



impact report

2025-26



LOMPOC

SANTA BARBARA

SANTA MARIA



calm4kids



CALMsbcountry



CALMsantabarbara

calm4kids.org

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

By reducing the risk and the effects of trauma, we break intergenerational cycles in families and communities.

2025 – 2026 **at a glance**

3,278

children and their caregivers found hope and healing at *calm*

25,391

services strengthened resilience and well-being

100%

of *calm* clients were served at no cost

98%

of clients reported satisfaction with the care they received

1,818

hours of training were completed by clinical staff to maintain excellence

25

calm staff advanced their careers with new roles, promotions, certifications, or licensure

Q&A with our CEO & Incoming Board Chair

What would you want a supporter to know about the impact of their support this past year?

Alana: You are changing lives. This year, with your help, **calm** reached thousands of children and families facing some of life's hardest circumstances and helped change the trajectory of their lives.

Frann: Your support helped us build new partnerships in education and healthcare this year, meaning more families can access help earlier in the places where they already live, learn, and receive care.



Alana Walczak
President and CEO



Frann Wageneck, EdD
Chair, Board of Trustees

What's something **calm** did this year that you're especially proud of?

Alana: We responded to significant change this year with intention, adaptability, and unwavering commitment to our mission. We are not simply adapting; we are using this moment to become more focused, more effective, and better prepared to serve families for generations to come.

Frann: I'm proud of our new leadership training program: This year, 21 leadership staff took part in over 300 hours of coaching and courses, all in service of building stronger leaders for the families we serve.

What keeps you hopeful about this work?

Alana: My hope is driven by the transformation we witness every day. After more than ten years at the helm of **calm**, I am more convinced than ever that childhood trauma is preventable, and that investing in children and families is one of the most powerful ways we can strengthen our communities.

Frann: Our staff keep choosing to grow, even in a year with real financial pressures across the nonprofit sector. Watching our team invest in each other tells me our foundation is strong enough to weather whatever comes next.

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"The tools we learned have been life-changing."

Preventing Childhood Trauma

Early support makes the biggest impact. *calm* families are guided through programs designed to **reduce the risk of trauma** by nurturing healthy relationships, building resilience, and addressing challenges before they escalate. By working with caregivers to break cycles of adversity, we're creating lasting change.



"I feel safer now that my partner and I know the steps to respond to challenging behaviors."

PREVENTION & EARLY INTERVENTION

946

children and caregivers strengthened their relationships with *calm*'s prevention programs

1,841

home visits helped families with new babies build healthy attachment

92%

of caregivers noticed an improvement in their family's ability to manage stress

Moving forward together



When Oliver* and his mother came to *calm*, they were carrying more than they could put into words. After witnessing an incident of domestic violence and the separation of his parents, little Oliver's anger and confusion showed up as outbursts at school and at home. His mother didn't know what to say to him, and he held a quiet resentment: blaming her for his father's absence, unable to understand why any of this was happening.

Using *Child-Parent Psychotherapy*, one of *calm*'s evidence-based models, we focused on strengthening their relationship and communication.



Session by session, mom found the words to explain, and Oliver found the space to express himself, naming the unspeakable things they had never talked about before.

Today, they're aligned in a new way, with a closeness that wasn't there before. By focusing on their relationship, Oliver and his mother are healing together."

– ANNIE, THERAPIST

*Name has been changed to protect confidentiality

Programs Delivered

{Prenatal – Age 10}

PARENT CHILD TREATMENT Therapy for caregivers and children together and separately

HOME VISITATION Support and guidance for families in their natural home environment

PERINATAL MOOD & ANXIETY DISORDER TREATMENT Screening, preventive services, and therapy

PARENT EDUCATION Support for caregivers in positive, nurturing parenting

Healing Children and Families

calm provides evidence-based mental health treatment for children and families to **reduce the effects of trauma and toxic stress**. Services are tailored to each child's unique needs to help them regain stability for a healthier, more hopeful future.



"Mi hija ha cambiado para mejor. Se le ve más feliz y se siente más segura."

TRAUMA TREATMENT

460

children and their caregivers received mental health therapy and support at *calm* to heal from trauma

5,579

individual and family therapy sessions provided a safe space for healing

91%

of clients learned new skills to help them manage stressors in their life



Finding strength for a brighter future

Marcus* hadn't felt safe for a long time. After enduring years of abuse by his mother, he had recently been placed in his uncle's care and referred to *calm* for support. I worked with him using *Trauma-Focused Cognitive Behavioral Therapy*, a treatment modality that helps trauma survivors reframe their experiences in an empowering way so they can move forward.

What made Marcus special was his willingness to engage. **He wanted to tell his story — to sift through what happened to him with someone who could help him make sense of it.** It was a rejuvenating experience for me: watching a young person emerge from such a dark time not just intact, but stronger and more resilient.



Today, Marcus can talk about his past without letting it affect him negatively in his present. Because of this, I am confident that he will have a successful future."

– JAMES, CLINICAL SUPERVISOR

*Name has been changed to protect confidentiality

Programs Delivered

{Ages 0 – 21}

CHILDHOOD TRAUMA TREATMENT Individual and family therapy to recover from trauma

PARENT TREATMENT Therapy for caregivers with mental health needs

INTENSIVE IN-HOME Therapy for youth with moderate to severe mental health needs

PATHWAYS TO WELLBEING Therapy to stabilize children involved with the foster care system

Building Resilient Communities

Strategic partnerships extend *calm*'s reach to **drive meaningful social and systemic change.**

Our staff collaborate in settings where children learn and grow to increase access to mental health services and strengthen adults' capacity for care.



"CALM has been approachable and very effective. Having new knowledge and skills has reduced our stress."

EMPOWERING ADULTS TO HELP CHILDREN THRIVE

1,609

referrals were made by community partners to connect families with *calm* services

104

early childhood educators received support in addressing classroom challenges

97%

of teachers agreed that *calm* support improved their ability to meet children's social-emotional needs

Small deposits, big returns



Something I love about my work in *calm*'s *Growing Together* program is that I get to observe classrooms with a big-picture view to see how I can help the teachers and students. In one class, we had a little boy, Joey*, who would hit another child, and then he would be the one crying and asking for a hug. His teachers were confused — were we rewarding the behavior?

When we looked closer, we realized Joey's mom recently had a new baby, and he was feeling left out at home. So we started making what I call 'emotional deposits' — hugs when he walked in, high-fives, and praise when he cooperated. We filled his cup before he ever needed to act out.

*Name has been changed to protect confidentiality



Within weeks, Joey was calm enough to ask for what he wanted, and the teachers had a new skill to carry throughout their careers. That's success to me — meeting a child where he's at and building from there, one small win at a time."

— ELOISA, MENTAL HEALTH CONSULTANT

Programs Delivered

- COMMUNITY TRAINING** Helping professionals, caregivers, and children build capacity and resiliency
- GROWING TOGETHER** On-site consultation in early care settings to support healthy child development
- YOUTH RESILIENCY PROGRAM** Short-term therapy to address concerns identified by pediatricians
- SEXUAL ASSAULT RESPONSE TEAM** Child forensic interviews to support justice system advocacy

calm at Heart 2025

raised a record-breaking \$550,000 with a keynote address by Teen Ambassador, Kennedy, who shared her powerful full-circle story. Pictured: the Event Committee with CEO Alana Walczak and Kennedy



Thank you

calm's generous investors ensure vulnerable children and families in our community can access expert mental health services.

We are immensely grateful to the supporters*, community partners, Board of Trustees, and volunteers for their vital role in advancing our mission.



calm's first-ever Teen Council was organized to advocate for youth mental health.

*For a complete donor listing, please see our extended Impact Report at calm4kids.org



Let's Get Loud raised \$125,000 — the highest amount in the event's history — to support vulnerable children and families. Pictured: *Let's Get Loud* Event Committee

Your support makes an impact.



Join *calm*'s Support System

By making a monthly or annual gift, you can be a dependable source of support for children and families.

Children's Legacy Society

Make a planned gift to have an impact now and in the future.

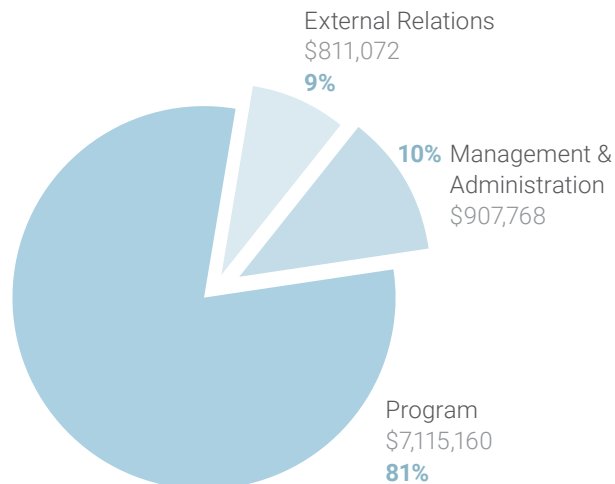
To learn more, please contact the Development team at (805) 965-2376.



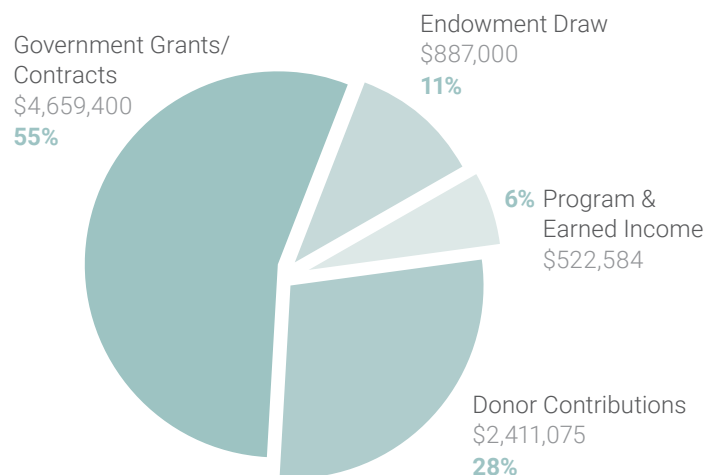
calm4kids.org

Fiscal Year 2025 – 2026*

Operating Expenses \$8,834,000



Sources of Support \$8,480,059



*2025 - 2026 financials not yet audited.

For complete financial information, visit calm4kids.org

calm Community of Support

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\$100,000 and above

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"We had the support we needed to get through what we experienced."

"I was able to go into motherhood with far less stress and anxiety."

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Lindsay and Loren Grabau
Michael Gunner
Jennifer and Timothy Hale
Peggy Hamilton
Julie and Jeff Harris
Candice Hedrick
Kathryn and Robert Henry
Karla Hicks

*"He aprendido estrategias para conectar más con mi familia
y me he sentido apoyado durante todo este tiempo."*

"We are grateful to have these services. Thank you."

Frann Wageneck
Jo Ellen and Thomas Watson
Jess Weaver
Leslie Webb
Lisa Wesner
Nancy Wilkinson
Judy Willis
Brett Wilson
Joy Winer
Monica Yamasaki
Abbey Ziv

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up to \$100

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♥ in loving memory



Lists represent gifts made to *calm* from July 1, 2025 through June 30, 2026. Every effort is made to ensure accuracy. Please bring any errors or omissions to the attention of our Development team at (805) 965-2376.

We are forever grateful for your support.



calm Events

CALM at Heart 2025

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Changemaker

Anonymous

Steve Lyons

Carrie Towbes and John Lewis

Trailblazer

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Richard A. Russell Family



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Susan and Gary Gulbransen

HUB International Insurance Services

Montecito Bank & Trust

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Santa Ynez Band of Chumash Indians

Supporter

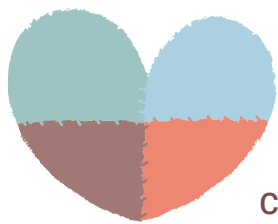
A.T. Still University
AMB Law – Andre, Morris & Buttery
American Riviera Bank
Community Bank of Santa Maria
Community West Bank
Hardy Diagnostics
Mechanics Bank

Mission Wealth
Montecito Bank & Trust
The Murray Group at Morgan Stanley
Solomon Hills
Katrina Sprague
Troesh Coleman Pacific
Santa Maria Valley YMCA

Leader

Allan Hancock College
CenCal Health
Rotary Club of Santa Maria Breakfast
Allan Hancock College





calm

CHILDREN'S LEGACY SOCIETY



What will your legacy be?

Anonymous (6)
Stephen Barrett♥
Peggy and Dan♥ Blough
Nancy and Tom Bollay
Ada-Marie Bowers♥
Jeanette Carpenter
Becky and Marty Cohn
Heather and Alex Craigie
Bobbi♥ and Paul Didier
Angela and Philip Ente

Mary Ann Froley♥
Marla and Mike Gibson
Susan Miles Gulbransen
and Gary Gulbransen
Margret Hart♥
Jeannette Sanford Hawes
Anna and Petar Kokotovic
Catherine Kort
William Ledbetter♥
Steve Lyons

Allegra Lewis♥
Tina Hansen McEnroe
Karen and Bob Merrill
Ray Olmstead
Joanne and Brian Rapp
Sandra and Gene Roberston
Charmaine and Thomas
Rogers
Adele Rosen
Maryan and Richard Schall♥♥

Gary Simpson and Santa
Barbara Home Improvement
Center
Sissy Taran
Leah and Robert Temkin♥♥
April Thede
Marcia and Jim Wolfe

♥ in loving memory

Membership in the **CHILDREN'S LEGACY SOCIETY** represents an enduring commitment to children and families in our community. The Children's Legacy Society will help us fulfill our vision where every family is supported and every child thrives.

For more information, contact:

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Development Manager
(805) 614-9160
smclean@calm4kids.org

calm4kids.org/get-involved/planned-giving



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Prevention First

Every \$1 invested in prevention saves \$5 in future costs.



Capacity Building

Promoting generational stability within families and communities.

