



HEALING TO YOU

2025 Impact Report

**A MESSAGE
FROM OUR
FOUNDER**

Healing To You was founded to close the gaps that leave too many survivors and families without access to the healthcare they need. Safety concerns, transportation challenges, financial hardship, and fear often prevent people from seeking care until a crisis forces them to.

This year brought additional challenges for many in our South Los Angeles community. Immigration enforcement activity created an atmosphere of fear and uncertainty for families who were already vulnerable. For some, even leaving home for a medical appointment felt risky. These moments remind us why community-based, trauma-informed healthcare is so important.

In 2025, Healing To You reached an important milestone as we completed the first phase of our Mobile Healthcare Program serving domestic violence shelters in Orange, Riverside, and San Diego counties. Our team brought medical care and mental health support directly to families rebuilding their lives after violence. This work is now fueling the next phase of our mobile healthcare expansion into Los Angeles County through our Access in Motion campaign.

As we also prepare to launch our Mobile Sexual Assault Response Team (mSART), Healing To You continues building new pathways for survivors to access compassionate care when and where they need it most.

Thank you for standing with survivors and helping make this work possible.

Cari Teran, LMFT
Founder and Chief Executive Officer
Healing To You



Mobile Healthcare Program

Healing To You was awarded a one-time, multimillion-dollar grant through the California Governor's Office of Emergency Services to implement the Mobile Healthcare Program, delivering services to residents in domestic violence shelters across San Diego, Riverside, and Orange counties.

Through partnerships with ten domestic violence shelters, Healing To You delivered weekly integrated primary medical care and mental health services to children and families impacted by violence between 2024 and 2025.

This program brought trauma-informed healthcare directly to shelter residents, reducing barriers such as transportation, child care, cost, safety concerns, and limited access to medical providers that frequently prevent survivors from receiving timely care.

All staff have completed the 40-hour domestic violence counselor training and 40-hour sexual assault advocate training, ensuring care is delivered with specialized expertise in safety, trauma response, and survivor-centered practices.



Healthcare in a Moment of Crisis

Early one morning, a young couple arrived at one of Healing To You's partner sites through the Orangewood Foundation Outreach Resource Center.

They had a two-month-old baby and nowhere stable to live.

For weeks, the family had been sleeping in their car while trying to find housing and support. The stress of caring for a newborn while experiencing homelessness had taken a serious toll on both parents.

Through our partnership with Orangewood Foundation, the family was connected with Healing To You's on-site mobile healthcare team.

During their visit, our medical provider conducted a full health evaluation for both parents and their infant. The father was identified as pre-diabetic, a condition that had gone undiagnosed due to lack of access to care. Early identification allowed for education, monitoring, and preventative guidance to reduce his risk of developing diabetes, with follow-up care available through Healing To You to support ongoing management. Our mental health clinician met with the parents to provide emotional support and help them process the stress and uncertainty they had been experiencing.

The clinician also introduced infant massage education, a simple but powerful way for parents to bond with their baby while supporting the infant's development and calming both parent and child during times of stress.

For this young family, the visit represented far more than a medical appointment. It was a moment of stability during an uncertain time. They left not only with healthcare support, but also with tools that strengthened their connection with their baby and restored a sense of confidence as new parents.

HEALING TO YOU 2025

MOBILE HEALTHCARE PROGRAM IMPACT

Total Medical Services



1,300

Total Mental Health Services



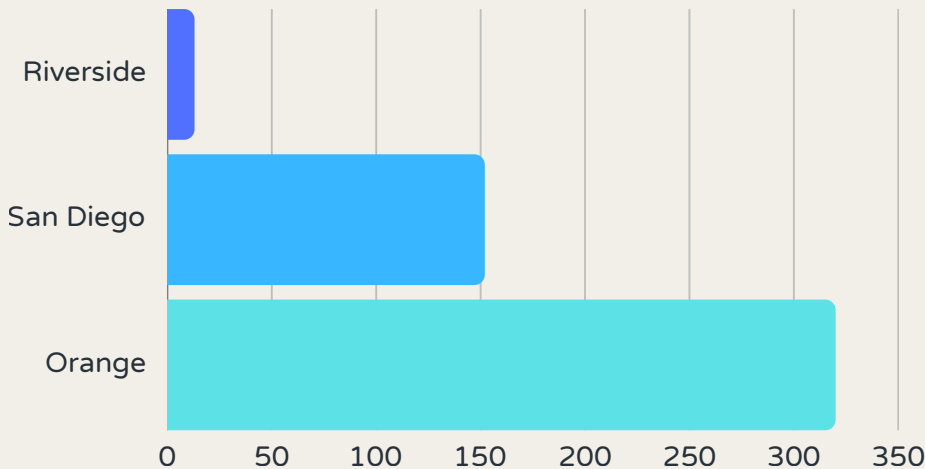
1,471

Total Patients Served



485

Patients Served by County



Total Covid Tests Distributed

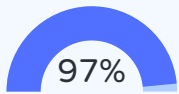


29,650

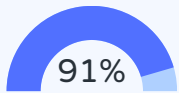
Individuals Served at Outreach Events

Los Angeles:	3,619
Orange:	285
San Diego:	453
Riverside:	73

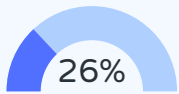
Satisfaction Rates



97% Satisfaction Rate. Nearly every patient reported being satisfied with their care.

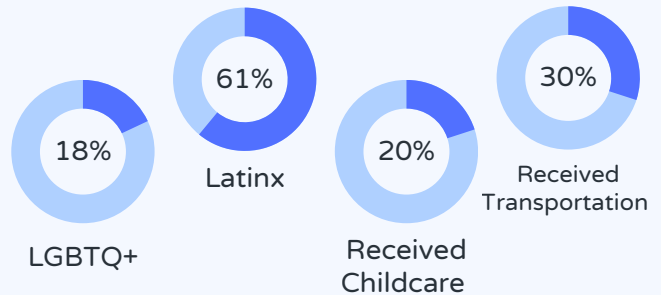


91% Patients expressed interest in booking another visit.



26% Would not have received healthcare without Healing To You.

Demographic Highlights



Who We Served



14% Male



68% Female



22% Children



What Makes Healing To You Unique

A specialized model designed for survivors of interpersonal violence

- Only known community healthcare provider in California with a clinical team dual certified in domestic violence and sexual assault advocacy
- Integrated model combining primary care, mental health, care management, and advocacy
- Mobile healthcare delivered directly in safe, accessible community locations through a licensed mobile clinic
- Continuity of care through clinic-based and telehealth follow-up
- Designed to reduce barriers including transportation, child care, safety concerns, and access to care



Philanthropy is essential to delivering the level of care Healing To You provides.

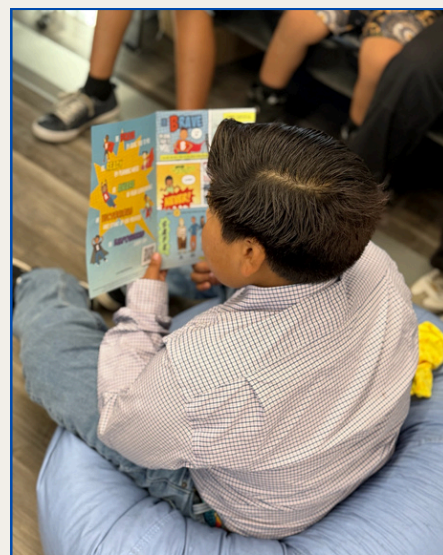
In many healthcare settings, low insurance reimbursement rates require providers to schedule patients in 10 to 15 minute appointments to remain financially sustainable.

For survivors of violence and families experiencing trauma, that model does not work. Trauma-informed care requires time. Patients need space to feel safe, share their experiences, and receive care that addresses both physical health and emotional wellbeing.

At Healing To You, we choose to spend the time our patients need. Our providers listen carefully, build trust, and deliver integrated medical and mental health services that support healing.

Insurance does not cover the true cost of this level of care. Billable services, combined with philanthropic support, make it possible to provide free care to survivors who might otherwise have no access to healthcare, ensuring they receive the care they need to heal.

We are grateful for the support that makes it possible to deliver this level of care to survivors and families.



Mobile Sexual Assault Response Team (mSART)

Healing To You is developing a Mobile Sexual Assault Response Team, the first program of its kind in Southern California.

In urban communities, only 13% of sexual assaults are reported to police, leaving most survivors without access to forensic medical care, advocacy, or trauma-informed support.

In partnership with local rape crisis centers, the mSART program will deliver sexual assault forensic exams, medical care, mental health support, and advocacy directly into communities through a mobile response model that prioritizes safety, privacy, and survivor choice.

Survivors will also have access to ongoing follow up medical and mental health care through Healing To You, ensuring continuity of care throughout the healing process.

Healing To You is expanding access to compassionate care and building new pathways to healing for survivors.

Virtual, Self-Paced 40-Hour Trainings for Domestic Violence and Sexual Assault Programs

Healing To You has developed state-compliant trainings that support staff onboarding and strengthen program capacity across California.

Trainings are fully virtual, interactive, and self-paced.

40 Hour Domestic Violence Counselor Training

Completion of the Domestic Violence Counselor Training meets the training requirements under California Evidence Code §1037.1(a)(1) for designation as a domestic violence counselor when working or volunteering with a domestic violence service organization.

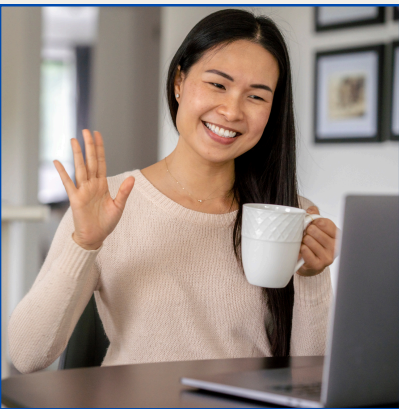
Topics include domestic violence dynamics, legal frameworks, victim-counselor privilege, trauma and neurobiology, teen dating violence, impact on children, confidentiality, counseling techniques, and resource navigation.



40 Hour Sexual Assault Advocate Training

Completion of the Sexual Assault Advocate Training meets the training requirements under California Evidence Code §1035.2 for designation as a sexual assault advocate when working or volunteering with a sexual assault service provider.

Topics include sexual assault response, crisis intervention, medical forensic exams, legal processes, SART coordination, victim rights, and referrals.



Available to agencies statewide, including rural and underserved communities. Supports staff readiness, retention, and the ability to expand services for survivors.

Scan to create an account and enroll
Standard rate: \$200 per course
Preferred partner rates available



Healing To You



Trauma-informed community healthcare with specialty services for survivors of abuse and assault

Community Partnerships

Healing To You collaborates with domestic violence shelters, rape crisis centers, and community-based organizations to expand access to trauma-informed healthcare across Los Angeles and Orange County.



These partnerships strengthen coordination, expand access to care, and support survivors across the region.



We couldn't have done it without your generous *support.*


Every life touched through Healing To You is made possible by supporters who believe healthcare should meet people where they are. Thank you for helping us expand access to compassionate, trauma-informed care across our communities.


Thank you


to all our donors and volunteers.


Healing To You

Where Health Meets Healing

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Healing To You mobile clinic providing health screenings at a Los Angeles public health event.

