

Savio

Strengthening Families



2022 ANNUAL REPORT

WHAT MAKES US DIFFERENT?

RESEARCH



There is substantial research that shows the impact of home-based therapy. Our interventions align with national program data in supporting an overall decrease in rearrests, drug-related charges, aggression and disruptive symptoms, child service involvement, and more.

ACCESS



By going into a family's home, it reduces barriers. Families do not have to find transportation or childcare. Savio clinicians make it possible for families to get the support that they need, with as little disruption to their lives as possible.

SUSTAINABILITY



Savio embraces the reality of everyday life. Because families are making changes in their own environment, they will be able to maintain these adjustments long-term.



TRUST

When arriving at families' front doors, Savio clinicians are not only able to see all the challenges that they face but are also able to build trust and connect on a deeper level.

Savio is a non-profit child wellness organization that supports children and youth by strengthening family relationships.

In the next few pages, we will share some of our client's stories. Although we have changed names to maintain client privacy, their stories are true, and their success will continue to shine in real life.

DEAR SAVIO SUPPORTER,

Emerging from the pandemic, I find myself extra grateful for all the communities I'm a part of, and especially for the role Savio plays in communities across Colorado. The last few years have reminded me that we are all relational people who want to be connected and supported, seen and celebrated. That desire is especially strong for children.

Unfortunately, many things get in the way of children connecting with their caretakers— trauma, poor relationship skills, poverty, substance abuse, and violence. Without intervention and support, these behaviors can tear families apart, destroying a child's first and most important community.

For too long, our state has addressed these challenges by separating families and treating individuals. At Savio, we envision a different world. One where families with mental and behavioral health struggles get the tools they need to be safe and strong without experiencing the added trauma of separation.

With your support, Savio provides in-home interventions that address the issues that matter most to the families we serve. Our data and independent studies confirm that, more often than not, Savio families are together and healthy at the end of treatment and one year later. Savio does this work because it changes the trajectory of families for years and years to come.

In the following pages, you'll meet Luna, Aubrey, and Zach. As you read about how Savio helped strengthen their families, I invite you to imagine the ripple effect of stories like these— how do you think positive futures for these three young people contribute to a positive future for all of us?

Savio's work restores family connections, so every child has the family they deserve, and our community is full of happy, thriving families. Your generosity makes that possible.

SINCERELY,

NORMA AGUILAR-DAVE
Executive Director

WHAT SERVICES DO WE PROVIDE?

FAMILY WELLNESS

There's no "how-to" manual when you become a parent. This program lends a hand to caregivers looking to create safer and more nurturing homes so their family can thrive.

Goals: Keep children with families or reunify, improve parenting skills, and resolve former problems.

TRAUMA SERVICES

Abuse, accidents, health scares, homelessness...scary experiences are difficult to talk about. This initiative helps the whole family create a safe space to communicate and move forward.

Goals: Improve symptoms related to trauma, address impacts of complex challenges, and decrease family overwhelm.

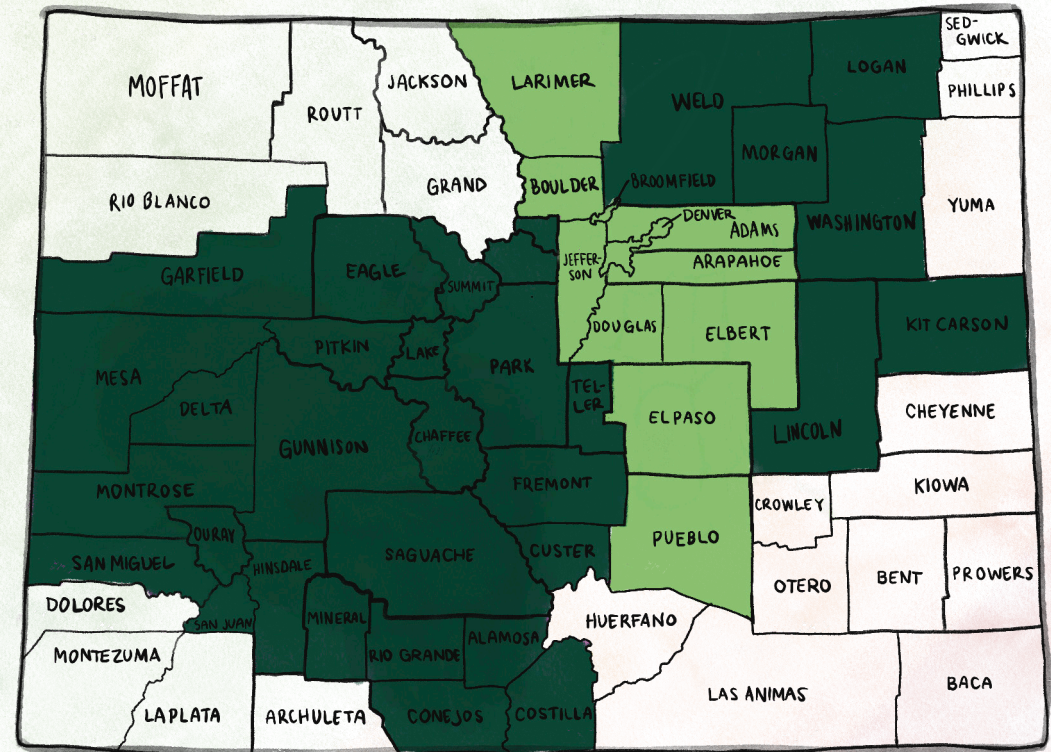
YOUTH BEHAVIORAL INTERVENTIONS

Growing up is how we first learn to navigate the world. This team helps kids struggling with family, friends or school. They also intervene when young people get involved with gangs, substance use, or the legal system by addressing healthy coping skills.

Goals: Decrease harm to self or others, support parents in addressing behaviors, and improve overall family functioning.

SERVICE IMPACT

Since 1966, Savio has been supporting families on the Front Range. We continue to serve these areas and are excited to share that since 2020, we have extended our reach to impact even more regions across greater Colorado.



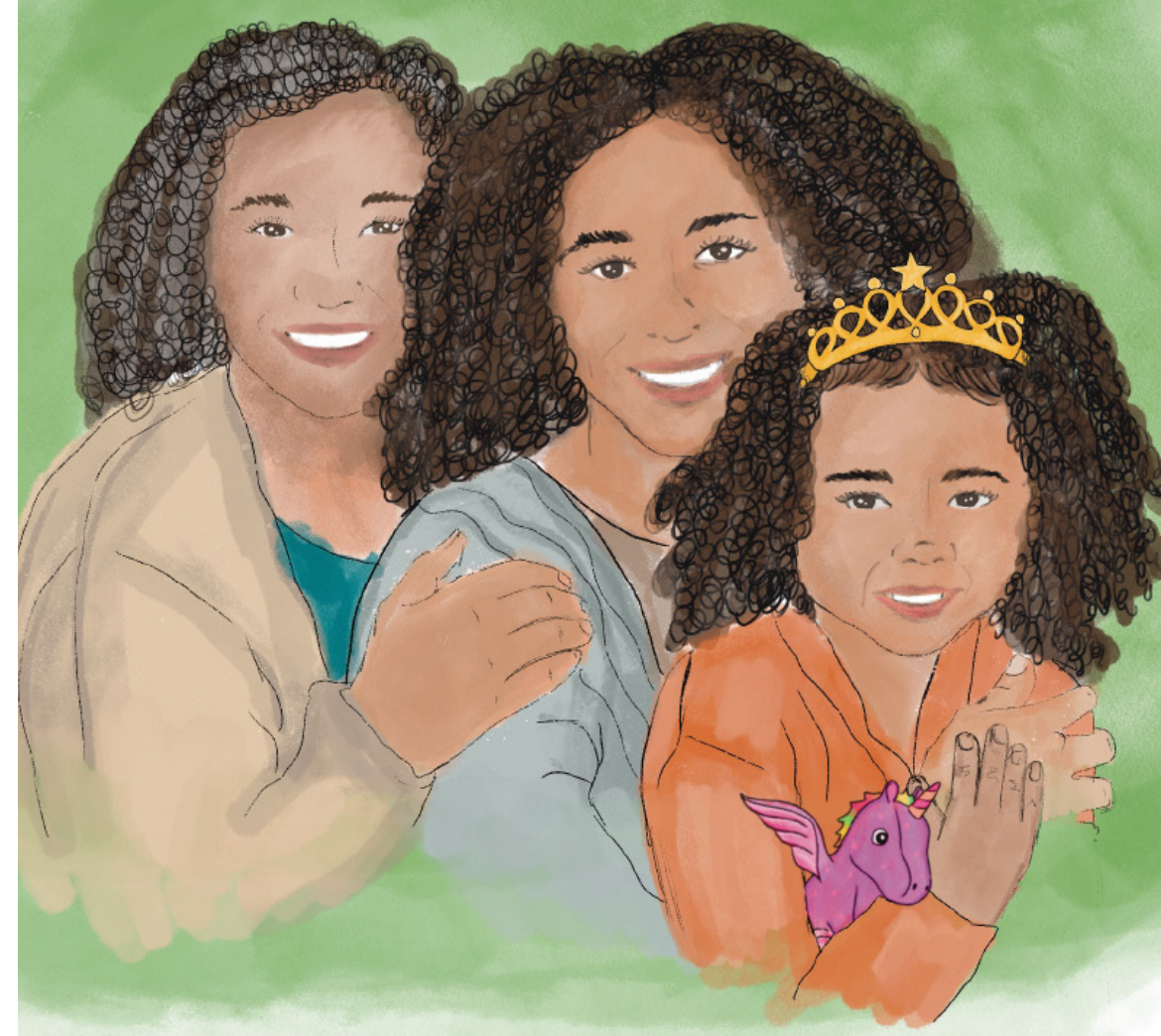
Savio provides services in all the shaded regions. The **light green** indicates areas we have served since our founding. The **dark green** indicates counties we've expanded to since 2020.

WE CAN'T WAIT TO SEE WHERE WE GROW NEXT!

Seven-year-old Luna ran home from school and grabbed her favorite princess coloring book. While looking for the perfect shade of violet to bring her rainbow to life, she looked over and saw her mom's downcast eyes. Something was wrong. As a very bright and empathetic child, Luna knew her mom was hurting and constantly worried if she was okay. Luna's instincts were right. But on this day, Luna's mother Grace was finally going to talk to her about it. After a long struggle of substance misuse and domestic violence, Grace knew it was time to search for treatment and safe housing for herself and her daughter. She wanted nothing more than to find a bed in a program that allowed Luna to enter, too. Unfortunately, in Colorado less than 6% of residential treatment facilities centers allow children to join their mothers. Grace was dreading telling her daughter that she would have to leave her for a month to get help.

Her Savio therapist practiced the conversation with her, running through what she could say, and how her daughter would react. A few days before she entered treatment, Grace sat Luna on her lap and tried to prepare her daughter for what was to come. Grace did her best to hold back her tears while she tried to explain to her daughter why she needed help, and how her grandparents would take good care of her. Luna finally responded, "So we won't be able to play together?" Grace's tears started flowing now.

When they were saying goodbye before her mother entered treatment, Luna gave her a stuffed unicorn that Grandma had helped her pick out. They named him "Uni" together. Every time they would get on a video call, Luna's mom would make Uni do the same dance routine. When Luna would come visit in-person, they would spin around with their unicorn friend together. This time was very hard for Luna. She was living with her grandparents, who were very dedicated



to making sure their family healed, but she missed her mother. She had experienced a significant amount of trauma both because of her mother's substance use and the domestic violence she had witnessed that led to her family being involved with child welfare and the court system.

After hard work and dedication, Luna's mom successfully completed her treatment. The day she came home, Mom, Luna, and Uni had a picnic. And they did Uni's dance together. This was just the beginning of this family's journey. Luna's mom knew she had a lot to repair with her own parents as well as her daughter. She sought to build community around her family, joined groups that worked with people impacted by substance use, and established strong friendships with parents who had experienced similar situations. Luna and her mom have now graduated from their time at Savio and are looking forward to thriving together as a family.

Jen peered into the bedroom of her 15-year-old daughter Aubrey. Curled up in a ball, Aubrey was recovering from an epileptic seizure. This was not an unusual scene. Aubrey had experienced countless seizures and surgeries to alleviate her condition since she was a little girl. But what Jen noticed this time was that her episodes were getting more intense and more frequent.

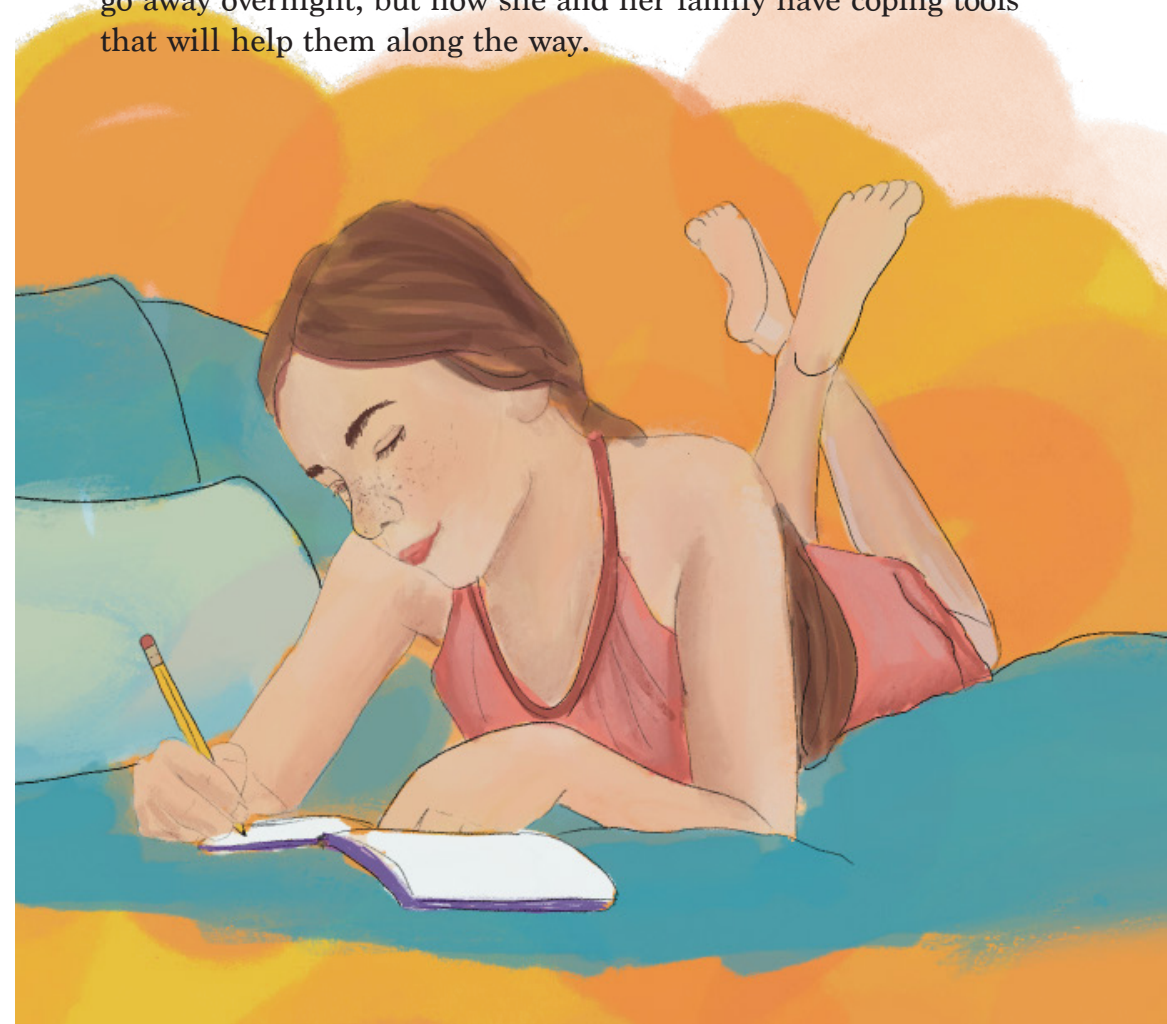
These weren't the only changes going on in Aubrey's life. Aubrey's grandmother, who moved in years ago to help care for Aubrey and her now 10-year-old twin brothers after their parents' divorce, recently passed away. After the funeral, Aubrey grew more irritable with each day and would struggle to fall asleep at night. Between her daughter's emotional outbursts and debilitating health scares, Jen felt helpless as to what to do next as a parent.

She reached out to Aubrey's medical doctor for solutions. The doctor reviewed Aubrey's case and found that in addition to her epilepsy, she was also experiencing psychogenic seizures (seizures set off by psychological factors), which were likely onset by the combined traumas from previous medical procedures and the loss of her grandmother. Jen and Aubrey looked at each other- a shared feeling of despair flooded through them at the news of yet another diagnosis. Just when it felt like all hope was lost, the doctor reassured them that a solution was possible. He referred the family to Savio.

Psychotherapy was a whole new world for Aubrey. Although she was highly emotionally intelligent, verbally communicating those feelings had always been a challenge. Her therapist addressed this need

straightaway. With the help of her therapist, Aubrey was able to express everything she was holding inside. Her frustrations with being unable to do everyday tasks due to the possibility of having a seizure came to light.

Watching her peers getting their learner's permits for driving, playing sports, or exploring hobbies like cooking...she had been grieving so much beyond managing physical pain. After being validated by her therapist, the rest of her family support system was invited to learn more about how to best help Aubrey while she moves forward. At home, near the end of Aubrey's treatment program, Jen spotted her daughter journaling on the couch - only to then be surprised with a loving tackle from her younger brothers. While watching her three kids laughing together, a huge sense of peace came over Jen. Aubrey's medical struggles will not go away overnight, but now she and her family have coping tools that will help them along the way.



The Miller family connected with Savio in hopes of their 13-year-old son, Zack, being able to move back home. Like most young teens, Zack's head was filled with questions about his place in the world. The emotional confusion of growing up became too much to process and he didn't feel able to open up to his family. Zack started displaying unhealthy coping behaviors and became aggressive towards his sisters, which ultimately led to him being placed in a group home. It soon became apparent that Zack felt unimportant and acted out because he felt his parents' attention was scattered. In addition to caring for their son, their oldest daughter had a disability and much of the Millers' time was dedicated to supporting her. The family never wanted Zack to stay at the group home, but they were also concerned for the girls' safety. Devastated, Zack's parents knew they couldn't handle these circumstances alone. That's when they looked to us.

Getting started on the road to healing was difficult. Zack's parents felt embarrassed about sharing their struggles with outsiders. After building trust with their Savio clinician, Mom and Dad were ready to face their fears. The Millers developed skills that helped them identify the drives behind their son's behavior while also caring for their daughters. As a family, they worked to create a stronger connection by challenging unhelpful previous beliefs and opening communication opportunities. The Millers also came to realize that they could rely on the support of their friends and community. They had nothing to be ashamed of. Mom and Dad took a

huge step forward and let their guards down to advocate for their son's individualized needs with school staff members. An act that once felt impossible helped prevent Zack from falling behind in education.

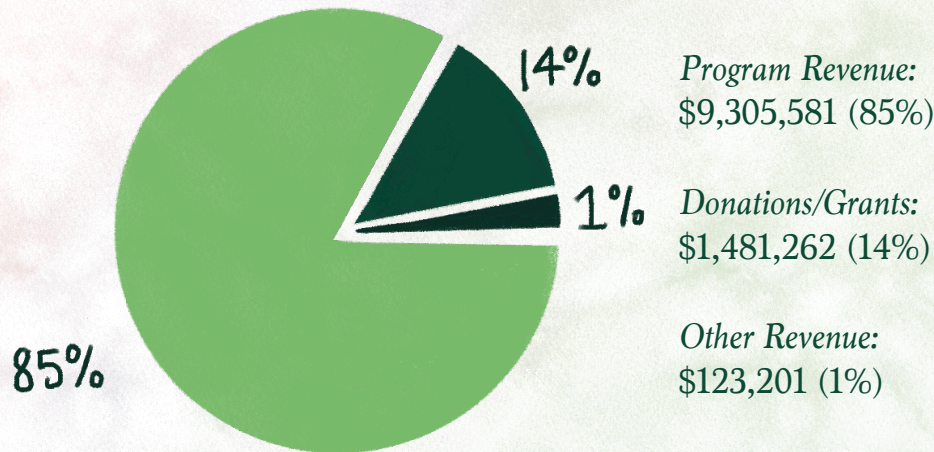
Nearing the completion of treatment, Zack came back home. The Miller siblings started exploring new ways of interacting. In bonding over board games, bike rides, and favorite television shows, Zack and his sisters slowly, yet steadily, started rebuilding their relationships. And for the first time in a long time, Mom and Dad have been able to see strength again in their family. The family had one last session before their program came to an end. Mom told their therapist, "We appreciate everything you have done, but we don't need you anymore. We've got this."



2022 FINANCIALS

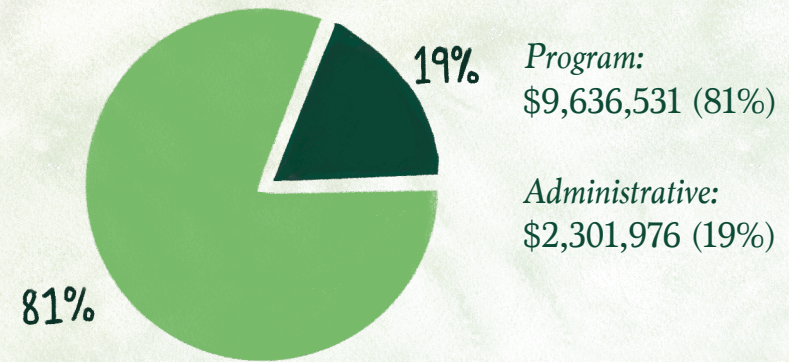
In 2022, Savio House provided \$11,938,507 in services supporting children and families across Colorado. We did this while keeping our combined administrative and fundraising expenses below 19%.

Revenue Total: \$10,910,044

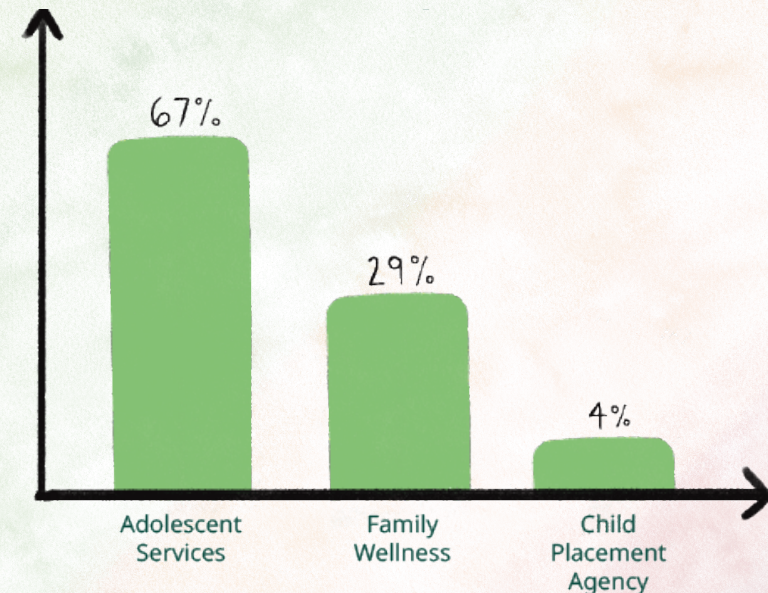


99% of our families receive services free of cost thanks to our partners and the generous support of our donors.

Expenses Total: \$11,938,507



How does programming add up?



On average, it costs Savio \$6,250 per family to provide a sustainable intervention. Our supporters allow 1,750 families to receive these life-changing services at no cost.

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Thank you to the many donors who give anonymously!

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