



Healing To You Impact Report 2024

Mobile Medical and Mental Health Services for Survivors of Domestic Violence

A message from our founder

Dear Friends and Supporters,

This past year has been a testament to the power of collaboration, compassion, and innovation. At Healing To You, our mission to provide trauma-informed care for survivors of abuse and assault thrives thanks to our trusted partners and dedicated team.

Through our mobile medical and mental health program, we partnered with 10 agencies across Orange, Riverside, and San Diego counties to bring essential healthcare and mental health services to survivors in domestic violence shelters. Together, we've broken barriers to care, ensuring survivors and their children have access to critical resources and pathways to healing.

Looking ahead, we are excited to expand our reach with the opening of the Wilmington Comprehensive Community Clinic. This model for growth will offer family-focused primary care, mental health services, and a 24/7 sexual assault response team (SART) with forensic exams and advocacy, ensuring even more survivors have access to comprehensive support under one roof.

This progress is only possible because of you—our donors, partners, and advocates. Your belief in our mission empowers us to meet the evolving needs of the communities we serve. Together, we will continue to break barriers, foster healing, and create a brighter future for survivors.

Thank you for being part of this journey.

With gratitude and hope,

Cari Teran, LMFT
Founder, President, and CEO
Healing to You



Impact Snapshot



921

Total annual number of **Medical Services**

738

Total annual number of **Mental Health Services**

2532

Total annual **adults and children served**
through Community Outreach and Prevention

HTY Mobile Health Clinics In Action



Projects

Adult and Pediatric Primary Care

Details

Treatment for illness, injury, physicals, immunizations, Covid19 testing/vaccines; screening for A1C, glucose, cholesterol, STD/STI/HIV; childcare and transportation to/from our mobile clinics provided

Outcomes

- **921 medical services** provided
- **231 individual** patients served
- **682 Covid tests** provided
- **41 patients** reported that wouldn't have received care without HTY mobile clinics
- **238 patients** were provided transportation to access healthcare
- **102 days** of childcare were provided

Trauma Informed Mental Health Services

Mental health screening, coping skills and emotional support; assessments, individual and group therapy, safety planning, case management, and victim advocacy

- **156 Individuals** received Mental Health Services
- **268 screenings**, threat assessments and safety planning provided
- **40 families** received infant massage education
- **39 patients** received victim advocacy
- **91 units** of case management services provided

Community Outreach and Prevention

HTY provided health screenings and prevention resources at San Diego East County Health Fair, LAPD National Nite Out, Long Beach Women's Health Event, San Clemente Outlets Fair, Palm Desert Holistic Healing Fair, LAPD Rampart Food & Toy Drive, and Long Beach Food & Toy Drive

- **707 medical screenings** provided
- **400 boxes of Narcan** distributed
- **2,500 Mental Health Resources** and prevention materials
- **900 safety prevention** resources produced and distributed - Brave Comics





Opening 2025 Q1 - Healing To You Wilmington Comprehensive Community Clinic



Where Health Meets Healing: Dedicated to Physical and Mental Wellness Survivor Centered Wraparound Care

At Healing to You (HTY), we are revolutionizing care for survivors of domestic violence, child abuse, and sexual assault with our emerging wraparound model. Traditional care often requires survivors to navigate multiple providers, appointments, and locations—a process that can re-traumatize and overwhelm. Our Wilmington Comprehensive Community Clinic changes that. In addition to **primary care** and **mental health services** for the entire family, we are bringing together trauma-informed **forensic** medical and mental health services under one roof, to create a seamless, survivor-centered pathway to healing.

Our **Sexual Assault Response Team (SART) Center** provides:

- Sexual or Domestic Assault Forensic Exams (aka Rape Kit)
- Child Forensic Interviewing
- Victim Advocacy
- Legal Advocacy
- Case Management
- Court and Medical Accompaniment
- Mental Health Services
- Follow-Up Medical Treatment



Our Wilmington clinic is located in the heart of South Los Angeles, a vibrant yet underserved community facing significant challenges rooted in socioeconomic inequities and elevated crime rates. Home to a predominantly Latino and immigrant population (48%), many residents experience poverty, housing instability, and limited access to essential services. Wilmington consistently reports higher rates of domestic violence and violent crime compared to state and national averages. These factors create an urgent need for accessible resources to address the impacts of trauma and violence. As a community disproportionately affected by these challenges, Wilmington underscores the importance of targeted interventions that promote safety, healing, and equity—a mission we are proud to prioritize as we work to foster resilience and provide critical support in South Los Angeles.



Healing To You would like to graciously acknowledge our participating partners: Human Options, WisePlace, Orangewood Foundation, Radiant Futures, Laura's House, Shelter From The Storm, CCS, CRC, SBCS, El Nido, The Joyful Child Foundation, in memory of Samantha Runnion, and CIR Inc. New partnerships are in the works for 2025 bringing hope and healing throughout our service area.

We hope to interrupt the generational cycle of abuse by providing supportive services early as we bring the *healing to you*.



THANK YOU FOR CONSIDERING OUR MISSION

We can't do it without your generous support.

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