calm’s mission is to prevent childhood trauma, heal children and families, and build resilient communities throughout Santa Barbara County.

It is difficult to imagine what this year would have been like without calm.”

– PARENT

Welcome to the calm Impact Report. We are honored to share calm’s mission in action, highlighting the impact our services have on families and systems to create social change throughout the County.

Connect with CALM

Lompoc
110 S C St
(805) 741-7460

calm4kids.org

Santa Barbara
1236 Chapala Street
(805) 965-2376

Santa Maria
210 E Enos Dr, #A
(805) 614-9160

Facebook CALMsbcount
Instagram calm4kids
Youtube CALMsbcount

**calm** is here — for all of us.

As we endure one of the greatest traumatic periods of our lifetimes, the stress and strain are felt by each of us. Anxiety, uncertainty and exhaustion are taking a significant toll. And, for the most vulnerable, those feelings can be overwhelming.

Through it all, one truth remains: trauma recovery is CALM’s expertise. Our services ensure the health and well-being of thousands of children and families.

**calm** is innovative. Trauma is bigger than any of us can solve alone. As such, CALM embeds therapists and prevention practices in schools, childcare centers, law enforcement agencies, family resource centers, and pediatric clinics. By partnering in this holistic way, we identify new opportunities to support all families.

**calm** is responsive. Throughout the pandemic, we provided uninterrupted, essential services tailored to meet the unique challenges of our community’s families. Since March, CALM served more clients than ever before, all in new ways. We also developed innovative trainings and support groups for partner agencies to better meet evolving needs.

**calm** is resilient. We anticipate a deluge of mental health crises in coming years. Children, families, teachers, and organizations will require more support than ever before. CALM has served our community for 50 years, and we pledge to learn and grow to effectively support our communities for the next 50 years.

With your support, we will continue to lead with courage, strength, and grace. **calm** is here — for as long as it takes.

Alana Walczak  
President and CEO

Liam Murphy  
Chair, Board of Trustees

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2019 - 2020

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Anna Kokotovic, PhD  
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Preventing Childhood Trauma

calm's prevention programs serve families with children who are most at risk for abuse and neglect. We help parents and caregivers form strong, healthy attachments, identify sources of support, and learn parenting strategies to build foundations for healthy development.

Protecting the most important relationship in the world

YEAR IN REVIEW

in 2019 - 2020
Providing necessary tools for a healthy start

1,015
FAMILIES SUPPORTED THROUGH EARLY INTERVENTION

60%
OF calm SERVICES FOCUS ON PREVENTION

418
FAMILIES PROVIDED EARLY SUPPORTS TO PREVENT ENTERING CHILD WELFARE SYSTEM

“Through therapy, my client started blooming, smiling and bonding. His foster parents were open to any and all ideas and interventions. They got the whole family doing “belly breathing”... even the dogs! It was so exciting to see them wrap around this sweet little boy. THIS is the reason we do this work.”

– TONYA, NORTH COUNTY CLINICIAN

calm expanded support for teachers and school communities

calm provided uninterrupted and responsive service during stay-at-home orders
At *calm*, we know that untreated childhood trauma can have devastating life-long effects that impact a child’s physical and mental health. We provide **individual and family treatment** to strengthen parent-child relationships, as well as intensive services to overcome serious emotional and behavioral problems.
Adverse childhood experiences have lifelong health effects

When I think of the impact my son’s therapist has on our lives, I think of a calm and steady presence during a daunting time. I think of a positive, guiding, and reliable figure dedicated to supporting a young man, and family in need.

Our family is stronger, more capable, and more resilient because of calm’s efforts. We are better equipped for these challenging times. This is precious, timely and rare, and I could not be more grateful.”

– MOTHER, CALM CLIENT

At what cost?

$5K vs. $400K*

COST PER YEAR TO PROVIDE EARLY INTERVENTION TO A CHILD AT calm

LIFETIME COSTS IF CHILDHOOD ADVERSITY IS LEFT UNADDRESSED

* costs include healthcare, criminal justice, and special education
Building Resilient Communities

calm creates a community where teachers, parents and children work together to provide the strongest possible start for children. We are reaching beyond the walls of our building and the homes of our clients to embed and partner with the community, ensuring trauma-informed practices are the groundwork for healing.
What makes working with calm so important and special is the mental health consultation model they use. It builds a critical mass of teachers, administrators, and staff who can respond to children’s needs in the moment ... providing a safe and nurturing classroom climate; which, helps children be ready to learn. It’s that simple.”

– FRANN WAGENECK, SBUSD ASSISTANT SUPERINTENDENT

Countywide efforts to support the entire community

10,212
SCHOOL-AGED CHILDREN calm HAS SUPPORTED THROUGHOUT THE COUNTY

60
TRAININGS FACILITATED BY calm STAFF TO COMMUNITY ORGANIZATIONS

75
NUMBER OF ORGANIZATIONS calm PARTNERS WITH THROUGHOUT THE COUNTY

We partner with calm frequently. One recent collaboration was a calm therapist training our preschool teachers, weekly, and for a full year, on how to positively navigate behaviors of children who are challenged emotionally and socially.

We included the parents so that the support system, knowledge, and tools were consistent both at our preschool and in their homes.

This type of community support for our most vulnerable youth is crucial – now so more than ever! With calm, anything is possible.”

– SHANNON SEIFERT, CEO SANTA MARIA VALLEY YMCA
Thanks to you

calm would not be able to accomplish all we have without the support of our community. We are indebted to the Board of Trustees, Auxiliary, event sponsors and attendees, Family to Family donors, Children’s Legacy Society members, community partners, and countless committee members who display love and passion for calm’s mission each and every day.

* For a complete donor listing, please visit calm4kids.org.

We are grateful for all you do

For 50 years, the CALM Auxiliary has raised funds and awareness for CALM through special events.

CALM’s Board of Trustees serve as visionaries to our strategic growth and continue to be ambassadors for systems change in our community.

CALM at Heart set a record with more than 300+ attendees and $200,000 raised.

CALM Community Conversations are bringing people and ideas together to tackle big issues.
Every family supported, every child thrives

2019 - 2020
at a glance

120
STAFF MEMBERS THROUGHOUT 3 OFFICES

12,434
TELEHEALTH THERAPY SERVICES PROVIDED BETWEEN 3/16/20 - 06/30/20

11,269
IN-PERSON THERAPY SESSIONS IN 2019 - 2020

1,498
COMMUNITY MEMBERS EDUCATED THROUGH TRAUMA-INFORMED TRAININGS

Sources of Support
$10,738,775

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<th>Source</th>
<th>Amount</th>
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<tr>
<td>Endowment Draw</td>
<td>$523,000</td>
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<td>Program Service and other Revenue</td>
<td>$350,388</td>
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<td>Private Contributions</td>
<td>$3,734,856</td>
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<td>Unrestricted Contributions</td>
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<td>Government Grants/Contracts</td>
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Operating Expenses
$8,545,521

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<td>Management &amp; Administration</td>
<td>$1,036,140</td>
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<td>Program</td>
<td>$6,957,371</td>
<td>81%</td>
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2019-2020 audited financials and 990 can be found at calm4kids.org
Protectors
$100,000 and above
Anonymous*
The Hearst Foundations
James S. Bower Foundation*
Santa Barbara Cottage Hospital
The Towbes Foundation*
Wood-Claeyssens Foundation*

Hearts
$50,000 - $99,999
Ann Jackson Family Foundation*
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Lorna and Michael Owens
Karen and Carl Payatt
Johnna Perez
Maria-Clara Garcia and Roberto Robledo
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$100 - $499
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Patti and Mark Duell Sr.*
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* denotes 5 or more years of consecutive giving to calm
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Trudi and Rich Schuette

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Kenneth Shamordola
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Sharol Siemens
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Halis Silverman
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Cynder Sinclair
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Sally and Jay Smith
Kathy Smith
Margo Smith
Raisa Smorol
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Lynne Sprecher
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Sandra Stingle
Marilyn Stoddard
Beverly Schwartzberg and David Stone
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Lori Sullivan
Arthur Swalley
Cindy Swinerton
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Sunni Thomas
Kim Thomas
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Josephine Tournier Ingram
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Toyon Research Corporation
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United Way Of Santa Barbara County
Nancy Van Gelder
Judy and Gary Van Sant
Pam and Mike VanBlaricum
Brett Vapnek
Sara and Don Vickers
Jacquelyn Vlca
DiAnne Voorhees
Timothy Walker
Jo Ellen and Thomas Watson
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Leslie White
Eric Wilmanns
Jane and Timothy Wilson
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Melinda and Edward Wittwer
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up to $100
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Linda Allard
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Nancy Palmer
Glendon and Laura-Lee Parks
Bailey Parsy
Joanna Patterson
Vanessa Paul
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includes Family to Family
Anonymous (4)
1114 CraftHouse & Kitchen
Heather Ainsworth
The Allan Family
All Saints By the Sea Preschool
American Riviera Bank Employees
Anesthesia Medical Group of Santa Barbara
Appfolio
The Baker Family
Soma Baldwin
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The Bellamy Family
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The Book Den
Lori Bormes
The Bosma Family
Brooke Bradley
Michelle Brenner
Broomberg Family
Katie Brown
Nicki Bywater
Mrs. Calles’s English Classes at SBHS
CALM Auxiliary

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Carpinteria Wine Company
Carpinteria-Summerland Fire
Association
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Carrillo Surgery Center & The
Spine and Orthopedic Center
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Jannine Chamorro
Leonard Champion
Chapman Family
Miriam Cislo
The Collier Family
Melissa Cook
Albert Cordero
Corktree Cellars
Corona Family
Christina and Joseph Cortez,
John Krasner
Crocker Family
Cox Family
Kylander & Craig Family
Crimson Day Spa
Cub Scout Pack 11
Amy Curti
Alicia D’Anna
Julie Danley
Deckers Brands - People Success
& Talent Acquisition Team
Molly and Ben Diener
Nasim Delavari
Raquel Demarest
Alexis Desales
Susie Duane
Megan Duarte
Dianne Duva
Olivia Esparza
Jannie Ficarra
Fielding Graduate University
Dr. David Fischer
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The Food Liaison
The Fothergill Family
Debra Fowler
The Fowler Family
Gajardo Family
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Heather and Robert Gibson
Sally H. Giloth
Girl Scout Troop 50762
Karla Gonzalez
Liora & Cameron Goodman
Joyce Gracie
Toni & John Grant
Trisha Gray
Carolyn Greenbaum
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Jeannette Hahn
Paul and Larissa Halsell
Ashley and Tom Harrison
Mollie Harrison
Dru A. Hartley
Roberta Haylock
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Catherine Kort
William Ledbetter*
Allegra Lewis*
Tina Hansen McEnroe
Karen and Bob Merrill
Ray Olmstead
Thomas and Charmaine Rogers
Adele Rosen
Maryan and Richard* Schall
Judith Stewart for Stephen
Stewart Living Trust*
Leah and Robert Temkin
*deceased
calm Events

CALM at Heart

Climbing
Anonymous

Running
Alliant Insurance Services, Inc.
Casa Dorinda
Carolyn and Andrew Fitzgerald
Cindy and Steve Lyons
Montecito Bank & Trust

Skipping
Bartlett, Pringle & Wolf, LLP
Bobbi and Paul Didier
HUB International Insurance Services, Inc.
Janis Salin
Kenny and Elizabeth Slaught
Leah and Robert Temkin
Dr. Carrie Towbes, Ph.D. and Dr. John Lewis

Stepping
Jacquelyn Belt and Fred Clough
Fell, Marking, Abkin, Montgomery, Granet & Raney LLP
Chana and Jim Jackson
Anna and Petar Kokotovic
Amanda and Travis Lee
Lois Moore
NS Ceramic, Inc.
Mutual of America Life Insurance Company
Santa Ynez Band of Chumash Indians
Brigitte DeVoe Welty and Alain Welty

CrabFest
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Mary Ann Froley
Mullen & Henzell, LLP
April Thede

Cracked Claw
Brashears Insurance Agency, LLP
Miriam Cislo
Integrated Procurement Technologies
Stella and Wes Johnson
Aurora and Adam Malan
Peter Wenzel

Courage & Resilience

Healing
Anonymous

Never Giving Up
Hutton Parker Foundation
Manadoob Foundation

Courage
Arlington Financial Advisors
Roberta and Matt Collier
Bridget Foreman
Carole MacElhenny
Charmaine and Tom Rogers

Hope
Dr. and Mrs. George Bifano
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