

Restoring Lives.

Strengthening Families..

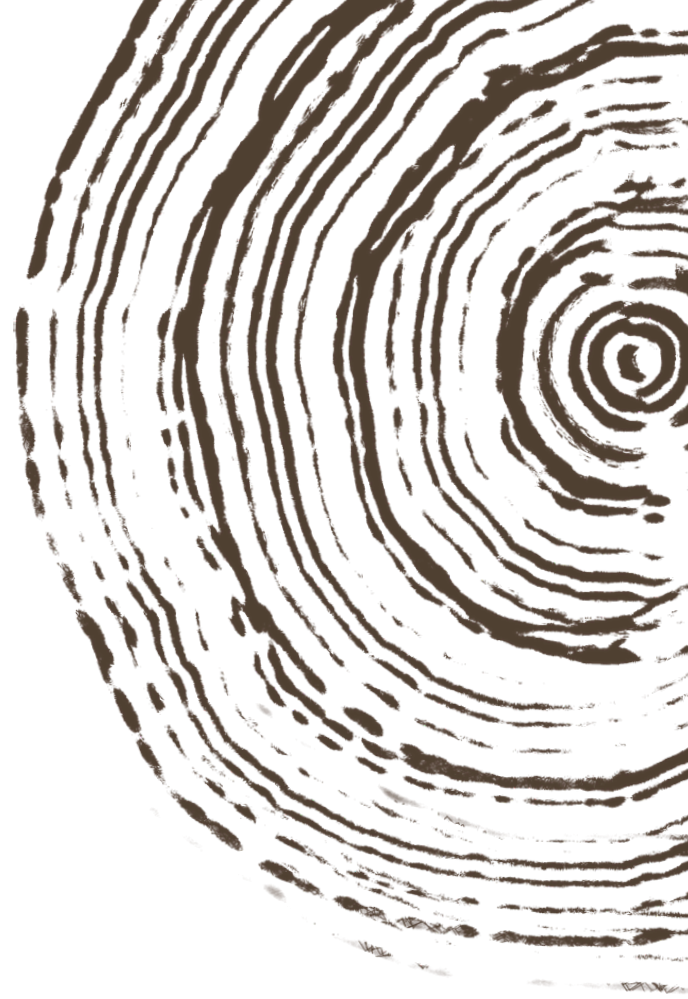
Supporting those who Serve our Community.

SEQUOIA SPRINGS
TRAUMA HEALING CENTER

Impact Report

2025

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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.

2025 By the Numbers

5,700 +
Clinical Therapy
Hours

Specialized trauma-informed care for individuals, couples, families and groups across our community.

400 +
Community
Members

Trauma-informed trainings strengthened the capacity of community members and organizations to support healing and resilience.

200 +
First Responders
and their families

Specialized trauma-informed treatment delivered timely, safe, and culturally responsive support for first responders and their families.

Each number represents individuals, families, and organizations moving toward greater stability, connection, and resilience.

A Year of Growth, Depth, and Partnership

2025 was a year of continued growth and meaningful work at Sequoia Springs Trauma Healing Center. We strengthened our commitment to healing, resilience, and relational restoration for those who carry the weight of trauma in our community—especially complex trauma survivors, first responders, and veterans.

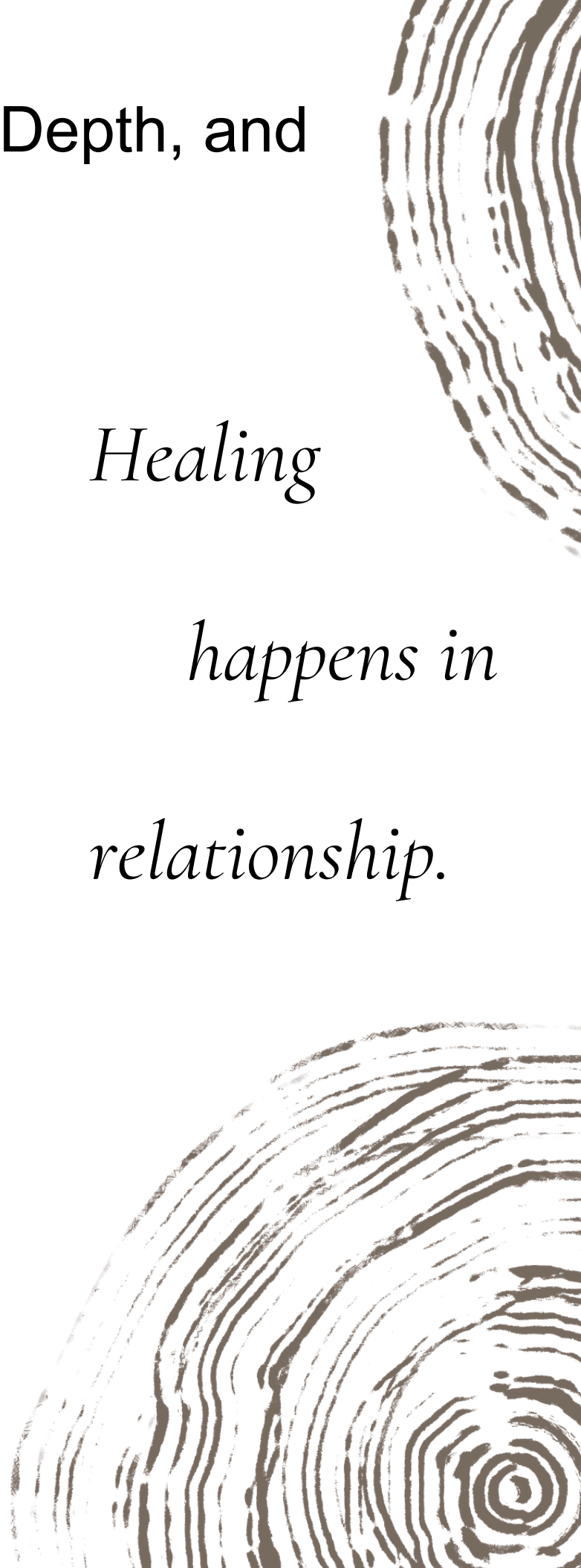
This year brought growth not only in what we do, but in how we do it – with greater depth, collaboration, and shared responsibility.

Trauma does not exist only within individuals – it lives in families, workplaces, and systems. In 2025, our work increasingly focused on partnering with first responder departments, non-profit agencies, and community organizations to strengthen their capacity to care for their people while continuing to provide high-quality, culturally informed clinical treatment.

Healing

happens in

relationship.



Expanding Access to Specialized Trauma Care

In 2025, Sequoia Springs expanded and strengthened our clinical team, increasing our ability to provide specialized, trauma-informed care that is both rigorous and compassionate. Growing our team allowed us to reduce wait times, increase access, and better meet the complexity of the individuals and families seeking support. We accomplished:

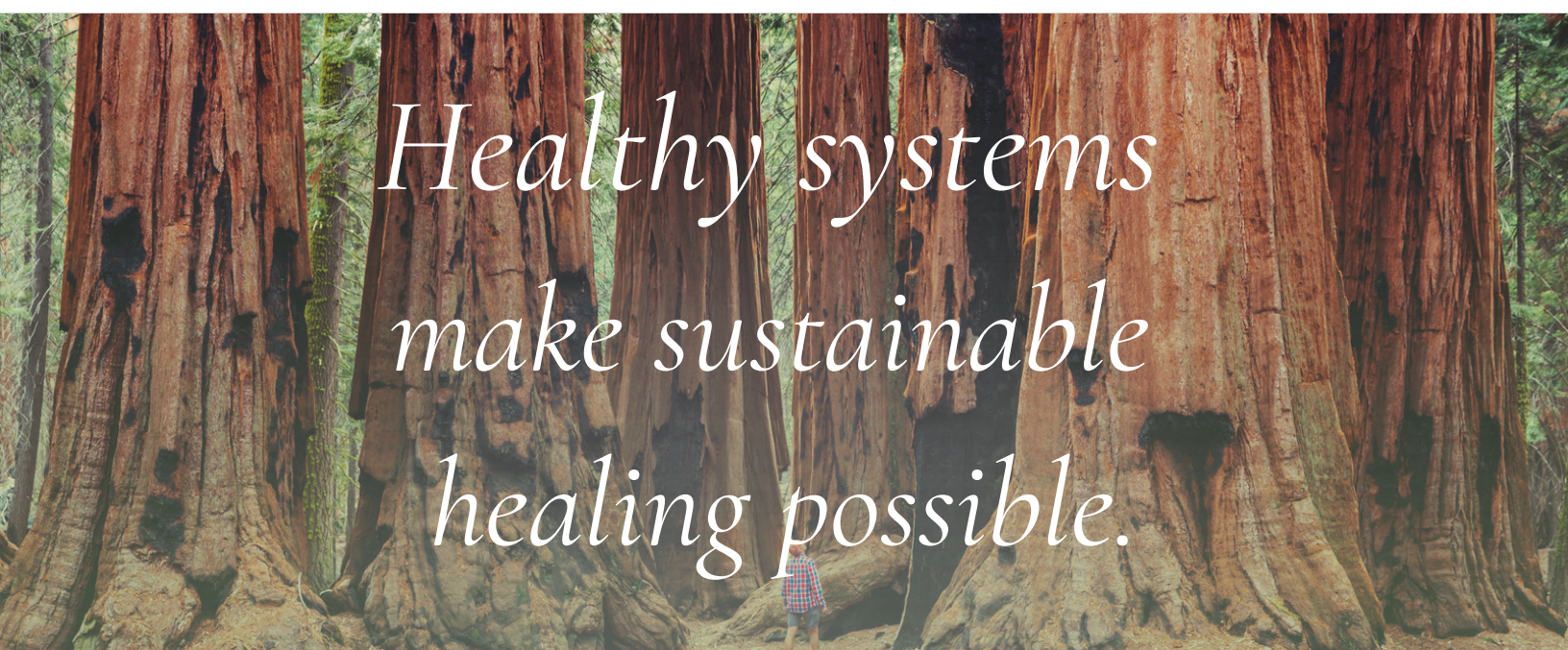
- Advanced trauma training and staff development
- Reflective supervision and collaborative consultation
- Increased clinical capacity and reduced wait times
- Expanded access for complex trauma survivors
- Enhanced support for couples and families

Meeting growing demand while maintaining depth, quality, and sustainability of care.

Supporting the Systems That Support Our Community

In 2025, Sequoia Springs deepened partnerships with first responder organizations and other community non-profits through consultation, training, and ongoing collaboration. Together, we worked to build healthier systems of care that support long-term wellness and resilience. We were successful at:

- Normalizing mental health support and seeking help
- Prioritizing behavioral and relational health
- Integrating wellness into organizational culture
- Moving from crisis response to prevention



*Healthy systems
make sustainable
healing possible.*

Programs Making a Difference



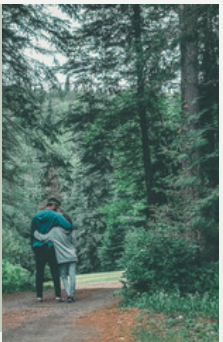
PATH (Providing Access to Healing)

Reducing financial barriers so individuals and families can access **high-quality trauma-informed therapy**. Through sliding scale options and donor supported funding, PATH ensures consistent and sustainable access to care.



Project Frontline

Specialized trauma treatment for **first responders and their families**. Our clinicians understand the unique culture, stress, and trauma that is inherent in service professions, offering tailored, confidential care that honors the realities of service professions.



Relationship Recovery for First Responders

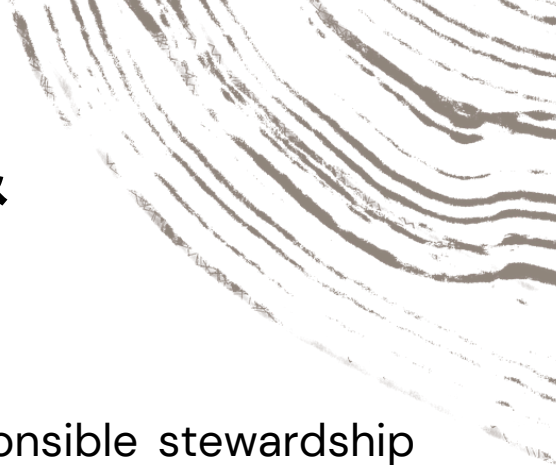
Strengthening connection, communication, and resilience within first responder couples and families. Addressing the unique relational strain of service professions, this program **helps families rebuild trust and restore emotional safety at home**.



I.M.P.A.C.T. (Integrative Methods, Promoting, Awareness, Connection & Transformation)

A holistic approach to trauma **recovery that integrates body and mind**. Through classes and experiential offerings, clients build awareness, deepen connection, and create lasting change.

Together, these programs expanded access to care, reduced isolation and stigma, strengthened relationships, and advanced culturally responsive trauma-informed services across our community.

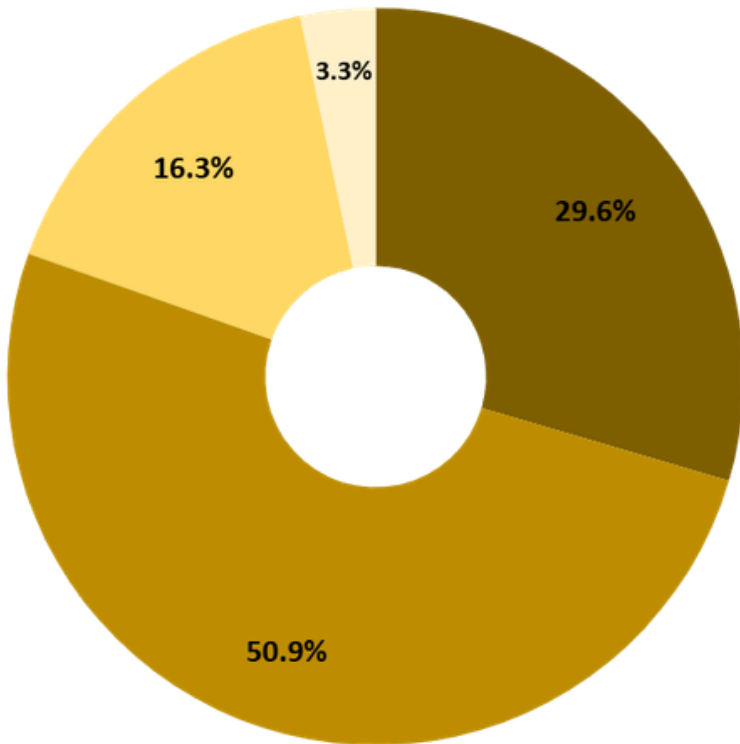


Financial Stewardship & Sustainability

Sequoia Springs remains committed to responsible stewardship and long-term sustainability. In 2025, financial resources supported expanded clinical staffing, direct client care, training and professional development, operational infrastructure, and community outreach.

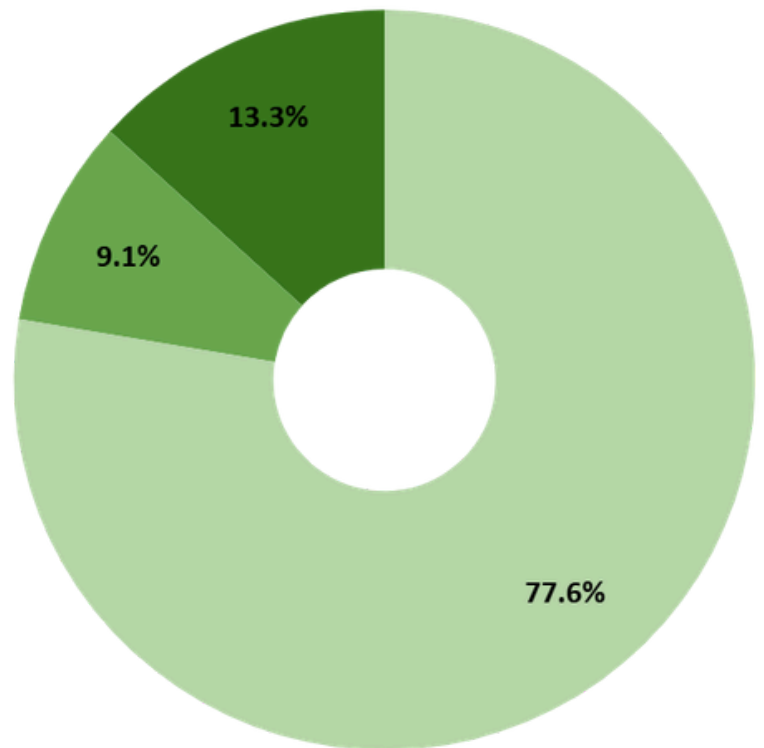
2025 REVENUE

● Contributions ● Insurance ● Private Pay ● Other



2025 EXPENSES

● Programs ● Admin ● Development



78% of expenses directly supported programs and client care

Mission-centered spending ensures resources directly support healing while sustaining long-term stability.

A Community Effort

This work is made possible by a community that believes healing matters.

We are deeply grateful to our clinicians and administrative team, our community, and non-profit partners, along with the individual donors and foundations who sustain this mission. Most importantly, we honor the individuals, couples, and families, who trusted us with their stories and their healing.

THANK YOU TO OUR PARTNERS:



SPECIAL THANKS TO:

Sequoia Springs Board, Kappcon General Contracting, Oracle Eye Physicians & Surgeons, The Milczarek-Lacher Family, Tucson Strength, ICCU, Si Charro, Hazan Realty, Long Realty Cares Foundation, Gietl & Strutz Insurance Inc, Mike McKendrick, Rorie Johnston

AM Health Care,, Lisa Riter/Rescue Me Wellness, Easterseals Blake Foundation, Libby Timmons, Arthur Howe, Jotipalo, Tanja Bungardt-Price, Tryshe Dhevney, Yubitza McCombs & the Entire Sequoia Springs Staff

Looking Ahead to 2026

Sequoia Springs
remains committed to:

- Clinical excellence in specialized trauma care
- Deepened community engagement and strategic partnerships
- Expanded Integrative healing opportunities
- Increased access to trauma-informed services
- Continued organizational growth and long-term sustainability

Together, we are creating systems where people are not only safer, but supported, connected, and able to thrive.

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