We are proud to announce our forever name.

calm is no longer an acronym. It is a name that represents the core of our mission and vision.

calm stands for...

- **Healing + Resilience**
- **Trusted Relationships**
- **Children + Families**
- **Equity + Inclusion**
- **Social Change + Community Impact**
- **Innovation + Excellence**

calm’s mission is to prevent childhood trauma, heal children and families, and build resilient communities throughout Santa Barbara County.
Hello from our CEO & Board Chair

This is a time of great promise and opportunity for *calm*.

With clarity and vision, we embark on an ambitious strategic plan to meet the evolving needs of our communities. We work tirelessly to mobilize partnerships, foster equity and inclusion, and elevate impact.

Four priorities will guide us over the next five years:

**Clinical Excellence.** *calm* provides pioneering, trauma-informed services—centered on the strengths of our clients and the expertise of our staff—while exploring new approaches that transform lives.

**Staff Capacity.** *calm* invests in competent, mission-driven team members who are supported by a healthy organizational culture that emphasizes staff wellness and growth.

**Mid and North County Investment.** *calm* prioritizes excellent countywide care by focusing resources, cultivating expertise, and building relationships in Santa Maria and Lompoc where children and families need us most.

**Fiscal Sustainability.** *calm* leverages our fiscal strength to determine appropriate growth that ensures quality performance and long-term viability.

For more than 50 years, *calm* has served our community with courage, strength, and vision. With your support, we can build a more vibrant future for all who need us.

*calm* is here—for as long as it takes.

Alana Walczak
President and CEO

Caroline Powers
Chair, Board of Trustees

"CALM fixed my broken heart."
Preventing Childhood Trauma

Strengthening our community, one family at a time

Calm's prevention programs support families in building healthy relationships with their young children. By developing strong, positive attachments, families gain practical tools for a healthy start.

“The constant contact reminded me I was not alone.”

In 2021-2022...

Investing in the future

In 2021-2022...

Calm invested $75,000 in training and wellness for staff.

As part of a comprehensive compensation plan, the starting Calm Therapist 1 wage increased by 28%.
Promoting safe and healthy child development

3,610
HOME VISITATION SERVICES PROVIDED THROUGHOUT SANTA BARBARA COUNTY

1,681
CAREGIVERS AND CHILDREN SUPPORTED BY THE GREAT BEGINNINGS TEAM

86%
% OF PARENTS WHO FELT THEY DEVELOPED CLOSER FAMILY RELATIONSHIPS, THANKS TO calm

Dora came to calm at the recommendation of her doctor after the loss of her infant son. She was severely depressed, suicidal, and unable to connect with her four-year-old daughter. In our sessions, Dora processed her own childhood trauma, as well as the loss of her baby. We focused on ways for Dora to build a stronger relationship with her daughter through play, which transformed their connection.”

– CALM THERAPIST

calm launched the home visitation model, Healthy Families of America, to provide consistent support for families with young children.

A calm board and staff committee analyzed clinical practices, organizational policies, and recruitment through an equity and inclusion lens.

calm’s Board of Trustees enacted a visionary new 5-year strategic plan through 2027.
Jenny struggled with intense anxiety and depression due to her mother’s dependence on alcohol and the terrible fights that occurred between her parents. Jenny tried to become the family peacemaker, but at age 11, this only intensified her stress levels. She was often put in danger when her mother was intoxicated, which led to arrests and her mom losing all parental rights. In therapy sessions, Jenny was able to tell her trauma narrative, learn coping skills, and build a closer relationship with her father. She recently shared that she is no longer depressed and has less anxiety, which we continue to work on together.”

“Nurturing recovery and fostering resilience

“calm helps families heal and process their trauma histories. Through individual and family therapy, clients strengthen relationships, overcome serious emotional and behavioral problems, and buffer the impacts of trauma.

“Our therapist was amazing at listening.”
CLIENTS PROVIDED COMPREHENSIVE SUPPORT FROM THE INTENSIVE FAMILY SERVICES TEAM

489
CHILDREN AND FAMILIES THAT RECEIVED THERAPY FROM THE CHILDHOOD TRAUMA TREATMENT TEAM

436
CLIENTS PROVIDED COMPREHENSIVE SUPPORT FROM THE INTENSIVE FAMILY SERVICES TEAM

8,763
NUMBER OF VISITS PROVIDED IN calm CLINICS AND IN COMMUNITY SETTINGS

How to build resilience

Adverse Childhood Experiences (ACEs) include 10 specific types of abuse, neglect or household challenges before age 18. ACEs can have lifelong health outcomes if left untreated.

In contrast, Positive Childhood Experience (PCEs) are made through interpersonal relationships that foster a child’s capacity to thrive.

Here are four ways to build PCEs:

Check in. Ask the child in your life to share their thoughts, feelings and concerns.

Listen carefully and give your full attention in conversation.

Offer compassion and empathy rather than solutions.

Do something together—a game, an art project, or looking at photo albums.

“...skills that are easy to apply.”

Positive supports for individuals and families

489
CHILDREN AND FAMILIES THAT RECEIVED THERAPY FROM THE CHILDHOOD TRAUMA TREATMENT TEAM

436
CLIENTS PROVIDED COMPREHENSIVE SUPPORT FROM THE INTENSIVE FAMILY SERVICES TEAM

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“I have learned skills that are easy to apply.”
Building Resilient Communities

Every family supported, every child thrives

“This program was more than I expected.”

calm fosters social change and reduces the strain of childhood trauma by partnering with other systems that serve children and families. By embedding services in natural settings where children learn and grow, we collaborate with organizations to increase access to mental health services, overcome stigma, and establish trauma-informed communities.
I wanted to say thank you calm for your support with my students. I appreciate the skills I have learned to help my kids calm down and regulate. Every morning we have been doing the breathing exercises. There are so many tools our calm consultant has given me and the students. They have been working with the kids (and me!!) when the energy gets a bit tense in the classroom.”

– PRESCHOOL TEACHER

Creating trauma-informed communities

5,050
CHILDREN REACHED WITH CONSISTENT MENTAL HEALTH SUPPORTS AT THEIR PRESCHOOL OR ELEMENTARY SCHOOL

91%
% OF ELEMENTARY TEACHERS SAW STUDENTS’ MENTAL HEALTH IMPROVE AS A RESULT OF REFERRAL TO THERAPY

1,656
PARTICIPANTS REACHED IN TRAININGS AND PRESENTATIONS PROVIDED BY calm TO BUILD ADULT CAPACITY TO UNDERSTAND TRAUMA

Santa Barbara Cottage Hospital partnered with calm to offer an innovative virtual counseling program for parents of babies in the neonatal intensive care unit (NICU). We are assessing the effectiveness in reducing postpartum depression and NICU related trauma. We know NICU families are at higher risk and how important accessible supports are for their well-being.”

– KATHERINE CHUNG, MD NEONATOLOGY

“I don’t usually talk about my feelings. It helps to talk about my NICU experience.”
Thanks to you

calm would not be able to serve the most vulnerable children and families in our community if not for our generous investors.*

We are indebted to the Board of Trustees, Auxiliary, Children’s Legacy Society, Impact Circle, event sponsors and attendees, Family to Family contributors, community partners and volunteers who share in calm’s mission as our greatest ambassadors.

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

Deepest thanks to retiring Board members Bridget Foreman, Carrie Bissell, and Liam Murphy for their cumulative 33 years of volunteer and Board commitment to calm. Our organization is forever changed by your dedication. Above, l-r: Bridget, Carrie, Alana Walczak, Liam

CALM at Heart 2021 raised over $330,000 in support of community-strengthening collaborations. (l-r): Co-Chairs Caroline Powers, Analise Maggio, Belle Hahn, Carolyn Fitzgerald.

CALM Auxiliary’s CALM on the Course golf tournament raised $50,000 benefitting communities throughout Santa Barbara County.

CALM’s Ladies Get Loud 2022 raised over $90,000 for children and families in the Santa Maria Valley.

We are grateful for all you do!
Sources of Support
$9,109,000*

- Government Grants/Contracts: $5,910,000 (65%)
- Endowment Draw: $565,000 (6%)
- Program Service and other Revenue: $365,000 (4%)
- Private Contributions: $2,269,000 (25%)

Operating Expenses
$8,403,000

- Program: $6,213,000 (74%)
- Management & Administration: $1,460,000 (17%)
- External Relations: $730,000 (9%)

2021 - 2022 at a glance

- 109 calm STAFF MEMBERS LOCATED THROUGHOUT SANTA BARBARA COUNTY
- 19,769 TELEHEALTH AND IN-PERSON THERAPY SERVICES PROVIDED SINCE JULY 2021
- 75 LOCAL ORGANIZATIONS calm COLLABORATES WITH TO SUPPORT A STRONGER SANTA BARBARA COUNTY
- 93% PERCENTAGE OF CLIENTS WHO REPORTED LEARNING USEFUL COPING SKILLS THROUGH calm’S SERVICES

*2021-2022 not yet audited. For complete financial information, visit calm4kids.org

“Ayudar a mi hija de las cosas que le pasó hacerla entender que ella no tuvo la culpa.”
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$100,000 and above
Cottage Health
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Wood-Clayssens Foundation

Hearts
$50,000 - $99,999
Anonymous
Ann Jackson Family Foundation
Edwin and Jeanne Woods Family Foundation
Henry Mayo Newhall Foundation
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Cindy and Steve Lyons
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Towbes Foundation
Yardi Systems

Guardian Angels
$25,000 - $49,999
Anonymous
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Marcia and Jim Wolfe
Shannon and Neil Young

Jan Creery
"I am working on myself and accepting and realizing I didn’t do anything wrong. We are seeing our baby do better. The overall progress also shows how much we’ve done as parents.”

Role Models

$500 - $999

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Nancy Barasch
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calm

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“If it’s helping me this much, it’s definitely going to help a lot of moms out there.”
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