

An illustration featuring a group of diverse individuals. On the left, a woman with long dark hair stands in profile. In the center, a young girl sits cross-legged. To her right, another child sits cross-legged. Further right, a person's legs in bright yellow pants and sneakers are visible. On the far right, a young boy sits cross-legged. In the background on the right, a woman in a white dress stands, and another child in a striped shirt stands behind her. The background is white with grey watercolor-style washes at the top.

2025 IMPACT REPORT

TEENS WITH TRAUMA

Another Year of Healing, Empowerment &
Advocacy

2025 IMPACT REPORT

A Letter from our Executive Director

Dear Friends & Supporters,

As we reflect on 2025, it's hard to believe that nearly three years have passed since we received our 501(c)3 status and launched Teens With Trauma. Our original goal was simple but ambitious: raise \$50,000 to provide free, trauma-informed therapy to five local teen survivors of sexual trauma.

What followed exceeded anything I could have imagined. By the end of 2023, we had raised \$74,000 and served 14 teens through evidence-based trauma therapy.

In 2024, we raised nearly \$200,000, supported 41 teens, and hired our first full-time therapist with the support of the Governor's Office of Crime Control and Prevention, a few *imperative* family foundation partners and many passionate individual donors.

In 2025, our team remained small but deeply committed. I continue to serve as a volunteer Executive Director, with part time administrative support funded through local foundations and Counseling & Wellness Collective. Even so, this year marked a major leap forward. We launched Healing in the Ring,

pairing evidence based trauma treatment with movement, an approach that, to our knowledge, is the first of its kind in the country for teens.

Thanks to generous donors and local foundations, we raised over \$350,000 in 2025, served 68 teen survivors through individual & group therapy, hired a bilingual therapist, brought on three dedicated contractors, and established a fund to support long term sustainability.

Most importantly, we provided 1,163 hours of free, trauma-informed therapy to teens who otherwise would not have had access to care. This impact is possible because of you. Your belief in this work continues to make healing, hope, and long-term change a reality for the teens and families we serve.

With deep gratitude,



Chea Weltchek, LCPC
Founder & Executive Director

Your belief in what we're doing means everything.

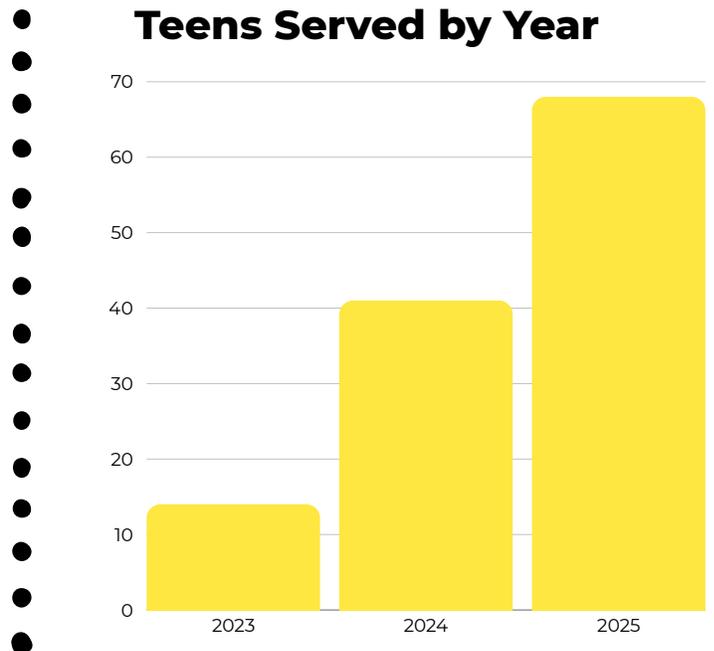
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TEENS WITH TRAUMA

“I know now that the traumas I’ve been through do not define me.”

Kickstart Hope

“My therapist has helped me feel better about myself and understand my emotions more.”



68 Teen Survivors Served

874 Hours of individual trauma therapy

289 Hours of group therapy

89% Teen Retention Rate

“I can now better regulate how upset I get about situations and have a better understanding of other people’s actions and their impact on me.”

100%
Therapists that reported feeling supported at work

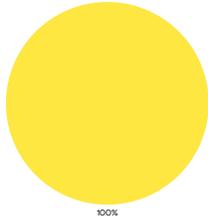
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TEENS WITH TRAUMA

Healing Stats

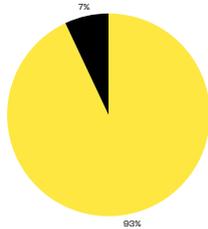
100%

report feeling “heard and understood” by their therapists



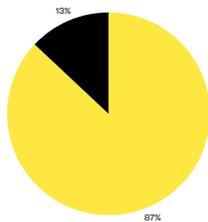
93%

report that therapy is actively improving their lives



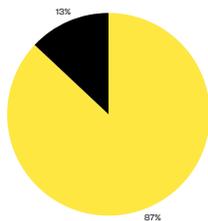
87%

say that they are resting and sleeping better



93%

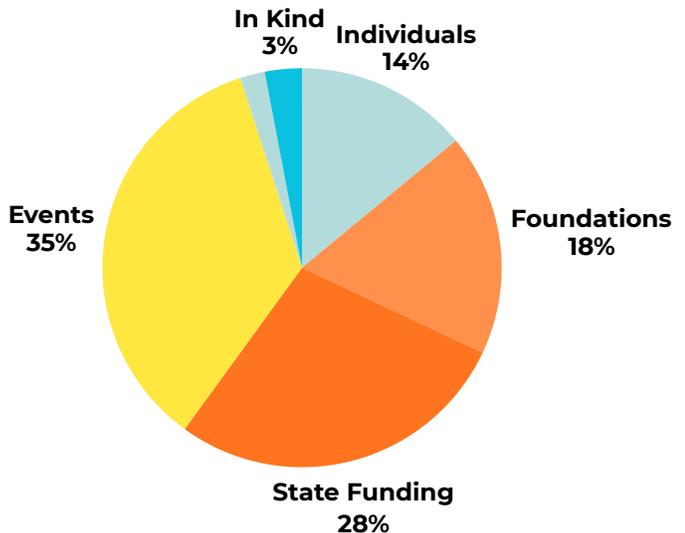
report being able to express emotion in ways that feel healthy



Referral Sources

90% of our Clients are referred to us by social workers at DHS or Child Advocacy Centers. The remaining **10%** are referred through SAFE (GBMC), HEAL, Pro Bono Counseling, Center for Hope, TurnAround & Baltimore Medical System.

Funding Sources



ACKNOWLEDGEMENTS & GRATITUDE

We couldn't do this work without you. To the teens and families who let us be part of your healing, the therapists who show up with heart, and the supporters who make this all possible: thank you.