



HEALING WAVE
AQUATICS



2025
ANNUAL REPORT



WELCOME

FROM THE EXECUTIVE DIRECTOR

Dear Friends of Healing Wave Aquatics,

A smile. A laugh. A surprise “thank you.” It’s often the little things that tell the biggest story about a client’s journey toward healing.

Every day at Healing Wave Aquatics, we help alleviate trauma from the body and mind through specialized, trauma-informed aquatic therapy. The body leads the way for the mind to feel at ease.

The results speak for themselves. In 2025:

- **90% of participants** experienced reduced PTSD symptoms;
- **Sleep, anxiety and pain** were alleviated through the calm settling of the nervous system;
- And **74 children** benefited when a parent began healing.

Many clients come to us carrying extraordinary burdens, including: chronic pain, insomnia, and even past suicidal ideation or attempts. Understanding these factors, we take each step of our program seriously and compassionately.

We invite you to learn more about our commitment to providing compassionate, specialized care for our clients in this 2025 Annual Report.

Whether you are a donor, partner, volunteer, client or future friend – thank you for being part of the HWA family. **Together, we will support mental health and overall well-being to those who need it most.** Together, we may bring one more smile, one more laugh, and one more unexpected moment of gratitude.

Warmly,

Elizabeth Berg, Executive Director



MISSION

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



PROMISE

Our promise is to introduce the benefits of an aquatic therapy program to help alleviate trauma from body and mind.



VALUES

- **Compassion:** We are a heart-centered organization.
- **Honor:** We honor ourselves and others, and conduct our mission with integrity.
- **Respect:** We respect and value each other.
- **Courage:** We acknowledge the courage to try something new.

OUR IMPACT

In 2025, we had our highest markers of success in our organization's history. In addition to these historical measurements, we began looking at specific symptoms and those changes. The following shows what we learned and **why it matters**.

30%

REDUCTION IN
HYPERAROUSAL
SYMPTOMS

Hyperarousal is one of the most disruptive symptoms of PTSD. It includes being constantly "on guard," easily startled, irritable, unable to relax, and having difficulty concentrating. Reducing hyperarousal allows individuals to feel safer in their own bodies, improves emotional regulation, supports healthier relationships, and makes it easier to participate in work, family life, and everyday activities.

31%

REDUCTION IN
AVOIDANCE
SYMPTOMS

Avoidance causes people to withdraw from places, people, conversations, and activities that remind them of traumatic experiences. While avoidance may temporarily reduce distress, over time it often leads to social isolation, depression, and reduced quality of life. Decreasing avoidance is an important sign that individuals are more willing to reconnect with others, engage in meaningful activities, and participate in treatment and recovery.

27%

REDUCTION IN
RE-EXPERIENCING
SYMPTOMS

Intrusive memories, flashbacks, and distressing thoughts can interrupt work, relationships, sleep, and daily functioning. Reducing these symptoms helps individuals stay present, improves concentration, decreases emotional distress, and supports greater confidence in managing everyday life.

75%+

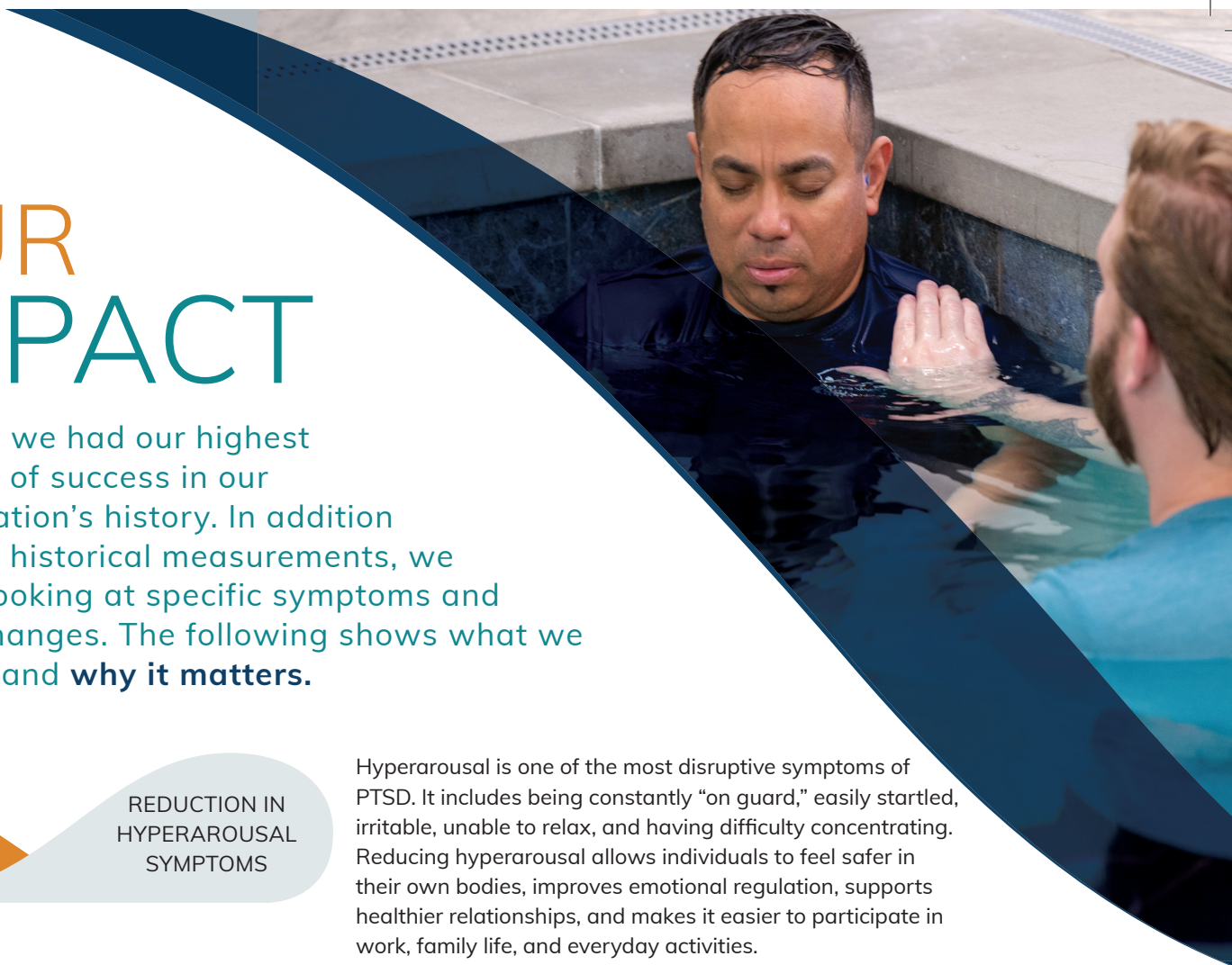
REPORTED
IMPROVEMENTS IN
CHRONIC PAIN

Chronic pain and psychological trauma are closely connected. Persistent pain can increase anxiety, depression, and stress, while trauma can heighten the body's perception of pain. Improvements often lead to greater mobility, increased participation in daily activities, reduced reliance on pain medications, and an overall improvement in physical and emotional well-being.

84%

REPORTED BETTER
SLEEP AND REDUCED
ANXIETY

Healthy sleep is foundational to both physical and mental health. Poor sleep is associated with increased PTSD symptoms, depression, impaired memory, reduced resilience, and higher suicide risk. Reduced anxiety – combined with better sleep – helps restore the body's natural recovery processes, improves mood and cognitive function, enhances emotional regulation, and supports long-term mental wellness.



CLIENT DATA & OUTCOMES



127

TOTAL CLIENT COUNT
Veteran: 108
Reserves: 1
Active Duty Military: 12
Caregiver: 6

90%

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

-30%

AVERAGE
DECREASE
in PTS Symptoms

886

 TOTAL SESSIONS
in 2025

94%

QUALIFY AT NO COST
Nearly all of our clients
qualify as low-to-moderate
income and receive services
at no cost through grant and
donor funding.

FAMILIES IMPACTED
74 children under age 18 had a parent
who participated in our program.

38%



HIGH ACUITY CHALLENGES

60%

clients had prior suicide
ideation or suicide attempt

34%

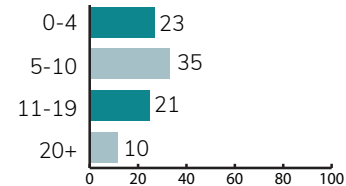
reported a Traumatic
Brain Injury or suspected TBI

23%

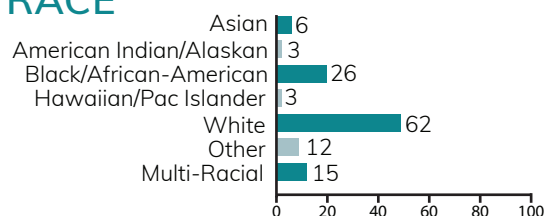
reported Military Sexual
Trauma



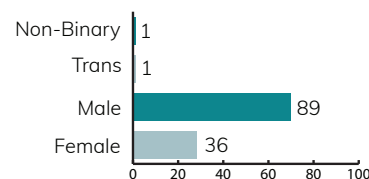
YEARS OF SERVICE



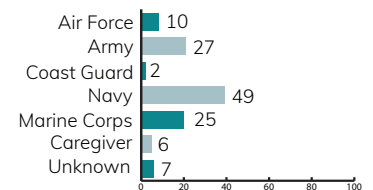
RACE



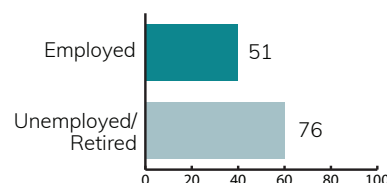
GENDER



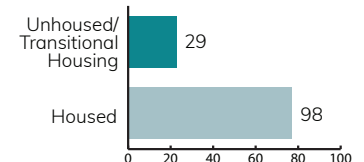
BRANCH



EMPLOYMENT



HOUSING

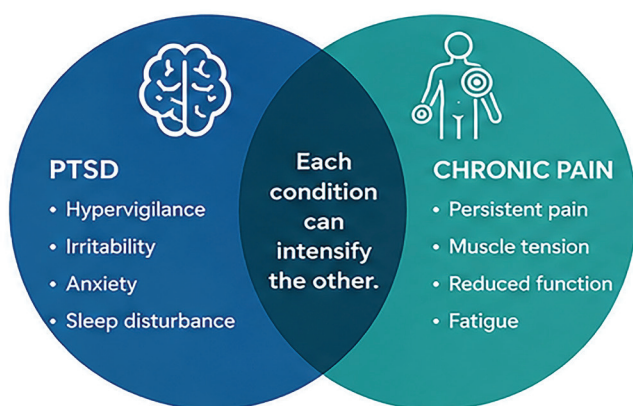


82%

8-WEEK
COMPLETION
RATE

SUPPORTING WHOLE PERSON WELLNESS

HWA's whole-person approach to wellness is supported by helping participants feel physically safe and regulated through trauma-informed warm-water therapy. The program addresses the interconnected relationship between body and mind—creating conditions that promote lasting improvements in mental health, physical well-being, and overall quality of life.



PTSD & PAIN

For many of our military service members, Post Traumatic Stress Disorder and chronic pain are experienced simultaneously due to the close connection between trauma, the mind and the body. Each condition can intensify the other: PTSD can heighten pain perception; while chronic pain can worsen PTSD symptoms. Clients with both often report greater pain, sleep disturbance, and anxiety-related catastrophizing.

BREAKING THE CYCLE

PTSD symptoms, chronic pain, sleep disturbance, and anxiety often reinforce one another in a cycle that makes recovery difficult. Rather than improving just one symptom, successful treatment should aim to incorporate a holistic or “whole person” approach. This incorporates an integrative approach of addressing both the mind and body together.

INTEGRATED WELLNESS

Through trauma-informed warm water float therapy, our clients report not only significant reductions in PTSD (including hypervigilance and irritability), but also improvements in chronic pain symptoms, sleep, trust/safety, and anxiety. Together, it is the regulation of the nervous system that supports integrated wellness. These positive growth factors contribute to individual wellness through increased participation in community events, stronger family relationships, and workplace stability.



**REGULATE
THE NERVOUS
SYSTEM**



**PROMOTE
RELAXATION
& SAFETY**



**REDUCE PAIN
& MUSCLE
TENSION**



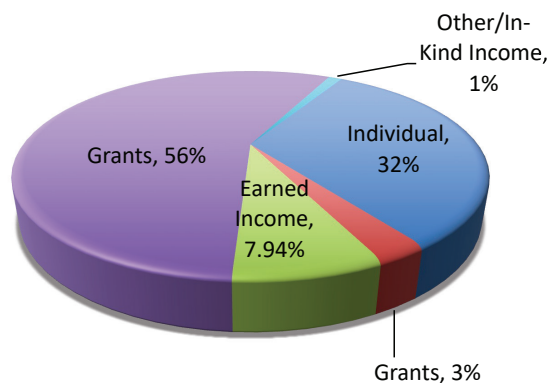
**IMPROVE
SLEEP &
MOOD**



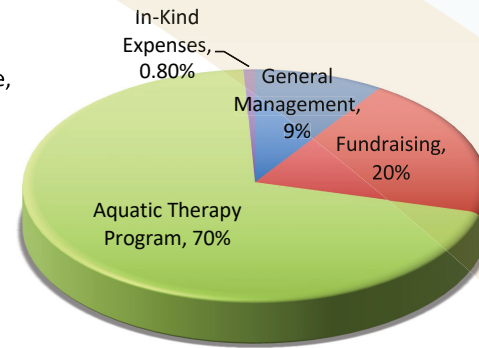
**GREATER SENSE
OF WELL-BEING &
CONNECTION**

2025 FINANCIAL HIGHLIGHTS

Total Revenue: \$425,207



Total Expenses: \$603,424



ASSETS	DEC 2025	DEC 2024
Cash & Equivalents	\$223,094	\$421,145
Contribution & grant receivables	\$0	\$0
Fixed Assets (Net of accumulated depreciation)	\$614,508	\$707,637
Other Assets *	\$367,501	\$425,474
TOTAL ASSETS	\$1,205,103	\$1,554,256
LIABILITIES		
Accounts Payable	\$0	\$8,999
Other Current Liabilities	\$13,935	\$11,831
Other L/T Liabilities *	\$386,471	\$445,384
TOTAL LIABILITIES	\$400,406	\$466,214
NET ASSETS		
Unrestricted	\$982,914	\$1,111,063
Temporarily restricted	\$0	\$0
Net Income	-\$178,217	-\$23,021
TOTAL NET ASSETS	\$804,697	\$1,088,042
TOTAL LIABILITIES AND NET ASSETS	\$1,205,103	\$1,554,256

SUPPORT & REVENUE	DEC 2025	DEC 2024
Grants & Contributions	\$379,307	\$562,154
Program Revenue (Earned Income)	\$33,773	\$25,429
In-Kind Income	\$4,850	\$20,774
Interest/Other Income	\$7,277	\$7,363
TOTAL SUPPORT & REVENUE	\$425,207	\$615,720
EXPENSES		
Program services	\$422,649	\$448,973
Support Services		
Fundraising	\$119,909	\$84,953
Management & General	\$56,016	\$84,040
In-Kind Expenses	\$4,850	\$20,774
Total supporting services	\$180,775	\$189,767
TOTAL EXPENSES	\$603,424	\$638,740
CHANGE IN NET ASSETS	-\$178,217	-\$23,021
NET ASSETS-BEGINNING OF YEAR	\$890,007	\$895,011
NET ASSETS - END OF YEAR	\$711,790	\$890,007

This is nothing like I have experienced before.
It really lets my body reach deep relaxation and a feeling of letting go.
I feel less stressed from before I started the program.

-Female Navy Veteran, 23 years

It's an incredible way to connect my mind to my body. I think I felt disconnected for so long and it was like meeting myself again. I feel more love for myself than when I first began.

-Male Marine Corps Veteran, 4 years



OUR HIGHLY SPECIALIZED TEAM

NEW TEAM MEMBERS

What does it take to provide a best-in-class service of trauma-informed aquatic therapy? In-depth training and educational background offered by staff and practitioners have accelerated our ability to address clients' needs. We reached a new milestone in 2025 by bringing in two highly educated and trained specialists, Kim Zimmer and Dr. Georganne Daniel. We also welcomed a new contracted practitioner, Allison Murphy.



Kim Zimmer

Behavioral Health Specialist: Master's Degree in Counseling and an Associate Professional Clinical Counselor (LPCC - Pending)



Dr. Georganne Daniel

Clinical Integration and Impact Manager: Doctor of Physical Therapy (DPT) and Licensed Massage Therapist and Certified Aquatic Therapist



Allison Murphy

Certified Massage Therapist (CMT), Holistic Health Practitioner (HHP) and WABA certified Aquatic Therapist

HWA HEALTHCARE ADVISORY COUNCIL

We began working with the following healthcare professionals in 2025 who would become our founding HWA Healthcare Advisory Council in 2026. This group of professionals provide insight and recommendations to inform HWA practices in healthcare and strategic growth.



Dr. Megan Hawker

Doctorate of Psychology (PsyD), Licensed Marriage and Family Therapist (LMFT) and Master's in Strategic Studies from the U.S. Army War College



Dr. Beth Scalone

Doctor of Physical Therapy (DPT) and Aquatic Therapy Rehabilitation Institute Certified Therapist



Dr. Carie Rodgers

Doctor of Philosophy, Clinical Psychology; Kirkpatrick Certified Training Evaluation Professional



Laura Todd, LPCC

Licensed Professional Clinical Counselor (LPCC)

OUR COMMUNITY

BOARD OF DIRECTORS

Sean Keith, Interim President
Andrew Feaster, Secretary
Will Dendy, Treasurer

Rob Green, Member
Justin Earp, Member

STAFF MEMBERS

Elizabeth Berg, Executive Director
Tyson Bierwolf, Lead Practitioner & Operations Manager
Tanyeka Humphrey, Client Care Coordinator
Dr. Georganne Parr, Integration and Impact Manager
Kim Zimmer, Behavioral Health Specialist



I can see a huge change in me both physically and mentally. If I can notice the difference, then I know that other people around me can as well.

-Army Veteran, 14 years

PRACTITIONERS

Tyson Bierwolf
Lupe Rodriguez
Allison Murphy
Karly Balli
Georganne Parr

THANK YOU:

To our clients, partners,
donors, and friends.

SPECIAL THANKS

To Greg Darling, who provides more than 200 volunteer hours annually in nonprofit accounting and financial reporting services.



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