My Super Power would be
I want to be strong.
CALM’s mission is to prevent childhood trauma, heal children and families, and build resilient communities throughout Santa Barbara County.

CALM’s work has evolved over the years, from our origins as a volunteer-staffed “warm line” for stressed parents in Santa Barbara to a highly trained therapeutic staff of more than 100 across the County. But our purpose has remained the same.

We aim to stop abuse before it occurs, and support families who have experienced chronic trauma. As our organization has developed, our mission has evolved to reflect our expanding role in the community.

CALM’s mission is focused on three key areas:

• Preventing childhood trauma: Our prevention and positive parenting programs have doubled in size since 2003, to over 50% of our staff time and budget. The Early Childhood Prevention & Intervention and Parenting & Family Programs departments strengthen the entire family to prevent abuse and build stronger relationships.

• Healing children and families: Core to our mission has always been helping families who have experienced abuse. Our Childhood Trauma Treatment department supports children of all ages to tell their stories so that healing can begin. Our Intensive Family Services department provides intensive therapeutic interventions for those in our county with the highest needs.

• Building resilient communities: CALM is working to build a trauma-informed community. Our Community Strengthening Collaborations with preschools, universities, medical centers, social sector agencies, and local government empower all systems that work with youth to make lasting change.

We envision safe communities where every family is supported and every child thrives. Join us in making this vision a reality.

Alana Walczak
Chief Executive Officer

Children’s Art Speaks
Throughout this report, you will see artwork created by CALM clients. We asked our children to share with us their superpowers, both those they already have and those they wish to have.

CALM’s superpower is preventing child abuse. What’s yours?
PROTECTING THE MOST IMPORTANT RELATIONSHIP IN THE WORLD

Only one in four kids exposed to trauma get help?
1 in 5 mothers suffer from maternal mood and anxiety disorders?
Over 5,000 reports of suspected abuse were made in 2016?
There are currently more than 500 children in foster care?

calm is embedded at schools, health clinics, Family Resource Centers, and community organizations to meet families where they are.
calm supports mothers and families with education, bonding and attachment skills, reducing social isolation, and linking families to community resources.
calm’s Childhood Trauma Treatment program provides therapy for over 700 children each year who have experienced abuse or violence in their homes.
calm’s Trauma Informed Parenting Group teaches foster and kinship parents the impact of trauma on children’s behavior and development.

SUPERPOWERS
“If I could do one thing to make kids’ lives better, I would...”

Encourage adults to provide positive and loving attention to all children by using a little magic—smiles and praise.
Liz, Marriage and Family Therapist Intern, Intake Coordinator in Santa Barbara

Be a strong advocate in the community; speak up against violence, and provide a safe place for children to express their feelings, thoughts, and dreams.
Brandi, Marriage and Family Therapist in Santa Maria

Teach them to live each day better than the previous one.
Jonathan, Mental Health Clinician in Santa Barbara

Teach children that they are special in their own way, that it isn’t about being like everybody else, but being an individual and unique.
Robin, Nurturing Parenting Educator, Child & Family Specialist in Lompoc

If I could do one thing to make kids’ lives better, I would...

Teach them to live each day better than the previous one.
Jonathan, Mental Health Clinician in Santa Barbara

Teach children that they are special in their own way, that it isn’t about being like everybody else, but being an individual and unique.
Robin, Nurturing Parenting Educator, Child & Family Specialist in Lompoc

1 in 5 mothers suffer from maternal mood and anxiety disorders?

Did you know, in Santa Barbara County...

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calm’s Trauma Informed Parenting Group teaches foster and kinship parents the impact of trauma on children’s behavior and development.

calm’s Childhood Trauma Treatment program provides therapy for over 700 children each year who have experienced abuse or violence in their homes.

Did you know, in Santa Barbara County...
Financial Information 2016-2017*

Sources of Support $6,887,000

Endowment Draw $325,000 5%
Private Contributions $1,914,000 28%
Unrestricted Contributions, Special Events $1,386,000 20%
Program Service Revenue $844,000 12%
Program Service Revenue $844,000 12%
Campbell non-cash pledges $425,000 6%
Campbell cash gifts $120,000 2%

Government Grants/Contracts $4,372,000 64%

Program Service Revenue $844,000 12%

Endowment Draw $325,000 5%

Unrestricted Contributions, Special Events $1,386,000 20%

Program Service Revenue $844,000 12%

Campbell non-cash pledges $425,000 6%

Campbell cash gifts $120,000 2%

Management & Administration $844,000 13%

External Relations $527,000 8%

Operating Expenses $6,664,000

Program $5,283,000 79%

Management & Administration $844,000 13%

External Relations $527,000 8%

2017 at a Glance

19,315 hours of treatment
73 practitioners

2,400 children and families served

3 offices

7 Family Resource Center locations

9 Mental Health Consultation locations

Children’s Legacy Society

Members of the Children’s Legacy Society have expressed their commitment to CALM by making a bequest to CALM in their will, or by creating a Charitable Remainder Trust with CALM as a beneficiary. For more information on how you can make CALM part of your legacy, please contact the Development Office at (805) 965-2376.

Recognizing Donor Ray H. Olmstead

Ray Olmstead joined the Board of Trustees five years ago, after retiring from a successful 35 year legal career in Hawaii and Santa Rosa, CA. Upon retiring, he returned to his hometown of Santa Barbara, where he had graduated from Santa Barbara High School and UCSB. Ray raised four children, and now he very much enjoys his six grandchildren. As Ray planned his legacy, he decided to include CALM.

I first learned about CALM some six years ago when I retired. Before making the move to Santa Barbara, I had been on the Board of a non-profit which also served the needs of children. I began making inquiries and quickly learned of CALM and its mission, and the fine work that it has been doing for children over many decades.

What inspired you to include CALM in your will? I raised four children, and they are all doing well. They are all kind and caring members of their communities, and I know that they will welcome the knowledge that a portion of my estate will benefit the fine and unparalleled work performed by CALM.

What do you hope CALM will be able to accomplish in the future? It is more than just hope that I hold for CALM. Based on CALM’s longevity in providing services in our community, and the vision of CALM’s leadership in ever looking to expand such services, I know that CALM will continue to be a driving force, providing for the needs of children throughout all of Santa Barbara County.

Thank you to these visionaries who have named CALM as the beneficiary of a planned gift to help secure CALM’s future.

Anonymous (2)
Peggy and Dan Bough
Nancy and Tom Bollay
Ada-Marie Bowers*

Bobbi and Paul Didier
Anna and Peter Kokotovic
William Ledbetter*
Alegra Lewis*
Ray H. Olmstead

Sandra and Gene Robertson
Adeline Rosen
MaryAnn and Richard* Schall
Leah and Robert Temkin

* in memoriam

* Audited financials and the current 990 can be found at calm4kids.org

PROTECTING THE MOST IMPORTANT RELATIONSHIP IN THE WORLD

Thank you for helping me
Preventing Childhood Trauma

Calm is a beautiful place when you come here you feel safe.

Josie has a great relationship with her partner. Dad has really responded well and is interacting more with Lucy. They have a great support system in each other.

CALM’s prevention programs serve families and caregivers with children who are most at risk for abuse and neglect. We help parents form strong, healthy attachments with their children, identify sources of support, and learn parenting strategies.

1,259 children were taught to yell “No!” and go tell a safe adult when they are in scary or uncomfortable situations through our School-Based Prevention Program.

521 families with young children were provided with home visits.

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“JOSIE” IS A YOUNG MOM who was suffering from Postpartum Depression (PPD). She was so depressed that she had not bonded with her baby, “Lucy.” Lucy’s head was flat because Josie didn’t pick her up, and she didn’t make noises or smile. Even though Josie attended to her basic needs of diapering and feeding, Lucy was suffering from neglect due to Josie’s severe depression.

Josie began attending CALM’s PPD support group to learn coping skills. CALM has sent a practitioner to her home each week to provide one-on-one parenting support.

With CALM’s multi-faceted support, Josie has learned to cope with her feelings productively. Lucy has begun cooing, smiling and interacting.

521 families with young children were provided with home visits.

“Josie has a great relationship with her partner. Dad has really responded well and is interacting more with Lucy. They have a great support system in each other.”

CALM Home Visitor
At CALM, we know that a child must tell his or her story so that the healing can begin. We also know we must work to strengthen and support the entire family to heal a child and to prevent abuse.

*Dahlia’s* living situation was out of control. Domestic violence and substance abuse were daily occurrences. It all came to a halt when her 18 month old son was removed from her care by Child Welfare Services.

“Losing my child was the most powerful motivator to changing my life.”

Determined to get her son back and remove the toxic elements from her life, Dahlia enrolled in a parenting support group and individual counseling at CALM, as well as recovery programs. She and her son, “Milo,” also signed up for CALM’s Parent Child Interaction Therapy (PCIT) to learn to play and communicate together. Dahlia credits her openness to the process and the support she received from CALM with her success in reunifying with her son. She has enrolled in college, secured a safe place to live, and found a steady job. Most importantly, Milo is thriving in preschool and enjoying play time with his mom.

**CHALLENGES OUR KIDS FACE**

- **66%** Separation from Caregivers
- **82%** Child Maltreatment
- **63%** Family Problems
- **10%** Prenatal Substance Exposure
- **58%** Trauma Exposure (Life Threatening Experience)

**Healing Children & Families**

*Programs include:*
- Therapy for Victims of Child Abuse and Neglect,
- Intensive Family Support,
- and Domestic Violence Counseling for Children and Parents

“This has been the most difficult year but also the best year of my life. I have risen to the occasion and am taking ownership.”

Dahlia, 25
CALM is striving to create a community where teachers, parents and children work together to provide the strongest possible start for children, thereby reducing the strain that childhood trauma puts on our schools, our healthcare system, and our community. We are determined to create social change necessary to support and strengthen the entire community.

“ELLIE” WAS STRUGGLING in her teaching job. Her students were disrespectful to her and each other. Despite her interesting and engaging lessons, classes were full of disruptions. Every child in that classroom was suffering and Ellie was at her wits end.

Fortunately, Ellie’s program director noticed her frustrations and offered a CALM Consultant to help. She knew that CALM could help teachers mitigate the challenging behaviors students bring to the classroom due to trauma and chaotic homes. Ellie received coaching and support that helped her re-engage with her love of teaching.

Quickly, the dynamic in the classroom shifted. Classes ran more smoothly, the children were engaged, and everyone in the classroom was able to focus. Ellie was able to use the skills she learned to handle distractions coming from her neediest students without disrupting the entire class. Ellie feels more confident and hopeful, and all her students are thriving in the supportive environment they deserve.

“I have seen my staff become calmer, happier, and more confident in their work.”

After-School Program Director

Programs include:
Proyecto HEROES and Mental Health Consultation
On April 27, 2017, CALM supporters learned how CALM is fighting to end childhood trauma in North County while local male “celebrities” served good eats and fine drinks.

On November 10, 2016, over 200 supporters and friends enjoyed a mindful afternoon celebrating the healing work of CALM.

Special thanks to our generous sponsors!

**Enlightenment**
Patricia and Larry Durham

**Nirvana**
Deckers Brands
Lyons Family Foundation
Montecito Bank & Trust
Maryan Schall
Stephanie and Jim Sokolove

**Zen**
Bartlett, Pringle & Wolf, LLP
Fall, Marking, Allen, Montgomery, Granett and Raney LLP

**Breathe**
Anonymous
Richard L. Berry, MD
Bowell Chiropractic Sports Medicine
Cottage Children’s Medical Center
Heather and Alex Craigie
Chen and Jim Jackson
NS Ceramics, Inc.
Leah and Bob Temkin
The Susanne and Gary Tobey Family Foundation
THE CALM AUXILIARY HAS PLAYED an instrumental role in sustaining the great legacy of CALM and ensuring the vital work of the organization for over 45 years. Today, 50 hardworking women make up the CALM Auxiliary.

2017 Claire Miles Award: Jeanette Carpenter

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 year the Auxiliary honored Jeanette Carpenter for her pledge to CALM’s families.

If I had a superpower, it would be flying, because then I could see if there was danger and I could help them.

31st Annual Celebrity Authors’ Luncheon

On March 4, 2017, the CALM Auxiliary produced the 31st Annual Celebrity Authors’ Luncheon, co-chaired by Becky Cohn and Carolyn Gillio. Interviewed authors this year included Dianne Dixon, Fannie Flagg, Craig Johnson, and Kate McDermott.

A special thank you to our generous sponsors of the 31st Annual Celebrity Authors’ Luncheon!

Pulitzer Prize
Anonymous

Bestseller
Anonymous

First Edition
Mark S. Cornwall, Trustee
Grossenbacher CRUT
Montecito Bank & Trust

Poet Laureate
Eve Bernstein

Underwriting
Becky & Marty Cohn
Robert & Carolyn Duncan
Carol Fell
Anthony Henkins
Maria McCall

“This is me if I was a superhero. I would have lightning powers to stop the tornado and save all the people. I have rocket boots.” – Girl, Age 7
the 2016 holiday season was a rush of gift wrapping, shopping trips, bows, and exclamation of joy. There were even some happy tears shed by the families and CALM staff overcome by the amazing generosity shown by the community. Children and families across Santa Barbara County had a gift (or many) to open for the holidays thanks to kind...
This list represents gifts made to CALM from July 1, 2016 through June 30, 2017. Every effort is made to accurately record and acknowledge donations. This list is not all-inclusive.

Denotes 5 or more years of consecutive giving to CALM.
Join us at these events

**CALM at Heart:**
Fostering Love
November 2, 2017

Antiques, Decorative Arts & Vintage Show and Sale
January 26-28, 2018
May 18-20, 2018

Child Abuse Prevention Month
April 2018

Ladies Get Loud for CALM
April 12, 2018

32nd Annual Celebrity Authors’ Luncheon
April 21, 2018

If I were a super hero I would be named Sparklet. And I throw sparks out of my hands.

CALM’s superpower is preventing child abuse. What’s yours?

calm4kids.org