



SEQUOIA SPRINGS
TRAUMA HEALING CENTER

Impact Report

2024

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A Year Review

Expanding Our Reach and Deepening Our Impact

2024 was a year of remarkable growth for Sequoia Springs Trauma Healing Center. We expanded our services, strengthened community partnerships, and increased access to trauma-informed care for individuals, couples, families, and local organizations.

By adding new staff, extending service hours, expanded community resources, and enhancing our tools, we have been able to reach more community members than ever before.

At the core of our mission is the belief that healing happens through connection. In 2024, we remained steadfast in our commitment to fostering meaningful relationships whether through direct care, community collaboration, or strengthening trauma-informed practices at the organizational level.

We expanded our clinical and workshop staff, allowing us to provide care for more individuals, couples, families, and groups. Additionally, we deepened our commitment to community education by increasing the number of trainings and workshops offered to organizations that work with individuals impacted by trauma. This investment not only strengthens these organizations' capacity to serve but also helps them combat work fatigue and increase awareness of their own needs.

These connections and innovative collaborations demonstrate that every step we take is driven by our dedication to creating healing spaces that uplift individuals, families, and our community.

Sustained Growth and Financial Strength

Our financial position also saw significant improvements in 2024, setting a strong foundation for future sustainability. A strategic increase in fee-for-service revenue provided us increased financial stability and allowed us to serve more individuals and organizations who needed access to a sliding scale payment structure. Additionally, our fundraising efforts exceeded expectations, with a highly successful event generating a substantial boost in donations.

These financial and operational advancements have positioned Sequoia Springs for continued growth and impact in 2025 and beyond.

As we look ahead, we remain committed to fostering resilience, expanding access to trauma-informed care, and strengthening the communities we serve. Thank you to our partners, supporters, and dedicated team members for making this transformative year possible.

Our Mission

Sequoia Springs Trauma Healing Center is a non-profit organization that provides support to individuals, couples and families in the greater Tucson area as they find their path into healing and recovery.

We provide:

Trauma-Centered Comprehensive Therapy Services to individuals, families, couples, and groups utilizing highly specialized interventions to foster healing, growth, and long-term well-being.

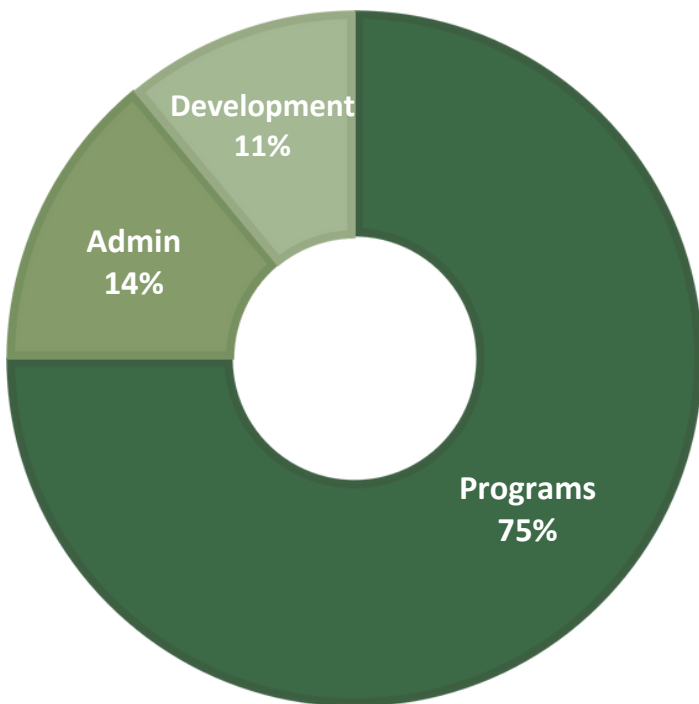
Integrative Healing Opportunities to support mind-body connection in trauma recovery. These services help individuals reconnect with their bodies, build resilience, and create a sense of safety and healing.

Community Training & Outreach to the Tucson community. Our trauma-informed workshops and training help to equip other non profits, organizations, and schools with the tools needed to support trauma survivors.

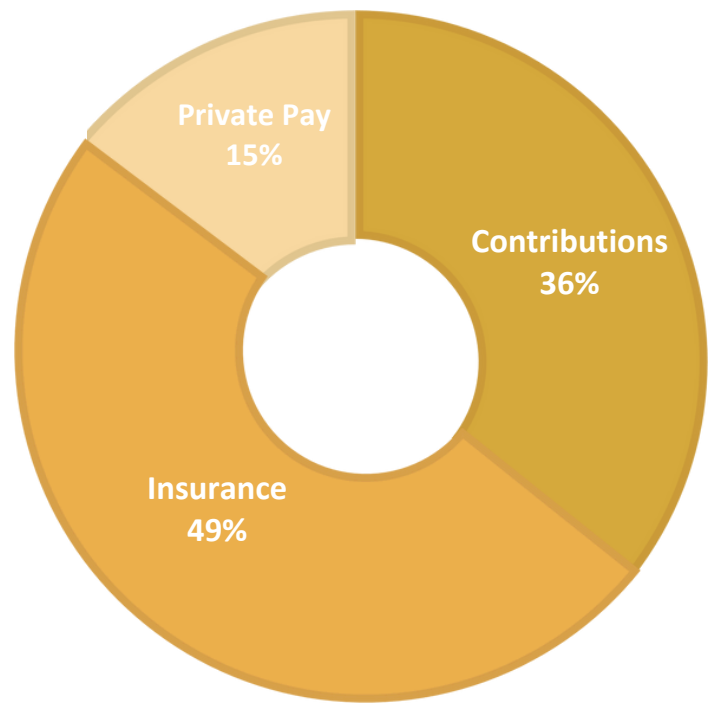
Trauma shapes more than your past—it influences your present and future. We're here to help you heal and reclaim your path forward.

Financial Health

2024 EXPENSES



2024 REVENUE



In 2024, we have seen notable financial improvements due to several key changes. A strategic increase in fee-for-service income has contributed to a steady growth in revenue, as more individuals and organizations are utilizing the services offered.

In addition, a highly successful fundraising event significantly exceeded expectations, providing a substantial boost to donations and overall financial health. To support these efforts, the organization increased its staffing levels, which has already resulted in improved service delivery and greater capacity to attract new clients.

These changes in 2024 set the stage for continued financial growth and stability moving into the following year.

Our Programs

Sequoia Springs Trauma Healing Center takes a whole person approach to helping individuals and their loved ones heal from trauma and its deep-rooted effects. We understand that true healing occurs when therapy addresses trauma on both emotional and physical levels. Our unique model combines evidence-based traditional talk therapy and integrative healing practices, ensuring a deep rooted path to recovery.

We are committed to providing our Tucson community consistent and sustainable access to the highest quality of care, and pathways to trauma healing and recovery. Through our programs, we provide opportunities for healing, growth, and resilience. The programs at the heart of our mission are:

P.A.T.H. (Providing Access to Trauma Healing)

Through our PATH programming, we make low—to no-cost talk therapy/psychotherapy and integrative healing services available to individuals, couples, and families in need of financial support.

Project Frontline

We provide timely, flexible, and specialized treatment for first responders and their families. Our healing-centered approach emphasizes belonging and safety, while fostering a supportive and accepting environment.

Integrative Healing Services

There are many paths to healing. We adopt a holistic approach to trauma recovery, addressing both physical and emotional needs. We offer a variety of healing opportunities to the clients we serve.

Community Workshops & Outreach

Our trauma-informed workshops help to equip other non profits, organizations, and schools with the tools needed to support trauma survivors.

Our 2024 Impact

5,500 +

Clinical Therapy Hours

Specialized and evidence based therapy services and integrative healing support options were provided to individuals, families, couples, and groups impacted by trauma.

380 +

Community Members

Through our trauma-informed workshops for organizations, first responders, educators, and caregivers, we equip community members with the tools needed to support trauma survivors.

170 +

First Responders

Our experienced therapists provided culturally responsive trauma treatment to first responders and their families. We met the unique needs of first responders, providing timely care, a safe environment and on going support

Our 2024 Goals & Success

1

Expansion of our Team and Services

Our commitment to expanding our team of professionals, helped to enhance our trauma informed services and programs, allowing us to serve more individuals, couples and families in the Tucson community. We expanded:

- Clinical service hours
- Trauma Informed Community Workshops
- Integrative class offerings

As a result of these efforts, in 2024 we experienced a 20% increase in individuals served.



2

Expansion of First Responder services through our Project Front Line Program

We added additional first responder services, partnerships, consultation and outreach efforts in order expand our reach and the support we provide these valuable members of the community. Project Frontline highlights include:

- Continued partnership with The Greater Tucson Fire Foundation
- Partnership with After Action Treatment Center
- Monthly consultation groups and community trainings for professionals working with First Responders and their Families
- Increase in direct service hours

3

Enhanced our marketing and donor engagement efforts

We enhanced donor engagement and community awareness by launching a new website and expanding our marketing and media efforts. These initiatives:

- Boosted our visibility
- Attracted new supporters
- Contributed to us surpassing our fundraising goal at our annual fundraising event.

Additionally, we strengthened our social media and on line presence, further expanding our reach and impact in the community,

Our Commitment

Sequoia Springs serves all members of the greater Tucson community and is committed to an open and supportive environment regardless of race, color, religion or religious beliefs, age, national origin, sex, sexual orientation, gender identity or expression, disability, and veteran status,



We thank you for your ongoing support of Sequoia Springs Trauma Healing Center

Acknowledgements

We would like to thank and acknowledge the contributions of the many people and organizations who offered endless support and worked tirelessly on the programs and projects mentioned within.

Special Thank You to:

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We thank our Colleagues and Collaborators from Local and Partner Organizations:

Greater Tucson Fire Foundation
Homicide Survivors Program
Warren Elementary School
Cancer Sucks
AM HealthCare
Tucson Museum Of Art
EMERGE!
Heart of the Horse Ranch

To our donors:

Your generosity inspires us and helps to generate hope, courage and healing – Thank you.

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