

A black and white close-up photograph of a child's face, looking upwards and to the right. The child's eyes are wide and focused, and their expression is one of hope or contemplation. The lighting is soft, highlighting the texture of the skin and the details of the eyes and nose.

**CALM**

CHILD ABUSE LISTENING & MEDIATION

Annual Report  
2009.2010

In one moment,  
you can make a difference in the life of a child.

# CALM

CHILD ABUSE LISTENING & MEDIATION

CALM's mission is to prevent, assess and treat child abuse in Santa Barbara County by providing comprehensive, culturally competent services for children, adults and families.

## IN SANTA BARBARA

1236 Chapala Street  
Santa Barbara, CA 93101

(805) 965-2376 **PHONE**  
(805) 963-6707 **FAX**

## IN SANTA MARIA

218 West Carmen Lane  
Santa Maria, CA 93454

(805) 614-9160 **PHONE**  
(805) 614-9363 **FAX**

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Children's Legacy Society

[www.calm4kids.org](http://www.calm4kids.org)



# From the Executive Director

**IN ONE MOMENT**, child abuse truly does change everything. **CALM** has been preventing and treating child abuse in Santa Barbara County for 40 years now, and we've seen all too often how this one moment in time has a devastating ripple effect on so many lives.

Families fall apart; a community is weakened, and so continues the vicious cycle of abuse.

**CALM** believes that everyone in a community has a role to play in preventing child abuse, and has a responsibility to keep our children safe. When families are supported, children are less likely to be at risk for child abuse and more likely to grow up happy and healthy.

This year I'm happy to report that CALM has gone above and beyond in many ways, continuing to fulfill our mission. We have responded to critical community need in North Santa Barbara County, where a local service provider had to close its doors, and the need for CALM to step in and fill the gap was our duty. As a result, we opened an office in Santa Maria, and have begun providing programs and services to children at risk from birth through age five. We have broadened our school based prevention and education programs to reach even more young children, and we continue to forge new and strategic partnerships with organizations focused on child abuse prevention and supporting families. Lastly, despite the ongoing economic challenges facing our community and the nation as a whole, CALM

has been fiscally prudent and we're proud to have maintained funding necessary to continue the vital work we do in our community.

As always, our work is made possible by donations from our generous supporters, who have joined us in our mission to prevent child abuse in Santa Barbara County. It's because of this unfailing support that CALM can maintain the very highest level of service that our children and families have always received and deserve. Now is when we need your help more than ever.

**Our promise to you is to make every single contribution you make to CALM count towards improving the lives of vulnerable children and families that need our help the most.** On behalf of all the children in our community without a safe home, and for all the parents who are hoping for a chance to be better parents...we thank you for helping make our community a better place. In one moment, you can make a difference for the better.



Cecilia Rodriguez, MFT



Cecilia Rodriguez, MFT

Executive Director

CALM proudly recognizes our devoted staff, who are collectively responsible for implementing CALM's vital programs.

**Thank you** for providing outstanding service to the most vulnerable in our community.

EXECUTIVE DIRECTOR  
Cecilia Rodriguez, MFT

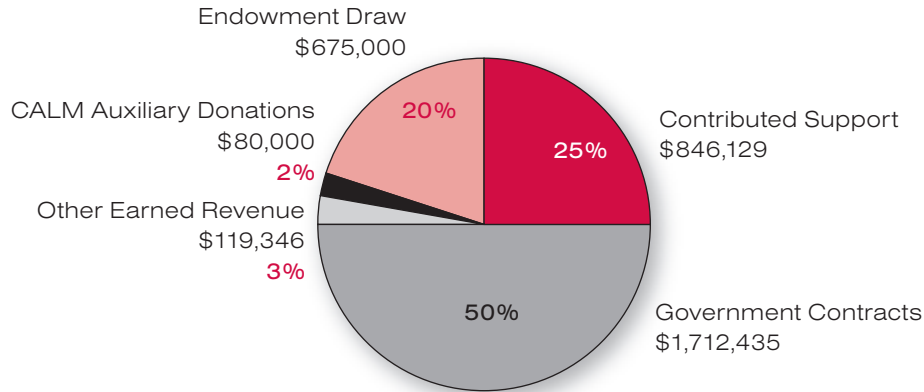
ASSOCIATE DIRECTOR  
Deborah Holmes, LCSW

CLINICAL DIRECTOR  
Elizabeth Rumelt, LCSW

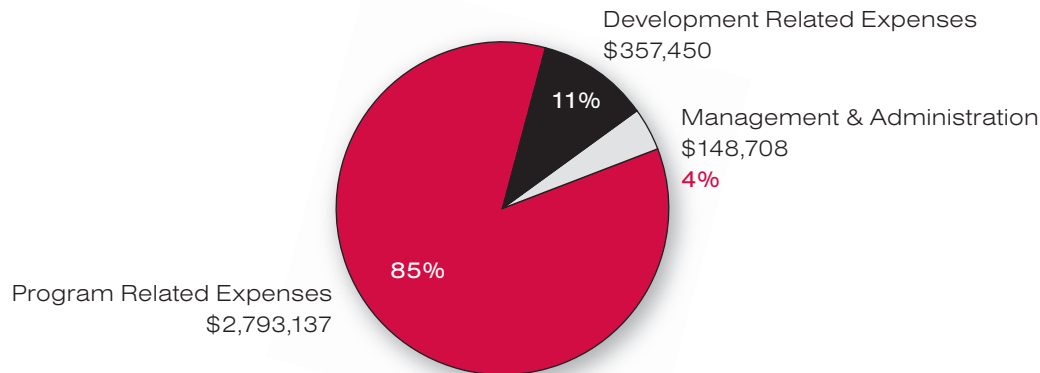
PSYCHOLOGICAL SERVICES  
DIRECTOR  
Jessica Adams, PhD

# Operating Revenue & Expenses

Total Revenue **\$3,432,910**  
*(Including Campaign Gifts and Pledges)*



Total Expenses **\$3,299,295**



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# From the Board President

**WHILE THIS PAST YEAR HAS BROUGHT SIGNIFICANT CHALLENGES** our way, it's been a year that the staff and supporters of **CALM** can be incredibly proud of. The CALM Board made the tough decision to stand up proudly for the children of Santa Barbara County and not cut our programs as funding sources became more competitive and scarce.

Instead, we cut our budget in every possible place. Our main goal was to preserve and maintain the vital services that provide thousands of hours of support that the children and families of our community so desperately rely on. In doing this, we knew we would have to lean on **CALM** staff, and propose extra responsibilities without compensation, in the name of those we serve. Looking back at the stresses we faced in making these decisions, it brings me great pride to report that CALM was able to do just as we set out to do. CALM's staff not only rose to the occasion, but they exceeded every possible expectation.

This year we have also executed a new contract to provide greatly needed services in North Santa Barbara County. As a result of a service provider having to close its doors, CALM has stepped up to open an office in Santa Maria to help those families who otherwise would have gone without services. CALM is eager to become actively involved in the Santa Maria community and looks forward to collaborating with partner agencies, developing a presence with civic and philanthropic leaders in the region as well as building relationships with organizations in line with CALM's purpose—to

do whatever it takes to prevent child abuse, and support the most vulnerable in our community.

This year, we appeal to each of you who have allowed us to proudly carry the torch for all of the children of Santa Barbara County. We can only do this with your generosity and support. Your time, your talents and your treasures not only provide us the ability to prevent child abuse before it happens, but also allow us to put the pieces of a broken family back together again. The children and families we serve move on to become stronger, healthier members of our community. Today, I ask you to help us find new friends and light the fire that will keep the CALM torch burning for every child and family in Santa Barbara County.

I have been blessed with the responsibility of guiding this board for the last two years, and it has been an honor for me to work with the most dedicated board of directors, staff, auxiliary, and supporters that there could possibly be. Thank you to each and every one of you that have touched my life in an effort to give a voice to those who need one the most.



Rich Schuette



Rich Schuette, CFP®  
Board President

When families are supported, children are less likely to be at risk for child abuse.

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# Did You Know?

## IN FISCAL YEAR 2009.2010, CALM...

- Served 1,440 individuals
- Provided more than 11,260 hours of treatment
- Presented 272 child abuse prevention workshops
- Reached 5,840 individuals in local schools and community
- Conducted 140 forensic interviews to assess child sexual abuse

### CALM'S CURRENT CLIENTS BREAKDOWN BY PROGRAM

**20%** are adults receiving treatment to prevent further abuse

**15%** are children and teens who have witnessed domestic violence in the home, receiving treatment along with the battered parent

**31%** are parents learning prevention skills who are at risk of abusing or neglecting their children

**34%** are children under 18 who are in therapy to recover from one or more types of abuse

### TYPES OF ABUSE IN SANTA BARBARA COUNTY

Neglect: **49%**

Substantial Risk/Parental  
Substance Abuse: **21%**

Physical: **11%**

Emotional: **10%**

Sexual: **9%**

# What's New at CALM

## CALM OPENS AN OFFICE IN SANTA MARIA

North Santa Barbara County struggles with rising incidents of child abuse and neglect, and has been identified as a region of high need, with high unemployment rates and the greatest concentration of poverty in children under six in Santa Barbara County. Additionally, close to 80% of Child Welfare Services cases are located north of the Gaviota tunnel.



In 2010, **CALM** received two contracts from the County of Santa Barbara/Alcohol Drug and Mental Health Services to provide Prevention and Early Intervention services to children and families throughout North Santa Barbara County. Thanks to this contract, we have been able to open treatment offices in Santa Maria and Lompoc, as well as provide home visitation services throughout North County, including Santa Maria, Lompoc, Buellton, Solvang, Santa Ynez, Guadalupe, and New Cuyama.

Compounding the already existing problems is the shortage of service availability in this area, especially bilingual/bicultural services. Every child-serving social service agency in North County has a wait list, meaning that families in critical need are not able to receive prevention or trauma treatment, thereby exacerbating their struggle with these issues.

It has long been part of CALM's Strategic Plan to bring our proven, effective services to this underserved area in desperate need. We are grateful to the County and to our supporters that we now have the resources to do so. With time and continuing support, we hope to be able to provide the full array of CALM's Early Childhood Mental Health Services to families in need in North County.

## PSYCHOLOGICAL ASSESSMENT SERVICES

All families receiving services at CALM complete a battery of standardized assessments at intake, 6 month follow-up and upon ending services. All clinicians receive a written report of the assessment results to share with clients over the course of treatment. These assessment reports help inform treatment planning and provide additional diagnostic data for the client and therapist alike.

## COLLABORATIONS

CALM is collaborating on a number of projects and programs where CALM staff are co-located in the community: Carpinteria Children's Project, Storyteller Children's Center and the Child Abuse Prevention through Family Strengthening Project.



**ART THERAPY** is a modality of psychotherapy in which clients, facilitated by the art therapist, use art media, the creative process, and the resulting artwork to explore their feelings, reconcile emotional conflicts, foster self-awareness, manage behavior, develop social skills, improve reality orientation, reduce anxiety, and increase self-esteem.

**FRONT PORCH** is a program based on referral by Child Welfare Services. CALM's engagement specialists visit families to offer linkage to needed services to decrease risks of child abuse or neglect.

**INTENSIVE IN-HOME THERAPY FOR ADMHS AND DSS** CALM provides individual and family therapy services to children and families enrolled in the Santa Barbara County Children's System of Care. Services are provided in a place and at a time convenient for the family. Interventions include: parenting education, stress management, building communication, conflict resolution and anger management skills, creating and implementing behavioral plans, and empowering the family. Therapists are available to provide support and crisis intervention 24 hours a day, 7 days a week.

**CHILD ABUSE ASSESSMENT AND TREATMENT** program serves children and their families to help them heal from the devastating effects of physical, emotional, and sexual abuse. Individual, group, and family therapy are offered in a culturally sensitive environment.



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All programs are offered in English and Spanish and are free or on a sliding fee scale. No one is turned away for inability to pay.

Clinical hours include weekdays, evenings, and Saturdays.

Visit our centers!

To learn more about CALM, please contact Monica Intaglietta at (805) 965-2376 or [mintaglietta@calm4kids.org](mailto:mintaglietta@calm4kids.org) to arrange a tour.



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In one  
moment,  
child abuse  
changes everything.

## **FAMILY VIOLENCE COUNSELING**

is offered to children and teens who have been exposed to family violence. Parents who are victims of intimate partner violence are also eligible for services. Family, individual, and group therapy are available. Groups occur in cycles of approximately 13 sessions.

## **PARENT-CHILD INTERACTION THERAPY (PCIT)**

is an empirically-supported treatment for young children (2-7 years old) that places emphasis on improving the quality of the parent-child relationship and changing dysfunctional parent-child interaction patterns. In PCIT, parents are taught specific skills to establish a

nurturing and secure relationship with their child while increasing their child's pro-social behavior and decreasing severe negative behaviors. The program is especially effective for children between the ages of 2-7 who have behavioral issues and/or where bonding and attachment need to be addressed.

## **GREAT BEGINNINGS—PREVENTION & EARLY INTERVENTION**

is a child abuse prevention program designed to promote the health, growth, and development of children ages pre-natal to 5 and their families. Services include developmental screening, parent education, therapy, group support and case management. A multi-disciplinary team uses a strength-based approach to provide home and center-based services.

## **GREAT BEGINNINGS—CHILD PARENT PROGRAM**

treats mental health problems for children 0-5 years and promotes secure attachment in the child-caregiver relationship. This program prevents and treats child abuse by addressing the needs of the child and family and by activating community support networks to ensure that children live in stable and nurturing environments.

**INCREDIBLE YEARS PARENTING** offers evening classes for parents wishing to increase their knowledge of child development and parenting skills. Classes are held in 12-week cycles and satisfy the requirements for CWS and court-mandated parent education. Parents requiring more intensive counseling and education are seen individually or conjointly with their partners and/or their children. Classes are given in English and Spanish.

**SCHOOL-BASED PREVENTION** is offered for children in the Santa Barbara County school system, who are visited by CALM's prevention educators on a regular basis during the school year. In the prevention presentations, children are taught how to keep themselves safe from abduction and abuse. Internet safety and the negative effects of cyber-bullying are also taught as part of the prevention program.

## **SEXUAL ASSAULT RESPONSE TEAM**

provides medical exams and forensic interviews for children when sexual abuse is alleged as well as emotional support to family members. Collaboration among team members ensures that the victim is not subjected to repeated examinations and interviews, and contributes to forensically sound evidence.

### **HELPING OTHERS IN PARENTING ENVIRONMENTS (HOPE)**

was developed in recognition of the trauma experienced by children who enter the foster care system. HOPE is an array of intensive in-home services available to children and parents in foster home and extended family home placements. The HOPE program combines skill-based intervention with maximum flexibility so that services are available to families and foster homes according to their unique needs.

### **ADULTS MOLESTED AS CHILDREN**

provides group treatment for adults who were sexually molested in childhood or adolescence. Groups are offered for both men and women. All clients in group must also be in individual therapy.

**OFFENDER TREATMENT** is part of CALM's mission to prevent child abuse. CALM provides treatment for adults convicted of and juveniles adjudicated for sexual offenses against children. CALM collaborates closely with SB County Probation, the District Attorney's office, and SART in these cases.

**CHILD PARENT PROGRAM** treats problems in the infant-parent relationship, prevents child abuse and disorganized attachment, and facilitates optimal infant growth and development. The program promotes secure attachment by strengthening the capacity of both parents and by activating their support networks to ensure that children live in stable and nurturing family environments.

**POSTPARTUM DEPRESSION** Mothers suffering from postpartum depression and/or anxiety are able to access a comprehensive

array of services including: individual and/or group therapy, psychiatric evaluation, and case management. Drop-in groups are available in English and Spanish.

**SPIRIT** is a family centered, community oriented, highly individualized, wrap-around strategy, available 24 hours a day, 7 days a week, to help families facing serious challenges to find solutions to keep children and teens safely in their home, be successful in school and function well in the community.

### **SOBER WOMEN HEALTHY FAMILIES**

is a collaborative program in which CALM provides therapy at the Good Samaritan Residential Drug and Alcohol Treatment Facility in Lompoc. Services are provided to the children who reside in the facility with their mothers. Individual therapy,

parenting education, and family therapy are also provided to assist with parenting skills, behavioral issues, conflict resolution, trauma and neglect.

**SAFECARE** is an evidence-based home visitation program for parents who are at-risk or have been reported for child maltreatment. The goal of the program is to strengthen families and maintain a healthy and safe environment. Trained professionals work with the family in their home to improve parents' skills in the following domains: health, safety, parent-child interaction and problem solving.



## **VOLUNTEER AT CALM**

# CALM Needs You

You can help make a difference in the life of a child by volunteering your time, talents and energy for two hours a week.

**Please contact:**  
**Ashlyn Clark,**  
**Volunteer Coordinator**  
**(805) 965-2376, ext. 150**

## 2009.2010 VOLUNTEERS

- |                    |                     |
|--------------------|---------------------|
| Sruti Aiyaswamy    | Deana Medina        |
| Darcy Alcantara    | Lilla Megyei        |
| Michaela Baer      | Mike Migita         |
| Mia Benton         | Karla Munoz         |
| Trevor Dunn        | Lacey Paulsen       |
| Lars Fackler       | Danielle Quintero   |
| Claire Fackler     | Katie Richards      |
| Rhonda Ferguson    | Michelle Sanchez    |
| Stephanie Garcia   | Emily Sharaf        |
| Marisol Gonzalez   | David Shin          |
| Miklos Hargitay    | Esther Takacs       |
| Jennifer Lane      | Ashley Trygar       |
| Jennifer Lemberger | Danielle Wagner     |
| Jeanette Mateos    | Jeannette Weisskopf |

# CALM Auxiliary



**Shirley Waxman**  
Auxiliary President

CALM has touched  
thousands of lives in  
a positive way.

**EVER SINCE CALM'S FOUNDER**, Claire Miles, began her vital work to prevent child abuse in Santa Barbara back in 1969, the **CALM** Auxiliary has played an instrumental role in helping sustain the great legacy of CALM.

The Auxiliary raises additional financial support and community awareness through projects and events, allowing the organization to grow and continue to serve the children and families that need it the most.

Today 50 hardworking women make up the CALM Auxiliary, including several of its founding members. The Auxiliary hosts the CALM Antique Shows and the Annual Celebrity Authors' Luncheon, events that raise much needed support to continue the important work Claire Miles began 40 years ago.

## CALM CELEBRITY AUTHORS' LUNCHEON

On March 27, 2010, the **CALM** Auxiliary produced the 23rd Annual Celebrity Authors' Luncheon. **Sharon Bifano** and **Stephanie Ortale** have been co-chairs of this event since 1987. Interviewed authors this year included **Elizabeth**

**Berg** *The Day I Ate Whatever I Wanted*, **Sandra Brown** *Rainwater*, **Kate Jacobs** *Knit the Season*, and **Larry Carol Leifer** *When You Lie About Your Age, the Terrorists Win*. **Jack Canfield**, author of the *Chicken Soup for the Soul* series, has been Master of Ceremonies for the last thirteen years.

## 2010 CLAIRE MILES AWARD: MARGO CHAPMAN

The **CALM** Auxiliary established the **Claire Miles Award** in tribute and memory of Claire Miles and her dedication and commitment to keeping children safe in our community. This annual award is an opportunity to remember her work and honor an individual or individuals who embody her spirit and dedication. This year the Auxiliary honored **Margo Chapman** for her outstanding support of CALM. The award was presented with our most sincere gratitude for her tremendous commitment and dedication to CALM.

## AUXILIARY OFFICERS 2009.2010

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President

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Recording Secretary

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1st Vice President

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2nd Vice President

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Treasurer

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Jeanette Carpenter

Margo Chapman

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Barbara Flanigan

Carolyn Fryer

Carolyn Gillio

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Louise Liscombe

Maria McCall

Doris Stitz Medved

Carol Newman

Stephanie Ortale

Terri Penman

Marlene Perrizo

Blanca Presser

Judy Rattray

Adele Rosen

Jane Runyen

Zoë Schultz

Meredith Scott

Marty Silverman

Caroline Sweet

Sissy Taran

Betty Tegart

April Thede

Sunny Thomas

Lynn Wells

Pegeen White

Marcia Wolfe

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Joanie Chackel

Julie Freedman

Edith Fulco

Suzanne Fairly-Green

Terri Gough

Rosemarie Marasco

Natalie McFadden

Bev Raber

Norma Jean Shaw



Event Co-Chair Dan Bifano, Executive Director Cecilia Rodriguez, Event Co-Chair Donna B. Fisher-Yates, Adriana, Summer & Mark Shuman

## A Night at the Casbah

**CALM** celebrated 2010 with a successful fundraising event, *A Night at the Casbah to Benefit CALM*. The exotic evening, filled with exquisite Moroccan cuisine and entertainment at the 2004 CALM Design Showcase House, featured special guest Master of Ceremonies, **Andrew Firestone**.

It was an unforgettable night celebrating the vital work CALM does in the Santa Barbara community. A special thanks to the **Shuman Family** for opening their beautiful home to CALM and for their continued generous support.

*At left: Board President Rich Schuette and his wife Trudi with Cecilia*

*Lower left: (L-R) Board Members Mary Hanson, D'Arcy Cornwall, Patricia Durham, and Rebecca Anderson*

*Below: Board Member Rick Erickson and his sister, Kristina Erickson*



### DIAMOND

Alice Gillaroo and Susan Jorgensen  
Summer for Kids

### PLATINUM

Toast\*  
Susanne and Gary Tobey

### GOLD

Classic Party Rentals\*

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Bartlett, Pringle & Wolf, LLP  
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Bryant & Sons  
Christy Martin of Studio Encanto  
Elements Catering\*  
Riviera Insurance Services, LLC  
Mary Ellen Trainor Zemeckis  
Sheila and Jim Zimmerman

\* in-kind gift

Thank you to our  
generous supporters  
who helped make our  
Night a huge success!

# CALM Family of Support

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Leasha Barry and Andrew Winchester  
Dr. and Mrs. George Bifano  
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Igna and Jack Canfield  
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Sue Ellen Castellanos  
Becky Cohn  
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Alison Brainard-Sydney  
Jeffrey and Susan Bridges  
Dr. and Mrs. Buck Brillhart  
Melissa and Ronald Brooks  
Marcy Burton  
Gale Bush  
Mr. and Mrs. Andrew Butcher  
William and Kathryn Calise  
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