When you come here you feel safe
CALM’s mission is to prevent childhood trauma, heal children and families, and build resilient communities throughout Santa Barbara County.

Children’s Art Speaks

Throughout this report, you will see artwork created by CALM’s clients. We asked our children to share with us drawings of the people they love. Every family looks a little different, and every friendship is unique.
Hello from our CEO and President

SINCE ITS INCEPTION, CALM has prioritized the power of collaboration. We believe that through partnership we can and will create a positive future.

To prevent childhood trauma and to build resilient communities, CALM’s work has evolved to become proactive, pioneering, and community-based. We believe we must look outside our own walls to support those working with children and families in all parts of our community.

Over the past year, CALM’s board and staff have prioritized community collaborations in a variety of settings.

• CALM began a new partnership with the Santa Ynez Band of Chumash Indians in 2017. CALM’s clinician supports Chumash families on the reservation and throughout the County.
• In health care, our trauma-informed services begin with the Santa Barbara Resiliency Project. Starting as early as the 4-month Well Baby pediatric visit, families are screened for Adverse Childhood Experiences and provided parenting supports, brief therapeutic interventions, and home visits from a CALM therapist.
• In early care, families and teachers are supported in preschools to learn how the brain develops, how to understand and manage challenging behaviors, and how to build strong connections with young children.

Our efforts have grown to include 21 preschool sites and learning centers. And starting this fall, we are excited to expand our mental health consultation work to North County by welcoming the Santa Maria Valley YMCA as our newest partner!

• In education, CALM has expanded its reach by launching mental health services in all nine elementary schools of the Santa Barbara Unified School District. CALM will provide the framework and support for each school to become a trauma-informed learning environment, offer individual and group counseling for students and parents, and provide reflective practice for teachers to learn and problem solve together.

In all these partnerships, CALM seeks to enact systems change that will last for generations to come. We envision safe communities where every family is supported and every child thrives. Join us in making this vision a reality.

Alana Walczak  Bridget Foreman, CPA
Chief Executive Officer  President, Board of Trustees

Alone we can do so little, together we can do so much.
– Helen Keller
OUR ADVICE for parents and caregivers is...

Take care of yourself first, so that you can be a source of strength, love and support for your child because parenting is not easy.

Yumi
in Santa Maria

Be involved in your child’s life. You cannot be too loving.

José
in Santa Barbara

Don’t sweat the small stuff. The stage of development your child is in is so temporary...enjoy everything and take lots of pictures.

Tonya
in Lompoc

Create a support network, ask for help, practice mindfulness, find a way to take a break. Do anything that helps you feel more grounded so you can thrive.

Jaime
in Santa Barbara

THANKS TO YOU OUR STAFF SUPPORT FAMILIES EVERY DAY IN OUR COMMUNITIES
PROTECTING THE MOST IMPORTANT RELATIONSHIP IN THE WORLD

6 WAYS

I Mental Health

**calm** helps children tell their story by assisting them in sharing a verbal, written or artistic narrative about their trauma experiences.

2 Exercise

Take turns DJ’ing so everyone gets to play their favorite song. Then break a sweat while you boogie down!

3 Healthy Relationships

**calm** supports caregivers by offering them tools to help their child express their feelings and manage their emotions.

4 Healthy Sleep

At bedtime, ask your child what three things they are thankful for that day. It keeps their mood light and positive before drifting off to sleep.

5 Mindfulness

**calm** supports groups complete a mindfulness activity, like meditation or deep breathing, during each session.

6 Nutrition

Be a role model. Kids eat the way you eat. Involve your child in healthy meal planning, shopping and cooking.

parents, caregivers and **calm** staff can help children build resilience
Financial Information  2017.2018*

Sources of Support  $7,232,000

- Endowment Draw $500,000 (7%)
- Private Contributions $2,797,000 (39%)
- Government Grants/Contracts $3,855,000 (53%)
- Program Service Revenue $80,000 (1%)
- Unrestricted Contributions, Special Events $886,000
- Campaign non-cash pledges $1,814,000
- Campaign cash gifts $97,000

Operating Expenses  $7,227,000

- Management & Administration $1,037,000 (14%)
- External Relations $416,000 (6%)
- Program $5,774,000 (80%)

2017.2018 AT A GLANCE

- Children and families served in calm offices: 31,438
- Practitioners: 73
- Children and families served in the community: 1,661
- Offices: 3
- Family Resource Center locations: 7
- Mental Health Consultation sites: 21
- Pediatric clinic location: 1

* Audited financials and the current 990 can be found at calm4kids.org
Recognizing Donor Adele Rosen

Adele Rosen has been an involved member of the Santa Barbara community for over 50 years, serving as a board member and volunteer of several organizations. Adele first learned of CALM in the early 1970s, not long after the agency formed. She served on the Board, and later in the Auxiliary. As Adele planned her legacy, she decided to include CALM. We thank her for ensuring CALM’s future!

How did you first learn about CALM?
Margo Chapman visited me with an invitation to learn more and join the board. At the time the board was very small and the meetings were held at the McVeigh house near the Natural History Museum. I served on the Board for eight years.

What inspired you to include CALM in your legacy?
I chose CALM as one of my legacies because the mission speaks to serving families who are in need of a safe place. Child abuse is a public health epidemic. It has always been my dream that CALM would not be needed but I know that is not possible. I want to leave in my legacy strength of funding to continue the work as needed.

What do you hope CALM will be able to accomplish in the future?
CALM’s future is education, to teach young people that abuse is not acceptable, and to change the patterns of an abusive household by teaching love and respect. My cultural background teaches tikkun olam, a Jewish concept defined by acts of kindness performed to perfect or repair the world. I am performing this by leaving a legacy.

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.

Anonymous (2)
Peggy and Dan Blough
Nancy and Tom Bollay
Ada-Marie Bowers*
Anna and Petar Kokotovic
William Ledbetter*
Allegra Lewis*
Ray H. Olmstead
Sandra and Gene Robertson
Adele Rosen
Maryan and Richard* Schall
Leah and Robert Temkin

* in memoriam

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

**Natalie is 4 years old** and lives with her single mother. After her family encouraged her to seek support for Natalie’s defiant and aggressive behavior with caregivers and other children, her mother called CALM and asked for help. Natalie’s mother was at the end of her rope. She resorted to yelling and spanking, which she knew was not the right way since she had grown up in a home with domestic violence and physical abuse.

Through the process of Parent Child Interaction Therapy with her CALM therapist, Natalie’s mom has learned to use positive reinforcement and new, effective ways to manage Natalie’s behaviors. Most importantly, Natalie and her mom learned to play together. As a result, Natalie feels more connected to her mom and it has improved their relationship. Natalie’s aggressive and defiant behavior has decreased, changing the trajectory of this family’s future.

“Natalie and her mom are able to be happy and playful around each other now.”

CALM Therapist

**655 families** with young children were provided with home visits

**50%** of CALM’s programs and services are dedicated to trauma prevention

Services include:
- Home Visitation,
- Postpartum Support,
- Parent Child Bonding,
- Therapeutic Supports,
- and Parenting Classes
Healing Children & Families

Calm makes sure you are not abuse.
At CALM, we know that a child must tell his or her story so healing can begin. We also must work to strengthen the entire family to heal a child and to prevent childhood adversity.

**Adverse Childhood Experiences (ACEs)**

*ACEs are traumatic events that can have negative, lasting effects on health and well-being.*

- Physical abuse
- Sexual abuse
- Emotional abuse
- Physical neglect
- Emotional neglect
- Family violence
- Incarcerated caregiver
- Substance abuse in household
- Mental illness in household
- Parental separation or divorce

**Henry’s mom knew that something** was happening to her seven year old son at his dad’s house. He frequently wet the bed, startled easily, had trouble focusing in school, and was always anxious. Henry finally told his mom that his dad was hurting him. Child Welfare Services intervened to increase supervision during visits, guided Dad to counseling and referred the family to CALM.

Our therapist’s primary goal with Henry was to increase his feelings of safety while on visits with his dad. She role played with him things to do or say if his dad became aggressive. Henry practiced how to ask his mom or other adults for support when he was feeling unsafe with his dad. He also learned how to calm his breathing when he was feeling anxious. Henry’s dad learned effective parenting techniques in counseling as well. When Henry graduated from CALM, he was thriving in school, no longer wetting the bed, and was rarely experiencing anxiety.

Services include:
Therapy after Exposure to Trauma, Intensive Family Support, and Family Violence Counseling for Children and Parents

> “Sometimes I feel scared in my tummy. I tell my mom and we take big breaths—smell the flower, then blow out the birthday candles. My tummy feels better.”

Henry, 7
I don't have all the answers and sometimes other people do
– Mother, 28
CALM is striving to create a community where everyone works 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 neighborhoods. We are determined to create social change necessary to support and strengthen the entire community.

64% of adults have been exposed to at least one Adverse Childhood Experience

3 pediatricians in Santa Barbara County are screening for Adverse Childhood Experiences

**PROTECTING THE MOST IMPORTANT RELATIONSHIP IN THE WORLD**

**Services include:**

Proyecto HEROES, Mental Health Consultation, School-Based Prevention, and the Santa Barbara Resiliency Project

“Every time I meet with you, I feel better and that I am doing well as a mother with my children. You reassure me that I’m doing it correctly and not repeating any negative experiences I had in my own childhood.”

Jessica, mother

**JESSICA BROUGHT HER INFANT** to the Goleta Neighborhood Clinic for his six month Well Child visit. Her son’s pediatrician screened the entire family for Adverse Childhood Experiences, and when Jessica scored 3 ACEs, the pediatrician offered the family a new collaborative program to build parent-child attachment and teach bonding skills. The family met with CALM’s social worker right there at the clinic, and started receiving regular visits at home and in the clinic.

Since she began visits with the CALM clinician, Jessica has felt more confident in her parenting. She is practicing new bonding skills not only with her baby, but also with her other children. The home visits have helped increased her awareness of her own parenting abilities and resiliency.
Ladies Get Loud for **calm**

Thank you to our generous event sponsors

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**Ladies Get Loud for CALM**

On April 12, 2018, CALM supporters learned how we are fighting to end childhood trauma in North County while local community leaders served our guests.

Mary Wise, Cyndy McDermott

Marion Medical Center Staff – Susan Rasmussen, Candice Monge, Adrienne Dodd, Kathleen Sullivan, Jessa Brooks, Kerin Mase, Megan Maloney

CASA Staff – Lorena Chavarria, Coco Landeros-Rico, Kim Colby-Davis

Celebrity Waiters
CALM at Heart: Fostering Love

On November 2, 2017, over 240 supporters and friends enjoyed an afternoon celebrating the healing work of CALM.

Special thanks to our generous sponsors!

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- Sara Wilcox
The Calm Auxiliary has played an instrumental role in sustaining the great legacy of CALM and ensuring the vital work of the organization for nearly 50 years.

2018 Calm Celebrity Authors’ Luncheon

On April 21, 2018, the CALM Auxiliary produced the 32nd Annual Celebrity Authors’ Luncheon, co-chaired by Becky Cohn and Carolyn Gillio. Interviewed authors this year were Rona Barrett, Lisa See, and Simon Tolkien.

2018 Claire Miles Award: Sunni Thomas

The CALM Auxiliary established the Claire Miles award in tribute and memory of founder Claire Miles and her commitment to keeping children safe in our community. This year the Auxiliary honored Sunni Thomas for her outstanding dedicated service to CALM’s families.
A special thank you to our generous sponsors of the 32nd Annual Celebrity Authors’ Luncheon!

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Anonymous
John Scott Family

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Mark S. Cornwall, Trustee for the Grossenbacher CRUT
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I have someone to listen without judgment and help me with my problems

— Boy, 16

PROTECTING THE MOST IMPORTANT RELATIONSHIP IN THE WORLD

Adopt a Family

The 2017 holiday season was a challenge for everyone in Santa Barbara County. Even with the struggle many of us faced at home, our community came together for CALM families.

Children and families across Santa Barbara County had a gift (or many) to open for the holidays thanks to your kindness.

236 Businesses, Families and Groups of Friends

adopted and made the holidays more joyful for

1,050 Children, Parents, and Grandparents

The complete list of Adopt a Family supporters is available online at calm4kids.org.
calm Family of Support

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Nancy Harter
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Roberta Haylock
Allison Hayward
Teresa Heick
Susan Hefgott
Marla Hemingway
Reene and Scott Hennessey
Robin Hennessy
Kathryn and Robert Henry
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and Jim Herman
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Steve Hernandez
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Ammon Hoenigman
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Beverly Holmes, DVM
Mary and Gary Holmes
homegrown graphics
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Lawana Hooper
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Linda Lorenzen
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Bruce Kirkpatrick
Tybie and Bernard Kirtman
Kat and Brian Knowles
Carol Kosterka *
Geri LaChance
Meghan and Jonathan Lang
Martha Lannan

* denotes 5 or more years of consecutive giving to calm

Visit us and learn more about CALM.

To arrange a tour, please call the Development Office at (805) 965-2376 or email amccague@calm4kids.org.
calm Family of Support

PROTECTING THE MOST IMPORTANT RELATIONSHIP IN THE WORLD
denotes 5 or more years of consecutive giving to calm
You Can Help calm

CALM’s kids rely on you.

Here are a few of the many ways you can help. To learn more, please contact Ashlyn McCague, Director of Development, at (805) 965-2376 or amccague@calm4kids.org

- Make a donation
- Shop with AmazonSmile and name CALM as the beneficiary
- Include CALM in your estate planning
- Donate action figures, board games, art supplies, or diapers
- Volunteer to provide childcare
- Join a Board working group
- Schedule a site visit to CALM with a friend
- Organize your school, business, or friends to Adopt a Family
- Host an informational gathering about CALM in your home

Your support matters!

Elise and Michael Quick*
Ana Sofia Ramirez-Gelpi
Christine Fredericks and Edward Ransford
Gretel Reece
Carla Reeves
Helen Reid
Janet and Thomas Rhodes
Fran Roberson
Shirley Roby
Elena and L.P. Pina Romero
Doris Roof
Rosalie Roy
Santa Barbara Axxess*
Santa Barbara Parents of Multiples
Lisa and Edward Schatz*

Andrea Sears
Eryn Shugart
Gina Bifano and Ken Skiff
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Marie Ann Strait
Rossell Studer
Jean Studer
Derek Swafford
Nancy and Robert Szulczewski
Sharon Talkington

Lisa Tomas
Beth Thompson
Barbara and Charles Van Dusseldorp
Judy and Gary Van Sant
Crashena and Vincent Vanhecke
Laura Velasquez
Jennifer Vercelli
VTC Enterprises
Trisha Webb
Judi and Harry Weisbart
Laura Welby
Gerlinde and Douglas White
Das Williams
Mary Renaud and Mark Williams*
Charlotte and Ronald Williams
Sally and Stan Witnov
Theresa Yandell
Patricia Yarnell
Laura and Paul Zakaras

This list represents gifts made to CALM from July 1, 2017 through June 30, 2018. Every effort is made to be accurate. Please bring any errors or omissions to the attention of our Development Office at (805) 965-2376. Thank you.
Join us in 2018-2019 at these events

Santa Maria Country Club
Women’s Division Golf Tournament and Luncheon Supporting CALM
October 23, 2018

Santa Barbara Open House
October 24, 2018

CALM at Heart:
Building Community
November 8, 2018

Antiques, Decorative Arts & Vintage Show and Sale
November 9-11, 2018

33rd Annual Celebrity Authors’ Luncheon
March 16, 2019

Child Abuse Prevention Month
April 2019

Ladies Get Loud for CALM
April 11, 2019

My child has learned to express her feelings with words not actions

– Mother

calm4kids.org