



2024-2025 Impact Report

(424) 262-0896 | kathicolli@sagesocal.org | sagesocal.org | [@sagesocal](https://www.instagram.com/sagesocal)

DIRECTOR'S LETTER

This year at Sage has been one of meaningful impact, innovation, and deep gratitude. As we advance our mission to ensure every student has access to compassionate, high-quality mental health care, we have also confronted a challenging reality: growing funding constraints across school districts. Rather than slowing us down, these pressures have sharpened our focus—reinforcing the need to advocate boldly, collaborate creatively, and build sustainable pathways to meet student needs.

One promising opportunity ahead is reimbursement through California's CYBHI initiative. We are committed to helping our partner schools understand and access this funding, and we are optimistic it can become a meaningful tool in reducing financial barriers to care.

In that same spirit of innovation, Sage is thoughtfully exploring the use of AI—with a human in the loop—to extend our capacity without compromising the warmth and connection that define our work. Used responsibly, these tools can help us respond to rising student needs while navigating fiscal constraints.

This year also called us to respond in moments of crisis. With the support of a generous FireAid grant, we are launching a new partnership with a school community impacted by devastating fires, providing on-site mental health support to students processing trauma and loss. Being able to show up quickly and meaningfully in moments like these speaks to the core of who we are.

We remain honored to serve students and educators across Palos Verdes Unified School District, La Cañada Unified School District, El Camino Real Charter High School, John Muir High School, and—new this year—Holy Family School in Pasadena. We are deeply grateful for the trust these communities place in us.

Above all, we are inspired by the resilience and courage of the young people we serve. Their willingness to ask for help, learn new tools, and grow through adversity drives us to keep evolving and showing up—every day.

Thank you to our partners, funders, clinicians, and supporters for believing in Sage's mission. Together, we are expanding what is possible for student mental health.

With gratitude,
Kathi Colli, LMFT
Executive Director, Sage

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OUR PURPOSE

Mission

To destigmatize mental health services and make supporting students' social and emotional well-being the norm in our local schools.

Guiding Principles

Be available to help all students, regardless of their ability to pay.

Partner with schools to make mental health a key part of the educational process.

Tailor our programs to meet the unique needs of the population we will serve.

Hire, train, and mentor professional therapists who love working with youth.

Commit to making a difference.



SCHOOL PARTNERS

Sage provides school based mental health services to the following partner schools and districts

Palos Verdes Unified School District	Palos Verdes High School Peninsula High School Miraleste Middle School Palos Verdes Middle School Ridgecrest Middle School
Pasadena Unified School District	John Muir High School Sierra Madre Middle School
La Cañada Unified School District	La Canada High School La Canada Middle School
Other Districts	El Camino Real Charter High Holy Family School

CORE SERVICES

School Outreach

Sage Therapists participate in school activities such as Mental Health Awareness Week and Kindness Week as well as coordinate lunch activities within their wellness centers for all students.

Parent Support and Outreach

In addition to student support, Sage offers monthly virtual parent support groups for parents/guardians within the district.

At several sites, we attend PTSA meetings to present on Sage's services and provide guidance to help parents support their students with anxiety and depression symptoms.

Ongoing Crisis Support and Follow-up

Sage therapists conduct numerous risk assessments for individual students and provided follow up care. Many of these cases require a crisis response and a need to gather a team involving counseling staff, parents, the student, community resources, and at times, law enforcement, DCFS, and hospitals.

TESTIMONIALS

Sudents, parents, and staff give feedback on how well Sage supports students' social and emotional wellness

STUDENTS

"I really appreciated my Therapist, she was really helpful and helped break the stigma behind therapy. So, I'm really grateful for that. I can say I've had a positive experience with therapy and share that with others."

Student, Peninsula High School

"Ms Mitchell [Sage Therapist] helped me through my rough times and even now when I feel better, I feel like I can go to her with anything. She is my favorite staff member on campus."

Student, Ridgecrest Intermediate School

"This program truly made me feel like I had a home within this school."

Student, Palos Verdes High School

PARENTS

"I am incredibly grateful for the Sage services to my third-grade son. His anxiety was impacting his academic performance. On a tight budget, we could not have provided this service privately. His Sage Therapist gave him valuable tools to understand and manage his anxiety. Thank you!"

Parent, La Canada Elementary School

STAFF

"Nancy [Sage Therapist] is like the oil and coolant in the engine of our school. Without it, we would have constant overheating and engines/students seizing up!"

Staff, John Muir High School, Pasadena Unified

"She [Sage Therapist] has been really helpful with some tough cases, taking the lead on parent communication and consistently checking in with kids who have big issues. She helped set a peaceful tone in the Wellness Center that has been great for the space and allows the kids to recuperate from stress."

Staff, La Canada Middle School

FINANCIAL REVIEW

FINANCIAL NARRATIVE

Revenue for the year came primarily from school district funding, which fully supported the delivery of school-based mental health services across our partner districts. Sage also received a grant from FireAid to launch a new mental health program at Sierra Madre Middle School for students affected by recent fires. Additionally, we were selected as a grant recipient by a SouthBay Philanthropy Organization, Las Candelistas, with the final grant amount to be determined following their annual fundraising efforts.

YEAR 2024-2025 SNAPSHOT

Revenue: \$1,543,000

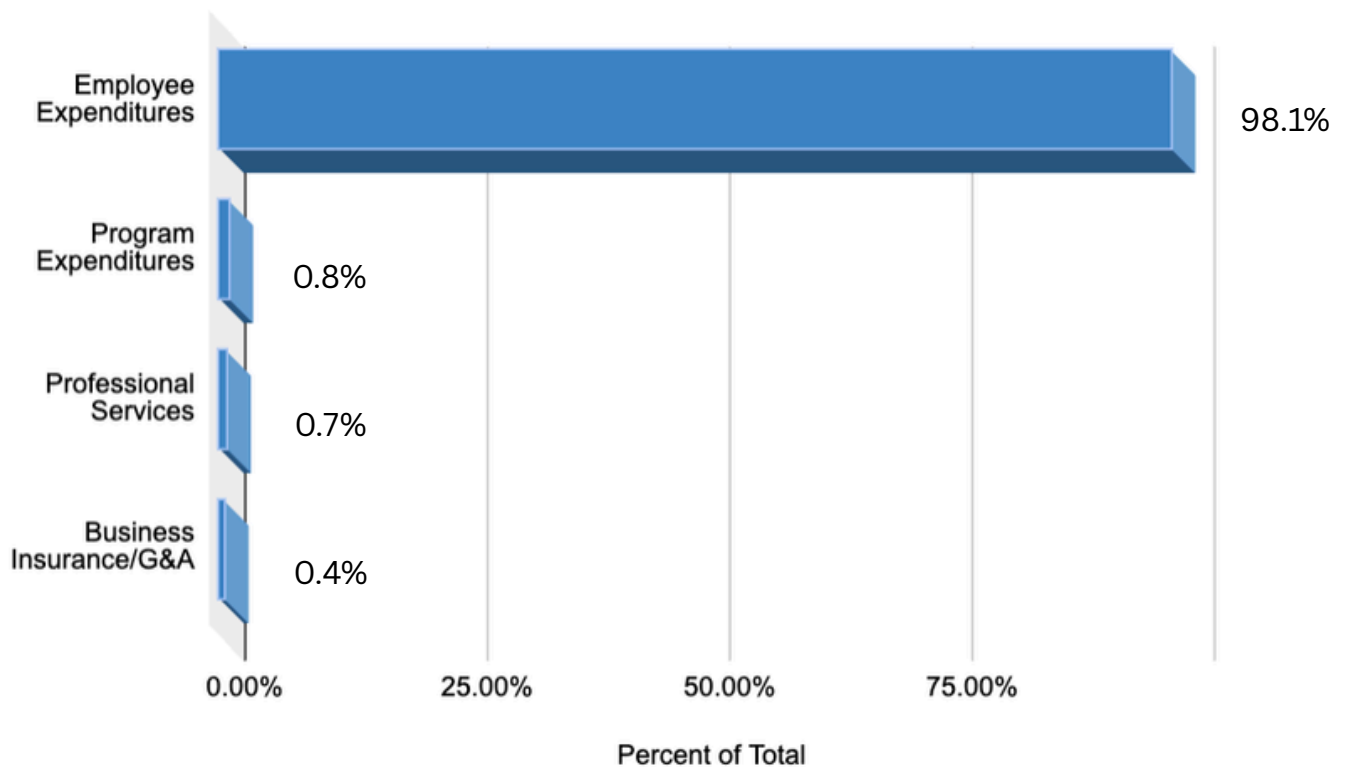
Expenses: \$1,499,208.60

Employee Expenditures: \$1,470,604.87

Program Expenditures: \$12,465.20

Professional Services: \$10,585.64

Business Insurance/G&A: \$5,552.89





SAGE THERAPISTS & PARTNERS

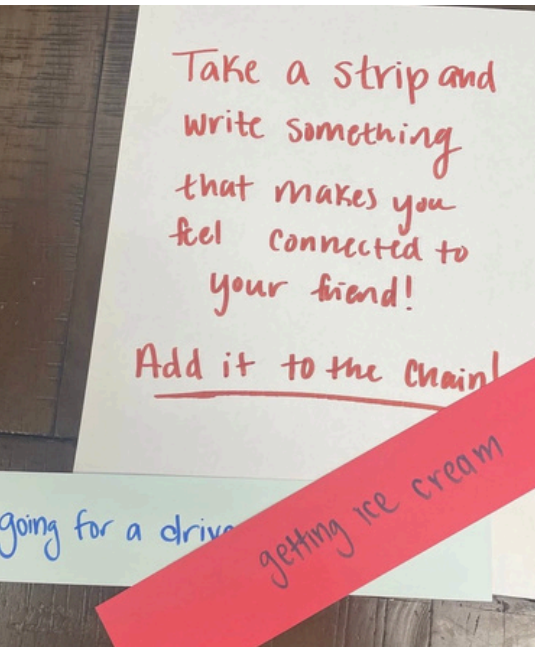
2024-25



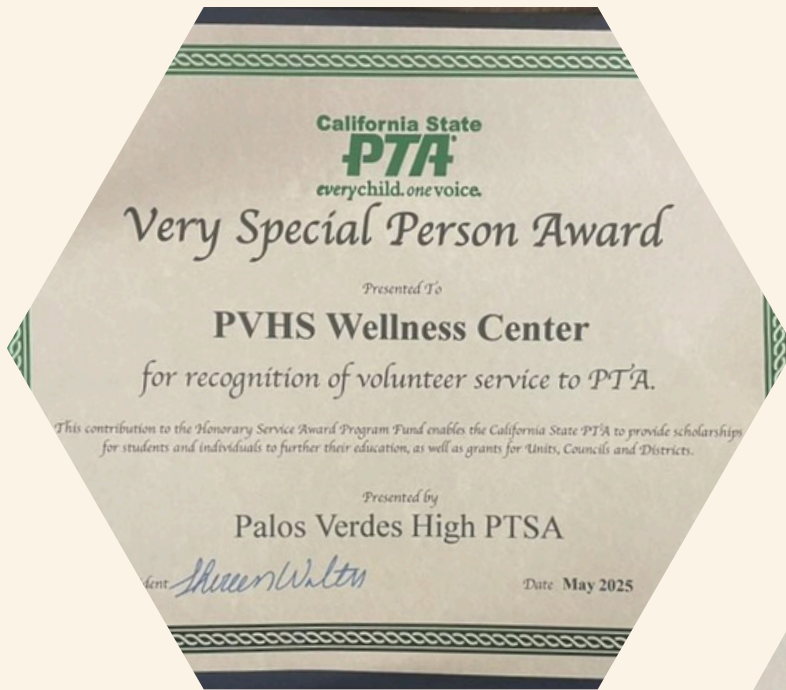


WELLNESS CENTERS & ACTIVITIES

2024-25



AWARDS AND RECOGNITION



SCHOOL IMPACT

Sage delivers school-based mental health services that measurably improve student functioning, stabilize crises, and strengthen school communities—especially at moments when students need support most.

At-a-Glance Impact

- 95%+ of students served show improved functioning
 - Based on pre- and post-treatment scores using the Children’s Global Assessment Scale (CGAS), a widely used measure of overall emotional, behavioral, and social functioning.
- Thousands of students supported across multiple districts
 - Through individual therapy, crisis intervention, parent consultation, staff collaboration, and classroom-based prevention programming.
- High-intensity support where it matters most
 - Hundreds of hours of crisis response delivered on campus—often preventing escalation to hospitalization or emergency services.

What Changed for Students

Sage’s work leads to meaningful, observable improvement in students’ daily lives at school:

- Improved emotional regulation and coping skills
- Reduced severity and duration of mental health crises
- Increased willingness to seek help early
- Stronger engagement with trusted adults on campus

Clinical outcomes are tracked using evidence-based tools, including:

- CGAS (overall functioning)
- PHQ-9 (depression)
- GAD-7 (anxiety)
- Columbia Suicide Severity Rating Scale (risk assessment)

These tools allow Sage to move beyond anecdotes and demonstrate real, measurable change.

SCHOOL IMPACT

What This Means for Schools

Student mental health is directly linked to attendance, behavior, and academic success. When students receive timely, consistent support, schools function better—academically and operationally.

By intervening early and staying engaged, Sage helps schools:

- Reduce the frequency and severity of behavioral crises
- Re-engage chronically absent or disengaged students
- Relieve pressure on administrators, counselors, and teachers
- Create safer, calmer, and more supportive learning environments

In practice, this means earlier identification of students at risk, stronger coordination with families, and fewer situations escalating into emergencies.

Scale and Depth: A Dual Commitment

Sage is built to deliver meaningful care at scale—without sacrificing trust or quality.

During the 2024–2025 school year, Sage therapists provided:

- Thousands of individual therapy sessions
- Extensive parent and staff consultations
- Significant on-site crisis response hours
- Classroom-based prevention and mental health awareness presentations, reaching more than 6,700 students in a single district

This combination of high-volume service delivery and deep, relationship-based care is what allows Sage to scale responsibly—while remaining a trusted, embedded partner in each school community.

Why Our Partners Rely on Sage

Schools and districts choose Sage because we deliver results and reliability:

- Demonstrated outcomes using validated clinical measures
- An embedded, school-based model that meets students where they are
- Strong, long-standing district partnerships built on trust
- Experienced, rapid response when schools face moments of crisis

Sage is not an external vendor. We are a steady presence—working alongside educators to support students, strengthen school communities, and create conditions where learning can thrive.

SCHOOL PROGRAM DETAILS

PALOS VERDES UNIFIED SCHOOL DISTRICT

District Highlights

Sage provided district-wide classroom presentations on depression awareness and suicide prevention. Sage therapists presented individual classroom lessons to students enrolled in the secondary schools. We presented to 195 classrooms totaling 6,700 students. This presentation included information on depression and anxiety, healthy coping skills, and helpful resources both within the district and the community. After each presentation, all students completed a survey indicating if they would like a follow-up session with one of our therapists. They were given the option of meeting with a therapist immediately, by tomorrow, or within the week if they were concerned about themselves or a friend.

Sage @ PVPUSD

We provided 5 full-time high school therapists and 3 middle school therapists

Palos Verdes Unified School District	# of Individual Students Seen	# of Sessions	Parent Consultations	Staff Consultations	Hours of Crisis Support
Middle Schools	263	1894	504	1104	102
High Schools	367	2876	389	1734	144

SCHOOL PROGRAM DETAILS

LA CANADA UNIFIED SCHOOL DISTRICT

District Highlights

La Canada High School has a thriving Wellness Center where students can either drop in for a few minutes to take a break from the stress of the day, or make an appointment to see our Sage Therapist.

Unlike most middle schools, La Canada Middle School students have their own Wellness Center on campus geared to the needs of 7th and 8th graders.

The Wellness Center is complete with a therapy dog that the students enjoy cuddling during visits.

Sage @ LCUSD

We provided 1 full-time high school therapist, 1 full-time middle school therapist, and 1 full-time elementary school therapist

La Canada Unified School District	# of Individual Students Seen	# of Sessions	Parent Consultations	Staff Consultations	Hours of Crisis Support
Elementary Schools	62	842	350	308	2
Middle Schools	113	426	104	136	9
High Schools	69	593	45	87	21

SCHOOL PROGRAM DETAILS

PASADENA UNIFIED SCHOOL DISTRICT

District Highlights

At John Muir High School, our bilingual Sage Therapist works with both drop-in and scheduled students as well as communicates with parents regarding any questions or concerns.

Sage @ PUSD

We provided 1 full-time Sage therapist

Pasadena Unified School District	# of Individual Students Seen	# of Sessions	Parent Consultations	Staff Consultations	Hours of Crisis Support
High Schools	259	505	158	510	97

EL CAMINO REAL CHARTER HIGH SCHOOL

District Highlights

El Camino Real Charter High School has a Sage Peer Mentor program where we train student leaders to support peers in the Wellness Center. ECR schedules regular mental health related activities and groups for students throughout the year.

Sage @ ECR

We provided 3 full-time Sage therapists

El Camino Real Charter High School	# of Individual Students Seen	# of Sessions	Parent Consultations	Staff Consultations	Hours of Crisis Support
High Schools	305	1716	123	541	118