

past successes, future hopes



Hanna Center
annual report 2021



expanding our impact

For over 75 years, Hanna Center has served more than 4,000 youth with full-time residential treatment. From the classroom to after-school activities, job training to volunteer work in communities across California, at Hanna our students find a safe place to heal from trauma and grow together. And while we're incredibly proud of the young people who've shaped the Hanna story, we feel like after 75 years, we still have so much more to do.

In recent years, the Hanna Institute has emerged as a national leader in groundbreaking research and practice in the field of trauma-informed care. Our organization, like so many others, was impacted by the pandemic — the number of students we were able to serve was reduced to ensure that everyone on our campus could stay safe and healthy. And yet, we're stronger and more committed than ever to expanding our work, our care, and our passion. We're emerging from the last few years with lessons learned, a renewed sense of purpose, and the tools and infrastructure necessary to expand our impact across the community, and beyond.

In the following pages, you'll learn about the successes we've achieved over the past year. But you'll also discover our vision for the future: the ways Hanna Center is working to address the broad institutional failings that have hurt so many communities. We're committed to tackling the traumas experienced by youth, their families, and the communities we're all part of, and we're doing it all with innovative leadership and cutting-edge interventions.

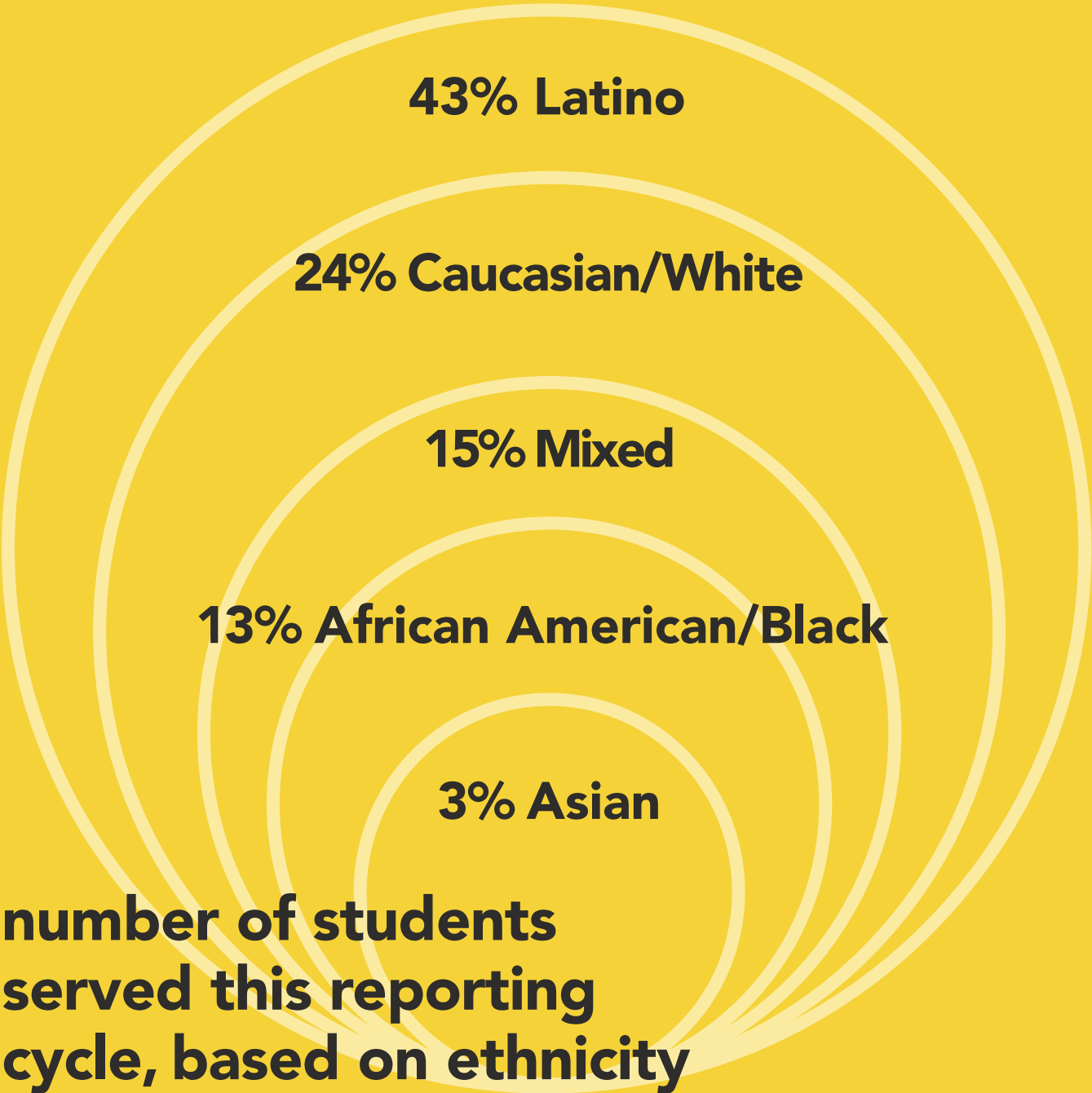
As it has been since the beginning, Hanna is dedicated to providing the youth on our campus the tools and support they need to address trauma. Only then can they find their way toward becoming responsible, caring, and productive adults. But we recognize the trauma that ripples out beyond the youth we've been serving all these years — seeing how trauma cripples communities, often in invisible ways, and understanding how it affects us all. In expanding our impact, we have an incredible opportunity to bring healing to entire communities. Because when we heal a community's trauma, we achieve a healthier future for all.

-Cameron Safarloo CEO, Hanna Center

4,068

total youth served since 1945

While other schools were not in-person during Covid-19, Hanna Center remained open to serve our community.



number of students served this reporting cycle, based on ethnicity

Students by county

- 43% Sonoma**
- 9% Contra Costa**
- 7% Solano**
- 7% Marin**
- 7% Los Angeles**
- 6% Other**
- 6% Alameda**
- 4% San Francisco**
- 4% San Joaquin**
- 4% Sacramento**
- 4% Napa**

90%

of families pay less than \$500 in tuition



hanna institute

793
total # people trained

3,172
hours of training received



95%

**of eligible students
graduated from Archbishop
Hanna High School**

For students in Sonoma County, the pandemic was another hit in a series of significant disruptions, from fires to power outages and floods over a four-year period. And yet, the incredible graduation rates of Hanna students are a testament to their resiliency and courage. Hanna has been there every step of the way, keeping our doors wide open to offer trauma-responsive, tailored services that our students need to find their path to success.

100%

**of Hanna students participated in
extracurricular activities**



hanna high school



hanna alumni

36

active scholarships

Hanna's Follow-On Department offers scholarships tailored to individual recipients, helping to cover or offset the cost of tuition, room and board, books and supplies, and general living expenses as alumni pursue the next chapter of their education.

9

alumni received emergency financial aid in 2021 compared to 15 in 2020, suggesting Hanna alumni found their footing and fared better as the pandemic progressed.

1,272
hours of therapy provided

74%
**of Hanna students
have experienced
traumatic stress**

63%
**of Hanna students
have experienced 4
or more ACEs**

The Adverse Childhood Experiences (ACEs) Study is one of the largest studies ever conducted to assess associations between childhood maltreatment and later-life health and well-being. For more information, visit **www.norcalaces.org**




mental health

1,074
online viewers

In February 2021, with limited public gatherings due to Covid-19, Hanna Institute hosted Hanna Institute Summit @ Home, a free professional development series created intentionally to help those in the community working with youth. Summit @ Home garnered an impressive 1,074 views on YouTube, during a time when practitioners and communities desired connection and continuous learning to support trauma recovery.

With so much loss during COVID it was critical to make sure there were tools to talk to youth about loss. Although traumatic grief is serious, Summit @ Home videos were lighthearted and engaging. They were created to encourage conversations about mental health and to show people that those conversations don't have to be scary.



"I wanted a place that felt like home, and a spot where I could focus on my education and take advantage of opportunities without having to worry about some of the hardships in life."

meet kristian — student story

Growing up in Jamaica, Kristian lived with the threat of violence and found it challenging to grow up without a father figure in his life after his father passed. As a freshman, Kristian left Jamaica, his family, and siblings. But at Hanna he's been able to re-focus on what he loves most: working and creating, while healing from the hurt of his past.

Now, Kristian is a Hanna Senior and dreams of a job in construction — a profession that honors his late father, a builder. That desire to work and create has made Kristian a valued member of our Maintenance Team - a job he's held for three years in addition to being a student. Hanna facilities Manager Jamie Flatt said, 'we've been working on learning basic maintenance skills but it's also about learning to work, to follow through, to do a good job and to finish what you started. All things that are so important.'

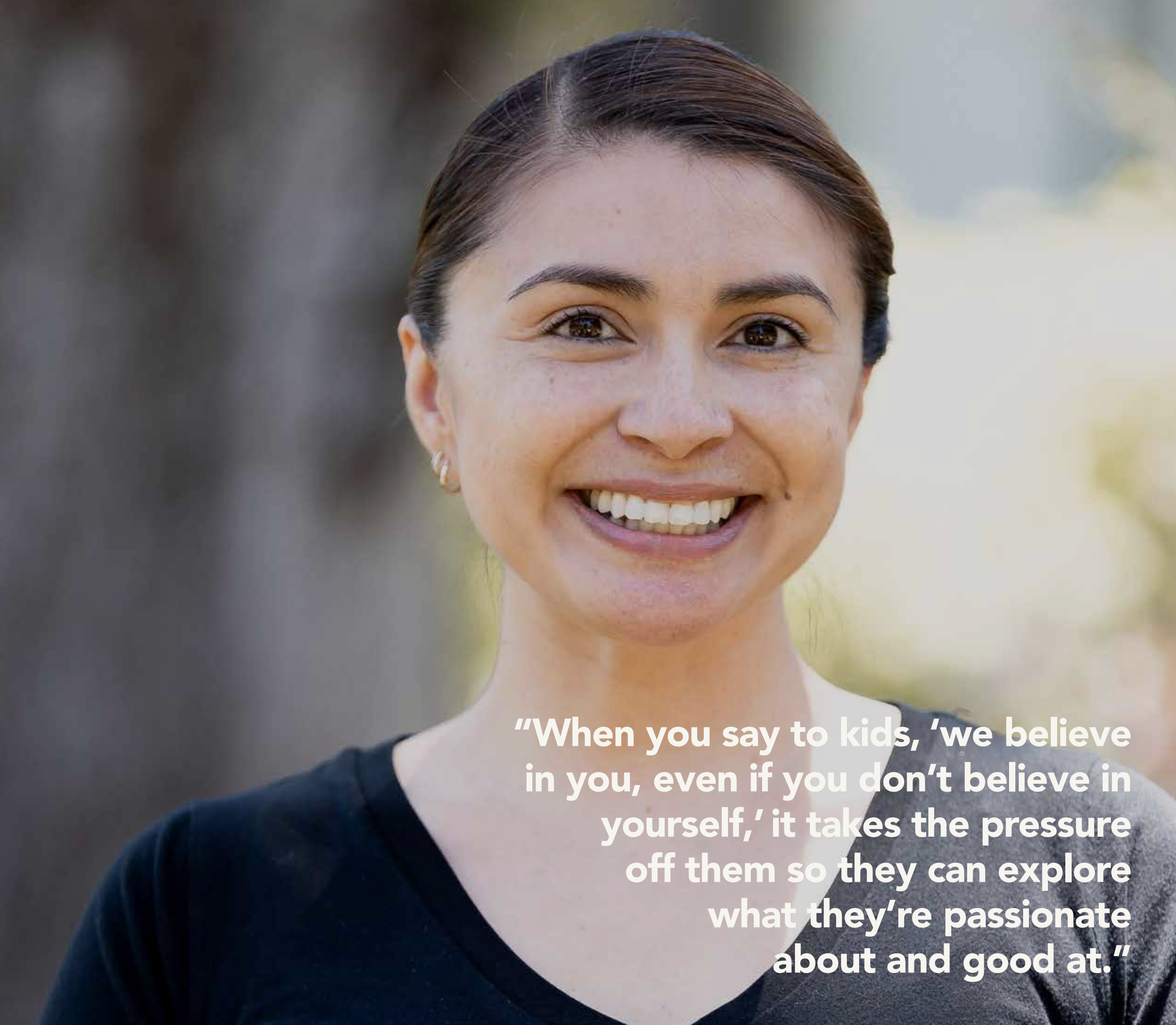
This summer Kristian will be part of the graduating class of 2022 and will leave Hanna prepared for life off campus — he'll be ready and equipped with the skills necessary to realize his dreams.

meet rachel segundo — hanna clinician

In June of 2020, in the midst of the pandemic, Rachel relocated her family from Orange County to provide therapy for Hanna's youth and their families. She specializes in Cognitive Behavior Therapy — a type of psychotherapy in which negative patterns of thought about the self and the world are challenged in order to alter unwanted behavior patterns or treat mood disorders such as depression.

Like all Hanna clinicians, Rachel has a caseload of youth she works with. She meets with youth for individual, group, and family therapy sessions. "I can help kids navigate through this life that wasn't chosen by them."

Every day, she sees the impact of therapy. "When you say to kids, 'We believe in you, even if you don't believe in yourself,' it takes the pressure off them so they can explore what they're passionate about and good at."

A portrait of Rachel Segundo, a woman with dark hair pulled back, smiling warmly at the camera. She is wearing a dark blue top. The background is a soft-focus outdoor scene with greenery.

"When you say to kids, 'we believe in you, even if you don't believe in yourself,' it takes the pressure off them so they can explore what they're passionate about and good at."



"Over the years I have seen that our sports program gives our students the outlet they need to get away from all the hurt they had in their lives and to get support from their teammates and coaches. Some have never felt a sense of belonging; team sports gives them that."

new experiences through sports

Ken Shepherd has been a PE teacher at Hanna since 1992. He knows what a difference athletics and wellness can make in the lives of our students.

One such student is Aidan, who had never really run for fitness before he started getting into it in PE at Hanna. He started running a mile and after improving over time, has stepped up to a regular 2-mile run. He also recently participated in a piece of Hanna history when he ran in a Coastal Mountain Conference track meet. "This was the first time in our 75 year history that Hanna students have ever gone toe-to-toe with student athletes from other high schools," says Ken. It was a great experience for not only the kids, but also for Ken, who takes great pride in seeing Hanna students dive into new activities, finding that spark and helping it grow.

"Over the years I have seen that our sports program gives our students the outlet they need to get away from all the hurt they had in their lives and to get support from their teammates and coaches. Some have never felt a sense of belonging; team sports gives them that."

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at Hanna possible**

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"The investments we are making today will usher in a brighter future for thousands of young people right here on our campus, in our community and beyond."

-Cameron Safarloo CEO, Hanna Center

focused on the future

As you can see in the opening pages, our work has made a big impact in many lives across our region. But over the past year, we took a step back and asked: what else can we do? What more can we do to help the youth and families in our community?

What we discovered? So much more.

Read on to learn about some of the new initiatives we're planning to grow our impact across Sonoma County, and beyond.



mental health for all

Mental health affects us all — but we at Hanna also know how powerful trauma-informed therapy can be in helping people heal from their past and look forward to a brighter future.

That's why we're committing to grow our mental health services here at Hanna — by creating a new Community Hub: Mental Health at Hanna



The Community Hub is driven by a profound desire to initiate and nurture the healing process.

mental health for all

Throughout the country, and here in Sonoma County, our youth are facing a mental health crisis. One in 6 U.S. youth aged 6-17 experience a mental health disorder. One in 3 18-25 year-olds do, too. And it's not just our youth — 32% of adults 18+ reported symptoms of anxiety and/or depressive disorder. They are parents, grandparents, teachers, and community members.

Mental health affects us all — but we at Hanna also know how powerful trauma-informed therapy can be in helping people heal from their past and look forward to a brighter future. That's why we're committing to grow our mental health services here at Hanna — by creating a new Community Hub: Mental Health at Hanna.

Combining on-campus services for our High School students as well as drop-in counseling for youth and adults in the North Bay, the Community Hub is driven by a profound desire to initiate and nurture the healing process. In Sonoma County alone, trauma-informed treatment and support resources

for underserved youth and their families are severely limited, and we know that neighboring communities lack the programs and resources to properly address basic mental health needs.

Our treatment center is led by a team of licensed clinicians and focuses on one-on-one counseling designed to build resiliency and heal from the past. Here, in the hills of Sonoma Valley, youth and families find sanctuary with comfortable indoor and outdoor spaces designed to provide the very best in therapeutic services. At the Community Hub, licensed therapists help transform the lives of youth, families, and communities.

The Community Hub will be an integrated, full-service facility that puts into practice our expertise in trauma-informed care, addressing significant gaps in mental health services across the region, while also serving our campus community with an ever-growing slate of clinical group and individual programs.

At launch, our licensed therapists will be offering counseling, treatment, and support seven days a week, with key focus areas including:

- **Prevention and early intervention services**

- **Individual, group, and family therapy**

- **Evidence-based practices designed to specifically target trauma-induced symptoms**

- **Cutting-edge treatment using neurophysiology science**

- **Long-term and short-term therapy services**

- **Culturally responsive care**

- **Cognitive and socioemotional assessments**

- **Marijuana and alcohol misuse programs**

- **Healing and resiliency building after-school programs and weekend activities**



Hanna

RESIDENTIAL

fostering independence and success

Guided by our expertise in trauma-informed care and needs-based education, **Hanna is expanding our services to help more youth gain their footing and take steps toward a brighter future.**

While our current students will benefit from this expansion, we'll also be opening the Hanna campus to foster care youth and students across the region.

fostering independence and success

It's hard enough to succeed in Sonoma County without the obstacles that so many youth in our community face. At our High School and around town, we see first-hand how many kids need additional support to grow in independence and develop the skills needed for today's workforce.


Currently, our region has a shortage of trauma-informed resources, education, and housing for youth. So here at Hanna, we're expanding two of our services: career technical education and residential housing.

Guided by our expertise in trauma-informed care and needs-based education, Hanna is expanding our services to help more youth gain their footing and take steps toward a brighter future. While our current students will benefit from this expansion, we'll also be opening the Hanna campus to foster care youth and students across the region.

Residential

In California, 4,500 youth transition out of foster care at age 18 — and that number continues to grow. But right now, thirty-five percent of former foster youth will experience homelessness; 20 percent will be arrested or incarcerated; 46 percent will complete high school; and only one percent will graduate from college.

We can, and must, address this gap in our social caring system. Over the next few years, Hanna will provide transitional housing to youth ages 18 to 25 who are currently in foster care. With on-campus group homes, young people will get the support and resources they need to develop emotional regulation and healthy coping mechanisms. Ultimately, we will help successfully guide many young people toward independent living.



**Ultimately, we will help successfully
guide many young people toward
independent living.**

Career Technical Education

Independent living is only one part of the equation: we need to equip our youth with valuable skills that translate to future professional success, with or without a college degree.

That's why we're adding Career Technical Education (CTE) pathways and specialized vocational training opportunities to our academic curriculum starting in 2022/23. All youth who are in our residential facilities — regardless of whether they are a student at Hanna — will have access to these vital services.

In partnership with local trade associations, career organizations, and employers, we will design and implement a curriculum that leads to CTE certifications, followed by apprenticeship and internship opportunities. This collaborative approach will ensure that students are receiving the technical education and training that meet our region's growing workforce needs and prepare them for in-demand jobs.

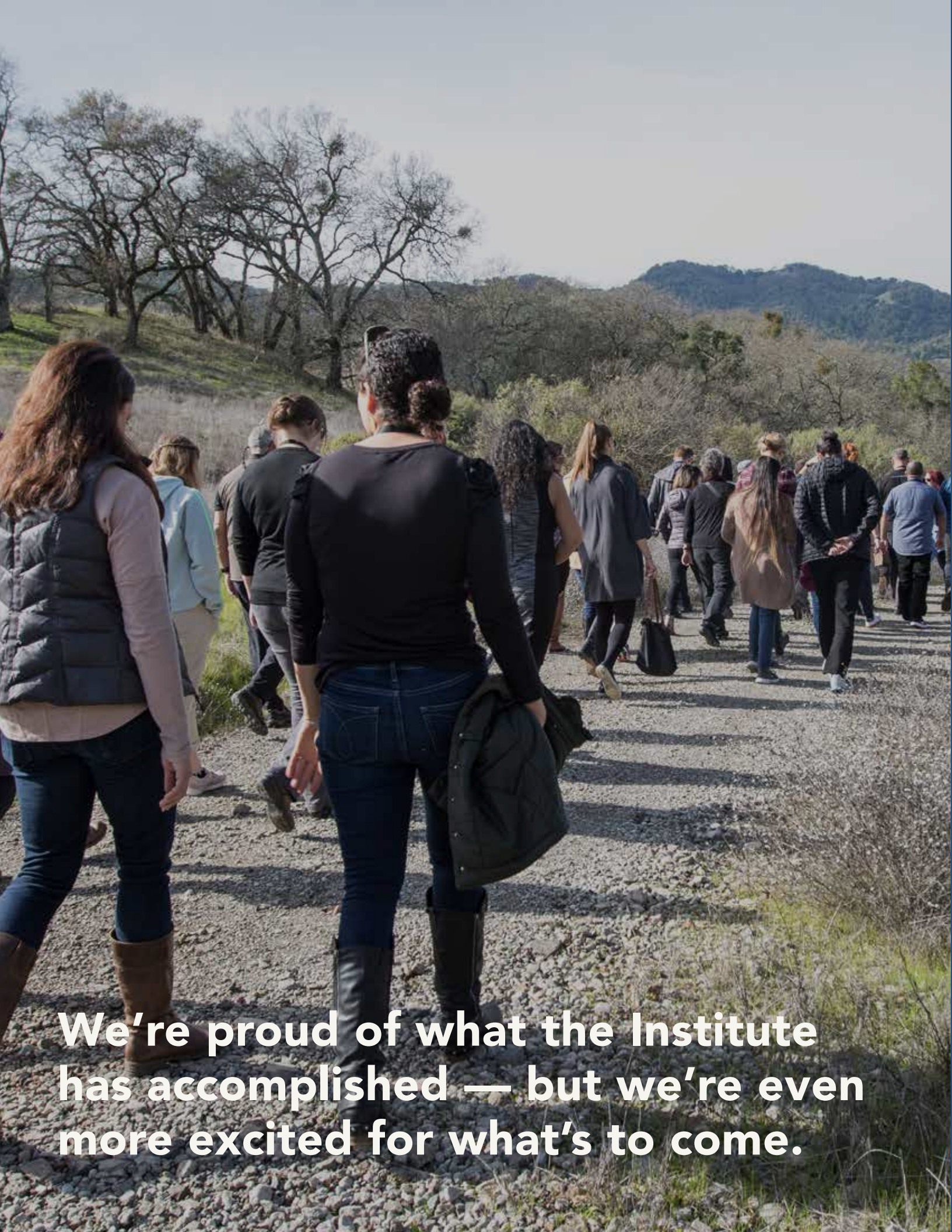
Together, expanded Residential Services and CTE will open doors for youth in our community that have long been closed shut. With your support, we can help so many young people prepare for future success.





expanding community partnerships

At the Hanna Center, growth is only important if it grows impact. So while our Institute team has tripled in the past year, we're keeping our eyes on ensuring that our research-informed, results-oriented solutions will bring positive, trauma-informed care to all who need it.



We're proud of what the Institute has accomplished — but we're even more excited for what's to come.

expanding community partnerships

The past few years at the Hanna Institute have been undeniably successful — despite the challenges we've faced during a pandemic. We've led 150 trainings for over 500 organizations and forged direct partnerships with 40 agencies. We've been fortunate to feature prominent speakers including Dolores Huerta, Ibram X. Kendi, Resmaa Menakem, and Dr. Nadine Burke Harris.

We're proud of what the Institute has accomplished — but we're even more excited for what's to come.

Trauma-informed care has gained significant interest and support in the mental health field, as well as in healthcare and education. These industries face a growing need for increased training, professional development resources, and programming to better prevent and treat trauma's harmful, long-lasting effects.

As the leading resource for trauma-informed care and thinking across the region, Hanna is uniquely positioned to share our knowledge and expand our impact across Sonoma County. That starts by creating powerful partnerships with organizations that value our service.

Beyond continued investments in major events like the annual Institute Summit and ongoing educational opportunities, our work will include nurturing and enhancing current partnerships — like our continued work with La Luz, 10,000 Degrees, and the County of Sonoma — as well as creating new strategic partners in health and mental health care, education, and social services.

These partnerships will:

- Increase our capacity to serve more organizations and communities through training, consulting, and research
- Enable partnerships with thought leaders to explore and establish best practices to address the trauma and stress produced by systemic racism and cultural oppression
- Expand our innovative and immersive community events, conferences, and activities that build knowledge, nurture collaboration, and strengthen our collective capacity to prevent and treat trauma

All told, we can ensure trauma-informed practices spread throughout the region's employers, social services, and schools.

At the Hanna Center, growth is only important if it grows impact. So while our Institute team has tripled in the past year, we're keeping our eyes on ensuring that our research-informed, results-oriented solutions will bring positive, trauma-informed care to all who need it.

To make it all happen, we rely on the contributions of corporate sponsorships and individual donations. We're thankful for your continued support.





thank you

**We're excited to make the
future of Hanna happen.
We hope you'll join us.**

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