underwater exercise allowed me to accept the issue I've been dealing with and let it go.*

*These sessions have been incredible & have helped me to relax my mind & body.*

*Throughout the session I learned to relax my body more and clear my mind from any distractions.*

*This has been the best experience treating my PTSD.* ”

# HWA AT THE BAY

We kicked off HWA at the BAY on Veteran's Day, November 11th at the Silvergate Yacht Club in Point Loma with a special charter sail on the 60-foot yacht, *Romancing the Wind*. With heavy appetizers, live music, and auction items, HWA at the BAY was a success. Thank you to our donors and sponsors who helped us raise critical funds for our program!

HWA was a "Pillars of Freedom" grantee presented by the USS Midway Foundation on the USS Midway.





# HWA PARTNERSHIPS

Healing Wave Aquatics values its partnerships with the community. In 2023, two dynamic partnerships lifted us to new heights.

## SOCIAL VENTURE PARTNERS (SVP)

HWA was among several nonprofits in San Diego chosen to work with a team from Social Venture Partners (SVP). SVP's unique approach to supporting non-profits "seeks to help build capacity and improve resilience, leading to higher impact." The partnership offered pro-bono consulting from three C-level executives who brought their business skills to support HWA's goals for increasing revenues from earned income. Thank you to C'Anne Vaughn (HP), John Fry (Thermo Fisher Scientific) and Scott Tritt (marketing) for the 6-month partnership that helped us focus on our healthcare model. Through this partnership, we were introduced to Dr. Beth Scalone, Physical Therapist, who became our second dynamic partner in 2023.

## WATER PT (PHYSICAL THERAPY)

Dr. Beth Scalone is a Physical Therapist who operates the North County Water and Sports Therapy Center in Carmel Mountain Ranch. Dr. Scalone rents our pool space during times that we are not serving HWA clients. "The warm water provides buoyant support, allowing them to move easier with less pain so they can gain strength to get back to the things they love to do," says Dr. Scalone.

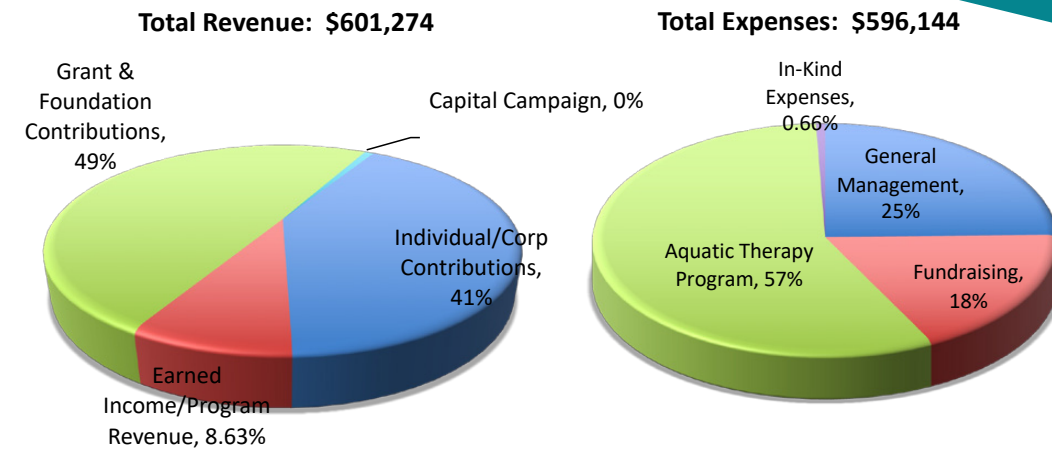
This partnership is a win-win: HWA gains from rental revenues, as well as more visibility in the community, and -- best of all -- patients dealing with chronic pain benefit from our pools. "From the first time I stepped into the pool, I've felt remarkable relief. I am able to move joints and muscles in the warm water that are impossible elsewhere."

“ My weekly session at HWA has become the highlight of my week. ”



We can serve more clients in need of mental health support through partnerships that help us leverage our resources.

# FINANCIAL HIGHLIGHTS 2023



ASSETS	DEC 2023	DEC 2022	SUPPORT & REVENUE	DEC 2023	DEC 2022
Cash & Equivalents	\$321,110	\$237,873	Grants & Contributions	\$544,599	\$385,556
Contribution & grant receivables	\$1,195	\$1,195	Program Revenue (Earned Income)	\$52,342	\$5,157
Fixed Assets (Net of accumulated depreciation)	\$785,033	\$936,724	PPP Loan Proceeds	\$0	\$0
Other Assets	\$18,628	\$14,595	Capital Campaign		\$430,202
<b>TOTAL ASSETS</b>	<b>\$1,125,965</b>	<b>\$1,190,387</b>	In-Kind Income	\$3,913	
LIABILITIES			Interest Income	\$421	\$198
Accounts Payable	\$0	\$62,550	<b>TOTAL SUPPORT &amp; REVENUE</b>	<b>\$601,274</b>	<b>\$821,113</b>
Other Current Liabilities	\$5,357	\$522	EXPENSES		
<b>TOTAL LIABILITIES</b>	<b>\$5,357</b>	<b>\$63,072</b>	Program services	\$338,877	\$247,127
NET ASSETS			Support Services		
Unrestricted	\$1,115,478	\$920,313	Fundraising	\$106,149	\$131,901
Temporarily restricted	\$0	\$6,939	Management & General	\$147,206	\$137,023
Net Income	\$5,130	\$200,064	In-Kind Expenses	\$3,913	\$33,449
<b>TOTAL NET ASSETS</b>	<b>\$1,120,608</b>	<b>\$1,127,315</b>	Total supporting services	\$257,267	\$302,373
TOTAL LIABILITIES AND NET ASSETS	\$1,125,965	\$1,190,387	<b>TOTAL EXPENSES</b>	<b>\$596,144</b>	<b>\$549,500</b>
			CHANGE IN NET ASSETS	\$5,130	\$271,613
			NET ASSETS-BEGINNING OF YEAR	\$889,881	\$618,268
			NET ASSETS - END OF YEAR	\$895,011	\$889,881

Note: 2022 Capital Expenditures of \$585,310 appear on the balance sheet under fixed assets.

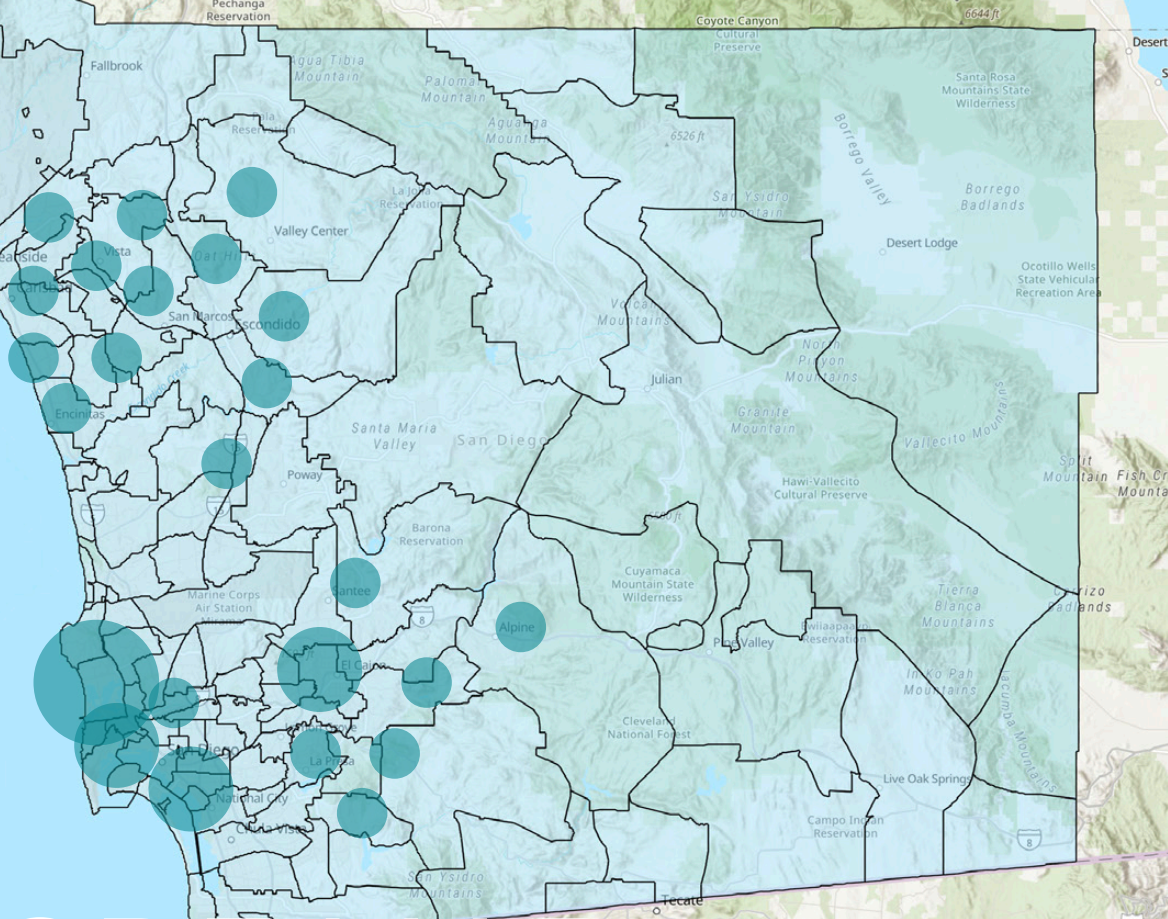
In 2023, we focused on expenditure reduction at our new facility without compromising quality. We spoke with energy experts who helped us reduce our current load on utilities. We became trained in pool maintenance and we became more efficient in our processes. We became better stewards of funds so that more of every dollar of support goes toward our clients.

## DONOR LIST

- |                                      |                      |                            |                                  |
|--------------------------------------|----------------------|----------------------------|----------------------------------|
| Alumbra Innovations Foundation       | Will Dendy           | Patricia Kellenbarger      | Romancing the Wind Charter Yacht |
| Anonymous                            | Do Not Hate Renovate | La Mesa Glass              | Sharp Health Plan                |
| Sara Appel-Lennon                    | Beverly Elliott      | Preceida Lafaele           | Kaitlyn Shoup                    |
| BAE Systems                          | Andrew Feaster       | Marcia LaMonte             | Solara Mental Health             |
| Renee Bagley                         | Esther Fischer       | George Lanz                | Michelle Stanley                 |
| Melissa Baker                        | Emilio Flores        | Katie and Andrew Lengyel   | Chris & Steve Sumpter            |
| Carolyn Balkwell                     | Drake Fudge          | Renee McMahon              | Dave Sumpter                     |
| Dan Becker                           | Neil Funnell         | Midway Foundation          | Judith Swidryk                   |
| Elizabeth Berg                       | Maggie Hannegan      | Donna O'Rourke             | Sycuan Casino                    |
| Jeff Bingham                         | Myles Huck           | Elizabeth Occhipinti       | Kim Tanis                        |
| Byrom-Davey, Inc.                    | Zoe Huck             | Olive Events & Feasts      | Teague Insurance                 |
| Cal Private Bank                     | Glenn Hyzak          | Olive Events & Feasts      | Scott Tritt                      |
| Stephen Chin                         | Gates Ingram         | Marcus Penn                | Brooke Truesdale                 |
| Colovos Family Charitable Foundation | Parker Jennings      | Cesar Peraza               | Illiana van Meeteren             |
| Conrad Prebys Foundation             | Cassandra Johnson    | Frank & Judy Pezzanite     | Judy Weisman                     |
| Cushman Foundation                   | Brenda Kaesler       | Sharon Plaché              | Kelley Worrall                   |
| Greg Darling                         | Karen Kanani         | John & Toni Pyjar          | Yontz Valor Fund                 |
| Cathy Deibler                        | Jacob Kazar          | Rancho Santa Fe Foundation |                                  |
|                                      | Sean Keith           | Lupe Rodriguez             |                                  |



OUR CLIENTS  
COME FROM  
**48** ZIP CODES  
IN SAN DIEGO  
COUNTY



# ZIP CODE MAP

OUR CLIENTS THROUGHOUT SAN DIEGO COUNTY

Our clients come to Healing Wave Aquatics from 48 zip codes within San Diego County. Clients represent regions from South to North, and East to West. These are our neighbors and community members. If someone you know is suffering from Post-Traumatic Stress, we may be able to help or provide resources for support.

## THANK YOU TO ALL WHO SUPPORT HEALING WAVE

### 2023 BOARD OF DIRECTORS & ADVISORY MEMBERS

Nick Seidel, Board President  
Dave Sumpter, Immediate Past President  
Maggie Hannegan, Governance  
Andrew Feaster, Secretary  
Sean Keith, Finance  
Will Dendy, New Business Development  
Sharon Plaché, Research  
Dr. Mark Jesinoski, Ph.D, Psychology, Advisory Member  
Dr. Megan Hawker, Ph.D, Psychology, Advisory Member

### PRACTITIONERS

Tyson Bierwolf  
Sharon Plaché  
Lupe Rodriguez  
Melissa Forester  
Karly Balli

### SPECIAL THANKS TO THESE CONSULTANTS

Greg Darling, Accounting  
Zoe Huck, Development

### STAFF MEMBERS

Elizabeth Berg, Executive Director  
Tyson Bierwolf, Operations Manager & Lead Aquatic Therapist  
Alyanna Mattson, Program & Growth Manager  
Rachel Martinez, Client Care Coordinator

