To Our Family,

We started the Center for Youth Wellness three years ago with a big dream. We envisioned a way that all children can have a fair shot to grow up to be happy and healthy.

Thanks to your support, 2014 was the year where CYW came into its own and made its mark as a leader in the movement to prevent, screen, and heal the impacts of Adverse Childhood Experiences.

In 2014 we successfully raised awareness about Adverse Childhood Experiences (ACEs) as our country’s most overlooked public health crisis resulting in increased attention at the state and national levels.

• We hosted California’s first summit on Adverse Childhood Experiences.
• We drove an ACEs discussion on social media with the hashtag #ChildrenCanThrive resulting in a network reach of over 1.2 million on Twitter.
• I was a featured speaker at the 2014 Clinton Global Initiative raising awareness about the impact of ACEs and toxic stress on children’s brain development.
• We co-sponsored Assembly Concurrent Resolution 155 urging Governor Jerry Brown to recognize ACEs as a public health threat in California.
• We provided close to 30 trainings to educators and community based organizations in the Southeast sector of San Francisco.
• We engaged the Bayview community in a conversation on scientific research with the family of Henrietta Lacks, the subject of the bestselling book, The Immortal Life of Henrietta Lacks.
• We published and distributed over 4,000 copies of two reports, "A Hidden Crisis" and "An Unhealthy Dose of Stress", both of which are widely used by advocates and thought leaders nationwide.
• We continued to offer a full suite of clinical services including evidence-based mental health therapies, case management, exercise and nutrition education, acupuncture, and biofeedback.
• We engaged in a rigorous strategic planning process and created a roadmap for success for the next three years.

As I travel all across the country, I can see our impact and how we are at the tipping point of a movement to recognize Adverse Childhood Experiences as a public health crisis. Join me as we look towards a future that gives every child a chance to thrive and grow up to be happy and healthy.

The movement is on.

Regards,

[Signature]
Our Team

STAFF
Anita Alkire, RN, PHN, NP, Wellness Nurse
Andrew Arnold, Interim Director of Development
Nicole Banks, MFT, Receptionist
Nadine Burke Harris, MD, MPH, FAAP, Founder and CEO
Robert Benavidez, VP of Finance, Talent and Operations
Monica Bucci, MD, Director of Research
Angelica Cardenas, Case Manager
Cecilia Chen, Interim Director of Policy
Perry Chen, MSW, Therapist
Rebecca Grant, Executive Assistant
Janine Greer, MA, Health Educator
Lisa Gutierrez-Wang, PhD, Director of Clinical Programs
Tiffany Hill, Receptionist
Amy Height, Executive Assistant
Anabel Hoang, MA Organizational Learning and Data Coordinator
Lisa Hunter, MA, Director of Organizational Learning and Data
Kadiatou Koita, Research Assistant
Deja Kono, Project Coordinator
Sarah Marquez, Research Associate
Sarah Mihee Kim, Development Operations Manager
Carol Moran, Director of Finance and Operations
Susanna Osorno-Crandall, Director of Strategic Initiatives
Kim Pierson, Receptionist
Sukhdip Purewal, MPH, Research Assistant
Jaime Roca, Bookkeeper
Stephanie Ong Stillman, Director of Communications and Marketing
Lydia Vincent-White, Outreach Coordinator
Clair Willhite, LMFT, Therapist

BOARD OF DIRECTORS
Victor G. Carrion, MD, Professor, Lucile Packard Children’s Hospital; Director, Stanford Early Life Stress Research Program
Mark Cloutier, MPP, MPH, Regional CEO, Gateway to the Golden State, American Red Cross
Nadine Burke Harris, MD, MPH, FAAP, Chief Executive Officer, Center for Youth Wellness
Daniel Lurie, Founder + Chief Executive Officer, Tipping Point Community
Susie Sarlo, Vice President, The Sarlo Foundation
Emily Webb, MPH, Director of Community Health Programs, California Pacific Medical Center
Annie Robinson Woods, Community Volunteer; Health Care Executive

BOARD EMERITI
Lenore Anderson, Esq., Executive Director, Californians for Safety and Justice
Danielle York, San Francisco 49ers
Vince Mellet, Analyst, Antipodean Advisors

About CYW

OUR GOAL
At the Center for Youth Wellness, we seek to revolutionize pediatric medicine by transforming the delivery of primary care for children in a way that recognizes and addresses Adverse Childhood Experiences as a major risk factor for chronic disease. We seek to prevent, screen, and heal the impacts of children affected by Adverse Childhood Experiences and toxic stress by raising awareness, educating health professionals, and developing effective treatments. We envision a world where children will have better long term health outcomes, pediatricians are routinely screening for Adverse Childhood Experiences, and a national public health discourse is sparked on the impacts of the number one public health issue of our time.

OUR MISSION
Our mission is to improve the health of children and adolescents exposed to Adverse Childhood Experiences.

OUR HOME
Our new home named the “Center for Youth Wellness Building” is in San Francisco’s Bayview neighborhood. We are strategically co-located with the Bayview Child Health Center, our pediatric partner, in what may be the nation’s most comprehensive center of services for children impacted by Adverse Childhood Experiences and toxic stress.

We are grateful to the Tipping Point Community for their leadership and efforts to make the Center for Youth Wellness Building a reality. Our new home allows us to provide children and families with a safe and nurturing space to access our suite of services including mental health therapy, biofeedback, acupuncture, and holistic wellness.
ACEs Summit

CALIFORNIA CAN THRIVE: CALIFORNIA’S RESPONSE TO ADVERSE CHILDHOOD EXPERIENCES

On November 5-7, 2014, Center for Youth Wellness brought together more than 200 thought leaders for California’s first statewide summit on Adverse Childhood Experiences. The summit was a springboard for developing a common agenda to prevent, screen, and heal ACEs and toxic stress. Key stakeholders from health, education, child welfare, juvenile justice, government, and philanthropy came together to share knowledge, encourage innovative thinking, and spark collaborations with the ultimate goal of building a movement across California.

Highlights included:

- A dynamic presentation from students from Leadership High School.
- An in-depth discussion between Dr. Vincent J. Felitti, co-principal investigator of the original ACE Study, and CYW CEO Dr. Nadine Burke Harris.
- A compelling conversation on how to build a healthy and safe California with policymakers including a State Senator, a California Supreme Court Judge, and Secretary of the California Health and Human Services Agency.
- The release of “A Hidden Crisis: Findings on Adverse Childhood Experiences in California”, which revealed that nearly two-thirds of Californians have at least one or more types of ACEs.
- Extensive media coverage from over 37 media outlets.
- Over 1.2 million reached through Twitter with the hashtag, #ChildrenCanThrive.

“People growing up in Marin are not immune from Adverse Childhood Experiences, which could have long-term consequences for their physical and mental health, according to a new report issued by the Center for Youth Wellness.”

Marin Independent Journal, November 7, 2014

“Burke Harris said that, if the government were to focus on toxic stress in the same way it focuses on other broad public health issues like obesity, it would not only help many people lead better lives but could also help avoid expensive medical care.”

San Diego Tribune, November 7, 2014

“The report builds on a growing body of research showing trauma and chronic stress can change the chemical and physical structures of the brain, making it difficult for some students to learn.”

89.3 KPCC – Southern California Public Radio, November 6, 2014

“The nation spends about 18 percent of its gross domestic product on health care, and I would bet my medical license that early intervention not only saves lives, it saves money.”

Dr. Nadine Burke Harris, Bakersfield Californian, November 5, 2014
Our Programs

RESEARCH
CYW’s Research Program investigates and evaluates best practices for assessing Adverse Childhood Experiences and treating toxic stress. In 2014, CYW created a Community Research Board to provide feedback on the CYW research agenda and also formed the Bay Area Research Consortium on Toxic Stress and Health, which includes pediatricians, mental health clinicians, researchers, and experts from UCSF Benioff Children’s Hospital Oakland and UC San Francisco. A regional conference was held with 25 field experts to discuss and strategize research studies, to explore and validate an ACEs screening tool, to research physiological biomarkers of toxic stress, and to evaluate clinical interventions to treat toxic stress.

Additionally, CYW launched an exciting youth led research project in partnership with Leadership High School students called “Adverse Childhood Experiences Among Teenage Youth in San Francisco.” Data collection is currently taking place across four San Francisco high schools.

CLINICAL
CYW’s Clinical Program works to break the intergenerational cycle of ACEs and toxic stress by developing clinical tools and training primary care providers to screen for ACEs. Our partners at Bayview Child Health Center screen for ACEs at pediatric appointments and directly refer patients to CYW for behavioral health and holistic wellness support.

In 2014, we streamlined our services through the addition of our wellness nurse program which provides patients with nursing case management. Our suite of services includes home visits, mental health therapy, health and nutrition education, acupuncture, biofeedback, psychiatry, and legal services (through our partnership with Legal Services for Children).

POLICY AND ADVOCACY
CYW’s Policy and Advocacy program is integral to elevating the discussion and raising public awareness about ACEs as a public health crisis. In 2014, we organized the first ACEs summit in California, bringing together stakeholders from health, education, juvenile justice, and child welfare. We released two policy reports: “An Unhealthy Dose of Stress”, examining the impact of ACEs and toxic stress on children’s health and development and “A Hidden Crisis”, analyzing the prevalence of ACEs in California based on data from the California Behavioral Risk Factor Surveillance System.

On the legislative front, CYW was a key sponsor, along with partners Children Now and Californians for Safety and Justice, of Assembly Concurrent Resolution 155, a resolution urging Governor Jerry Brown to recognize the impact of ACEs and toxic stress on childhood development. The resolution passed the California Legislature with unanimous bipartisan support and laid the groundwork for future policy advocacy on the state level.

COMMUNITY EDUCATION AND ENGAGEMENT
CYW’s Community Engagement Team works with organizations to educate and engage their stakeholders about ACEs and toxic stress. In 2014, we developed and distributed over 60 toolkits for community service providers called “We Are All Healers: A Toolkit for Understanding and Responding to Toxic Stress”. We led close to 30 community trainings, celebrated the one year anniversary of our Community Advisory Council, and launched our first Health Newsletter.

At CYW, we are interdependent with the community to drive research and solutions to prevent, screen, and heal ACEs and toxic stress. We kicked off our first community science dialogue in the Bayview by hosting the family of Henrietta Lacks, subject of the bestselling book, “The Immortal Life of Henrietta Lacks”. We discussed the significant impact Henrietta Lacks’s cells had on important scientific breakthroughs and the role of medical research in communities of color. More than 150 community members and health leaders were in attendance.

54% OF OUR SCREENED PATIENTS HAVE AN ACES SCORE OF 4+
THE AVERAGE AGE OF OUR PATIENTS IS 9
Dr. Nadine Burke Harris publishes "The Chronic Stress of Poverty: Toxic to Children" in The Shriver Report's A Woman’s Nation Pushes Back from the Brink

CYW partners with students from Leadership High School to conduct a study to assess the prevalence of ACEs in relation to academic performance across SF neighborhoods

Dr. Nadine Burke Harris publishes its first white paper "An Unhealthy Dose of Stress: The impact of Adverse Childhood Experiences and toxic stress on childhood health and development"

Dr. Nadine Burke Harris receives the 2014 Community Leader Award from Leadership California, a statewide women’s leadership organization

Dr. Nadine Burke Harris receives the 2014 Voices of Conscience Award from San Francisco-based civil rights law firm Public Advocates

Dr. Nadine Burke Harris gives keynote address at the 2014 Grantmakers in Health Annual Meeting in Atlanta, GA

CYW expands its Clinical Program to include wellness nursing to provide nursing case management and health education for its patients

Assembly member Raul Bocanegra introduces Assembly Concurrent Resolution 155 recognizing the impacts of ACEs and toxic stress on childhood development

The Community Research Board forms as a body of community stakeholders to advise and provide feedback on CYW’s Research Agenda

Google.org announces $3 million gift to CYW to support its Clinical Program to address toxic stress

The Bay Area Research Consortium on Toxic Stress and Health is established with CYW, UCSF Benioff Children’s Hospital Oakland, and UCSF

Dr. Nadine Burke Harris and Suzy Loftus, Esq. receive the James Irvine Leadership Award

The Bayview Child Health Center transitions ownership from Sutter Health/CPMC to South of Market Health Center

CYW begins offering biofeedback therapy for patients, a treatment aimed at improving mindfulness and teaching patients to control physiological processes such as breathing and muscle tension to decrease stress and improve resilience

Assembly Concurrent Resolution 155, recognizing the impact of ACEs and toxic stress on childhood development, is passed by the California Legislature with unanimous bipartisan support

CYW hosts the first California ACEs summit “Children Can Thrive”, welcoming over 200 thought leaders from across the state to address ACEs as a public health crisis

CYW publishes "A Hidden Crisis: Findings on Adverse Childhood Experiences in California", a first-of-its-kind report examining the prevalence of ACEs using data from the California Behavioral Risk Factor Surveillance System

Dr. Nadine Burke Harris speaks at TEDMED 2014 in the segment "I Was Just Thinking Too Small"

Dr. Nadine Burke Harris speaks at the 2014 Clinton Global Initiative Annual Meeting on the panel "The Science of Success: Investing in Babies’ Minds" with Secretary Hillary Clinton

CYW begins offering on-site group acupuncture to the adult caregivers of BCHC patients. Acupuncture can be used to treat a variety of ailments including some of the symptoms of ACEs

CYW hosts members of the Henrietta Lacks family (featured in the New York Times bestseller The Immortal Life of Henrietta Lacks) and over 150 community members to discuss the role of medical research in low-income communities of color

Bayview Child Health Center transitions ownership from Sutter Health/CPMC to South of Market Health Center

The Immortal Life of Henrietta Lacks

Together with the Bayview Child Health Center and the Children’s Advocacy Center, CYW celebrates the opening of the Center for Youth Wellness Building located at 3450 3rd St

2014 Year in Review
The information below represents the financial activities for 2014. A complete copy of our financial statements audited by Crowe Horwath LLP is available upon request from Center for Youth Wellness 3450 Third Street Suite 201, San Francisco, CA 94124.

### 2014 OPERATING REVENUE & SUPPORT

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundations</td>
<td>$1,575,610</td>
</tr>
<tr>
<td>Individual Donations</td>
<td>$231,917</td>
</tr>
<tr>
<td>Corporate</td>
<td>$77,400</td>
</tr>
<tr>
<td>Special Events</td>
<td>$2,159</td>
</tr>
<tr>
<td>In-Kind</td>
<td>$48,218</td>
</tr>
<tr>
<td>Other Revenue</td>
<td>$46,247</td>
</tr>
<tr>
<td>Releases from Restriction</td>
<td>$1,867,039</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$3,848,590</strong></td>
</tr>
</tbody>
</table>

### 2014 OPERATING EXPENSES

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Program</td>
<td>$739,689</td>
</tr>
<tr>
<td>Research and Evaluation</td>
<td>$430,362</td>
</tr>
<tr>
<td>Education and Advocacy</td>
<td>$896,564</td>
</tr>
<tr>
<td>Management and General</td>
<td>$363,446</td>
</tr>
<tr>
<td>Development</td>
<td>$465,847</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$2,895,909</strong></td>
</tr>
</tbody>
</table>
2014 Fiscal Year Contributions

We are incredibly grateful to our generous family of supporters. Thank you!

LEADERSHIP CIRCLE ($50,000+)

A heartfelt thank you to the members of our Leadership Circle. Because of the commitment and support from our donors, we are transforming the way society responds to children and youth exposed to Adverse Childhood Experiences and toxic stress and ultimately creating better health outcomes for future generations to come.

The Leadership Circle is comprised of supporters who contribute a lifetime total of $50,000 or more. Members are listed below:

Anonymous
The Annie E. Casey Foundation
Bella Vista Foundation
Blue Shield of California Foundation
The California Endowment
The California Wellness Foundation
CPMC/Sutter Health
E.I. DuPont de Nemours & Co.
Futures Without Violence (in-kind)
Lee and Russ Flynn
The David B. Gold Foundation
Google.org
Gruber Family Foundation
Mimi and Peter Haas Fund
Arno Harris & Nadine Burke Harris
The James Irvine Foundation
The JPB Foundation
Kaiser Permanente Northern California Community Benefits Program
The Jacob and Valeria Langeloth Foundation
Latham & Watkins, LLP (in-kind)
Los Angeles Partnership for Early Childhood Investment
Lucile Packard Children’s Hospital (in-kind)
Metta Fund
Perkins Hunter Foundation
Pfizer Inc.
The Lisa and John Pritzker Family Fund
Rosenberg Foundation
The San Francisco Foundation
San Francisco 49ers Foundation
Sarlo Foundation
Service Employees International Union-United Healthcare Workers West (SEIU-UHW)
Ruth Shaber
Beth and Russell Siegelman
Sierra Health Foundation
Taproot Foundation (in-kind)
The Laszlo N. Tauber Family Foundation
Tipping Point Community
Zellerbach Family Foundation

CHAMPION ($25,000-$49,999)

Kathy DePaola and Tim Bigalke
George F. Jewett Foundation
Annie Robinson Woods

PARTNER ($10,000-$24,999)

1440 Foundation
Julie and Greg Flynn
Eva C. Ilhe (in-kind)
Kathleen Kelly Janus and Ted Janus
Jillian Manus
TomKat Fund

SUPPORTER ($500-$999)

Mark Cocalis and Lisa Ann Erburu
Raymond Doty
Latanya and John Hilton
Michael Jackson and Pablo Pollar (in-kind)
Teresa Luchsinger
Jamiel Charis McCullum
Microsoft
Ann O’Leary
Roselinda Schulman
Jason Steinberg (in-kind)
Lewis Whitehead
TEF Architecture & Interiors Inc.

TEAMMATE ($1,000-$4,999)

Bank of America
Mary Foust
Tad Freese
Chrysanthe L. Gussis
Mark Harris (in-kind)
Eileen Laspa
Patience Merian (in-kind)
Anna and Mason Morfit
Bilen Mesfin Packwood and Damon Packwood
William E.G. Rothmann
Workday Inc. (in-kind)

ADVOCA C (U P TO $499)

Anonymous (2)
Jamie Austin
Ian Bell
Bright Funds Foundation
Dale Brodsky
Maria Camargo
Theresa Cangelosi
Cecilia Chen
Perry Chen
Children’s Path Programs
Clif Bar Family Foundation (in-kind)
Julie Doherty
Elizabeth Edwards
Patience Elving
Heather Fitzpatrick
Rebecca Grant
Richard Gross
Dana Harrel
Catherine Harrison
Arthur L. Haubenstock
Katherine Henrickson
Leon Hilton
Lisa Hunter
Eleanor Hurley
Sarah Mihee Kim
Lindsay Lassman
Howard Lindsay
Zea Malawa (in-kind)
Cheryl Masters
Carol Moran
Julie Mozena
Nancy Ostler
Allison Ottoboni
Marilyn and Gregory Rampley
Beth Richtman
Samahope
Annabelle Singer
Lesley Tannahill
Ann Patricia Tetehorst
Paula Shapiro and Paul Tough
Lydia Vincent
Christopher Wood