FROM THE EXECUTIVE DIRECTOR

Wave Academy has continued to grow every year since our founding, and I’m thrilled to report 2014 was the best to date.

After two years of data collection, and in partnership with Johns Hopkins’ Center for Research and Reform in Education Institute, we have documented new evidence that Warm Water Aquatic Bodywork Therapy (ABT) helps reduce Post Traumatic Stress (PTS) symptoms over an eight-week treatment period. Please see the evaluation study results below for more details.

Additionally, Wave Academy saw contributions increase by 101% from the previous year. Included in this was an $82,500 restricted grant award, the largest since our inception.

We are pleased to include many of our client success stories on our new website at www.waveacademy.org and also by visiting our Facebook page at www.facebook.com/waveacademy.

2014 WAVE ACADEMY’S BEST YEAR!

With the support of our community, practitioners, leadership and donors we continue to transform the lives of our veterans, their family members and caregivers.

Selected Accomplishments:
• Finalized and released study performed in partnership with Johns Hopkins University
• Increased client sessions by 370% compared to 2013
• Expanded to four private pools to offer our services on an ongoing basis
• Increased total funding by 101% over 2013

OUR MISSION

Wave Academy is dedicated to expanding the role of Aquatic Bodywork Therapy as a powerful tool in the healing and advancement of individuals, communities and the human condition. By providing our services in San Diego, home of the largest military population in the United States, we support healing families, preventing suicides, and creating hope for the men and women who honorably dedicated their lives in service to our country.

Post Traumatic Stress by the numbers

Of the more than 2.6 million service men and women who served in Iraq and Afghanistan, the National Veterans Association reports that 20-35 percent returned home with PTS. Approximately 1,000 veterans of these wars are diagnosed with PTS every week. There are tens of thousands of families struggling with the devastating effects of PTS – evidenced by the alarming statistic that 22 veterans commit suicide every day in the U.S.

*Statistics from the Department of Veterans Affairs (2012)
**Johns Hopkins Study**

Wave Academy partnered with the renowned Center for Research and Reform in Education Institute at Johns Hopkins University to learn more about the impact of ABT for treating PTS.

Once per week for eight weeks 15 PTS diagnosed veterans participated in individual one-hour ABT sessions.

The study found that participants experienced a more than 28% decrease in PTS symptoms, resulting in improved sleep duration and quality, decreased pain and lower levels of anxiety.

**FINDINGS:**
- Preliminary results indicate that warm water therapy may be linked to better sleep, pain reduction and lower levels of anxiety.
- The PTSD Checklist — Military (PCL-M) scores showed a 28% median reduction in symptoms over the protocol.
- The Profile of Mood States (POMS) scores showed a 38% median reduction in symptoms over the protocol.

Among others, these findings confirm the viability of ABT and set the stage for increasing care, building awareness, and improving the quality of life for our veterans. To view the full report, visit www.WaveAcademy.com/resources

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**Increased New Client Intake**

New client intake increased by 37% in 2014 from the previous year. Through word-of-mouth, organizational partnerships, a public relations push and our new website, news is spreading about Wave Academy’s unique approach to transforming lives.

**120 NEW CLIENTS**

**Gender**
- Male: 74%
- Female: 26%

**Average Age**
- 35.6 years old
- Males: 35.77
- Females: 38.03

**Race**
- African American: 7.8%
- Asian: 7.8%
- Caucasian: 55.65%
- Hispanic: 16.52%
- Other: 6.08%
- Declined to answer: 6.08%

**Military Branch of Service**
- Navy: 26.95%
- Marines: 29.95%
- Army: 26.08%
- No answer: 20%

**Clients’ Caregivers Served**
- Hospice caregiver: 4.9%
- PTS caregiver: 18.26%

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“I returned from combat 10 years ago with PTSD and thought this is just the way I am now – angry, mad, aggressive. After the first treatment, I asked – is this what it’s like to feel relaxed? I hadn’t felt that way in years and years.”

— Amanda Smith, Army veteran
DONORS LIST

2014 Donations and Contributions

Benefactor’s Circle - $25,000+
Anonymous – Donna O’Rourke – Anonymous
Erin O’Rourke – Phil Russ

Hero’s Circle
$10,000 - $24,999
The Walton Family Foundation
The Yontz Valor Foundation
Dick & Elsie Myers
Francie Mortenson
Mike & Nancy DeFay
Dr. Bret Gerber

Diamond Circle
$1,000 – $9,999
Jim & Maike O’Rourke
David Vogel & Larry Fulton
Andrew Gross – Christy Walton
Gloria Polis – Nancy Bell

Platinum Circle
$500 - $999
Diane Towe – Beverly Schula
William P. McQuillan – Dan Becker
Robyn & David Sharp
Kelley Worrall – Michelle D. Stanley
The Fischer Family Fund of the Jewish Community Foundation
William York & Sal Usman

Friends of Wave Academy - $1 - $499
Joseph Middleton – Craig Olsen – Barbara McKown – Jean G. Ashby & Kenneth J. Burger
Justine Gubar – Darcy Lee – Cynthia Meinhardt – Mark Howell – Abbie Jay – Scott Miller
Roberta McKee – Paul Sussman – Aubrey Kelly – Holly Robinson – Kristin Zompa & Craig Willert

Change in Assets & Liabilities - 2013 Versus 2014

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<th>Dec 2013</th>
<th>Dec 2014</th>
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<td>Unrestricted Assets</td>
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Change in Assets & Liabilities - 2013 versus 2014
LOOKING AHEAD - 2015

Year after year Wave Academy continues to expand. In 2013 and 2014 we focused on building the organization with qualified practitioners, outreach to the military community and launching and finalizing the Johns Hopkins University study.

Always with an eye on the future and heart set on transforming the lives of our Iraq and Afghanistan veterans, in 2015 we have set our sights on even greater growth - expanding client Aquatic Bodywork Therapy sessions to 1,100 and increasing client enrollment by 115 new clients.

To achieve this, we’re broadening our reach within the military community through organizational partnerships, increasing funding through donors and grants, training more practitioners and securing pools that meet the demands of this life changing work.

WE NEED YOUR SUPPORT TO TRANSFORM LIVES
Please donate today at www.waveacademy.org/donate

FUNDING
The total treatment cost on average for each participant is $1,600.

No-Cost Sessions:
To offset the burden to our veterans, we offer treatment at no cost to those who qualify.

Practitioner Scholarships:
Greater demand means a greater need for trained practitioners. Wave Academy offers 4 scholarships per year to those who meet the qualifications including having a deep desire to treat veterans.

POOL ACCESS
To accommodate 1,100 sessions over the next year we need more public pools access that meet the ABT requirements. If you know someone connected to warm therapy pools in San Diego County, please help by connecting your associations with Wave Academy leadership.

Wave Academy Team

Staff
Dave Towe, Founder & Executive Director
Candice Colin, Clinical Case Manager

Certified Licensed Aquatic Bodywork Practitioners
Keith Anderson • Kim Hartz • Aubrey Kelly • Kit Kuhlman
Marcia Le Monte • Erin O’Rourke • Sharon Plaché
Gal Rahimi • Sebastian Skinner • Mary Theri Thomas
Dave Towe • Cheryl Zolla • Pete Voggenthaler
Spike Bywater • Alex Weston

I am committed to sharing the healing power of Aquatic Bodywork Therapy with those who are most in need of help and might not have access to vital support without Wave Academy.

— Erin O’Rourke,
Wave Academy
Board President

Board of Directors
Erin O’Rourke, President
Philip Russ, Vice President
Dan Becker, Secretary/Treasurer
Francie Mortenson, President Emeritus