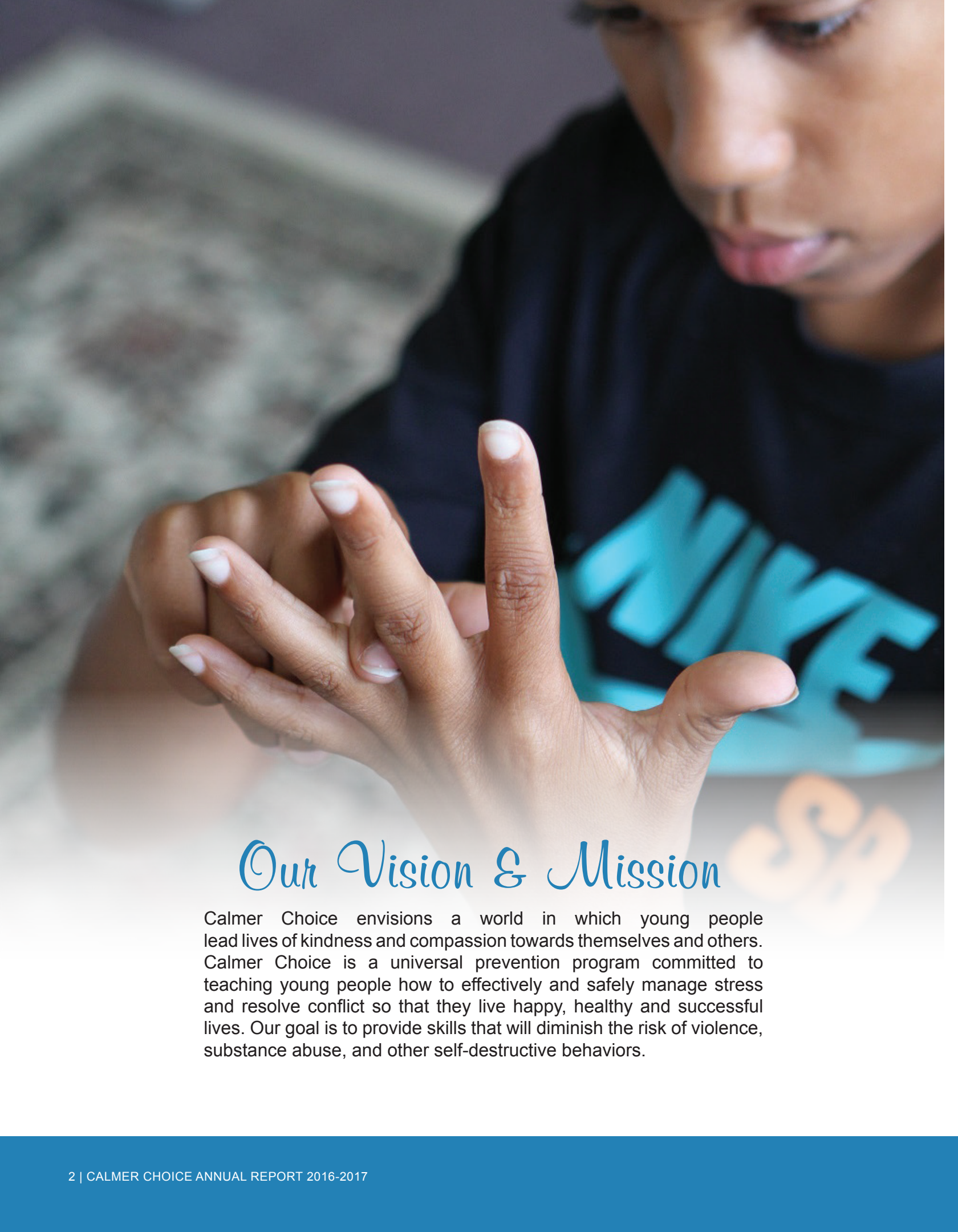


ANNUAL REPORT

2016-2017





Our Vision & Mission

Calmer Choice envisions a world in which young people lead lives of kindness and compassion towards themselves and others. Calmer Choice is a universal prevention program committed to teaching young people how to effectively and safely manage stress and resolve conflict so that they live happy, healthy and successful lives. Our goal is to provide skills that will diminish the risk of violence, substance abuse, and other self-destructive behaviors.

Message from Our Founder

As we complete another incredible year at Calmer Choice, I am filled with gratitude for this community, its schools, its teachers, its students, and for everything we have been able to accomplish together.

You are all quite amazing.

I would start with those who helped create a sound and steadfast non-profit. From our amazing and dedicated staff, to experts in the fields of health care, mental health care, law, education, technology, business, finance and non-profit management. Calmer Choice would not exist without you.

The incredible and tireless researchers at Tufts, Yale, Harvard School of Education and MIT who have added quantifiable data—evidence—towards the efficacy of what we teach, proving that what we teach is not only valid but incredibly positive. Their efforts have been and continue to be invaluable.

I also want to take this time to thank the regional health care system, our local hospitals, the Cape and Islands District Attorney, the Cape Cod Legislative Delegation, and the multiple organizations and task forces in the region for education, youth development and substance abuse prevention.



And even with all this help in place, we still would not be able to do what we do without our generous Business Alliance Partners and donors who help support the mission of Calmer Choice including helping with the implementation of our programs in local schools. We have an incredible community of funders, donors, and businesses who believe in the important work that we do.

All of you have made Calmer Choice a reality. Together, we have created a network that supports our children, teachers, parents and community members, all for the betterment of Cape Cod.

Thank You.

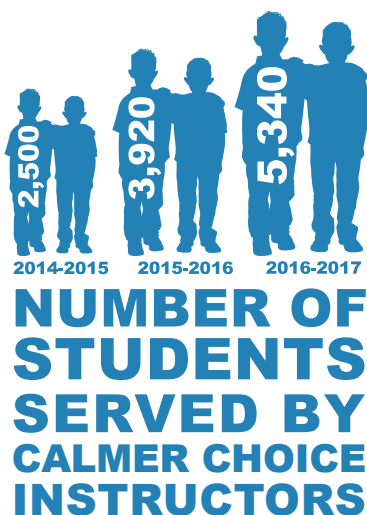
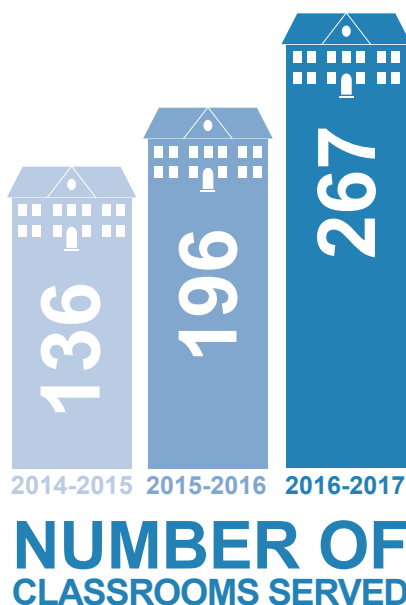
A handwritten signature in blue ink that reads "Fiona Jensen".

Fiona Jensen,
OTR/L

Programming

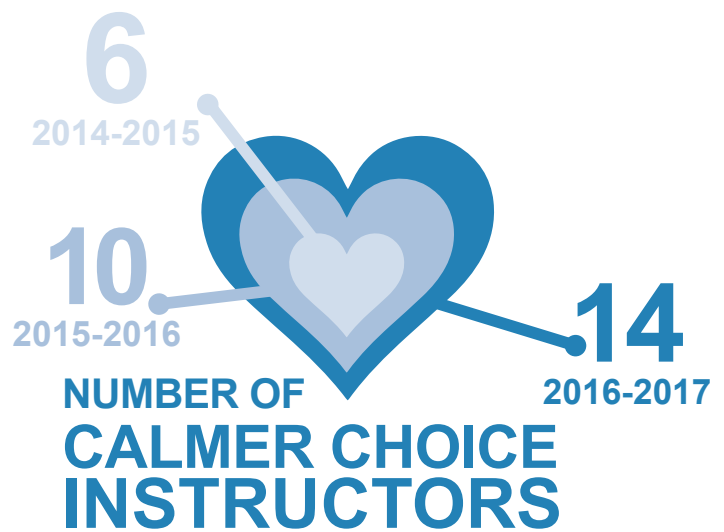
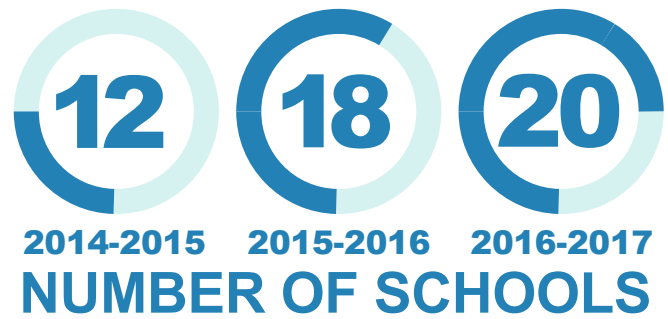
With all of your help, Calmer Choice has successfully continued to expand its programming both in and out of schools, as well as build its overall capacity to provide mindfulness based social emotional education across the broader Cape Cod community.

This school year (2016-2017), Calmer Choice provided programming in 20 schools to over 260 classrooms (over 5,000 students) across Cape Cod. This is an increase of 36% more students served over the previous school year and 12% more than was projected for this school year. As the school year unfolded Calmer Choice was fortunate to have the ability to meet increasing demand. Programming was provided by 14 part-time Calmer Choice instructors, and 9 school-employed instructors. Remarkably, over 30% of all students were taught Calmer Choice by staff employed by their own school (either classroom teachers or guidance staff) more than doubling the school based program provision over the previous school year.



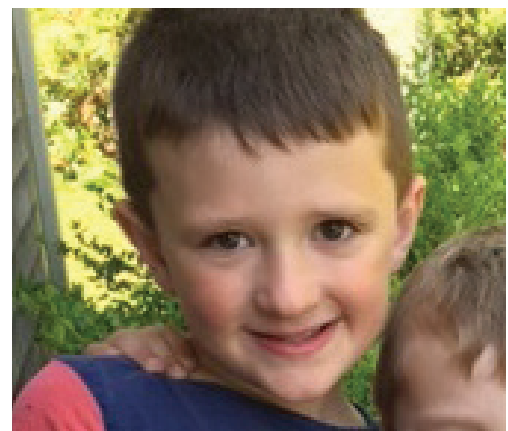
"I teach because I love having conversations with our children about our human experience... by having these conversations I get to have the opportunity to plant this seed of mindful awareness and to give them the tools to cultivate this seed and to build their inner resilience."

- Patty Weinstein,
Calmer Choice Instructor



I love Calmer Choice because I really enjoyed learning about my brain and to pay attention to my breath. I use my five-finger breathing when I am upset or angry. It helps me calm down. It was one of my favorite times during school.

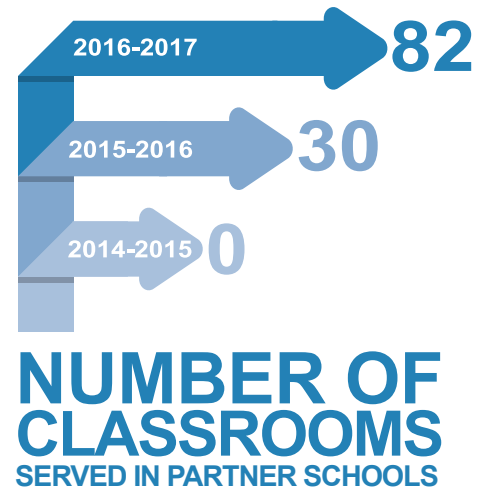
- Finn, 2nd grader



Calmer Choice Partner Schools

Providing direct programming in the classroom was the original delivery method for the Calmer Choice program. However, since 2015 the organization has been implementing a process in which schools and school districts support their own staff to be trained by Calmer Choice to gain the skills they need to teach the Calmer Choice program independently, creating Calmer Choice Partner Schools. This year Calmer Choice has expanded this program from working with individual schools to now including integration across whole School Districts. Calmer Choice licenses these schools continued access to its web-based teaching resources and provides ongoing educational and supervision to their staff to ensure fidelity.

Currently, Calmer Choice is working with 6 School Districts (Falmouth, Dennis Yarmouth, Mashpee, Sandwich, CCLCS, Nauset) that have committed to supporting the process in multiple schools to facilitate increased continuity for students as they move forward in school. At the end of the 2016-2017 school year, 7 schools had in-house staff capable of providing most of their own Calmer Choice programming.



Community Programming

Calmer Choice increased our office space so we are now able to offer community based programming at the Calmer Choice Center. We ran 2 afterschool programs, one for teens and one for elementary school age children. We have been fortunate enough to do a number of presentations for groups around the Cape Cod community including Grandmothers Against Gun Violence, Gosnold and Upper Cape Cod Technical School, to name a few.

A new offering we started this year was for our Business Alliance Partners and called 'A Taste of Calmer Choice.' We would go into businesses for a few hours and teach strategies of the Calmer Choice program to staff and employees. We ran 5 of these trainings and served 85 individuals. We are excited about this new offering and look forward to bringing it to more businesses in the Cape Cod community.

Our *Calmer Choice Speaker Series* is still going strong with presentations by author Dr. Christopher Willard as well as author Dr. Mark Bertin. These community events continue to be a wonderful way to engage the community and introduce a larger audience to the Calmer Choice program.

And finally, Calmer Choice had a number of programs to 'teach the teachers.' We ran an instructor training intensive program in the summer of 2016 for 26 individuals, 6 of whom were school-based employees. We also worked with the Regional Collaborative Training in Middleboro to teach 20 teachers about Calmer Choice strategies. Finally, we ran 4 'Calmer Choice for School Staff' courses which was 8 weeks and served 92 individuals.

Our community-based programming continues to be an in-demand need of the Cape Cod community. We are pleased and honored to provide programming to students, parents, teachers, business owners and other community members with the Calmer Choice programming.



Speaker Series with author and speaker Dr. Mark Bertin



Speaker Series with author and speaker Dr. Christopher Willard



After school program for 6, 7, and 8 year olds, Spring 2017



Employee trainings, Summer 2017



Speaker Series with Daniel Goleman, Aug 2017

The Year in Review



Instructor Intensive Training, July 2016



Dr. Mark Bertin, July 2016
Calmer Choice Speaker Series



Falmouth Road Race, August 2016



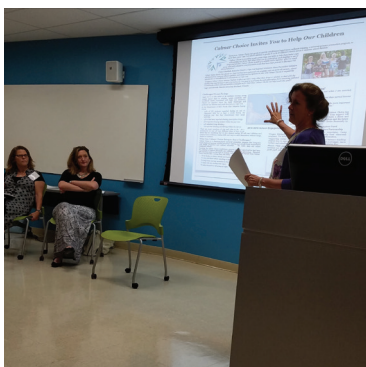
Last Gasp bike race, September 2016



4th running of the CC100K,
November 2016



Spectacle of Trees, December 2016



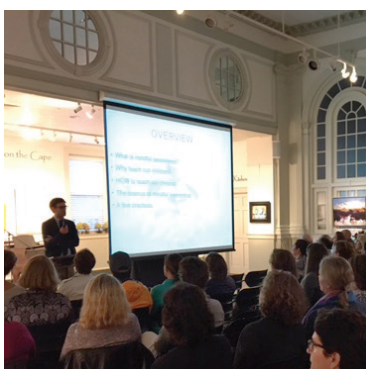
Keynote speaker, 2017 Bridging Hearts
and Minds Conference, January 2017



Calmer Choice
After school programs, Spring 2017



Tour de Barnstable, May 2017



Calmer Choice Speaker Series
Dr. Christopher Willard, 'Growing Up Mindful'



Calmer Choice was selected as a finalist for the
2017 Massachusetts Nonprofit Network of Excellence in Innovation, June 2017

Volunteers

Volunteers are a critical and important part of Calmer Choice. Our organization is built on, and exists, because of dedicated people who volunteer their time and skills. Calmer Choice would not be what it is today without the generosity of service from our volunteers. Whether you are a retired school teacher, a marketing professional or a stay at home parent, each of our volunteers brings personal and professional experience to their work. We appreciate every single one of our volunteers and we thank you again and again.



*Directing traffic for the
Tour de Barnstable bike race*

BY THE VOLUNTEERS NUMBERS

80

**number of
volunteers
in 2016-2017**

1446

**number of
hours
donated**

\$31,812

**value
of time in
thousands
of dollars**

I volunteer for Calmer Choice because I believe in their mission to help children make better choices when faced with adversity. They work with students to teach them strategies to cope with stress and anxiety that surface at school and at home. I love working with the staff and other volunteers because they are so kind, dedicated, and appreciative. I'm glad that I am a part of such a fabulous team that is helping students across Cape Cod. This is one of my favorite things to do every week.

-Sally Orcutt, volunteer



If time is what you can donate, please come volunteer for Calmer Choice! We have a robust volunteer program and are always looking for dedicated, big-hearted people who share our vision and mission. Please email for more info to volunteer@calmerchoice.org or call 508-398-0808

Testimonials



The Cape and Islands United Way is proud to support Calmer Choice as an investment in the future of our children – and the future of our community. We believe Calmer Choice is one of the few programs where benefits can be lifelong and the impact is felt by parents, teachers and children alike. We, at the United Way, know that emotional self-regulation is key to educational success and school readiness and it's been our pleasure to be a consistent supporter of Calmer Choice since its inception.

-Barbara Milligan, President & CEO, Cape and Islands United Way

We donate to Calmer Choice because we feel it's important to give kids and teens the tools they need to manage their emotions. As a parent, active community member and business owner, it's important to keep in mind that something that so positively effects a child's life, will positively effect the whole community.

*-James and Megan Cote, parent
and Business Alliance Partner, Osterville House and Garden*



We support Calmer Choice because I have seen the rise of anxiety in children and their lack of coping skills. Calmer Choice helps provide tools for children to help cope with stress. Providing support for our children is of the most importance to us.

-Barry and Taylor Joyce, donor

The world has become a complicated and stressful place, particularly for children and young adults. So many forces at play – some positive, many not so positive – influencing how kids think and react. Calmer Choice teaches kids to breathe, relax, and pause...to take in the peacefulness and beauty around them...and cope with the challenges they face. It provides the tools to help kids “boil it down” and simplify their complicated world. The skills learned through Calmer Choice are life-changing and in many cases life-saving. I can't think of a better place to lend my help.

*- John Fulone, Calmer Choice Board member, Senior Vice President
and Chief Strategy and Marketing Officer, The Cooperative Bank of Cape Cod*



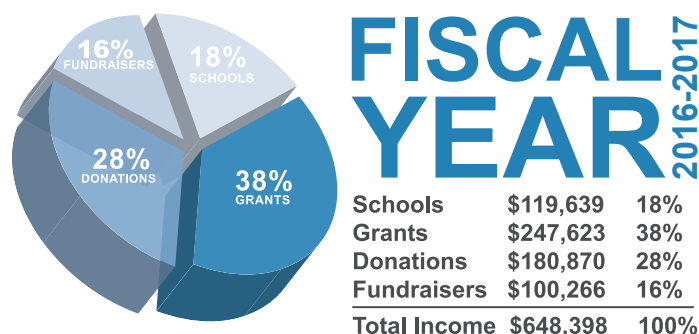
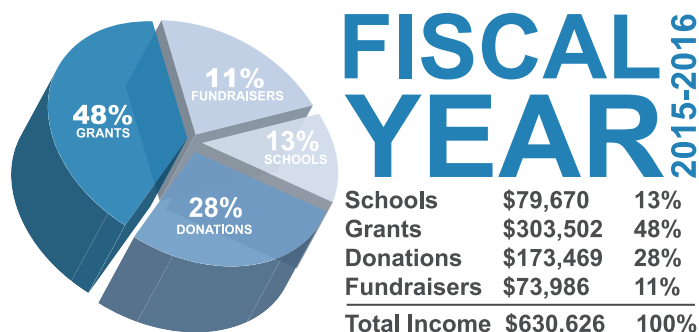


OUR HISTORY OF HELPING THE CAPE

JANUARY 2010 TO JUNE 2016

1. Oak Ridge Elementary
2. Teaticket Elementary School
3. Mullen Hall Elementary School
4. North Falmouth Elementary School
5. East Falmouth Elementary School
6. Morse Pond School
7. Quashnet Elementary School
8. KC Coombs School
9. Hyannis West Elementary School
10. St. Peters Nursey School
11. Barnstable West Barnstable Elementary School
12. Barnstable Community Horace Mann Charter School
13. Sturgis Charter Public School
14. Barnstable High School
15. Marguerite E. Small Elementary School
16. Station Avenue Elementary School
17. Mattacheese Middle School
18. Ezra H. Baker Elementary School
19. Nathaniel H. Wixon Innovation School
20. Cape Cod Regional Technical High School
21. Cape Cod Lighthouse Charter School
22. Stony Brook Elementary School
23. Chatham Elementary School
24. Chatham Middle School
25. Orleans Elementary School
26. Nauset Regional Middle School
27. Eastham Elementary
28. Provincetown Schools

Financials



**Please note percentages are rounded to the nearest 10th of a percent.*

As you consider opportunities for giving, please remember that every gift goes to help the students of Cape Cod lead healthy, happy and fulfilled lives. Your donation also helps to teach and educate others beyond Cape Cod. There are a variety of ways to support Calmer Choice as we grow including:

Annual Fund

At the close of every year, we ask our loyal friends and supporters to give generously to help support Calmer Choice and our mission. Our Annual Fund goes to support our operating budget and enables us to continue our programming throughout the year. You can also become a Calmer Choice Champion by signing up to donate monthly in any amount.



Business Alliance Partners

Being a Business Alliance Partner creates a community partnership that has direct and lasting impact on the lives of our children and the future of our community.

Sponsorship

Calmer Choice has a number of events every year including our popular *Calmer Choice Speaker Series*, Falmouth Road Race, Tour de Barnstable, Spectacle of Trees and CC100K. Being a sponsor for one of our informative guests or a fundraising event is an important way to give back to the Cape Cod community and defray the costs of the events themselves.

Stock

Giving long-term (owned more than a year), appreciated securities may provide greater benefits to you and Calmer Choice.



Our Donors

\$50,000 - \$99,999

Silicon Valley Community Foundation
1440 Foundation
The Peter and Elizabeth C. Tower
Foundation

\$20,000 - \$49,999

Anonymous
The Cape Cod Foundation
Cape Cod Healthcare, Inc.
Leslie and Jenny Jonas
Barry and Taylor Joyce
Michael O'Keefe, District Attorney
Cape and Islands District
Silicon Valley Community Foundation
Omidyar Global Fund

\$10,000 - \$19,999

Cape Cod Charitable FunRaiser
The Cape Cod Foundation
Edward Bangs Kelley & Elza Kelley
Foundation, Inc.
Federated Church of Orleans
Kiwanis Club of Hyannis
Lombard Trust Fund
Whiteley Plumbing and Heating

\$5,000 - \$9,999

Bassick Family Foundation
Cape and Islands United Way
The Cooperative Bank of the Cape
Cod Foundation
The Falmouth Fund and Board of Di-
rectors of the Cape Cod Foundation

\$2,500 - \$4,999

Andrea Holden Thanksgiving Race
Commercial Realty Advisors, Inc
The Palmer and Jane D. Davenport
Foundation
Robert and Ellen Kinlin

\$1,000 - \$2,499

Anonymous
Betsy and Jimmy Bowes
Stone Dow and Julia Goldstein
Eastern Bank Charitable Foundation
Falmouth Track Club
John and Sharon Fulone
Gosnold on Cape Cod
Michael Jensen

David and Toni Lyons
David McGraw Family Fund
Eric and Laurie Slifka
Deborah and John Sloane
Elizabeth Steele
Maureen Strafford
Unity on Cape Cod
Paula Webster
Dan Wolf and Heidi Schuetz

\$500 - \$999

Bass River Pediatric Associations
Jacqui Bowes
Cape Cod Neuropsychology
Mark and Jen Curley
Freeman Law Group LLC
EJ and Terry Jaxtimer
Bob and Fiona Jensen
Kingston Fund
James and Kelly Purcell
Stan and Deb Selkow
John Todd
David and Pamela Troutman

\$250 - \$499

Holly Anderson
Dennis and Susan Ausiello
Mary Barnes
Curtis Barry
Terry Bergeson
Bikram Yoga Cape Cod
Sarah and Lane Davis
Earth Matters
First Church of Christ in Sandwich
Drs. Patty and Marc Fater
Jessica Fone
Judy Goetz
Grace Gomes and Robbie Jensen
Carl and Jessica Grassetti
Thomas Jensen
David Jensen
Susan Joslin
Kiwanis Club of Mashpee Charitable
Foundation
Lawrence Lynch Corp.
Sue Anderson Limeri
Michael and Jean Main
Stacey and Andrew McKenna
Frederick Mistretta
John Murphy
Mark Nelson and Kristie Kapp
Joan Owens

Sara Phillips
Rotary Club of Yarmouth
Gail and Skip Sack
Richard Sadowski, D.M.D., P.C.
Robert and Nancy Solomon
Ann and Dick Trull
Hope Van Der Wolk Interiors, LLC
Peggy and Richard Wolman

\$100 - \$249

Anonymous
Am HaYam Cape Cod Havurah
Kathleen Anderson
Alvina Baxter-Moran
Jill Beardsley
Susan Bellis
Laurie Bentivegna
Lawrence and Marie Bigelow
Melanie Black
Betsy and Jimmy Bowes
Brad Boyd
Carmen Branson
Heather Brown
Bettina and Larry Brown
Susie Bruce
Bart L. Main and Donna Buonopane
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Patience Cabrera
Café Chew
Jim Callahan
Cape Cod Pediatrics
Angela Carini
Franklin Clark and Janet Dinsmore
Richard Cote
Norma Craffey
Steph Curran
Mary Jane Curran
Dede Danforth and
Geoffrey Underwood
Laureen Davids
Jackie deRuyter
Gerry Desautels
Fred and Sophie Deschenes
Elaine Donoghue
John and Anne Doyle
Heather Draz
Earth House
East Wind Kennels
Meghan Fleck
Lisa Fleming

Inner Glow Yoga
 Walter and Linda Gadkowski
 Cathy Gahan
 Eileen Galligan
 David and Jacqueline Garvin
 Debbie and Chuck Gasior
 Tammy Glivinski
 Jeff and Bea Goldstein
 Alicia and John Gonsalves
 James Gorman
 Kathleen Gorman
 Jim and Anne Gould
 Steve and Jane Gould
 Carl and Jessica Grasseti
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 Kathryn Harding
 John and Marija Hauser
 Robert Henry and Andrea Binder
 Michaela Herlihy
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 Jay Hill
 Judy Hilton
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 Madeline Holt
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 Eastwindkennels Huether
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 Sabrina Kane
 Sharon Keane
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 Adria Kennedy
 Jackie Klein
 Barbara Knapp
 Lauren Lindsay
 Deb Lippard
 Emily MacDonald
 Sheira MacKenzie
 Donald and Gail MacPhee
 Lee Mahler
 Sharon Mahoney
 Bart Main
 Jonathan Matel
 Donna McBride
 James and Donna McGuire
 June McLaughlin
 Ellen McNeice
 Wes McSorley
 Karen and Bob Mecham

Susan and Michael Miller
 Jessica Morey
 Patricia Musante
 The Nosonowitz Family
 Karen O' Rourke
 George Oleyer
 Leighlan Olwine
 John Pappalardo
 Arthur Pappas
 Kathey Parcels
 Ronald Peters
 Michael Power
 Barrett Prinz
 Joshua Rapp
 Debra Robinson
 Melissa and Ralph Rondinone
 Anne Rowland
 Valerie Sanders
 Margaret Santora
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 Michael Schreiber
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 E Smith
 Lydia Smith
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 Kathryn Sommers
 Katie Steenstra
 Debra Stevens
 Molly Ann Sullivan
 Hugh Thompkins
 Jordan Thompson-Renzi
 Jonathan Troutman
 Martha and Peter Troutman
 Deborah Ullman
 Jennifer Walt
 Phyllis Warren
 Kingsley Weihe
 Susan Weiss and Peter Fremgen
 Vicki Wesson
 Warren and Diana Wheelwright
 Noni Whiteley
 Carol and David Wilgus
 Stephaine and Albert Wolf
 Janet Wright

**And a huge thank you
 to our Calmer Choice
 Champions!**

Business

Alliance Partners

Affordable Mattress of Cape Cod
 Cape Air/Hyannis Air Service, Inc.
 Cape Associates, Inc.
 Cape Cod Five Cents Savings Bank/
 Charitable Foundation Trust
 The Cooperative Bank Of Cape Cod
 Cleangreen, Inc.
 Dark Horse Beef and Deli Co., Inc
 Glivinski and Associates, Inc.
 Hyline Cruises
 Margo's
 McShea Insurance
 Natas Noodles
 Nauset Disposal
 Osterville House and Garden
 Prime Motor Group
 Puritan Cape Cod
 RPM Carpets & Floorcoverings
 Shepley Wood Products
 Sam's Family Restaurant: Seafood
 Sam's Smithfield Family of Markets
 Scargo Café
 True Value Hardware of Orleans, Inc.
 Unique Boutique
 Whiteley Plumbing and Heating
 Whole Foods Market
 Wilkinson Ecological Design
 Wingate Kirkland Operating LLC
 Wood Lumber Company

Business Sponsors

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 Beacon Financial Planning of Cape Cod
 Cape Cod Grass Company
 The Daily Paper
 Daniel A Schwenk, CPA, LLC
 Eastern Bank
 Exit 7 Auto
 Emerald Physicians
 Falmouth Toyota
 Gosnold of Cape Cod
 Hot Chocolate Sparrow
 Padgett Builders
 Seafood Sams
 Whiteley Plumbing

We apologize for any omissions or errors and trust that you will bring them to our attention

Directors & Staff

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Mid-Cape Medical Center

John Fulone, Vice Chair
The Cooperative Bank of Cape Cod

Fiona Jensen, OTR/L, President
Executive Director, Calmer Choice

Heather Brown, Treasurer
Cape Cod Five Cents Savings Bank

Hayden Kuhn, Secretary
Program Coordinator, MENTOR

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Neuropsychologist/Clinical Psychologist

C. Patricia Fater, MD
Harbor Community Health Center - Hyannis

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Freeman Law Group, LLC

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Beacon Financial Planning

Bart L. Main, Jr. MD
Cape Cod Healthcare

Connor Medlar
Student

Rob Padgett
Padgett Builders, Inc.

Rodrigo Passos
Web Developer and Co-Owner, Dative

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Retired

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Director of Humanities and the Arts

David Troutman
Scargo Cafe

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Jimmy Bowes, V.P., Bayside Building Co.

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Leslie Jonas, Retired Business Executive

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Jessica Morey, Executive Director, Inward Bound Mindfulness Education

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and Community Medicine, Tufts University School of Medicine

Dr. Christopher Willard, Psychologist, Tufts University

Honorary Board Member:

Jon Kabat Zinn

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Executive Director: Fiona Jensen, OTR/L

Program Director: Adria Kennedy, RN/NP, MSN

Director of School and Community-Based Programming: Katie Medlar

Development Manager: Emily Smalley

Office Manager: Kimberly Perry

*This list is reflective of board and staff changes as of October 2017.



Thank You!